

# In Search of Cosmic Consciousness



SelvaSampangi



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**First Edition**

**Author**

Selva Sampangi



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# Preface

At the outset, this write up is not entirely original. It is more a synthesis, a collection of messages and wisdom of the Indian Masters, sages as understood by me: my perception.

Whatever I have written has been more from my heart. It is therefore a sharing of joy. I do not intend to molly colly or train. Use this book as a torch light, and guide to see a perfect way to discover the reality of Cosmic Consciousness. All you need to do is to read this material. Once done, contemplate the issues discussed and thereafter compare it with what you have already assimilated from other sources of knowledge such as books, not neglecting your own perception. Search your heart. If necessary, read this book all over again. Decide whether to use it or if you want to lose it.

This book is in a thematic form and not necessarily in chronological order.

The background of the study is the Indian culture, the wisdom of Indian sages, scriptures from various religious sects, and experience of great saints. From my own subjective experiences from spiritual Institutions, ashrams and from my library research. Expressed my own perceptions for the benefit of my readers, especially for seekers in search of cosmic consciousness. Endeavored to make the Indian thought simple, practical and enjoyable for everyone including those residing outside my own Country, India.

Worldwide there is a dire need to improve our physical and mental health and strengthen ourselves to ward off stress and depression in this competitive world. This book hopefully provides suggestions. Small modules cover a variety of topics, ranging from scientific facts including holy science, inspiring thoughts on practical religion and spirituality, complex cultures simplified and finally, practices to help you celebrate life. Celebration of life for people from all levels of society, young and old, for all starving for joy, a healing balm for stress, emotional and healing by way of re-directing oneself to a better path with changing thoughts and belief. The book may not be compelling enough to answer all your questions. It certainly gives ample scope and opportunities to discover new methods, and thought-provoking ideas. Now that you have seen and picked up this book, it is up to you to read this book or put it down. Dare say, CHECK IT OUT!

# **Acknowledgement**

Extend my gratitude, firstly to all my teachers starting from my school education. Inclusion of resolute teachers who believed in practicing what they taught. These teachers come from diverse levels of society. Even to this day they continue to offer their wisdom despite their age. These great souls have passed away but live within me. I also take this opportunity to offer my profound gratitude to Gurus from various ashrams, and spiritual leaders who have guided me to overcome physical and mental stress and helped me negotiate spiritual obstacles. Especially my own Guru who has allowed me to go around learning from other spiritual heads and Institutions for my evolvment. Never shall I forget those ashrams that had appointed me as their center leader and had given me an opportunity to train seekers in meditation and healing methods. Beholden to all of them and mostly to my own Guru who lives with me to this day. Family have stood by me encouraging me in every way towards my spiritual aspiration.

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## ABOUT THE AUTHOR



Selva Sampangi's first career was in the In the Indian Army as President's Commissioned Officer. He served the Army as a Battalion Commander both inland and overseas in War and Peace. He holds two Post Graduate Degrees in MBA- Newport University-CA, and Post Graduate Degree in Journalism and Mass Communication from Periyar University Tamilnadu. He also distinguished himself in Special Education in DSE(MR) from Rehabilitation Council of India. He is an Awardee of Rashtriya Rattan Award for Outstanding Achievements & Distigished Services to The Nation.

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