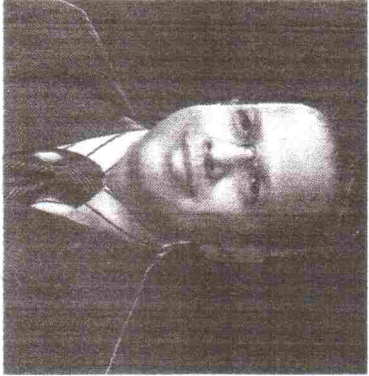


The Pioneer, June 22, 2010

GUINNESS AD FOR PIERRE

Mind matters

KP Shashidharan's new book talks about the joy of living in the verse. By Amit Bhan



light or Yang came subsequently. They are present everywhere in the universe as complementary parts making a whole. So they appear here too," says he.

The book has 54 poems divided into three themes — *Spectrum of life*, where a reader is taken on a virtual tour across the continents; *Rainbow of love*, where the verses express the intense inner feelings experienced by the heart, mind and soul and *Towards Awareness, Enlightenment and Bliss*, where the poems talk of tanning and cleansing of mind. The compositions are interesting blend of spirituality and keen observation written in a language that is immensely readable. "Keeping



the language simple was a conscious effort as I believe that any work of creativity should not be difficult to follow. It should bring happiness in the readers and not make them run after dictionaries and reference books," says he.

Shashidharan, who is Director General (commercial) at Comptroller and Auditor General of India's office, calls his poems an audit of life. "I'm an auditor and here in the book I am certifying balance sheets of profit and loss account of life. The whole life is a mystery. How did we come into existence? After we are born, we plan our future. But the course of life is always uncertain. Many a time things we expect don't happen. We have no control over destiny, so we have to act. The poems are meant to make the reader aware of the various shades of life," says he.

The division of poems in the themes was done, says the author, to make it convenient for a reader to pick a theme he/she would like to read and enjoy without having to go through the whole book. "I found a lot of people liked the spiritual section. For spiritualism is the cure of all our present ills."

For once, we have a collection of poems that makes you fall in love with life. Poems that explore the idea that happiness is actually a state of mind and it can be achieved by one and all if they desire so. These fable poems on life, love and joy of living appear in *Whispering Mind* (Sterling) by KP Shashidharan. "If you want life to be fascinating, you need to love and live in the present. Living in the present is the most joyful moment. Enjoy what you are doing at present. Polluting it with the thoughts of the past or future can ruin everything," says Shashidharan.

The poems weave a love story through the eternal positive and negative energies — Yin and Yang — that appear in the book as *Babe and Darling*. "The belief in the inner energy and its linkage with the Supreme energy flow in the universe helps those who are depressed and hungry for love. At the higher realms of science and religion, physics and metaphysics, explanations to the origin of the universe and life converge. As per the mythology, there was an abyss or Yin in the very beginning and the