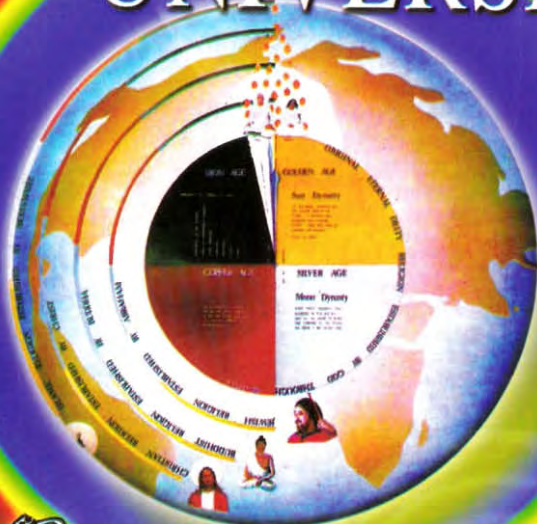
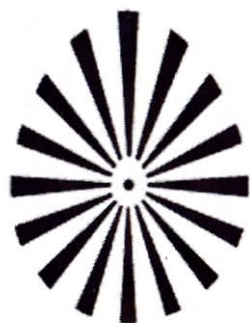


MYSTERIES OF THE UNIVERSE



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FOREWORD

Self transformation is the most urgent call of time. It is what Shiva Baba emphasizes in every *Murli* (Godly versions) nowadays. Self-transformation is really returning to the eternal attributes of the soul. It is being full in all the seven basic attributes of the Soul – Knowledge, Purity, Peace, Love, Happiness, Bliss and Power .

Brother Nityanand has written a series of articles in ‘The World Renewal’ from Nov. 2003 to March 2006 on the Mysteries of the Universe, especially focusing attention on the Eternal World Drama as an eternal interplay of physical and metaphysical energies. He has been effective in linking spiritual tenets expounded by Shiva Baba, the Ocean of Knowledge, with latest scientific concepts on human consciousness, collective consciousness, universal consciousness, and on the evolution of the human being into divine being or deity. The different meditation exercises like the 7-Rays Meditation, the Healing Meditation, Trinity or Trident form for unlimited subtle service of all human souls and elements of nature, the gaining of Self-Sovereignty etc. have been well received by discerning readers, both in India and abroad. E-mails to this effect have been coming to the author and the editor of ‘The World Renewal’ and many of the readers have requested that the whole series may be made available in book form.

In this book our attention is drawn to the fundamental fact of the creation – eternal interaction of physical and metaphysical energies in the first chapter. In the second chapter the focus is on the human being – a combination of physical and metaphysical energies. In this chapter, we find very useful information about the four mortal bodies - the aura (etheric body), the physical body, the mental body and the

emotional body. The author has incorporated additional information on these four mortal bodies along with simple practical exercises to keep these four components healthy and harmonious. The concept of *Dehi* being, the embodied soul, and *Videhi*, the bodiless soul, being the perfect form or *Sampurna Swaroop* which Baba always sees is a very important step that helps us to attain in-depth self-realization and God-realization. The details about Higher self or *Videhi*, the fact about its being the ambassador of Baba, the fact of its acting as a bridge between *Dehi* and Baba, its being a companion and guide, protector and well wisher who has a lot of love and compassion, its being equal to Baba in all the basic attributes help in maintaining a continual link with *Videhi* and Baba. The third chapter on Eternal World Drama gives a refreshing new outlook through scientific explanation of its eternity, its energy cycles and the role of God in rejuvenating the same. Chapter four takes us to the world of sub-atomic particles where the distinction between physical and metaphysical energies ceases to exist, where the law of cause and effect is replaced by infinite possibilities. Chapter five gives a clear vision about the interconnection between soul, mind and matter. Chapter six, on consciousness, expands the horizon of our intellect with a scientific analysis of spiritual tenets. Chapter seven deals with the all important subject of the evolution of human consciousness with a scientific perspective and propels us to a fast track of transformation from a human being to a deity. Chapter eight, on energy vibrations, again gives us some useful practical hints to keep our energy vibrations high and stay healthy. Chapter nine deals with the gem - Rajayoga Meditation giving some innovative techniques for self-realization, for God-realization, for subtle service of all human

souls and elements of nature, and for healing all the mortal bodies. In chapter ten the author has summed up all the information with a personal touch.

I believe that this book will be of great help to all the brothers and sisters who are striving to hasten their self-transformation to become perfect like Brahma Baba and thus reveal Shiva Baba very shortly.

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PREFACE

Understanding and experience are the two legs of the person who treads on the path of spirituality*. As the soul understands the truths about the self it experiences newer and wider mental horizons. The deeper experiences lead to wisdom at a subtler level. The farther I go into the depth of experience, the deeper it becomes. It is like diving into the ocean. The deeper I go, the more I experience. In the practice of Rajyoga, you have to first experience the self in depth. The technique of expanding the point of white light into a seed or zero, and seeing the seven basic attributes of the soul in seven hues of the “VIBGYOR” light spectrum affords deep experience of the soul. **Visualizing the Supreme Father— God Shiva in His infinite form, radiating seven hues of VIBGYOR representing the basic attributes of bliss (balance), knowledge (truth), peace, love, joy, purity and power respectively, allows us to have deep experience of each basic attribute (Primary Quality) from God.** The four steps of visualization, perception, reception and distribution involved in this seven-ray meditation give us an indelible experience of the self and God. By linking a specific relation with each attribute we are able to enjoy the sweetness of the relation and the attribute together most naturally. This way we become an embodiment of each basic attribute, and then the inculcation of **Secondary Qualities or Divine Virtues** too becomes natural. When we become an embodiment of the secondary qualities (virtues), **the Tertiary Qualities called**

Note:*

*The author's understanding and experiences of spirituality are primarily based on the teachings of **Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya**, a non-governmental organization (NGO), a Spiritual University affiliated to UNO, with its international head quarter at Mount Abu, Rajasthan, India.*

VALUES express themselves in our inter-personal dealings without any conscious effort. Thus we see that the establishment of a value-based society like that in Golden Age calls for imbibing the primary attributes of God Shiva who being our Supreme Father, we lovingly call - “**Shiva Baba**”. Supreme Soul, Shiva Baba has shown us how to reach such a perfect stage through the shining example of Prajapita Brahma (Brahma Baba), who reached that stage of perfection by 18th January 1969. Brahma Kumaris and Brahma Kumars are treading the same path since their spiritual re-birth through Godly knowledge. This is a path that leads to self- transformation from human being to a divine being or deity.

This book dealing with the evolution of human consciousness is a compilation of 28 articles published serially in “The World Renewal” magazine of Brahma Kumaris since November 2003. This series titled ‘Eternal World Drama— The Eternal Interplay of Physical & Metaphysical Energies’ highlighting the complementarity of Science and Spirituality has now been compiled into a book titled “The Mysteries of the Universe”, with some additional input. The information herein helps to speed up our transformation from human being to divine being in different ways like:-

- * The awareness about the reality of our being a combination of insentient matter and sentient soul helps to maintain the Self-Sovereignty that is very essential for sustained effort towards self-transformation from a human being to a divine being.
- * Scientific understanding about the eternity of the World Drama through its cyclic repetition every 5000 years allows our intellect to put a full stop to the otherwise unending queue of

questions of why and how. This ability saves a lot of energy which we can use profitably in the process of self-transformation.

- * The information that the body has four mortal components that need to be kept aligned to the immortal self enables us to take care of these four components and create harmony among them, and this in turn enables us to enjoy better Physical, Mental, Social and Psychic health.
- * Easy technique to become bodiless or *Videhi* has been elucidated with the help of a Psychobiological diagram.
- * The scientific descriptions about the physical and metaphysical energies that interact eternally to create the World Drama provide clarity on spiritual concepts of the soul being the master of the sense organs.
- * The knowledge that the different energy levels and vibrations of neighbouring atoms cause the appearance of the forms and colours we see, the sounds we hear and the smells, tastes, and touch we experience helps to demolish the wrong identification of the self with the body. This in turn helps to maintain soul-consciousness.
- * The clear distinction between 'life' and 'consciousness' brought out in this book helps to maintain the identification of the self as the sentient metaphysical energy that uses the body made up of biological energy which propagates itself as per the 'Law of Biogenesis'.

-
- * The process by which the sentient spiritual or metaphysical energies (consciousness) manifesting as thoughts, decisions, desires, memories etc. control the biological (physical) energies of the body through the neuro-endocrine systems has been explained. This clarity helps in maintaining the self-esteem of soul being the master and the organs of the body being its servants.
 - * The clear understanding of the role of the metaphysical energies in health and disease enables one to use these energies judiciously, avoiding wastage.
 - * The scientific explanation on the role of God in rejuvenating energy cycles to sustain world drama eternally highlights the importance of the Confluence Age that is currently on, and this helps us to put in our best efforts to transform the self.
 - * The inter-connection between the seven basic attributes of the self at the micro level and inter-connection between the self, mind, body, relationships, society and environment at the macro level have been brought out clearly. This clarity again helps to maintain soul-consciousness continually and enables us to make sustained efforts to transform our *sanskaras* from profane to divine.
 - * The inter-connection between the seven primary attributes of the soul held in the faculty of sub-conscious mind (*sanskara*), the secondary qualities or the virtues manifested in the faculty of conscious mind that includes both the emotional self and the rational self, and the tertiary qualities or values, belief systems, and powers manifested in the faculty of intellect has been highlighted. This

awareness helps us to maintain focused attention to keep us fully charged in all the seven basic attributes through meditation.

