

“ Vivekanandaji's spiritual and practical thoughts for youth of the this digital era”

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Abstract:

Swami Vivekanandaji's most famous message is. "Arise, awake and do not stop until the goal is achieved." Revealing the divinity within is the true purpose of human life. In this context, Swamiji says, 'Divinity lies latent in every person. To express this divinity within through the regulation of external and internal nature is the aim of life. Achieve this aim of life through one or more of the following - Karma, Upasana, Samyam of the mind or Tattvagnan - and become free. This is the whole essence of religion. Doctrines, dogmas, rituals, scriptures, temples or idols are all secondary.'

Key Word: youth, Religion, Spiritual, Potential, concentration

The problems that today's youth are facing in this digital era of the 21st century are challenging in many ways. Since Swami Vivekananda's birthday is celebrated as National Youth Day on 12th January, it is a special day for today's youth. The solution to the problems of the youth can be absorbed. The biggest problem facing today's youth is distraction and lack of concentration. Mobile phones, social media, the internet and endless entertainment keep the minds of the youth constantly distracted.

Whether it is study or business, after a while the mind wanders and the hand turns back to the screen. Due to these constant distractions, the youth cannot utilize their full potential. Swami Vivekanandaji used to say, "Ekachana is the knowledge". He believed that a person who can control his mind can do anything in the world. If the mind is fixed in one place, it becomes endowed with extraordinary power.

Swami Vivekananda was then in Bluer Math. In his room, there were huge volumes of Encyclopedia Britannica. Seeing this, his disciple Sharchandra Chakravarti asked: 'Swamiji, a person cannot read so much in one lifetime.'

On hearing this, Swamiji said: 'What are you talking about? I have already finished these ten parts in a few days. Now I am reading the eleventh part!' Really?' the disciple asked with sincerity.

Swamiji replied, 'Yes, if you want to ask me anything from this, you can ask.' And Swamiji kept giving the correct answers to whatever the disciple asked from the ten chapters. And sometimes he even quoted sentences from the book.

'Swamiji, you are a miraculous man. This is not a matter of human brain power.' Hearing this, Swamiji said, 'Oh Vatsa, there is nothing like a miracle in it. This is the result of the power of concentration of the mind.' Accurate solutions for concentration are available in the texts of Swami Vivekananda.

The problem of stress and mental tension is also plaguing today's youth. Career pressure, competitive environment, trying to look perfect on social media and uncertainty of the future are mentally exhausting the youth. Exams, jobs, parental expectations and societal pressures are making the youth stressed. Many youth are facing feelings of depression and insecurity.

Swami Vivekanandaji used to say. "Fear is the biggest enemy of man." His message was of fearlessness. He taught the youth that when we recognize the infinite power within us, external situations cannot scare us. "Weakness is death. Strength is life," this message of his inspires today's youth to tap into their inner strength. To become fearless, Swami Vivekananda says not to run away from a frightening situation, but to face it. There is an incident that happened in his own life. At that time, he came to Varanasi while traveling as a hermit. One day, while he was returning from the temple of Shri Durga Devi, a group of monkeys followed him. So Swamiji started running and the monkeys also ran after him. Thus, Swamiji ahead and the monkeys behind. Seeing them running, a bull ascetic shouted, 'Don't run. Stand still and face it.' Hearing this, Swamiji gathered courage, turned back and stood still in front of the monkeys. Seeing them standing in front of him like this, the monkeys also stood still and then all ran away with their tails up. On this occasion, Swamiji was given a great lesson in life that one should never run away from difficulties in life, but by facing them fearlessly, difficulties themselves run away!

The modern youth is also going through a serious spiritual crisis. What is the purpose of life, why do we live, the youth do not have the answers to such basic questions. Even after achieving material success, there is a feeling of emptiness inside. Despite having a good job, good salary, modern facilities, it seems that something is missing in life. This experience of inner emptiness is disturbing today's youth. Swami Vivekanandaji had shown the solution to this problem in Self-realization. He said that true happiness is not in external things, but in knowing one's inner self.

Swamiji tried to awaken the divine spirit within everyone, the source of infinite power. For this, he used to tell the symbolic story of the lion cub and the lamb. Once a pregnant lioness jumped to cross the road. But she could not cross the road. And in the middle of the night, she got stuck and died after giving birth to a baby. Now, the young lion cub Soto Lo took this lion cub into his herd. Now that lion cub started growing like a sheep, he started eating like a sheep. Like a sheep, what kind of fish? Like a sheep, he started running away from the lions, tigers, etc., because he was scared of the wild animals. Although he was like a Siddha in appearance, he actually started behaving like a sheep. Now, one day, a Siddha passed by. When he saw that a lion was walking among the sheep. But seeing him eating like a sheep and in pairs, the lion was very surprised. Separated from the herd, he caught the lion and said, 'Hey, why are you in pairs and eating grass? You are a lion. A lion just like me. Roar like me.' Saying this, the Siddhi roared, and the lion, who was like a sheep, trembled and started bleating. He said, 'I am a sheep. Leave me alone.' Hearing this, the real lion became very angry and said again. 'You are not a sheep, are you? You are the king of the jungle. Everyone should tremble before you. You are bleating like a sheep. Come on, roar.' But still he started bleating like a sheep. Then the lion grabbed him by the throat and brought him to the shore of the lake. Showing his face in the reflection of the water of the lake. Said. If this is his. Is it really the same thought as mine! Then that sub-horn, who was like me, saw his reflection in the water and his inner self woke up as if he realized his true form that he roared so much that the entire forest roared.

