

# Message to Youth

— SHRI DATTABAL

Youth is a divine gift bestowed upon mankind by the great Mother Nature. During this period you break open the cocoon of childhood, to float in the dreamy sky, beholding in the heart myriads of ambitions. During this period there is fire in the blood, aspiration in the heart and strength in the sinews with which you yearn to shape life. You tread upon different paths, intoxicated by your fragrant dreams.

This is the moment when you can rule over the earth, because the spark of the divine fire is

intensely vibrating through every fibre of your being. But the spell which youth casts mesmerises you to such an extent that you become almost blind to the hard realities of life. The trembling old people are before you, but you pay no heed to them.

The spring of youth draws towards itself the surging throngs of dreams and out of these you choose for yourself a dream which is in consonance with your inner being. You then struggle life-long to make this dream a reality. During this struggle you pass several stages. You have to march ahead through the shadow of success and failure. Some of your dreams do materialise but most of them remain just dreams. Those who do not have any dreams at all and yet do not aspire to have dreams are either stagnating in the dark cell of

ignorance of the goddess of youth has passed away from their life, without taking their slightest notice.

I observe the meandering of many people who have become old in their prime of youth. They do not have any visions but I see around them thick dark clouds of frustration. Some people who have explained to me their grievances have a tremendous capacity to do creative work. But they do not know how to utilise it. So many of them become a prey to the heinous activities of the politicians. Their creative force becomes a destructive force. Then the buses are burnt, shops are set ablaze and women are humiliated. The utility of this creative force, for destructive motives is the dissipation of the most vital energy.

The novel 'Count Dracula' depicts the chara-

cter of a blood-thirsty demon. It survives on the blood of human beings. And by doing so it has become almost immortal. The politicians who utilise student power for their petty pursuits are no better than the 'Count Dracula.' So the politicians must not be parasitic on the creative energy of the young people. So, be vigilant and stay away from such exploiters.

Do you know that there are decoits within yourselves also, who loot your vital energy? The ancient 'rishis' called them the six major vices. The chief of these vices is the sex instinct which robs you of your creative energy, leaving you barren to the life of action. Sex impulse which has obsessed the world has posed a serious problem to the world's eminent educationists.

Remember, sex impulse is endowed by nature for the purpose of procreation and it manifests when man is fully bloomed in his youth. Psychoanalysis as propounded by Dr. Freud has had a profound impact on modern literature. Many imaginative hazards resulting from sexual abstinence are revealed to the younger generation, making them believe that fulfilment and not self-control is the only natural way of dealing with the sexual urge.

Dr. Freud believed in the sublimation of sexual urge, but what he meant by sublimation was utilising the same energy for literary and artistic pursuits. This is just like harnessing the turbulent flow of water and channelising it. Dr. Freud experimented on subjects who were basically abnormal. And unfortunately he did not get an opportunity to analyse the mind of a Yogi. Great intellectuals

like Swami Vivekananda, Dayananda and Ramtirth owed the growth of their personalities to celibacy (Brahmacharya). Psychologists have wisely and conveniently ignored this fact.

Water can be vaporised, then it becomes a tremendous force. So also when the sexual force is sublimated it becomes dynamic energy. Freud could not unveil the different compartments of the human mind. He did not come across a trained Yogi, or else he would have realised the art of sublimation. You are born in India and by the virtue of your birth this opportunity is easily made available to you. If you want to make your dream a reality, then you must not dissipate your vital energy through sexual indulgence, hatred, anger and malice.

This recalls to me an anecdote in Swami Vivekananda's life. Swamiji had gone through all the volumes of encyclopaedia in just a few days. One of his associates could not believe in this feat hence he wanted to test Swamiji. The moment a question was asked, Swamiji narrated to him the entire contents of that particular passage almost by heart. The associate was flabberghasted. He asked Swamiji how he had acquired such photographic memory. Swamiji affirmatively said, "It is only Brahmacharya which enables a person to develop such capacities."

Some of the traditional ways advocated, are not quite feasible for modern age. But the new Yogic methods must be thoroughly studied and then adopted. Telckinesis, telepathy are no more



considered to be occult phenomena. Even a communist nation like Russia accepts the validity of such powers. These can be easily achieved by the sublimation which increases not only your physical strength but it also makes you stronger psychologically, emotionally and spiritually.