- * The detailed discussions on Self-Sovereignty help us keep this self-esteem naturally.
- * The self-esteem of “*Swadarshan Chakradhari*” has been linked to the transformation of human beings to divine beings, in scientific terms. This again enables us to hasten self-transformation and world transformation.
- * Co-creation with God explained scientifically enables us to maintain the self-esteem of being “Master Almighty”.
- * Over and above all these is the self-empowerment that we can experience by maintaining intimate interaction with our own perfect form or ‘*Sampurna Swaroop*’ which we call *Videhi*, who resides 8 inches over the head, within the aura, who acts as the ambassador of God, whose only job is to safeguard and guide the *Dehi* or embodied soul.

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1

THE ETERNAL INTERPLAY OF PHYSICAL AND METAPHYSICAL ENERGIES

God Shiva, the Ocean of Knowledge, has revealed through His corporeal medium, Prajapita Brahma that this Creation is an Eternal World Drama in which the physical energy of living and non-living matter interacts eternally with the metaphysical energy of souls and the Supreme Soul. He has further revealed that the human being is a combination of 'human' (body) and 'being' (soul), the sentient soul being the master of the insentient body.

How do the physical energy of non-living matter get transformed into the biological energy of living matter? How does the sentient metaphysical energy of souls and the Supreme Soul control the body, made up of insentient physical energy? An effort has been made to answer these vital questions, so that the human intellect can have a better understanding of the profound truths that the Supreme Intellect (God) has revealed.

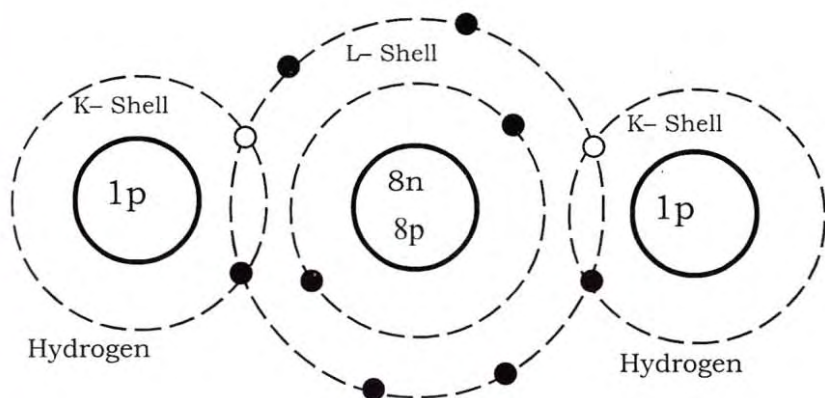
The Physical Energy

The Physical universe or the material world we see around us as a variety of forms, colours, light and heat is known to be formed of atoms, the point sources of physical energy. Different energy levels and vibrations between neighbouring atoms give the appearance of form, colour, heat etc. and the effect of these differing levels of physical energy waves is perceived as male or female, beautiful or ugly, young or old. The things that we see, hear, smell, taste, feel through touch-sensation and the body itself are formed of atoms. Atoms have the ability to unite with certain other atoms under the correct conditions of concentration, pressure and temperature. When two or more atoms unite, a molecule is formed. The elements of nature are composed of molecules formed due to the combination of two or more atoms of the same kind. However, molecules of some elements such as helium are formed of a

single atom, and hence are called monatomic molecules. A compound is formed of molecules that are combinations of two or more atoms of different natures. Each of these molecules in a given compound has the same atomic composition. The ability of atoms to combine can only be understood in the light of their structure.

An atom consists of three major components: Electrons having a negative electric charge and extremely small mass, Protons having a positive electric charge and about 1850 times the mass of electrons, and neutrons having no electric charge and having the same mass as protons. Each atom has a central core called nucleus, around which electrons move in orbits and those at the same distance from the nucleus are said to be in the same shell. The chemical properties of an atom are determined by the number and arrangement of electrons moving around the nucleus. However, there can be different kinds of atoms to an element because of differing number of neutrons in their nuclei, even though they have the same number of electrons in their orbit. These different kinds of atoms of an element are called isotopes. Normally, an atom is electrically neutral. However, there are electrically charged atoms called ions which appear when molecules are formed out of an ionic bond. Sodium chloride is an example of an ionic bond in which the outer shell of sodium loses one electron to the outer shell of chlorine resulting in the formation of positively charged cations and negatively charged anions. The water molecule is an example of a covalent bond in which the outer shells of two hydrogen atoms overlap with the outer shell of an oxygen atom (See Diagram).

Covalent Bond forming Water molecule



Oxygen Electron

● = Electrons of oxygen atom (8) - 6 in outer Shell-L, 2 in inner Shell-K

8p= 8 protons in the nucleus

8n= 8 Neutrons in the nucleus

Hydrogen Electron

O = Single electron of the Hydrogen atom- only one Shell-K

1p= only one proton in the nucleus (no neutron)

Energy, in the words of the physicist, is the capacity to accomplish work. This capacity, when idle, is called potential energy. When in the process of being used it is called kinetic energy. Stored water in a dam, stretched rubber, compressed air, a wound spring, chemical energy in compounds such as coal, gas and sugar are all examples of potential energy. Kinetic energy takes many forms, such as mechanical energy; electric energy due to movement of electrons from atom to atom in a wire, light energy due to movement of minute particles called photons; heat energy due to continuous random motion of atoms and molecules within a gas, liquid or solid. Molecular movement in hot wa-

ter is faster compared to that of cold water. All forms of energy are inter-convertible, and this transformation is governed by the first and second Laws of Thermodynamics. According to the first law, energy is neither lost nor gained when converted from one form to another. The second law, the Law of Entropy, states that wherever there is motion, energy at a higher level (potential energy) is transformed into energy at a lower level (kinetic energy) until there is nothing left. A fire burning out, the growth, aging and death of the body, a bouncing ball coming to a stop are all examples of entropy.

We have seen that physical energy exists in nature in its potential state at the atomic, molecular, elemental and compound levels of matter, whether living or non-living. Hence even a dead body has physical energy. The same physical energy trapped in elements, compounds, molecules and atoms of living matter is known as biological energy while this body is alive. We shall now examine how the atoms, the point sources of physical energy, get themselves transformed into the biological energy of cells, tissues, organs and systems of the human body.

Biological Energy or Life-force

The Physical energy trapped in living matter is called biological energy or life-force. The cycle of biological energy for every 'living thing' keeps spinning separately through the processes of generation, growth, decay and regeneration based on the **Law of Biogenesis**, which states that all life derives from preceding life; all forms of plants and animals reproduce their own kinds only.

The Nature of Living Matter

Matter, whether living or non-living, is composed of elements that are aggregates of molecules formed by the combination of atoms of the same kind. Over 100 basic elements have been identified. The living matter, called protoplasm, also consists of the elements which are similar to those found in non-living substances in the atmosphere, the crust of the earth, the sea and the celestial bodies. The elements of

oxygen, carbon, hydrogen and nitrogen constitute about 96 percent of protoplasm. Atoms of these four elements combine in different ways to form organic and inorganic compounds, which are aggregates of molecules formed due to the combination of atoms of different elements. The primary difference between living and non-living matter seems to be at the level of compounds. About 60 to 90 percent of protoplasm is comprised of water, an inorganic compound which has a number of properties that make it ideal for living systems. Being the best solvent, it participates in many chemical activities of protoplasm. Nearly all organic compounds have hydrogen and oxygen along with carbon, and hence water appears as an end-product of many chemical reactions. The high heat capacity of water enables plants to manufacture food by utilising sunlight. The transparency of water facilitates animal vision. Water in protoplasm promotes formation of ions, as in the case of sodium chloride which dissociates into cations of sodium (Na^+) and anions of chlorine (Cl^-). The principal types of organic compounds found in protoplasm are: Carbohydrates, fats, steroids, proteins and nucleic acids (DNA and RNA). The nucleoproteins containing DNA or RNA are the most complicated chemicals, and seem to be the principal controllers of living process.

The Organisation of Protoplasm

The chemical structure of protoplasm has been shown to be similar to that of non-living matter in many respects. The quality called 'life' is closely associated with organic compounds resulting from the various combinations of carbon and hydrogen with other elements such as oxygen and nitrogen. However, a combination of all known organic and inorganic compounds of living matter does not result in 'life'. For a greater understanding and appreciation of this intricate phenomenon called 'life' we must look at the supramolecular organisation of protoplasm.