Through this story, Swamiji explains that when we know our true form. We will remove our false form, which we believe to be true. Only then will we be able to experience infinite power. Swamiji, giving the essence of Vedanta in his powerful language, says to Akshay Sukhna, 'You are the children of God, you are the rightful, the pure and the perfect soul. Oh, oh divine souls on earth! Are you sinful? Calling a human being a sinner is the same sin. It is like permanently stigmatizing human nature. Oh, oh lions! Stand up and shake off the illusion that we are sheep. You are immortal souls. You are free. Blessed are you. You are eternal, you are not an inanimate object. The body is not your slave, the inanimate object is your slave, you are not its slave.'

He showed the path of Karma Yoga, in which the true meaning of life is understood by serving selflessly. When we live only for ourselves, life becomes narrow. But when we do something for others, life becomes expansive and meaningful.

Swami Vivekanandaji wrote in a very inspiring letter to the Maharaja of Mysore that life is short. The false illusions of the world are unstable, those who live for others, they are the ones who truly live, the rest are more dead than alive.

Social media has given today's youth a new problem of constant comparison. On Instagram, Facebook and other platforms, the lives of others appear happier, more successful and more complete. Everyone

shows only the bright sides of their life, but the youth compare their entire lives with it. As a result, dissatisfaction, depression and feelings of inferiority arise.

Swami Vivekanandaji said, "Divinity lies dormant in every human being." His message was that every person is unique and has his own originality. Instead of copying others, one should develop one's own nature. He taught the youth that the main goal of life should be to discover and develop the unique talent within oneself. It is right to take inspiration from the success of others, but it is wrong...

He talked about self-knowledge and self-acceptance. Only when we accept our own good and bad qualities, can we give true love and respect to others. The unrest within ourselves is also reflected in others, so it is necessary to first achieve inner peace and balance.

The search for instant gratification and the easy way out in the modern lifestyle is also weakening the youth. Everything is wanted immediately, the ability to patiently wait is decreasing. Instead of achieving something by working hard, there is an increasing tendency to look for shortcuts. This does not lead to character-building and development of inner strength. Swami Vivekanandaji talked about self-control. This does not mean just physical control, but the proper use of one's time and energy. A person who controls his thoughts and actions can achieve success in any field.

He taught that self-control is a great power, and a person who controls his senses becomes invincible. The ability to live in the present is also decreasing among the youth. Either they live in the mistakes and regrets of the past, or they live in the anxiety and uncertainty of the future. The present moment, which is the most important. It is lost. Swami Vivekanandaji used to say that living in the present and doing what can be done now is the true life. He said, "The past is gone and the future has not come, we only have today.

He advised the youth to do their best every day, to be engaged in their work without worrying about the results. Swami Vivekanandaji faced the same problems as today's youth in his youth. After obtaining his B.A. degree, the young Narendranath had to wander from house to house in search of a job due to the sudden death of his father.

After studying the works of Western scholars like Spencer, Hegel, Kant, he became skeptical about the existence of God. He also suffered from disbelief in religion, moral and mental conflicts. But with the guidance of Sri Ramakrishna Paramahansa, he found a solution to these problems. It is because of this experience that his message becomes especially relevant for today's youth.

Swami Vivekanandaji's most famous message is. "Arise, awake and do not stop until the goal is achieved." Revealing the divinity within is the true purpose of human life. In this context, Swamiji says, 'Divinity lies latent in every person. To express this divinity within through the regulation of external and internal nature is the aim of life. Achieve this aim of life through one or more of the following - Karma, Upasana, Samyam of the mind or Tattvagnan - and become free. This is the whole essence of religion. Doctrines, dogmas, rituals, scriptures, temples or idols are all secondary.'

This message is very inspiring for today's youth. He taught the youth that there is infinite power within you, recognize it and be fearless. He believed that there is infinite potential within every person. And with true effort, nothing is impossible.

He said, "You can become whatever you want to be, because you already have the power to become that within you." It just needs to be awakened. A study of Swami Vivekananda's works (in 9 volumes) will show how useful his message is for today's youth. Most of the letters he wrote were addressed to young disciples. His talks and speeches were also mainly addressed to the youth. Mahatma Gandhi said, "After reading Swami Vivekananda's books, my patriotism increased a thousandfold."

Swami Vivekananda was an inspiration to Subhash Chandra Bose, Dr. Radhakrishnan and many revolutionaries. Even today, countless young brothers and sisters are getting inspiration from Swami Vivekanandaji.

In today's complex times, when technology and materialism are controlling life, Swami Vivekanandaji's thoughts can become a pillar of light. The spiritual and practical teachings he imparted can help today's youth find balance, peace and purpose in their lives. By developing these qualities of concentration, fearlessness, self-knowledge, selfless service and self-control, the youth can make their lives meaningful and successful. This message of Swami Vivekananda can inspire us to move forward - "Arise, awake and persevere until the goal is achieved."

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