

## Buddhist Approach to Various Life Disruption in The Industry

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During its journey so far, human civilization has seen many revolutionary changes, which are influenced by many industrial revolutions. The fourth industrial revolution is one of them based on the fruits of the last three industrial revolutions. The world expects a lot from the Fourth Industrial Revolution because it is expected to bring about a worldwide change. According to Klaus Schwab, it will change the way we live, work and relate to each other. In this scale, scope, complexity will be unlike anything experienced by humans before change. Its methodology is based on cyber systems working on Artificial Intelligence in a way, with Artificial Intelligence replacing every aspect of our lives such as business and other arenas with the sole purpose of benefiting human life. Apart from these, what is worrying is if artificial intelligence starts mimicking our brains, sooner or later it can learn to dictate and enslave us. According to the World Economic Forum estimates, the potential effects of the Fourth Industrial Revolution from the economic point of view are the expansion of trade, the re-division of the factory system, Rise in living standards, massive employment and unemployment, redistribution of wealth and inequalities.<sup>1</sup>

Similarly, it has social impact, growth of cities, increase in leisure time and population, social challenges like urban slums, frustration, de-addiction, fear of safety, human skills, emotional discrimination and etc. The net result of this can be more or less marked as an environment of unrest, inequality, malaise, stressful life, violence, conflict, mistrust etc. all over the world. In such a scenario, the principles and values rooted in Buddhism can be of great help to the world as we know it mainly deals with the existential problems of human beings and

establish the rule of happiness and peace in the world tries to do. Therefore, the background of Buddhist principles includes moral norms and values and the purpose of this article is to discuss the Buddhist approach to the implementation of the industrial revolutions as well as the solution of man-made problems.<sup>2</sup>

The first three revolutions brought about irreversible changes in human life and as a result, the current form of our lives have been completely immersed in the changes made by these revolutions whether it relates to the use of new machinery and technologies or new sources of earning To adopt or follow a new lifestyle. In fact, they not only provided the human world with much comfort and facilities, but also encouraged its further development. At the same time. However, these discoveries led humans to indiscriminate and unrestricted use of natural resources, causing problems such as climate change and depletion of natural resources. In such a scenario Fourth, the seed of industrialization should be sown. As historical evidence suggests that each of the last three Industrial revolutions started at different times as a separate event and continued for a long time should not be seen as isolated incidents rather than better understood together. Mechanical and technical Scenarios, especially in the field of electronics and information the last industrial revolutions, especially the third industrial revolution, were called the Fourth Industrial Revolution. Thus, the fourth industrial revolution is said to be based on the fruits of the third industrial revolution. Unlike the previous three industrial revolutions, the fourth industrial revolution will be with a purpose to grow at the speed of light years, the advancement of technologies will change the world for the

<sup>2</sup> Dr. Malti Sakhare, *Pali Vyangmayache Antrang*, p. 30

<sup>1</sup> <https://www.britannica.com/event/Industrial-Revolution>

## Experience in Meditation: Spiritual Discipline of Buddhism

Dr. Govind Shile\*

Journal

**Abstract :** Meditation is a mental and spiritual discipline that teaches us to work with our mind and soul so that we can see the true meaning of things that cannot be seen easily. Meditation leads to peace and purification from our negative states of mind which can guide people to reach nirvana, which is the full realization of our divine potential, also known as "enlightenment". The practice of meditation has been going on for thousands of years, because of course meditation makes us feel good and relaxed but can meditation help us to be healthy and happy? By doing this regularly you will see for yourself the amazing benefits of this very simple and very free exercise and understand the importance of meditation practice.

**Keywords :** Meditation, spiritual discipline, mental discipline, mindfulness.

**Introduction :** Meditation is a mental and spiritual discipline that teaches us to work with our mind and soul so that we can see the true meaning of things that cannot be seen easily. Meditation leads to peace and purification from our negative states of mind which can guide people to reach nirvana, which is the full realization of our divine potential, also known as "enlightenment".<sup>1</sup> Attitude is a major part of meditation if people have a positive attitude towards this technique and are aware of the purpose of meditation. And if we accept the causes, that person will likely have better outcomes in life than people who show negative attitudes towards their struggles and conflicts. Narvin R. said: "If you have an attitude of wanting to achieve something, or change something within the mind, this will prevent meditation and result instead in mental conflict and tension." Meditation is in the process of calming down your worries, fears, and anger so that the person can settle their mind, the practice of this technique will create a state of peace and tranquillity in their life.