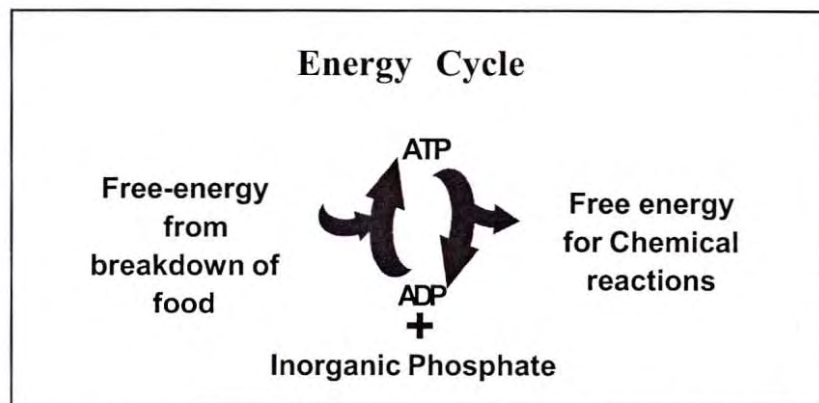
The living matter, protoplasm, in a multi-cellular organism is organised in a definite pattern, the smallest unit of protoplasm being the cell. The cells combine to form tissues which group together to form

organs, several of which function in unison forming an organ system. The human body is made up of several organ systems such as nervous system, digestive system, endocrine system etc. However, 'life' exists in much simpler, unicellular organisms of both animal and plant kingdoms. Single-celled organisms such as bacteria and amoeba represent the plant and animal kingdom respectively. There are entities called viruses which exhibit characteristics of either living matter or non-living matter in different environs. These minute organisms range in size from 0.3 to 200 millimicrons, i.e. one thousandth part of a micron, which is one thousandth part of a millimetre. Viruses are parasitic and display 'living' properties only within plant and animal hosts. Outside their hosts they are inert, non-reproducing chemicals which can be preserved in crystalline form indefinitely. When they are kept within the proper living tissues, they grow and reproduce. The quality of 'life' in matter is judged on the basis of its ability to grow, to reproduce, to react to change of environment (irritability), and also based on its metabolic activity.

Biological energy or 'Life-force' is required for the above mentioned activities of a living entity. The 'cell' being the basic unit of protoplasm, the living matter, the required energy has to be made available within the cell, which maintains a state of dynamic equilibrium at the molecular level.

As a result of metabolic activities, energy in food is released. This free energy is regulated through chemical devices called adenosine diphosphate (ADP) and adenosine triphosphate (ATP). Adenosine is a derivative of RNA, and this is united with a phosphate group forming adenosine mono-phosphate which then unites with another phosphate to form ADP. A further addition of a phosphate results in ATP. The addition of phosphate energy packages requires a large amount of energy. Conversely, when a phosphate is released, energy is liberated. Energy released by a fuel molecule is taken up in a package to form ATP from ADP. Thus ATP acts as a storage molecule for energy and as an energy vehicle. When energy is needed, ATP breaks down, releasing energy, and ADP and phosphate reappear. Thus, the ADP - phosphate energy-trap is automatically set for the capture of another package of

energy that has been liberated by the breakdown of food molecules. (See diagram).



Interplay of Biological (physical) and Meta-physical Energies

In the foregoing paragraphs, we have seen the interplay of physical energy trapped in the elements/compounds, both in 'living' and non-living matter. Even though the elements/compounds found in protoplasm, the living matter, are similar to those found in non-living matter, there is an additional component in the organic compounds found in protoplasm, and that is the quality of 'life'. Deoxy ribonucleic acid (DNA) molecules and ribonucleic acid (RNA) molecules are joined to simple proteins to form super molecules of nucleoproteins. These are considered to be the demarcation between living and non-living substances. *DNA is known to be closely associated with genes, the determinants of heredity, that pass on physical and mental characteristics from one generation to another. RNA is known to be associated with synthesis of proteins in the cell body. According to the Law of Biogenesis, all life derives from preceding life and all forms of plants and animals reproduce their own kind only. Thus the cycle of biological energy for each species keeps spinning separately.*

Based on the revelations of God Shiva, we know that the human being (Jeevatma) is a combination of sentient soul and insentient body. We have seen the intricate interplay of physical energies of the body. It will be useful to consider the psychobiological

aspects of the human being in order to appreciate the interplay of metaphysical and physical energies.

The Metaphors and Scientific Facts Relating to Human Body

The human body has been compared to a costume worn by the soul to perform its role in the eternal world drama; to a space suit that protects the incorporeal soul from the physical forces of the corporeal world; to a vehicle that carries the 'master' around; to an abode where the 'master' dwells, and to a robot that performs actions at the command of the 'master'. Thus, the human body can be likened to a highly evolved multi-functional, self-empowered tool, custom-made out of insentient matter for every soul, the sentient master. As this tool is custom-made for a particular soul, it becomes junk once its master leaves it at death, denoting the end of a particular 'role' assigned to the soul, which then puts on a new costume appropriate for the next 'role' through re-birth.

We are aware that different parts of the dead body, the discarded biological tool, are being used by scientists for the purpose of repairing or servicing the living bodies. Transplantation of the heart, cornea, kidney etc. are such examples. Tissue culture for the production of vaccines etc. has been a long established procedure. The process of 'cloning' to produce a new creature without the natural fusion of male and female gametes is currently very much in vogue. All these scientific procedures are possible only because the biological energy that sustains the biological functions of growth and reproduction of living matter is independent of the metaphysical (spiritual) energy of the soul. However, the embodied soul (*Dehi*) can control the biological energy of the body whilst operating the same. In order to understand this process of control, we have to examine the psychobiological aspects of the human being or *Jeevatma*.

Psychobiological Aspects of the Human Being

'**Psychobiology**', as per the Oxford Dictionary, is the branch of science concerned with the biological basis of behaviour and mental

phenomena. The biological aspects of the human being have been discussed in the preceding part. Now we shall examine behaviour and mental phenomena for which we have to know the mind first. God Shiva, the Ocean of Knowledge, has revealed that mind, intellect and Sanskaras (personality traits) are the three faculties of the soul, the infinitesimal point source of metaphysical energy.

Mind is the 'emotional self' which feels, wishes, experiences the emotions of love, hate, anger, envy etc. and projects mental pictures of places, people, and situations. Mental energy is very potent and fast and can transcend space and time easily. It is often called the 'heart', in order to show the depth of feelings.

Intellect is the 'rational self', which visualises, contemplates, discriminates, judges, decides and restrains the mind and physical organs, or prompts them to act.

Sanskaras include not only the seven basic attributes of the soul and personality traits, but contain the complete data on the 'roles' a soul, the 'actor', has to play in the 'eternal world drama'. It is based on this information encoded in the Sanskara that the soul descends to the corporeal world from the soul-world, taking birth in a particular family, society and continent. The soul, once embodied in the womb of the mother, has to complete the entire cycle of birth and re-birth, enacting different roles till the end of the cycle (Kalpa), when it will return to the soul-world. It then comes back to the drama stage at the same pre-ordained time and place and the cycle repeats identically. During each cycle, the soul inhabits different human bodies of different forms, races, cultures and countries, learning lessons and gaining wisdom. In each of these births the soul performs actions thus creating karmic accounts. The fruits of these karmas (good or bad) are received in the same lifetime or in later lives.

Consciousness

The soul or psyche, the point source of metaphysical energy, is

known by its inherent, eternal attribute, the consciousness. This attribute of consciousness is not an epiphenomenon of the brain or the electromagnetic forces at work in the brain and elsewhere, nor can it be considered a product of chemical reactions taking place at the cellular level in the brain and other parts of the body. This metaphysical energy of the sentient soul manifests as the thoughts, judgment, memory, beliefs, learning, outlook, attitude, habits and emotions etc. These manifestations can be attributed to the three faculties - mind, intellect and *sanskara*. The latent thoughts from its sub-conscious mind (*sanskara*) are continuously influencing its conscious thoughts, decisions and emotions. Dreams are also latent thoughts emerging on the wide screen of our mind during sleep when our five senses, to a large extent, are turned inwards.

The soul is believed to be located in the centre of the brain in between the hypothalamus, the pituitary gland and the pineal body. The surface marking of this locus is in the centre of the forehead, in between the eyebrows. From this specific anatomic locus in the brain the soul is able to effect all functions throughout the body as all nervous mechanisms integrate at the upper central region of the hypothalamus, which is an endocrine gland that controls the functioning of the pituitary, the master endocrine gland that controls all other endocrine glands.

How Does Soul Control the Body

We shall now look deeper into the mechanism by which the metaphysical energy of the soul controls the physical body (biological/physical energy). Metaphysical energy manifesting as thoughts forms a quantum field which has no mass. At the micro level, it influences the related nuclei in the hypothalamus, which triggers the pituitary, or sets up neuro-electrical impulses or photon-fields at the various organs and tissues. Much of the action takes place through the neuro-endocrine systems because only the nervous tissues are specialised for efficient transmission of electrical or electromagnetic impulses or photon-fields at the micro level. These then influence biochemical and biophysical functions in the rest of the body. However, all cells of the body appear to have consciousness because they are connected with the brain where

the soul dwells. In other words, each cell of the body acquires the quality of sentience due to its link with the metaphysical energy of the soul through the nervous and endocrine systems.

It is important to realise that although biological energy in the cells can sustain itself and multiply when provided with a conducive biological environment and the heart and kidney would continue to live likewise, the whole cardiovascular system or urinary system cannot survive in the absence of the soul, the integrating factor, if isolated. Thus, life in its real sense goes beyond the biochemical and biophysical processes.

Having delved into the intricacies of the life process, it is necessary to understand the phenomenon of death. There are four types of death:

1. **Necrobiosis** –the natural death of cells in the living body where the dead cells are continually replaced by new ones. It is said that we replace our stomach cells every five weeks.
2. **Necrosis** – the unnatural death of cells as a result of noxious agents.
3. **Somatic death** –the death of the whole body. In this case, even though the organ-systems cease functioning many tissues and cells continue to live up to a certain period of time. If these tissues are removed within the critical time and provided the proper biological environment, they can be used for different purposes as explained in the preceding paragraphs.
4. **Brain death** –the final death. When the brain becomes dead, a command centre in the brain triggers final death. This is the final act the soul performs. Then the soul departs from the body to continue its journey of further lives.

