

**Ashok Gangadean**

## **MINDFUL LIVING IN TROUBLED TIMES**

I feel honored to have been invited by you to share this moment at this life shifting rite of passage. I have witnessed your remarkable journey over the past four years, seeing you blossom in so many ways, even amidst facing urgent existential challenges whilst finding your voices and arriving at this commencement.

There is no question that we have faced here on campus and “out there” in the “real world” both high moments as well as deeply challenging dramas. It is evident both on our campuses across the land, as well as in our surrounding cultures off campus, that we face wide ranging breakdowns and dysfunctions in human relations- increasing fragmentation and polarization and failure of real dialogue and humane communication.

This is why I am moved to pause at this moment and have a heart-to-heart with you in the face of all this. As we get “real”, we must ask and face what awaits us as we leave the relative “safety” of our Haverfields, and make our crossing to the next phase of our lives. There is a certain anxiety in the air, deep disquieting uncertainties in what lies ahead for us all.

On this important occasion I feel moved to reflect on what is perhaps the most powerful prescription emerging from centuries of our Global First Teachings ... wisdom, enlightenment, revered scriptures over the past 2,500 years: **an urgent**

**call to Mindful Living.** What is a “mindful life”? I know...Sounds idealistic, theoretical, (even “academic”)... far removed from the immediate existential crises we now face.

But I wish to share why this consensus of our great First Teachings, when properly seen and understood in a Global Rational Light...is and has been the most powerful medical prescription for facing our current existential crises and for our Human flourishing, both individually and collectively. If and **when we truly get this** we’ll see how and why there is Reason for Hope, Personal Empowerment even Joyous Optimism in courageously facing our current existential challenges on all sides.

Our Great First Teachings through the ages (on a planetary scale) have converged in consensus on one astounding find: That there is and must be **a Primal Source which in Infinite and the Source of all there is.** Whatever primal name we may use for this Source (Logos, Yahweh, Allah, God, Brahman, AUM, Tao, Christ, Sophia, Buddha Nature, Great Spirit, ...) it becomes clear that this **Source is Infinite, Infinitely Unified and Unifying and the Primal Reality Force of Infinite Being,** the Infinite Light of Reason, the Generative Source of all lives, all forms of mentation, narratives, worlds, cultures, religions and forms of life. This Infinite Source is thus **Infinite Unity in Infinite Diversity: Unum Pluribus.** It takes a Mindful Life in Logos literacy and Deep Dialogue Rational Competence to surf our Unified Source our Primary Being.

This is a stunning revelation that has been the origin of an urgent millennial call to Mindful Living. This call to an authentic Human Form of Life...a life in communion

with Being, Reality, Light of Reason has been chronically eclipsed by certain deeply entrenched mind operating practices that inherently eclipse our Source of Life and Light.

This is how and why our critical turn to Mindful Living gets to the heart of widespread endemic dysfunction and pathologies. When we Mind our minding in this Global Rational Light we are empowered to See as never before the direct missing link between our mind operating practices and the widespread existential pathologies in our lives.

As Scholar-Athletes and Performing Artists you have touched into this Mindful Space when you experienced peak moments in the Zone...heightened awareness in Peak Performance...when you were at your best. The Mindful art is the art of Being Human...and we have the potential to sustain a life of Mindful Living. Mindful Living is our Personal Power to sustain a Mindful Life, it's ((Lit)), it's ((Fire)). This is Life in the Zone...in the Zen.

**I know that the culture refers to your generation as “Gen Z”. I prefer to think of you Seniors '24 as Creative Activists in igniting an evolved ((Zen G)) of all ages...K thru 90.**

**So I join my Colleagues, your Professors, our amazing College Staff, our President, Provost, Deans and Board of Managers, Parents, Family and Friends in wishing you....a Mindful Life...in high voltage, in Peak performance...A Life of**

**courageous Leadership in Service to Source...of Personal and Collective  
flourishing..**

**Stay ((in the zone))**

Ashok