**Meditation: Spiritual Discipline of Buddhism :** The practice of meditation has been going on for thousands of years, because of course meditation makes us feel good and relaxed but can meditation help us to be healthy and happy? Over the years people have become really interested in meditation and practitioner practice it almost every day. A lot of positive things starts happening soon after the practice of meditation. Some people think meditation is a little hippie-dippy or too new age for them and that may not be their thing.

Meditation, yoga, and mindfulness<sup>2</sup> are becoming more mainstream than you can get. In private sectors, big companies are seeing benefits and offering classes to their employees during working hours. Lunchtime meditation is starting to take place in various cities and towns around the world. Meditation apps like Headspace are big business and in a very short time a daily ten-minute meditation will be as simple as grabbing a coffee on the way to work. People can meditate in many different ways, in silence, by music, by chanting, or through guided meditation.<sup>3</sup> But the important thing is to meditate in a way that works best for you. If the practitioner switch between different methods of meditation and there are tons of free guides on the Internet and YouTube to help get started. There are also apps that can get on the phone. The great thing about meditation is that it's free, we can meditate anywhere and at any time, all we need is 10 minutes to get started. If started meditating on a daily basis about six months ago and now after feeling its benefits, it is recommended that everyone should meditate regularly for about 10 minutes a day even in their busy lives.

For reasons, not entirely sure, people sometimes resist meditating for a few days but thankfully people always come back, and when they do it feels like a switch on the inside of me has been turned on. The favourite time to meditate is first thing in the morning, usually waking up very early, between 6 and 7 in the morning, and spending about 30 minutes meditating before starting my day. After that, people find that by spending some time in the morning meditating, they are prepared for a better day. People who are not trained in meditation or mindfulness and there are people far more qualified and experienced than others.

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# The Vinaya-Piṭaka and its Versions

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## Abstract

The *Vinaya-Piṭaka* records the Buddha's rules of discipline for monks and nuns. Like the *Sūta Piṭaka*, the *Vinaya* was preserved by memorization and chanting by generations of monks and nuns. There are three versions of it namely; The Pali *Vinaya Piṭaka* (Theravāda), The Tibetan *Vinaya Piṭaka* (Vajrayāna) and The Chinese (Dharmaguptaka) *Vinaya* (Mahāyāna). These three versions of the *Vinaya* are sometimes called the lineages which refer to a practice initiated by the Buddha.

## Keywords

*The Vinaya Piṭaka, the Pali Vinaya Piṭaka, the Tibetan Vinaya Piṭaka, the Chinese (Dharmaguptaka) Vinaya*

## Introduction

The *Vinaya Piṭaka* or Basket of Discipline is the first of three parts of the *Tripitaka*, a collection of the oldest Buddhist texts.<sup>1</sup> The *Vinaya* records the Buddha's rules of discipline for monks and nuns, also includes stories about the first Buddhist monks and nuns and how they lived. The *Vinaya Piṭaka*, like the *Sutta Pitaka*, the second part of the *Tripitaka*, was not written during the lifetime of the Buddha. According to Buddhist legend, Upāli, a disciple of the Buddha, knew the rules inside and out and was determined to remember them. After the Buddha's death and Mahāparinirvāṇa, Upāli recited the Buddha's precepts to the

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सह सम्पादक

श्री प्रभूज मिश्र

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## रणरागिनी लोकमाता अहिल्यादेवी

डॉ. शिळे गोविंद केरबा

कुछ लोग चमत्कार की तरह असाधारण परिस्थितियों में पैदा होते हैं लेकिन जब एक दिव्य क्षण उनके जीवन को छूता है तो वह सोने की तरह चमकता है और फिर ये लोग अपने समृद्ध चरित्र और असाधारण कर्मों से एक ऐसी दुनिया बनाते हैं जो दुनिया को रोशन करती है। वे हमेशा समाज के सामने एक आदर्श बने रहते हैं। पुण्यश्लोक अहिल्याबाई होलकर का जीवन और कार्य एक चमत्कार है जो दो सौ साल पहले हुआ था!