The Role of Metaphysical Energies in Health and Disease

We have seen in the foregoing paragraphs how the metaphysical energy of the soul in the form of vibrations of thoughts, judgments, feelings, emotions etc. emanating from the faculties of mind and intellect, gets integrated with the biological energy of the body through the nervous and endocrine systems. The influence of these two subtle meta-

physical energies (mind and intellect) on the physical body is being researched extensively by physicians, psychotherapists, biochemists, physiologists etc.

Louise. L. Hay, a metaphysical lecturer, in her book "*Heal Your Body!*" says: "The way to control your life is to control your choice of words and thoughts". The mental patterns that cause disease in the body are criticism, anger, resentment and guilt. The book gives a list of mental patterns that cause disease in the body, and suggests new thought patterns that will remove the need for that condition. When the need is gone, the manifestation (the symptoms of the disease) ceases to be there, just as a plant dies when the root is cut away. This clearly brings out that the physical well being of a person is dependent on the positive thoughts or positive vibrations of mental (metaphysical) energy.

Arian Sarris, a transpersonal psychotherapist, in her book '*Healing the Past for a Vibrant Future*' (Published by Pustak Mahal in India) describes the integration of physical and metaphysical energies in the human being quite vividly. According to her, a human being is made of five bodies –the immortal Higher Self (HS) and four mortal bodies, which are the etheric body (aura), the physical body, the mental body and the emotional body. Mind and intellect, the subtle faculties (metaphysical energies) of the embodied soul, function as the 'emotional body' and 'mental body,' respectively. The HS is the pure essence of all the other bodies combined. We shall examine these five bodies in detail in the next chapter.

The Dynamic Equilibrium

Technological advances in the recent past have revealed the intricate dynamic equilibrium of the biological energies. Dr. Deepak Chopra² of USA and Dr. H.K. Chopra³ of New Delhi dwelt on this

Notes:

1. Published in India by FULL CIRCLE PUBLISHING, New Delhi
2. Dr. Deepak Chopra addressed the conference on 6th January, 2005 with a day-long discourse on various aspects of human consciousness, universal consciousness and God-consciousness.
3. Dr. H.K. Chopra, Head of Cardiology, Mulchand Hospital, New Delhi was speaking in a panel discussion on January 07, 2005 as part of the 'National Conference on New Dimensions in Healthy Living' at the Academy for a Better World, Gyan Sarovar, Mount Abu, India.

subject extensively while addressing over 800 medical professionals during the National Conference on 'New Dimensions in Healthy Living' held in the Academy for a better World, Gyan Sarovar, Mount Abu, India from 5th to 8th January, 2005. Excerpts from their addresses are given below so as to highlight the dynamic equilibrium of the biological energies and their co-ordination with the cosmic energies of the universe.

Elaborating on the dynamism of human biology, Dr. Deepak Chopra says: "The human body is actually a very dynamic field of molecules, a very dynamic field of energies; the human body is even in a dynamic exchange of the elements and forces of the universe....In fact, the physical bodies you are using right now....is not the physical body you came in with a little while ago. You can examine this very scientifically. Every time you breathe in 10^{22} atoms from everywhere else are taken in; every time you breathe out 10^{22} atoms are expelled. These atoms have their origin in every cell of your body. Technically speaking, we are all sharing our organs every time we breathe... Through radioactive isotope experiments we can prove without a shadow of doubt that right this moment you have in your physical body at least a million atoms that were floating in the bodies of Buddha, Jesus or Saddam Hussein a few years ago... In one year you replace 98% of all the atoms in the body. At the atomic level, you replace your stomach lining every five days,...your skin once a month...your skeleton in three months...the carbon, the hydrogen, the nitrogen of the DNA come and go every six weeks like migratory birds...Every day I and my consciousness are outliving the molecules on which I ride"...

Non-local correlation, 'Einstein Prodosky Rosen Effect' or 'John Belt Theorem'

It says - 'In the discontinuity, everything is instantly correlated with everything else, and this instant correlation is without exchange of energy or information signals...Scientists today cannot explain certain biological phenomena without explaining non-local correlation. ..A human body has 100 trillion cells, each cell does 6 trillion things per second and every cell instantly knows how to correlate its activity with every

other. How does a human body think thoughts, play a piano, kill germs, remove toxins and make a baby all at once? While your body is doing that it is tracking the movement of stars and planets because your biological rhythms which are called circadian rhythms, seasonal rhythms, gravitational rhythms, lunar rhythms are actually the rhythms of the cosmos. So your body is non-locally correlated instantly with the symphony of the universe. The Vedic expression – ‘*Yadha Pinde Thadha Brahmande*’ means – as the atom so is the universe, as is the microcosm so is the macrocosm, as is the human body so is the cosmic body, as is the human mind so is the cosmic mind. How does one single cell differentiate in 50 replications into 100 trillion cells...by the process of morphogenesis, and this takes place without information and energy signals. So non-local correlation is a scientific description of omniscience...”.

Dr. H.K. Chopra said - “...our body is made up of organs, organs are made of tissues, tissues are made of cells, and cells are made up of...molecules...molecules are made of atoms, atoms are made up of sub atomic structures...protons, neutrons...and beyond that are Quarks and Bosons, and beyond that is the Quantum Soup...where there is no matter...no liquid...and that is the source of our emotions...our emotional intelligence ...We can go to this level only through spiritual education....”

The foregoing excerpts give us a clear understanding about the inter relatedness of the human souls with every thing else in this universe at the quantum level.

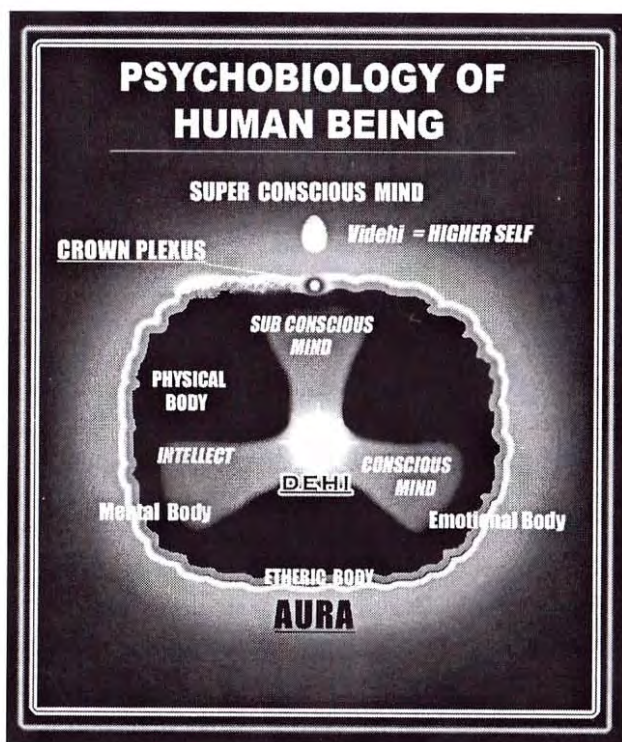
THE HUMAN BEING

(JEEVATMA)

We have already seen in the first chapter that the insentient biological energies organize themselves into cells, tissues, organs and systems to constitute the human body, which is controlled by the sentient metaphysical energy, the soul. We shall now look into the interplay of physical (biological) and metaphysical energies in the human being from different angles.

The Psychobiological diagram of the Human being

The embodied soul (*Dehi*) is seen in the centre as a bright light, and its three faculties - the conscious mind (emotional body), the intel-



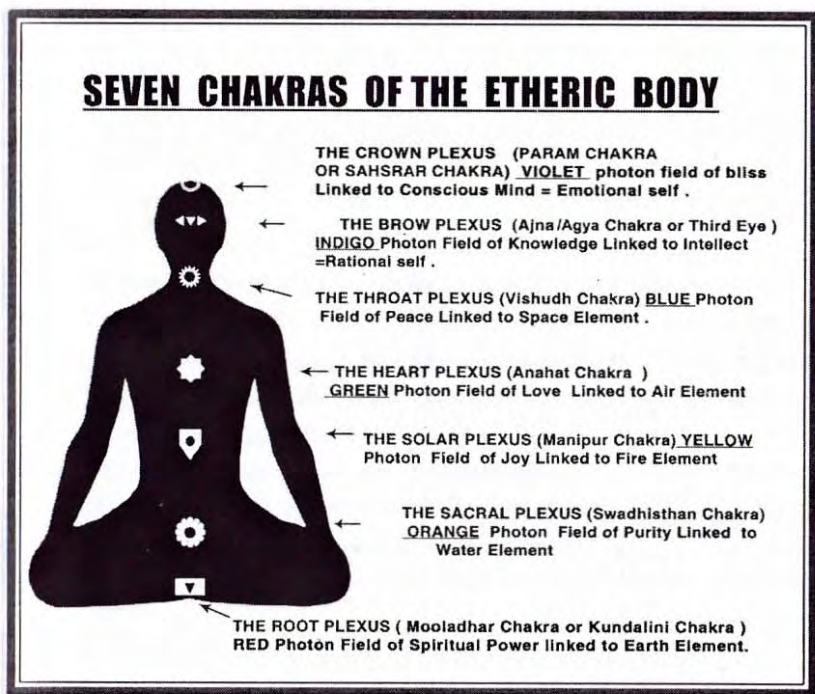
lect (mental body) and the sub-conscious mind (*Sanskara*) are shown to be three beams of denser light which spreads within the physical body made of the grosser physical energies of the five gross elements - earth, water, fire, air and space. Mind and intellect, the subtle faculties (metaphysical energies) of the embodied soul, function as emotional body and mental body respectively. The fifth body, the HS is the pure essence of all the other bodies combined.

