

## Just Think!

### Purpose

- The purpose of food is to give us energy, for maintenance and growth of the whole body. We eat for the tongue, not for the stomach. We fall for what we like to eat, not what is good for our body. Right?
- The purpose of clothing is to protect our bodies from the extremities of weather and for privacy. Instead, we go by fashion, clothe for show off, or as a status symbol. Have you not seen big-shots in full suit even in peak summer? Instead of protecting our body, our own clothes torture us! Just think.
- We build houses to protect ourselves from the vagaries of nature, to protect ourselves from the extremities of climate. Today we build concrete houses which are cold in winter and oven hot in summer! The weather outside would be cool and comfortable but we suffer hell inside our own houses! Why do we forget the purpose?
- In hot and dry summer, a fan gives us some relief by increasing air circulation and hence evaporation of sweat which in turn cools the body. But a ceiling fan only blows hot air (which naturally gets less dense and hence tends to move up) back on to us. The fan motor (and a conventional fan regulator) also gets hot and adds its bit. What purpose does a ceiling fan serve?

- We get 220V AC supply in our homes and offices. We reduce that to 12 V and convert to DC to charge the battery in a UPS system. the 12V DC from the battery is used in turn to generate 220V AC afresh, which we feed to our computers as stable UPS power supply. Inside the desktop PC, a SMPS system brings this back to low level DC! Are all these really necessary? Just think.
- The purpose of business is to serve others. Instead we use it for cheating and exploitation for making money!
- The purpose of education is to know what is life and how to live. Instead, education has become a stepping stone to get a job and in many cases, to extract dowry too!
- A lot of our problems will vanish if we understand the purpose of things and behave accordingly. The purpose of sex is reproduction, for continuance of the human race, for continuation of the unbroken line of genetic evolution over tens of thousands of years, for the sacred duty of furtherance of all the great things our forefathers have thought and done in their lives. We use it for other purposes and life becomes a hell. Just think.
- The purpose of life is to be good and do good. To ourselves and to everybody. To all human beings. To all living creatures. To the entire Universe. What have been doing with your life? Just think!