



The Two Birds

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One of the ancient Indian scriptures, the Mundaka Upanishad, gives the motif of two birds. It talks about two birds, one eating and the other watching calmly. One bird represents the individual soul (Jiva) who is engrossed in the fruits of actions, experiencing pleasure and pain. The other bird represents the Supreme Self (Atman or Paramatman) who sits calmly, observing without partaking in the actions or fruits. It emphasizes the relationship between the individual soul and the Supreme Self, highlighting the journey towards self-realization and understanding one's true nature beyond worldly attachments.

Rabindranath Tagore's Poem Dui Paakhi is about a conversation between two birds; one lives in a cage, loves it, and wants to remain caged. The cage gives the bird comfort, safety, and peace. The other bird lives in the freedom of the forest. The free bird can't imagine being bound by the cage. It wants to explore the sky. Their worldviews are so different. One fails to understand why one can't appreciate the needs of the other. Even their love for each other can't bring them together.

Tagore's poem explores the themes of unity, spiritual awakening, and the relationship between the finite and the infinite. Tagore's two birds symbolize the human experience and the quest for higher truth, the tension between the worldly and the spiritual, and the realization of a deeper, eternal self beyond the transient material world.

The two birds inside us symbolize conflict. One bird represents our desires and dreams. The other bird signifies fear, comfort in the known, or a sense of duty, keeping us in our current job despite our dissatisfaction. The desire and dream bird is the source. It is the driving force for change and seeks fulfilment. The fear bird is the sink. It keeps us anchored in our current situation, preventing us from moving forward. Often the birds lead us to face entropic situations.

Entropy is the measure of disorder or uncertainty within us. It signifies the ensuing tension between the two birds. A high entropy level leads to higher inner turmoil and indecision. Lower entropy reflects a more

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orderly state where the chances of conflict resolution are better. Entropy can be time-dependent. Entropy may change over time as one gains new experiences and insights. New inputs could increase or decrease inner turmoil.

The law of conservation of energy states that energy cannot be created or destroyed, only

transformed. Applied to the two-bird scenario, it means that the energy driving our desires and fears is constant and the total energy within us remains unchanged. For instance, the energy one spends worrying about change could be transformed into motivation to seek a new path



Clint Eastwood, 94—year—old vegan actor legend, formulated one of the most important lessons of his life so far for the young generation:

Don't look for luxury in watches or bracelets, don't look for luxury in villas or sailboats!

Luxury is laughter and friends, luxury is rain on your face, luxury is hugs and Kisses.

Don't look for luxury in shops, don't look for it in gifts, don't look for it in parties, don't look for it in events!

Luxury is being loved by people, luxury is being respected, luxury is having your parents alive, luxury is being able to play with your grandchildren.

Luxury is what money can't buy."

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"Things will get better..... when you learn to switch from..... expect to accept....."