Enveloping the physical body is the etheric body that vibrates at a higher frequency. The physical body is shaped and anchored upon the energy blueprint (template) contained in the etheric body. Surrounding the etheric body is the aura that represents the sum total of a person's energy patterns that can be seen as various intensities. Aura, the energy shield or force field, expands and contracts according to our moods and situations and may extend out to about 18 inches around the physical body. The Super Conscious Mind, Higher Self (HS) or *Videhi* is the perfect bodiless stage of the embodied soul. It is said to reside within the aura 6 to 8 inches above the head. The Crown Plexus is the 7th *Chakra* on the top of the head. The HS or *Videhi* communicates with the embodied soul, *Dehi* through this plexus by means of intuitions or the 'inner voice'. When this chakra is blocked by alien energy the *Dehi* is cut off from the *Videhi*, i.e. its own wisdom. Then the *Dehi* (mind and intellect) functions as per the directions of the intruding energy.

Etheric Body

It is a subtle body penetrating the physical body, vibrating at a higher frequency. The physical body is shaped and anchored upon the energy blue print (template) contained in the etheric body. There are seven plexuses or ganglions called '*Chakras*' in the etheric body that allow us to absorb high frequencies of various kinds, including the vital force (*prana*). These *chakras* process and pass them on to the physical body. These energy centres regulate the flow of energy in and out of the physical body. Each *Chakra* is represented in the aura by a colour. The aura is the sum total of an individual's energy patterns which may be seen as seven colours or as various intensities. These include cosmic energies from outside the person, and changes brought

about from within through physical, intellectual, emotional or spiritual activities.



The Seven *Chakras* of the Etheric Body

Each *chakra* is represented in the aura by a colour or photon field as shown in the diagram. The predominant linkage of the *chakras* with the five gross elements of the nature is also shown in the diagram. The link of the hues of the light spectrum – VIBGYOR - to the seven *chakras* has been sourced from the book '*Soul Healing*' by Dr. Bruce Goldberg, published in India by Pustak Mahal'.

The Aura

This energy shield or force field expands and contracts according to our moods and situations. It is a flexible sheath extending out about 18 inches from the physical body. It tries to communicate what it has sensed through its language of comfort or discomfort. The energies of

sensed through its language of comfort or discomfort. The energies of different persons encroach upon our personal space (aura of 18 inches width) when they come close to us. Such brushing of the aura causes intermingling of the energies. The contaminating energies (emotions) may be felt either immediately or after the person has departed. This alien energy may linger on for years, even for the whole life, unless the aura is cleaned out. Such contaminating energies stuck in our aura clog the communication channels, causing energy blocks and making it difficult to find room for self-esteem, self awareness and self-love.

The intrusion of someone else's energy between your HS and your seventh chakra at the top of your head obstructs the communication with your HS. Parents often block the seventh *chakra* for control over you in childhood. 'Gurus' and teachers may impose control over their students by blocking their seventh *chakra*, thus severing the connection with their HS and their own wisdom. Fundamentalists, religious fanatics, terrorists, suicide bombers etc. are created by putting an energy chord into the seventh *chakra*, whereby these victims get truly brain washed! Such persons become 'blind' to any other perspective unless the intruder permits. The aura can be kept clean and powerful using four simple exercises given below:

The intruding energies are seldom loving or neutral; more often they are critical, judgmental, shaming and guilt producing. Hence we should remove such intruding energies at the earliest. The four exercises given below, when practiced regularly, help you to maintain your aura clean, healthy and vibrant. These techniques I have adopted from the book by Arian Sarris, and have been practising regularly with good effect.

Exercises for :-

1. Cleaning the Aura :

Focus your attention on your aura and visualise it covering you from over your head to under your feet, and spreading 18 inches all around. Feel the safety within the energy shield all around you. Imagine holding a golden comb with 18 inches long teeth in both the hands. Comb out your aura physically moving your hands up and down, left to

right and right to left of your physical body holding the psychic combs. Do not leave out any part, including under the feet. All the alien energies lodged in your aura fall on to the earth and get absorbed. You feel light and energetic.

2. Reinforcing the Aura:

Now imagine orange rays of purity from God entering your auric shield and defining the limits of your space and raising your vibrations. As a result, no one with lower vibrations can invade you without your permission.

3. Retrieving your energy trapped in others' Aura:

These are spread out in other people's auras in all the places you have lived/worked in. To bring back these energies locked in the past, imagine that you have an energy whistle. By blowing this all your energies locked up elsewhere return to you. Blow the whistle a few times, close your eyes, and wait for five minutes to allow your energy to return. The first time you do it you might experience energies coming back in the form of snow-flakes or any other form. You may get odd recollections of past incidents.

4. Creating Present Time Field:

Most of us remain locked up within our past through our doubts, fears and worries. As a child we felt contented and happy when we were comforted, nurtured, and held, but in the absence of such nurturing our lives become filled with fear and worry. This need for nurturing stays with us, within our emotional self or the **Inner Child**, as an adult also.. Hence our adult decisions are made with our emotional heart based on what will keep the Inner Child safe and loved. A balance between our Rational Self (Intellect) and Emotional Self (Mind/Heart) is required and it should be tempered with the wisdom of the *Videhi*. Clear communication among these three faculties is possible only when we get unstuck from the childhood fears and let the adult resources govern our life.

Every time we remember a past incident, we trap our energy in it. This energy becomes inaccessible for other purposes and lowers our energy level. **If as a child you were beaten by your father you are**

holding a lot of energy around those memories and whenever you remember it, more of your energy gets trapped. When you bring those accretions into the present time, they leave since they are connected to the past events only. Parental accusations, personal guilt, or judgements make up these accretions. The Present-Time Field releases foreign energies and mental blocks, and allows free communication with your *Videhi*.

The Exercise:

- ◆ Imagine yourself holding a magic wand of gold that turns everything touched by it into the present-time field.
- ◆ Tap the seven *chakras* in your etheric body at least seven times each because your aura has seven layers.
- ◆ Tap your *Videhi* 8 inches above your head with the wand likewise. Some consider the *Videhi* to be the 8th *chakra* with white light around it.
- ◆ Tap your feet and hands also with the wand, as they have their own *chakras*.
- ◆ Touch your knees also seven times as they too have their own *chakras*.

Regular practice of the above four exercises will ensure that your aura is kept clean and all *chakras* are in present time. These are the preliminary steps before undertaking any psychotherapeutic exercises described by Arian Sarris, which the author has tried on himself with positive results.

The Physical Body

It is made of matter, a very dense energy providing a tangible envelope to the mental and emotional bodies. The aura creates the physical body according to the instructions of the *Videhi*, based on which the etheric template is cast. Congenital physical deformities are due to such deformities in the etheric template. The physical body collects and stores an enormous amount of negative energy, just like the aura. The physical

trauma suffered by any part of the body may heal, and we assume that the trauma has vanished, but in fact it remains embedded in the organs that have suffered the trauma. The physical body also receives abuse through negative images thrown at it by one's own mental and emotional selves, as well as by others - "Why are you so fat?" Why couldn't you be taller?" etc. When enough traumas accumulate in the physical body, they start manifesting as pain and sickness. *Thus the pain or sickness in the body is a cry for help to get rid of emotional traumas. Without any kind of release, negative energies begin to toxify the body eventually manifesting as life threatening diseases like cancer. For healing the physical body, those negative energies must be released. That requires a complete attitudinal change, acceptance of the body as it is, and flooding it with self-esteem.*

The Emotional Body

It is identified with water for its movement and changeability, by which all the frozen energies are released and transmuted, rinsing away the blocks, fears and old painful emotions. This emotional cleansing creates room for love and higher vibrations of self transformation in your heart (mind). The foundation of the emotional self is love – love of self and love of others. When love fills you, you open up like a flower, while feelings of fear, sadness, anger, jealousy etc. close you down. The best kind of love is that which comes from within, assuring you of safety and care. The emotional needs of your Inner Child determine how you will interact with others. Based on this need, you will face people either with openness and optimism; or with fear, despair, hatred, hostility etc.

The emotional self symbolized by the Inner Child holds the traumas inflicted on you as a child. The physical body that envelops the emotional body may appear deceptively healthy, even when the emotional body is bruised. If the emotional self's traumas are not addressed, those toxins begin to poison the physical body and create sickness, often threatening life itself.

The emotional needs of the Inner Child are based on your environment in the first twelve months of your life, as these form the foundation of your belief system later in life. The belief system developed in

early childhood is solidified in the next two years. There are three basic 'core issues' or fears that shape the belief system. They are: fear of death, fear of abandonment and fear of loss of self-identity. Those fears originate from an unfulfilled need for safety, for love, or for being yourself, which is essential for fulfillment of your life's purpose. A person with fear of death defines life according to the need for survival; "Will I be safe or will I be destroyed?" A person who fears abandonment defines life according to the need for love: "Will I get love, or be left unloved? A person who fears loss of self defines life according to personal space: "Will I have the right to be myself; or will someone intrude and take away my identity? These core beliefs may not seem obvious in your daily life, but they underlie your behaviour, your feelings, your beliefs, and every decision and action of yours. Because of the unfulfilled need for safety, love or self-identity you tend to believe that you are unworthy of anything that would provide these. Then, whatever you think, do or believe is in reaction to your core belief, either striving to counter its influences, or succumbing to that belief.