Dr. Freud in his attempt to liberate man from psychological complexes has now on the contrary, created new problems. I am against his advocating the free use of sexual energy. For if you continue to utilise this creative force judiciously you will see for yourselves that many new vistas will open for you.

I abhor the very thought of looking down upon women. The traditional Indian belief that a 'woman is but the store house of lust' must be,

vehemently condemned. A woman is neither a slave nor a frail being. In all aspects she is man's equal, (a loving companion). So those spiritual schools that propagate misogyny are absolutely nonsensical. If abstinence from sex arises from a negative attitude then it is very temporary and passing. It is a false way of suppressing your sexual urge. Many people who resort to such practices collapse miserably. So abstinence must arise out of purity of mind, compassion for women and self-control. Then alone abstinence becomes an art which reveals to you the beauty of life.

I do not ask you to refrain from going to the movies or drama theatres. For they are rich sources of acquiring knowledge. But you must be aware of not becoming a prey to the instigating stimuli. For which, you must develop, a discriminating power.

Those film producers who exhibit semi-nudity through pictures and provoke the young minds are culprits of the first order. They are leading innumerable people into a valley of misery. It is the duty of the people in power to take them to task.

Youth is the spring of your life, the period to conserve tremendous energy. The only period when the fullest of your potentials can bloom. Even the ants work vigorously in summer and collect abundant food so that a part of it can be utilised in winter. If you fail to conserve enough energy in the prime of your youth then rest assured, a miserable and wretched life is in store for you in old age.

Misleading movies and literature must be abandoned forthwith. There isn't anything immoral

or unspiritual in being a regular cinegoer. But to submit yourself to the suggestibility of these movies is suicidal. So obscene movies and pornography must be eradicated. Only then film producers and writers will be compelled to produce decent movies and thought-provoking literature.

Have you all read the famous story, 'The Picture of Dorain Gray', written by Oscar Wilde? The hero of the story Dorain Gray is handsome, young, strong and fleet and joyous like the Gods of Greeks. One of his friends presents, to him his beautiful picture. Morning after morning he would sit before the portrait wondering at his beauty. But he knew that some day he would be old, wrinkled and ugly. His limbs would fail and senses would rot, but his picture would remain always young. He prayed that it should be only the other

way. The picture should grow old and he should remain always young. His prayer is answered. The picture continues to change. But Dorian remains young with his exquisite youth and beauty.

Dorian resorts to sensual pleasures, corruption and crime. The picture continues to depict every mood to which he yields. A stage comes when the picture becomes monstrous and shabby. Through some strange quickening of inner life, the leprosy of Dorian's sins slowly eat away the picture. To put an end to this ugliness Dorian stabs the picture with a knife. Unfortunately Dorian falls on the floor a dead man, with his face withered, wrinkled and loathsome.

Maugham's "Razor's Edge" depicts a character which represents the other side of the coin.

Larry, the hero of the novel, turns towards spirituality from sensuality. So Maugham's Larry and Wilde's Dorian are guided by two diametrically opposite ideologies. Wilde's hero is drowned in lust, while Maugham's hero is in the pursuit of truth. Both these paths are open to you, it's left for you to choose. But remember, sensual pleasures lead you to death while pursuit of truth leads you to bliss and knowledge.

In affluent nations hippies pose a grievous problem. If these are the offshots of materialistic achievements, are we going to have a world of Dorian Grays? One of the leading psychologists of America stated, "Hippies are the sings of a diseased society." Before this disease infiltrates India we must take preventive measures and must not allow it to grow here.

Be very fastidious in choosing an ideology. But once you make a choice, you must adhere to it with your entire might. Can there be any other blessing than to have a mission of your choice? Hasn't a sage said, "Blessed is he, who has found his mission in life?" The triple labour of infinite zeal, constant vigilance and steadfastness are necessary for the fulfilment of your ambition. Sublimation of your vital energy takes place only after a painstaking and laborious effort. Until then you must remain a spartan. Not pleasure but the intoxication of pleasure always comes in the way of your destination.

Remember, in you is embedded the entire history of the past. If you believe in reincarnation then you will realise what I say, but if you don't,

then you must at least know that you are the culminating point of the past. Upon you are the impressions of thousands of years. Some of them are manifested while the rest are concealed deep within you. In order to annul these impression you have to overcome a tremendous resisting force. This may be done at the cost of your life.

