

खण्ड-A / Section-A

- Q.1 If you look into someone's face long enough, eventually you feel that you are looking into yourself.
यदि आप किसी के चेहरे को काफी देर तक देखते हैं, तो अंततः आपको महसूस होता है कि आप अपने भीतर ही देख रहे हैं।
- Q.2 We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.
हम उस बच्चे को आसानी से क्षमा कर सकते हैं जो अंधेरे से डरता है; जीवन की वास्तविक त्रासदी तब होती है जब लोग रोशनी से डरते हैं।
- Q.3 It is the province of knowledge to speak and it is the privilege of wisdom to listen.
बोलना ज्ञान का क्षेत्र है और श्रवण करना बुद्धि का विशेषाधिकार है।
- Q.4 Drop the question what tomorrow may bring, and count as profit every day that fate allows you.
यह प्रश्न छोड़ दें कि कल क्या हो सकता है, और हर उस दिन को लाभ के रूप में गिनें जो भाग्य आपको अनुमति देता है।

Drop the question what tomorrow may bring,
and count as profit everyday that fate allows you.

"Zindagi ek safar hai suhana,
yaha kal kya ho kisme jaana."

(Life is a beautiful journey but nobody knows what will happen tomorrow)

This famous Hindi-song perfectly exemplifies the theme of this essay. The essay discusses an important issue of living in the present-moment, how and why it is so-important and what goes wrong when tomorrow takes precedence over today, what's wrong with that? So without further adieu let's get started.

The - Flying Horse - Why we should live in Present?

Once upon a time, a king awarded capital-punishment to a citizen. The person involved said - "My dear lord, punish

me the way you want, but hear me once - I know how to make horses fly and I can teach that to your horse but it will take me 2 years for that.

king allowed him. One of his friends asked him why did you claim something which is impossible. The man replied -

"Maybe the king dies in next 2 years, maybe the horse learns to fly or even in the worst case - I at least get 2 more years to live."

This story explains how living in present is a blessing of fate & not worrying about future is important.

Tomorrow - A puzzle of uncertainty

Thinking about tomorrow is worrisome. Human by its evolutionary-development & strives for certainty, however future by its very own nature is

uncertain, as a result of this inherent contradiction, thinking about future causes trouble.

Lets recall what happened a couple of years back - The Covid Crisis. This period saw a rapid increase in number of cases of anxiety, depression and other psychiatric disorders. The later studies done into the epidemiology & etiology revealed that uncertainty about future was a prominent reason for that.

Evolutionary - negativity Bias - Boon | Bane

Human - evolution as described by Charles Darwin's theory of "survival of fittest" was based on negative-instructs. To illustrate this with an example - Primitive Man whenever heard a voice, always thought it as

a danger - though back then it was necessary for survival but today it has different manifestation

Whenever we think about future - our negativity bias takes over and thus we think about all the things that can go wrong rather than what can go right.

As they say -

"The fear of fear is more fearful than the fear itself."

Procrastination - the enemy of Present

When a person is always involved in the thoughts of future, he rarely gets to do constructive-work in the present. This leads to the evil of Procrastination. We have all read the saying -

"कल को सो आज कर, आज को सो अब
पल में प्रलय होगी, बहुरी करेगा कब।"

For procrastination to end, we need
to focus ourselves on the present,
not worrying about future.

Now having talked at length about
what's wrong in thinking about-
tomorrow, let's shift our focus to
the present-moment.

The very first thing that
comes to my mind is a very simple
question. How can one live in present
moment? Why is it a gift of fate?
What's the best way to live life in
present moment? Let's try to answer
some of these questions in following
discussion.

How can one live in present?

Since Ancient times our civilization
has focussed on 'intro-spection'. Even

when we talk about Yoga - It actually means (योग) - that is combining oneself with nature. Not just in India, Zen-meditation of Japan, Taoism of China all of them focussed on making - individuals get closer to present-moment and nature.

Thus regular practice of meditation & yoga can help an individual to live in present. Additionally, what can help is keeping the broader picture in mind. Ultimately all of us are merely a speck - on this humongous universe thus we should not be taking ourselves too-seriously. A wise man once said

"In the long-run, we all are dead."

rather than think about future-prospects of everything, we must focus on present

- Issues related to direct and indirect farm subsidies.

System-orientation

NEXT IAS

Why - Present day is a gift of fate

Famous Urdu poet - Basheer Badr once wrote -

"भौत से आगाह, कोई वर नही,
सामान से वरस का, पल की खबर नही।"

(No body knows when one is going to die. We might think we have 100 years but even the next second is uncertain.)

Given this pretext we can definitely understand the impermanence of life & why we should treat it as a 'profit' & 'not take it for granted.'

Here the story of Stephen Hawking is worth mentioning. He was diagnosed with Amiotrophic Muscular Dystrophy at 22 year age and was told that he would die with next 1 year. However he lived

उम्मीदवारों को
इस मार्ग में
लिखना नहीं है।
Candidates
must not
write on
this margin

his life one day at a time and go on ~~gone~~ to live for next 50 years. one of the most-renowned physicist of modern-times. This shows that -
"magic happens if you take it one day at a time."

To the question that what is the best way to live in present? I don't think there can be one-answer to it but all the answers would definitely include - making the most out of every single day.

Does this mean thinking about future is useless?

Absolutely not!

Rather I would say that it would be the biggest mistake of humanity if we don't think about our future right now.

Presently the world is witnessing Global-warming at an unprecedented rate. Already the extreme weather events have created havoc. Latest floods in Delhi & North-west India is a testimony to that.

This means that we do need to think & prepare for the future. Paris-Climate Deal, Net-zero commitments, focus towards Renewable energy all are directed towards that only.

Also with rapidly progressing digitalization, ramping-up cyber-security infrastructure is absolute necessity.

This brings us to a Dilemma—
"Whether or not to think about future."

Lets resolve it like this. Lets think about it only when we can do something about it.

For instance climate - change is largely anthropogenic & we can control it so its better that we take care about it. As Khalid Gilgani once said -

"Anxiety does not arise from thinking about future, it arises from tendency to control it."

At last, I would say that life is meant to be lived & not worried about. The present today is the tomorrow we worried about yesterday.

We must live it fully.

"Zindagi ek safar hai suhana,
Yaha kal kya ho kisme jaane."

Lets not make Life & suffer equal