

Beyond Fear: A Personal Journey to Soma

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This book is not just a chronicle of battles but a profound exploration of the soldier's external duty and inner evolution—blending war and wisdom.

Gen Bakshi has been a witness to and an active participant in India's military history—from the 1971 war to counterterrorism operations in Punjab, Kargil, Kishtwar, and Rajouri.

The book reminds us of the sacrifices made by our brave soldiers, demonstrating the heavy price of defending the nation.

The author connects his battlefield experiences with the concept of Soma, explaining how spiritual practice can eliminate fear and enhance leadership in the face of adversity.

The Brahma-Kshatra tradition in India and the Samurai tradition in Japan highlight how warriors have historically relied on both physical prowess and spiritual discipline.

The book explains how Soma—the inner flow of neurochemicals through meditation—grants soldiers heightened courage, resilience, and clarity in battle.

By linking Kundalini awakening and Soma with modern neuroscience, the book presents a fascinating blend of ancient wisdom and scientific reasoning.

Just as the author used meditation to sharpen his instincts in war, leaders in all fields—military, governance, and business—can harness inner discipline for decision-making and resilience.

His personal experiences show that war is not just about weapons and strategies but also about mastering the mind and spirit to lead from the front.

This book gives a rare glimpse into the workings of military operations, from Sri Lanka and the Maldives to the insurgency in J&K, making it a valuable account of India's defense history.

The concept of Kala Agni and the descent of the Supermind as described in the Vedas bring new perspectives to the discourse on human consciousness and evolution.

The connection between DNA and Vedic language opens up an intriguing discussion about the deeper, hidden intelligence in all life forms.

The book is a testament to how discipline, courage, and spirituality intertwine, shaping not only a soldier but also a leader, philosopher, and thinker.

By narrating his journey of war and wisdom, we are inspired to reflect on our own paths—how we face our battles, internal and external, and strive for higher consciousness.

The lessons in this book are relevant not just to soldiers but to anyone who seeks resilience, clarity, and purpose in life. It is a must-read for those who wish to understand the intersection of nationalism, duty, and self-discovery.