अहिल्याबाई होलकर का जन्म महाराष्ट्र के बीड जिले के चौंडी गांव में हुआ था। यह 1725 के आसपास हुआ था। उनके पिता का नाम मानकोजी शिंदे था। वे धनगर जाति के थे। सूबेदार मल्हारराव होलकर के पुत्र खंडेराव के साथ 1833 में आठ साल की उम्र में विवाह हुआ था। कर्तव्य मार्गदर्शन और प्रेम की एक पृष्ठभूमि होती है। मल्हारराव बहुत बहादुर धर्मपरायण उदार और धार्मिक थे। उन्होंने कई अभियानों में उत्कृष्ट प्रदर्शन किया था। वह अपने कर्मों से मालवा का सूबेदार बन गया था। अहिल्याबाई का व्यक्तित्व गौतमबाई की संगति में विकसित हो रहा था जो एक कर्तव्यनिष्ठ ससुर और धार्मिक, पवित्र व्यवहार की सास थीं। घर का माहौल धार्मिक था। परिणामस्वरूप दोनों ने अपना समय सस्वसुना पुराणश्रवण उपास-तापास व्रतवैकलये में बिताया। अहिल्याबाई को बालबोध पढ़ना और मोडी लिखना सिखाया गया। अहिल्याबाई को अपने पति से ज्यादा सुख नहीं मिला। उसके दो बच्चे थे एक बेटा और एक बेटी। लड़के का नाम मालेराव और लड़की का नाम मुक्ताबाई था। ई.स. 1754 में कुम्भेरी में सूरजमल जटा के साथ युद्ध में खंडेराव की गोली मारकर हत्या कर दी गई थी। अपने पति की मृत्यु के बाद अहिल्याबाई अन्य महिलाओं के साथ सती के पास जाने के लिए तैयार थी। लेकिन मल्हारराव ने उनसे ऐसा न करने का आग्रह किया। यह जानते हुए कि धन की देखभाल और लोगों का कल्याण व्यक्तिगत हित से अधिक महत्वपूर्ण है उसने सती के जाने की अपनी योजना रद्द कर दी।

क्यों कि मल्हारराव लंबे समय से पेशवाओं के साथ अभियान पर थे इसलिए घर और धन का अधिकांश काम उन्हें सौंपा गया था। ई.स. 1766 में मल्हारराव की मृत्यु हो गई। महाराजा की मृत्यु से अहिल्याबाई बहुत दुखी हुईं।

शिक्षा प्रदान की। लोगों को न्याय दिलाने और लोगों को खुश करने के लिए चंदनसम पहना जाता था। अहिल्याबाई द्वारा सारी शक्ति रचनात्मक कार्यों को समर्पित। उनमें तप दूरदर्शिता करुणा कार्य-कारण शालीनता कुलीनता स्वाभिमान परोपकार के गुण थे। ब्रह्मांड में नारी की छवि को ऊपर उठाएं। संस्कृति की खेती का महान कार्य। उन्होंने समय-समय पर प्रचलित राजनीति की उपेक्षा कर स्थिति के अनुरूप कार्य करते हुए अपनी कूटनीति को सिद्ध किया। अहिल्याबाई ऐसी कर्म करने वाली। अगस्त 1795 के इस दुनिको अलविदा कहा। कवि मोरोपंत ने प्रशंसा की और कहा

देवी अहिल्याबाई !  
झालीस जगत्रयात तू धन्या !  
न न्यायधर्म विरता अन्या  
कलिमाजी ऐकली कन्या !