According to Ken O'Donnell* the essential functions of the mind (emotional self) are thoughts, imaginations, creation of ideas, sensations, desires, feelings and emotions. The soul uses the mind as a screen or field on which thoughts, sensations and ideas are projected as images. An experience, feeling or emotion is the impact of these projections. If I want to feel good, I have to have the type of thoughts that bring the quality of goodness. ***However, the mind is subject to the whims and inconsistencies of the intellect. Wherever the intellect roams, the mind automatically follows, performing all of its essential functions.***

When you are caught in the grip of an emotional need, your heart rules your head. Logic can neither cajole, nor force the Inner Child into submission, because your child's emotional needs far outweigh your mind's arguments or intellectual reasoning. A perfect example is overeating by adults in spite of a mental resolve not to do the same. This is because the Inner Child's emotional cry for nurturing via food overrides

Note *

Page24, "Pathways to Higher Consciousness", Ken O'Donnell, Eternity Ink, Australia.

your logic at the moment. The mental self, of course, gets its revenge with its continual negative mental barrage: "You can't do anything right, you will always be fat; no one will love you that way" etc. When you clear away the painful patterns that keep you locked in non-loving beliefs and behaviours, the 'child' gets bathed in deep love and you too get bathed in love. In this way, you relieve the Inner Child of its fears, and open up yourself for nurturing by God.

The Mental Body

It is the instrument with which you think, analyse, decide and express yourself. Being the 'Rational Self' it understands concepts, ideas and perceptions. It extrapolates and interpolates; it is logical, it has opinions and attitudes. It is also prone to rigid thinking, narrow-mindedness and 'illogical logic', holding on to an opinion long after the same has been proved specious and destructive. When they say, "stop being so emotional," they are saying: "Get back into your mental body." There is lots of logic, lots of perception - but no heart.

Ken O'Donnel says that decision-making; discernment or discrimination power; reasoning power; ability to remember, associate and identify; will-power; ability to understand, know and recognize and judge are the key functions of the Rational self or intellect. Intellect, being the ruler of the Mind, is the principal faculty of the soul. The feeble and befuddled intellect subjugates itself to two worlds: one is the external world of senses, and the other is the internal world of thoughts, feelings and personality traits. The intellect allows or refuses entry of thoughts into the process of action and result according to its own set of rules and perceptions that constitute your belief system, which in turn controls your attitudes. The accuracy of the role of intellect as door-keeper can be heightened through meditation so that positive qualities are permitted entry and continuity while negative ones are weakened and transformed. The strength or weakness of an individual depends on how well the intellect functions.

The Belief Systems

We have two kinds of belief systems – macro and micro based on which the intellect functions.

Macro belief systems involve large values like moral or ethical, governmental, religious and philosophical codes. These are the tenets that define you as Hindu, Muslim, Christian, Sikh and so on. Other beliefs related to a particular doctrine, organisation, country or attitudes like feminism, intellectualism etc. also come under the macro belief system.

Micro belief systems are person-centred, arising out of personal experiences and family beliefs. From an early age, you choose the behaviours that give you the love and safety you need in your family. You incorporate the values acceptable in your family and the world around into your belief system. These are often both subtle and unconscious. Belief systems get cemented first by family attitudes and later by religion, school, television shows, friends and so on. All the three core beliefs explained in the foregoing paragraphs create core messages like– “I have no right to be alive” when you are born in a world that appears unsafe; “I don’t deserve love” when you are neglected; “I have no right to be myself” when you are smothered by doting parents. All these messages create a core belief—“I am no good”. If you hold an image of yourself as worthless, every single decision you make reflects that belief system, and you create conditions that make your life worthless. Abusive relationships reinforce your bad self-image. Your belief systems are like screens of different shades and patterns in front of your eyes obfuscating some areas and giving a tunnel vision of others. You form your self-image based on how people see you, what you believe about yourself, and your attitude towards others and the world. This self-image affects everything you do, feel, desire or fear, and it affects your vibrations too. Your family, employers and acquaintances perpetuate or enhance your feeling of worthlessness. Godly knowledge and Rajyoga meditation help you regain your self-esteem. The mental self, in its arrogance, thinks it is in charge, even though it is really con-

trolled by your childhood fears and needs. It formulates a world view according to how well you got your emotional needs met from the people and events of your early life. It means that your belief system may be badly distorted, but you are unaware of this fact. A fundamentalist and a scientist can have equally rigid belief systems which can keep them safe and happy or may lead to destruction and death. Counselling by psychotherapists can alter the belief system, chipping it away bit by bit. When you realise that you are wrong about an idea, and your rational mind absorbs and adjusts, the stronger and wiser you become. With each change in your attitude, the barriers restricting your rational mind (intellect) loosen and fall apart, opening up space for love and joy. When this happens, you become less egoistic; you are no more judgemental, critical or rigid.

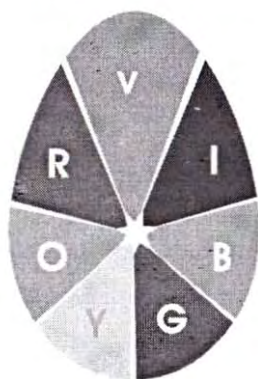
The Spiritual Body or Higher Self (HS)

It is the creator of your existence on earth. Since this wise part of you resides outside the physical body, 6-8 inches above your head, it has much higher perspective of your life. It can see beyond the rigid thinking of the mental self, beyond the passion and fears of the emotional self and beyond the pain of the physical body. Arian Sarris says: "Each one of your life times has its own HS which are fragments of your Oversoul, with direct access to the Oversoul itself and the Godhead... Oversoul, that immortal part of us that separated in innocence from the Godhead long aeons ago... inhabited many different forms in every race, culture and country as part of its quest to learn the lessons of humanity and gain the wisdom necessary to return to the Godhead...As we struggled towards self understanding and wisdom, we made decisions and performed deeds which created Karma (cosmic debts) that needed to be paid off in that lifetime or in later lifetimes.... The lessons often take the form of recurrent annoyances. Your HS is presenting them to you, so that you can resolve them satisfactorily this time. Instead of getting angry or avoiding them, you can release them by discovering the cause of your reaction, by facing your own unconscious or unresolved flaws such as greed, impatience, jealousy, fear or anger, or by dissolving the past life hook that still twists inside you".

The transpersonal psychotherapist further states:

- ◆ “The HS is dispassionate, compassionate and wise, seeing you without judgement.
- ◆ “The HS being detached from your personality can give you perspective on what’s happening, if you allow yourself to hear it.
- ◆ “The HS serves as the loving mediator between divine wisdom and you.
- ◆ “The HS, knowing everything that has happened to you, can guide you into those deep unconscious places of pain and anguish.
- ◆ “The HS always has your best interests at heart. Not one other person has that, including your parents.
- ◆ “The HS can help you recognise and release karmic issues and complete unfinished business.
- ◆ “In every instance where the HS participates in the healing process, it gives support, stability and strength to your work...
- ◆ “HS is your trusted, loving and wise guide in every phase of change work.”

VIDEHI



Basic Attributes

V = Violet = Bliss

I = Indigo = Truth
(Knowledge)

B = Blue = Peace

G = Green = Love

Y = Yellow = Joy

O = Orange = Purity

R = Red = Powers

Videhi, the Perfect Soul (Sampurna Swarup)

Having understood the HS as envisioned by the transpersonal psychotherapist, let us now look at the HS from the premise of Godly knowledge disseminated by the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. From the Supreme versions of God Shiva, we know that the embodied soul (*Dehi*) always has its perfect form or *Sampurna Swarup*—God often says that He always sees only the perfect stage of His children (souls), and hence He is not swayed by the imperfections of the embodied soul (*Dehi*). God Shiva often directs His children to become bodiless (*videhi*) and then remember the bodiless Father. He has further clarified that in order to establish all relations with Him, the children should become equal to the Father in all respects. As the Supreme Father is ever bodiless (*videhi*), the souls should also remain in bodiless stage, and should be full in all the seven attributes of the Supreme Father: bliss, knowledge, peace, love, joy, purity and power. The Supreme Father's directions to remember Him staying in bodiless stage implies that the human soul, in the bodiless stage, is equal to the Supreme Soul, being full in all the seven attributes mentioned above. By comparing the description of the HS and its functions by Arian Sarris with what God Shiva, the Supreme Soul has revealed about the bodiless stage and the perfect stage of the embodied soul (*Dehi*) it becomes evident that the HS is the perfect stage (*Sampurna Swarup*), and the bodiless stage (*Videh Avastha*) of the embodied soul (*Dehi*). In other words, *videhi* or bodiless soul, the perfect form or *Sampurna Swarup* of the embodied soul, and the H.S. can safely be considered one and the same. The diagram of the *Videhi* depicts the perfect soul (HS) or bodiless soul (*videhi*), and the Supreme Soul, the point sources of metaphysical energies, in their expanded form. A point when expanded becomes the zero and a constricted zero is a point.

Here the seven basic attributes of the soul, and the Supreme Soul are linked to the seven hues of the light spectrum - VIBGYOR, based on the frequency at which particles of light energy (photons) move. Violet, ultra-violet and other high frequency radiations have more energy, and hence have greater frequencies and shorter wave lengths

than red and infra-red photons that have longer wave lengths and lower frequencies. Based on this principle, the seven attributes of the soul can be linked to seven hues of VIBGYOR thus.* Violet photon, the subtlest energy, is linked to bliss, which is the most balanced state of the soul, the point source of metaphysical energies. The expanded point, the zero is shown to have seven radial photon fields with the subtle violet photon field of bliss at the top. The indigo photon field of knowledge is the next clockwise; next to this are the blue photon field of peace; the green photon field of love; the yellow photon field of joy; the orange photon field of purity and the red photon field of spiritual powers.

