

***Adhyatmik Chetna aur Sugandhit Jeevan* by Baldev Bhai Sharma. Publisher:  
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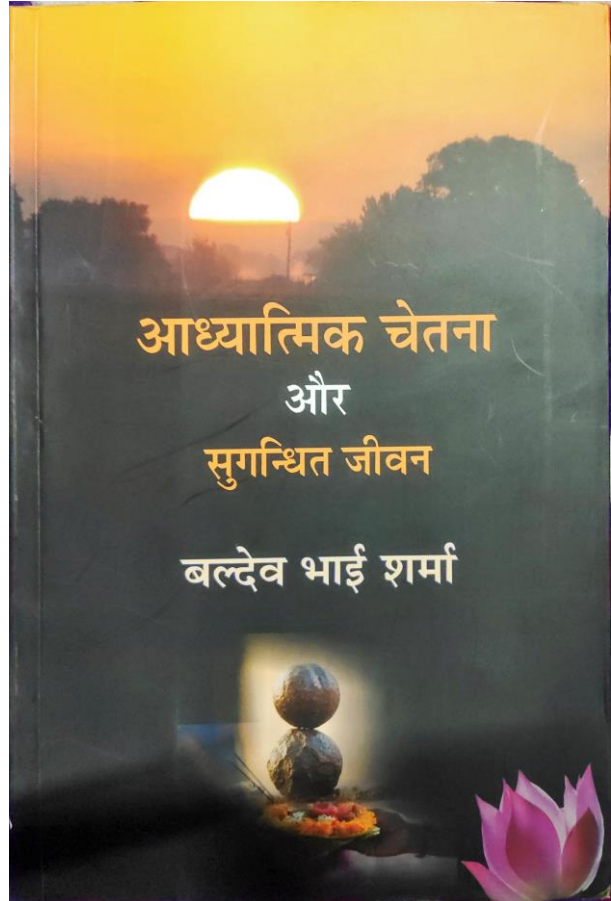
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In the collection of essays titled *Adhyatmik Chetna aur Sugandhit Jeevan*, Baldev Bhai Sharma offers the readers a profound exploration of spirituality, human values, and the essence of a meaningful life. Published by Anugya Books, the book transcends the boundaries of personal musings and delve into the intricate relationship between journalism, art, culture, and spiritual consciousness.

The preface of the book sets the tone and provides the readers an intimate glimpse into the author Baldev Sharma's journey from aspiring singer and teacher to an established journalist. The author's reflection on success and fame, describing them as fleeting and often orchestrated by external systems, immediately resonates. The author emphasizes on living a meaningful life—anchored in Indian spiritual philosophy—and offers a refreshing counter-narrative to the materialistic aspirations dominating contemporary society.

One of the central themes of the book is the transformative potential of journalism. Sharma critiques the commodification of news and the shift of editorial priorities towards sensationalism and market-driven content. Yet, amidst this disillusionment, he finds solace and purpose in writing articles that evoke spiritual awareness and cultural values. The recurring motif of journalism as a medium to awaken human consciousness underscores the book's relevance, especially in an era marked by information overload and ethical dilemmas in media practices.

Sharma's reflections on art and culture are deeply insightful. The discussion on art as a liberating force—*sa kala ya vimuktaye*—and its role in stabilizing the human mind is particularly compelling. He seamlessly integrates personal anecdotes and philosophical



observations, demonstrating how his dual vocations of singing and teaching refined his humanity and directed him towards a life of greater purpose.

The book also chronicles the overwhelming responses Sharma received from readers across Bihar, Jharkhand, and West Bengal through his articles in Prabhat Khabar. The inclusion of heartfelt feedback from luminaries such as Sant Vijay Kaushal Maharaj and Acharya Kaushalendra Das lends credibility to the book's impact. Sharma's ability to touch readers through his writings reflects the universality of his themes and the sincerity of his intent.

At its core, *Adhyatmik Chetna aur Sugandhit Jeevan* is a plea for humanity to return to its spiritual roots. Baldev Sharma critiques the illusion of material happiness and the inevitable dissatisfaction it brings, likening it to the "hangover" after intoxication. Instead, he advocates for a life guided by truth, goodness, and duty—a life imbued with a fragrance of purpose and spirituality.

Baldev Bhai Sharma's *Adhyatmik Chetna aur Sugandhit Jeevan* is more than a collection of essays; it is a philosophical guide for navigating the complexities of modern life. With its rich blend of personal narrative, cultural critique, and spiritual wisdom, the book is a valuable resource for readers seeking to align their lives with deeper values. Sharma's journey from disillusionment to meaningful engagement serves as an inspiring testament to the enduring power of spirituality and human connection.

This book is a must-read for those yearning to imbue their lives with spiritual consciousness and navigate the challenges of modernity with grace and purpose.