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## Buddhist Approach to Various Life Distruption in The Industry

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The first three revolutions brought about irreversible changes in human life and as a result, the current form of our lives have been completely immersed in the changes made by these revolutions whether it relates to the use of new machinery and technologies or new sources of earning To adopt or follow a new lifestyle. In fact, they not only provided the human world with much comfort and facilities, but also encouraged its further development. At the same time. However, these discoveries led humans to indiscriminate and unrestricted use of natural resources, causing problems such as climate change and depletion of natural resources. In such a scenario Fourth, the seed of industrialization should be sown. As historical evidence suggests that each of the last three Industrial revolutions started at different times as a separate event and continued for a long time should not be seen as isolated incidents rather than better understood together. Mechanical and technical Scenarios, especially in the field of electronics and information the last industrial revolutions, especially the third industrial revolution, were called the Fourth Industrial Revolution. Thus, the fourth industrial revolution is said to be based on the fruits of the third industrial revolution. Unlike the previous three industrial revolutions, the fourth industrial revolution will be with a purpose to grow at the speed of light years, the advancement of technologies will change the world for the

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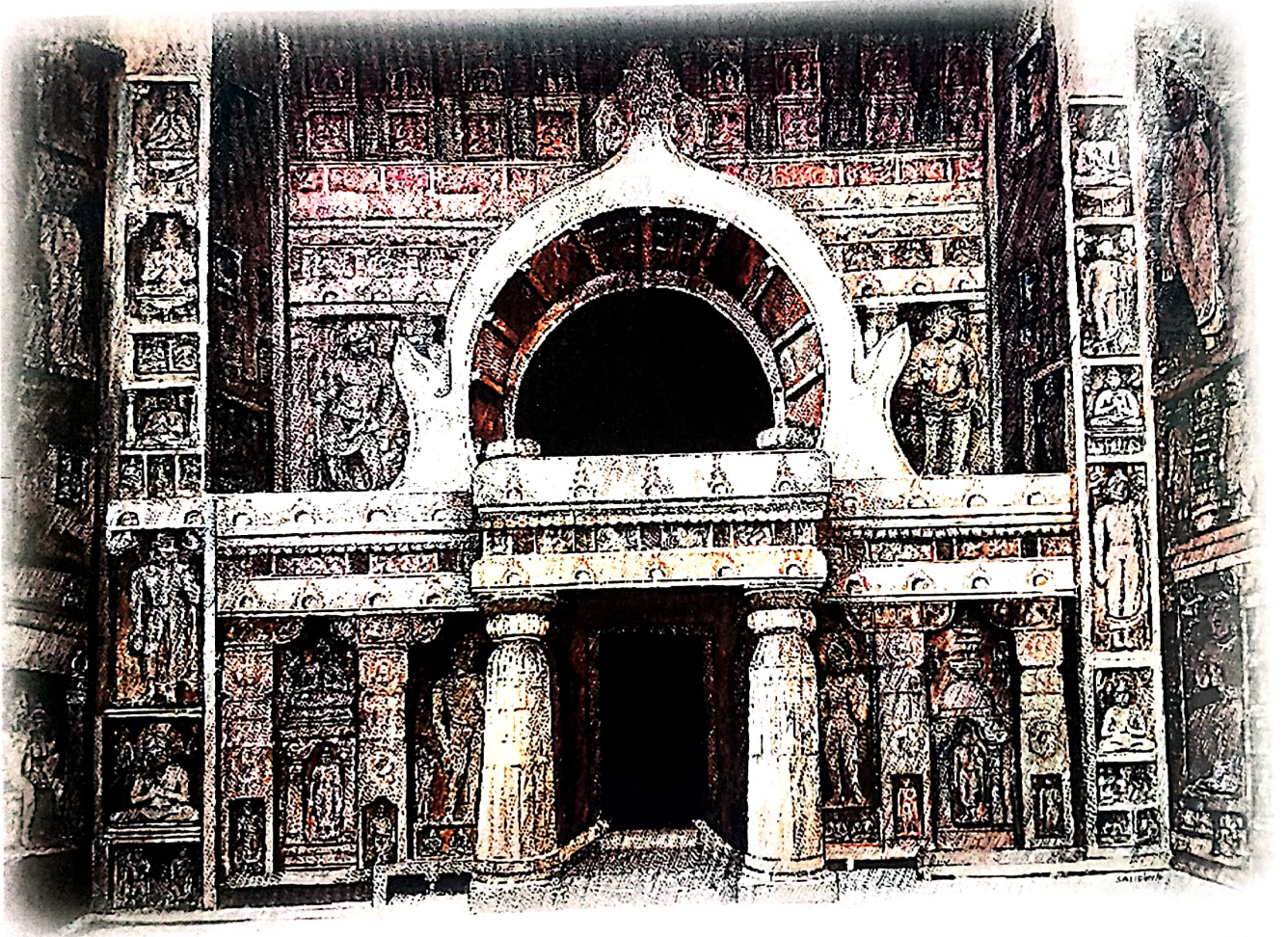