The subtler metaphysical energies having shorter wave lengths and more energy content than the physical energies, can control the latter effectively. That's why our desires and intents are so powerful a force in nature that they can literally organise space-time events.

***Sanskar* (Sub-conscious Mind)**

Sub-conscious mind or *sanskar* is a major manifestation of human consciousness (Soul). It can be compared to a receptacle that contains habits, tendencies, personality traits, memories, values, beliefs, learning, talents, instincts etc. The quality of activities of the other two manifestations of the human soul – mind and intellect - are based on the quality of *sanskar*. It gives the soul its specific configuration, just as each compound has a specific chemical configuration, depending on which it reacts. It is the archive of all previously recorded experiences. It has complete data on the soul's roles in the entire cycle of the Eternal World Drama (EWD), and this is the basis of our individual uniqueness.

Sanskar, being the receptacle of the original attributes, vir-

Note:*

The linking of the VIBGYOR spectrum with seven attributes is based on intuitions, Godly Knowledge and technical information. I have been using this linkage for purifying, empowering and activating the seven chakras in the etheric (subtle) body, the linked elements, mental body and emotional body in 'Healing Meditation' (See Ch. 9). Hence these linkages are not mandatory, but following the same will facilitate the practice of 'Healing Meditation' which again is based on intuitions and personal experiences on diabetes-control, removal of spectacles and so on.

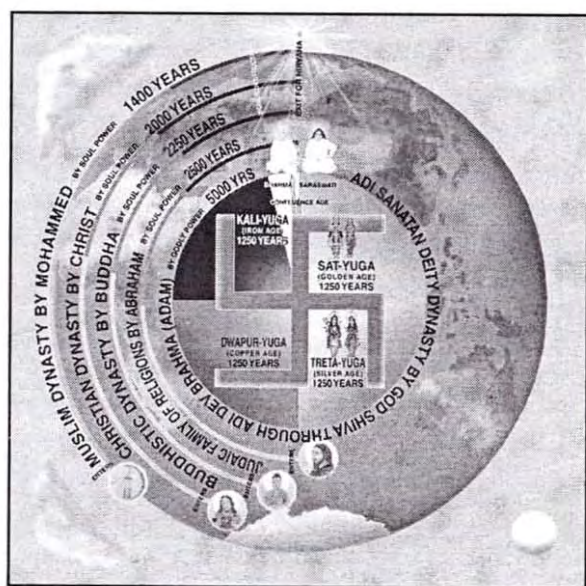
tues, values and all the soul's experiences, projects thoughts, desires or feelings on to the mind's screen, initiating either a positive or negative chain of awareness-thought-decision-action and experience depending on the state of soul-consciousness or body-consciousness, respectively. A thought, desire or feeling arises in the human mind based on past experiences recorded in sanskar. The negative experiences of the recent past get projected as negative thoughts, desires or feelings frequently because they are at the top of the stockpile of experiences in the receptacle of sanskar. Through the practice of soul-consciousness and Rajayoga (RY) we are able to dig out the original attributes of the soul from the bottom of the stockpile in the receptacle of sanskar. Thus, the positive chain of awareness-thought-decision-action and experience gets repeated every time we practise Rajayoga. With Continued practice of Rajayoga, the receptacle of sanskar gets filled with positive experience of the original attributes, virtues and values. With this change in the self, the world changes as explained in Ch.4.

Let us relate these aspects to the views of psychologists regarding the spiritual or psychic (metaphysical) energies of a person. According to one school of thought, the conscious mind (this includes both the Rational self and Emotional Self) is capable of using only 10 percent of the total psychic energy, while 90 percent is vested with the sub-conscious mind (*sanskar*). **The super-conscious mind (HS)** is construed to be the sum total of both conscious and sub-conscious minds, and hence having 100 percent spiritual energy of the person. Intelligence Quotient (I.Q.) of a person should be the measure of the metaphysical energy of the intellect or 'Rational self. Emotional Quotient (EQ) should be the measure of the metaphysical energy of the 'Emotional self' (mind or heart'). On the same lines, the Spiritual Quotient (SQ) of a person should be the measure of the total metaphysical energy of a person – the soul that includes mind, intellect and *sanskar*.

ETERNAL WORLD DRAMA

The true history of the creation is really the story of the Eternal World Drama (EWD). [See picture]

WORLD DRAMA WHEEL



True History of the Creation

The World Drama Wheel

The entire cycle of 5000 years called a Kalpa has been divided into two halves in Indian mythology. The first half is comprised of the Golden Age (*Sat Yuga*) and the Silver Age (*Treta Yuga*), the second half is comprised of the Copper Age (*Dwapur Yuga*) and the Iron Age (*Kali Yuga*), each one lasting 1250 years. The cyclic movement of human history is the net effect of the individual and collective actions of the human beings.

The Confluence Age (*Sangam Yuga*):

This short and sweet period of transition from Iron Age to Golden Age, when God Shiva, the Supreme Soul, and human souls interact on the revolving drama stage (planet earth) starts with the descent of incorporeal God Shiva in the corporeal medium of Prajapita Brahma. This Confluence Age ends with the departure of the majority of human souls from the drama stage along with the Supreme Soul to the Soul World. The new cycle starts again with 9 lakh population in the beginning of the Golden Age. The transitional period can be called Diamond Age in terms of its worth compared to the other four ages because it is the only period when God descends on the drama stage and imparts training in Godly knowledge and Rajayoga meditation to restore the human souls to their original perfect stage. When the human souls become fully charged and reach their original perfect stage everything else in this creation - all life forms and the celestial bodies get restored to their maximum level of potential energy to begin the new cycle with the Golden Age.

Golden Age (*Sat Yuga*):

Gold is the most abundant metal in Golden Age, and in this age of truth every individual plays exactly that role which is suited to his or her intrinsic qualities. Hence no one complains or covets the role of another. Both the rulers and the ruled in this hierarchical society are full of divine virtues and natural wisdom. With the universal prosperity in Sat Yuga trade is not for profit, but for the purpose of distribution. All the members of the society are in the highest state of soul-consciousness with both internal and external harmony. Being soul-conscious, they are naturally the masters of their sense organs and their environment. Science in the Golden Age comprehends and harnesses the forces of nature without polluting or destroying the environment. Perfect architecture and the best materials (gold, diamonds etc.) are used in buildings. Music, dance and art are in harmony with nature. There are no borders of land, sea and air. The souls are in perfect harmony with nature and among themselves because the sanaskars in action and in latent state are pure. Hence there is no knowledge or potential for evil. Each action is perfect because it originates out of pure sanskar at the

appropriate time as a thought and is innocently translated into action. The collective effect of such actions is a harmonious society. In the absence of body-consciousness there is an absolute incapacity for evil actions. Such an action is called a Neutral action or *Akarma* because it does not create karmic bondage between souls. The inhabitants of the Golden Age called deities (*Devi-Devta*) are naturally soul-conscious and hence their procreation is not motivated by lust, ego or attachment. The body, built of pure elements is under absolute control of the soul. The male and female bodies have perfect balance of masculine and feminine energies (sex hormones), and this enables conception by the collective will of the partners without any sexual intercourse. [Procreation through self-conception called Parthenogenesis is known to biologists in lower plants and invertebrate animals even in this iron aged world.] *Devis* and *Devtas* exemplified by Shri Lakshmi and Shri Narayan, the monarchs of the Golden Age look alike in the absence of distinguishing male and female features because male and female hormones are perfectly balanced.

The monarchic system of government functions perfectly as the rulers treat their subjects as their own children. There is neither enforced authority nor coercive subjugation. The rulers need neither ministers nor advisors because of their inherent wisdom and divinity. Society runs smoothly because all are in tune with nature and each other; because there is natural respect and equality; because everyone has a selfless attitude and behaviour. The law of the kingdom of heaven is the example of actions of its divine rulers – Lakshmi and Narayan – whose Sun dynasty lasts eight generations.

The Silver Age (*Treta Yuga*):

The golden age or 'Paradise' gradually declines into a 'Semi Paradise' in 1250 years. Now only three quarters are left out of the cycle of 5000 years. (*Treta* literally means three quarters.) This age starts with the transfer of power from the Sun Dynasty of Lakshmi and Narayan to the Moon Dynasty of Sita and Ram that lasts for 12 generations. The colour and beauty of the Golden Age are still there, but faded. The souls have pure love for each other, but the material resources are shrinking with the increase in population. In each successive birth souls are lured into the world of sensual desires. The colour and richness of the soul's basic attributes – bliss, knowledge, peace, love, joy, purity and

power have faded considerably. The souls simply lose their dominance over matter and become slaves of matter in proportion to the decline in their intrinsic energies. The intuitive soul-consciousness that was naturally present in the Golden Age is gradually replaced by the lure of matter. As a result souls lose their ability to govern themselves, and maintain a subtle balance with nature.

The breaking up of paradise is a recurring theme in the mythologies of the world. The 'Sinking of Atlantis' and 'Sinking of Dwarka' are two examples. This 'sinking' may be an allegory for the sinking of the consciousness of the divine beings to that of human beings. At the end of the Silver Age, the 'Sun' and 'Moon' dynasties that flourished in the Indian sub-continent start to spread out following catastrophic changes in the physical world.