It does not matter how long the journey is, you will reach the destination. It calls for self-discipline. If you are determined to wake up early in the morning, you do so automatically. Your subconscious mind receives the suggestion and it promptly does the action. All the vices that come in your way should be eliminated forthwith. If you submit your-self to the temptations regularly, then every cell in the body falls into the habit of mecha-



nically becoming victim to temptations. The accumulation of their memories in the cells forms an intense passion, so simultaneously there is always a struggle between the conscious mind which is trying to overcome the temptations and the subconscious mind which is seeking fulfilment.

The outcome is suffering and sorrow, So be constantly vigilant and think twice before you submit to any temptations. Those who have started with a peg of wine a day and have emptied bottles later on without quenching their thirst will realise what I mean to say. A stage comes when the conscious mind demands abstinence from drinking while every cell in the body is intensely seeking that intoxication.

You must devote some time to music. Music

has the power to penetrate deep into your personality. Music can rapidly bring about transformation. It kills your ego, liberates you from the pangs of suffering, elevates your mood, lifts you up emotionally and spiritually. Music can stimulate plants and animals. Cows can give more milk, trees can produce better fruits and the growth of plants can be accelerated. Music can be a solace to the sick; sometimes, also a healing power.

You must spend some time in the woods and try to communicate with the trees. The fragrant flowers and the golden rays of the sun will inspire you in spiritual journey. Once you succeed in establishing a rapport with the majesty and glory of the nature around you, the fire of your youth will never be extinguished. You will become sensitive to fresh emotions and your total personality will

flow in a new ecstasy. And the vibrations of this ecstasy alone will help you accomplish the dreams of your ambition.

The companionship of the sky, the high reaching mountains, the shady trees and tender flowers have not only inspired the poets and philosophers but even scientists like Einstein, Newton and Eddington have acquired tremendous strength from them. The true cause of all your vices is selfcentredness. Psychologists call it self-love. But your love for the beauty of nature will surely shatter all your inferiority complexes to make you a free person.

Unemployment, recession, power politics and cut-throat economics have created in your minds a psychological depression. The only resort to overcome these superficial tensions is to fortify

your internal personality. The beauty of nature will extend to you a helping hand. And a day will dawn when you will be a free person unaffected by social, political and economic upheavals.

You must never forget the importance of positive thinking. Good wishes in themselves carry a force which will lead you ahead. Just by burning the buses and looting public property you are not going to be benefited. Indirectly you are digging your own grave. When you loot others property you are making a bon-fire of the materialised dreams of a person who was once upon a time in your shoes. The abuses of these victims are strong enough to ruin your future life.

Let not the beauty of your youth resort to ugliness and uncouth barbarism. If you are a little

sensitive, person, you will see for yourself the miracles of good wishes can perform. A leading psychologist who successfully brought many miscreants on the normal path has said, " Young people have an intense urge to exhibit their fearlessness and chivalry. The children coming from affluent society fulfill their urge in sports and games like skating, horse-riding and mountaineering. But the street urchins do not get any such opportunities. So they seek their fulfilment in malevolent deeds like looting, burning, and destroying.

The politician makes use of such people for his vested interests. He further carries out experiments on such people. He gives an outlet and direction to their vital force and notices that even these youngsters can perform admirable feats.

Many of them become successful para-troopers. Exhibitionism is a normal tendency of youngsters and it is the duty of the leaders to give proper opportunities to them and thus help to fulfil their aspirations in innocent sports. Will the political leaders and educationists give a serious consideration to this thought and see how the young generation responds to the experiment?

The purpose of my giving this message is not to dictate terms or impose my ideas upon you but it is to put before you a number of possibilities which must have, perhaps, escaped your notice. I am just one of your friends and I firmly believe that whatever changes are to be brought about in one's personality are only possible in the days of youth.



### **Shri Dattabal**

The mystic with fabulous knowledge  
and fantastic capacity to interpret it

**- Indian Express**

If any body were to say that  
' Dattabal and his message of  
Divine love are nowhere ' he  
could well turn round and  
say like Swami Vivekanand that  
" Dattabal is now here, "

**- Times of India**