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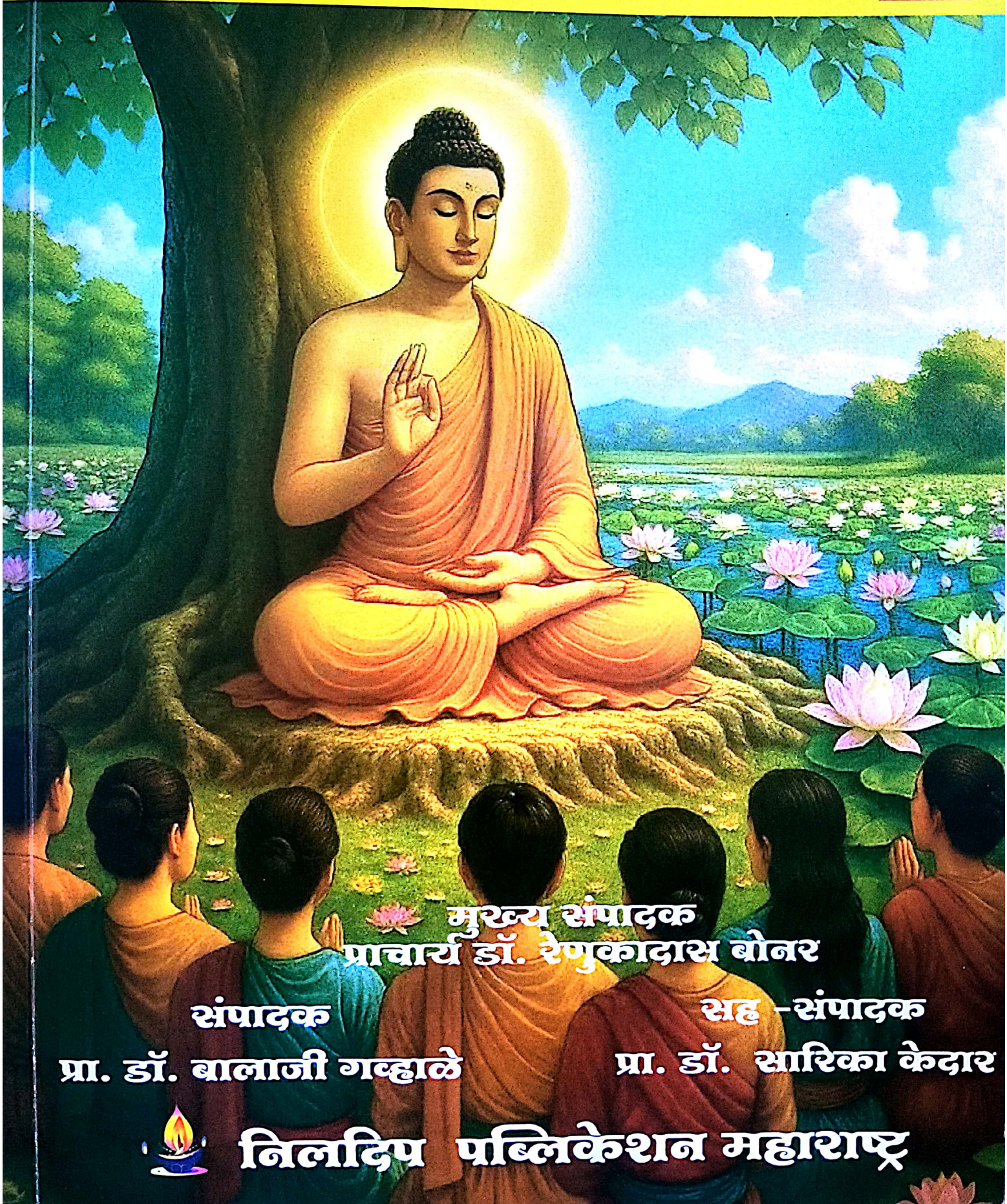
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