The Copper Age (*Dwapur yuga*):

At the end of Silver Age, when the souls lose their virtuous state the elements of nature combine to produce changes of catastrophic proportions, burying the paradise without leaving any trace. However, the deities of the lost paradise are remembered in myths and legends. They become the focus of our devotion and worship. The search for the lost paradise starts. This is the age when recorded history begins. The original race is scattered over the face of earth, forming pockets of civilization. But these, in the face of very hostile conditions, degenerate into primitive tribal societies. Large groups of immigrants from India emerge in Egypt, Sumeria and Babylon carrying remnants of the most elevated culture and technologies. But these too decline rapidly, not being able to overcome the challenges of very harsh conditions of nature. Mythologies of all the major ancient civilizations mention the 'lost paradise' and the beautiful gods and goddesses who lived there. These and the pantheism prevalent today prove that our ancient civilizations have descended from the original deity civilization.

Different ideologies emerge in an effort to halt and reverse the fall in human consciousness. But such efforts only lead to further widening of the gap between different cultures. In about 500 BC, Abraham creates a new religion under the fatherhood of one Supreme God, Jehova. The religio-socio-political system that develops around him later divides into Islam and Judaism codified by Moses. In India, Buddha ar-

rives around 250 BC with his 'Noble Eight Fold Path of Righteousness, but in the absence of knowledge of God, and any link with Him, the entropic downfall gathers further momentum. Next comes Christ with his gospel of love. He shows through his life that we should love each other as brothers and sisters, and uphold the commandments of 'our Father who art in heaven'. He further spreads the 'Good News' - 'You have to be twice-born to enter the Kingdom of Heaven'. Shankaracharya arrived in South India by about 500 AD initiating the path of renunciation, isolation and penance (Sanyas Dharam). This sect spread the idea of God being omnipresent. By about 600 AD Mohammed starts reforms within Islam that has degenerated since the time of Abraham. Through the Koran he codifies Islamic practices and tries to unify the scattered Islamic states under the banner of one God. Several other sects appear in different parts of the world, all souls trying to establish a relationship with God or a being higher than themselves

The human population grows in geometric proportion because of new souls coming on to the drama stage. These souls are born into one religion or the other because of their karmic accounts. The original deity souls are dispersed all over the world, but the majority still remain in India. Some of them have converted themselves into other religions.

The Iron Age (*Kali Yuga*):

It is the age of extreme degradation in moral, ethical and spiritual values. The system of divine monarchy has been displaced with anarchy and chaos in the guise of democracy. People act against themselves, others and nature. Perverse thinking permeates all levels of the society. Total disruption in family life is reflected in the community, in the city, in the nation and in the world. People have become dehumanized in the pursuit of material ambitions. "Eat, drink and be merry" is the catch phrase now. Respect is replaced by mistrust, conceit and sexual promiscuity. The system of governance is out of gear. There is corruption and exploitation at each level. In spite of such degradation of the social fabric and the consequent suffering the man in the street proudly talks of the tremendous progress that science has made in the field of medicine, agriculture, transportation, sophisticated weaponry and so on. Though we have ventured millions of miles into outer space, we

have not advanced a millimetre into our inner space. The journey into the inner space, the soul, is possible only when God, the Supreme Soul descends to the theatre of action, the corporeal world in the Confluence Age. That auspicious Confluence Age is now on. So let us make the best use of this one-time opportunity and transform ourselves using Godly knowledge and practice of Rajayoga. As scientific understanding of the EWD will be of great help for those who want to make such serious effort at self- transformation, we shall now try to understand the EWD from a scientific angle.

The Scientific Outlook on Eternal World Drama:

This creation is an eternal interplay of infinite space and cyclic time with three point sources of energy, viz: the atom (physical energies of nature), the souls and the Supreme Soul (metaphysical energies). During the cycle of 5000* years the physical energy of nature (matter) and the metaphysical energy of the souls pass through three stages of existence: the Sato or pure stage, the Rajo or mixed stage and the Tamo or impure stage. The cycle starts with the Golden Age when the physical energy in the form of the elements of nature, the biological energy in the deities and other living beings, and the spiritual (metaphysical) energy of the deities were at their highest potential.

When the sentient metaphysical energy is at its highest potential, the human soul, the sentient master, is able to command and control all the insentient sources of energies at its will. When this spiritual energy gets depleted as per the Law of Entropy through motion and vibrations of thought and sound the 'master' is no longer able to command the

Note:*

The cycle of 5000 years is also corroborated by scientific studies conducted by the Environmental Science Services Administration (ESSA) of America using magnetometer. The current value of earth's magnetic moment (strength of earth's magnetic field) is 8×10^{22} ampere meters squared. The data from these studies have shown that the half-life of the earth's magnetic field is 2500 years. Calculations based on data published so far indicate a magnetic cycle of 5000 years, at the end of which the magnetic moment changes again due to nuclear explosions from which the core of the earth absorbs energy to start once again and complete another cycle of 5000 years, and thus it goes on endlessly one cycle following another ad infinitum. Sourced from The Eternal World Drama part II, March 1985 by B.K. Jagdish Chander Hassija, published by Literature Deptt. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, pages 194 and 195.

physical/biological energy at its will. Gradually, the weakened soul becomes a prisoner, so to say, trapped within the body which gains dominance over the former. In other words, the five sense-organs of the physical body - eyes, ears, tongue, nose and skin - start ruling over the mind and intellect of the soul. This reversal of control leads to widespread disorders in the entire world where corruption, violence, vices of lust, ego, anger, attachment and greed have their free play. It is at this juncture of utter chaos that the energy cycles have to be renewed, for the drama to go on eternally. This is possible only if at least one sentient soul is left without depletion of its spiritual energy. In other words, one soul has to be beyond the law of entropy. This world drama has been going on eternally, only because such a soul does exist, and that is what we call the Supreme Soul or God. Let us further analyse the eternity part on scientific lines.

The Eternity

The interplay between souls, nature and God, the Supreme Soul, goes on eternally because the time and space for the 'play' are infinite. The symbol for infinity (∞) suggests something that has no beginning or end. When we see time as a cycle with no beginning or end, the law of cause and effect, or action and reaction operates forever. The World Drama goes on eternally because each point in the cyclic flow of events gives cause to the next point until it reaches the same point that it begins from. Cyclic time implies that there can neither be a beginning nor an end to anything because everything exists in this world with time.

The Energy Cycle

The universe is a complexity of physical and metaphysical energies that can neither be created nor destroyed, and which are bound by the law of cause and effect to a never-beginning, never-ending swirl of changes. The process of integration and disintegration of forms and events does not cease, and the components that make up those forms and events, atoms and souls, merely pass through a series of changes of position and function without losing their individual identity.

Cyclic time further implies that God creates neither matter nor souls but all the three forces co-exist and interact eternally to produce

all phenomena causing the cyclic progression of the drama. Both the physical energy and metaphysical energy are subject to the Law of Entropy, which states that with time, energy which is going from the potential state to kinetic state diminishes until there is nothing left. At the beginning of the cycle, all things in nature and souls have the highest potential, which comes down with every action. And this potential is restored at the end of the cycle. God is the only being who can carry out this restoration because He never loses His intrinsic energy, as He never passes through the process of entropy, remaining Almighty for ever. This period of restoration of the energy potential is called the Confluence Age as this is a transitional period when the old cycle ends with the Iron-Age, and the new cycle starts with the Golden-Age again.

Rejuvenation of the Energy Cycles by the Supreme Soul

The Supreme Soul or God, being ever incorporeal, does not lose His potential energy, and acts as the eternal powerhouse re-charging the myriad souls to their full potential. In fact, God is credited with three Supreme Acts, viz: Generation or Creation of the new world; Operation or sustenance of the new world order, and Destruction of the old world of chaos. Thus the term 'God' is formed by the first syllables of the three words describing the acts of the Supreme Soul. He is called Shiva, which means the benefactor of all. He benefits the entire universe by transforming hell into heaven.

God intervenes in human affairs at a juncture when all souls are depleted of their spiritual energy being trapped in the body. Being ignorant of the self as a sentient point of light, and with the five sense organs of the body having taken control of the soul, the world has become a virtual hell where the vices of lust, ego, anger, attachment, greed etc. are the driving forces.

The Supreme Soul, being the eternal power house of spiritual (metaphysical) energies, rejuvenates the human souls at the end of each cycle by imparting knowledge about the self being a soul; about God, the Supreme Father, Supreme Teacher, Liberator and Guide to all souls; about the Eternal World Drama, and the eternal law of Karma, or the law of cause and effect which sustains the drama eternally. He teaches this knowledge, and practice of Rajyoga meditation through which the

souls get closer to God. This, in turn transforms the souls by filling them with spiritual power and virtues. With the human souls getting restored to their highest potential of spiritual energy, both living and non-living matter (physical/biological energies) constituting the physical world which provides the setting of the drama stage, too get recharged to their highest potential through the collective vibrations of power, purity, joy, love, peace, wisdom and bliss. What is the motive force behind such a tremendous transformation? If a single, most powerful factor is to be identified, the power of silence seems to be that one.

The Power of Silence

The power of silence was identified, as the single most powerful factor that helps to achieve world transformation through self-transformation. Let us see what Bro. B.K. Jagdish Chander says about the power of Silence in his book '*Science and Spirituality*'.

Powers and Fruits of Silence

“By Silence is meant the quiescence of spirit, the calmness of mind or the state of mental equipoise. Though silence of the tongue helps to attain this state yet it is not to be identified with stillness of speech; for, it is mainly a state of mind in which all turbulence has ceased. It is attained and experienced when the Soul rests in the self and in God, the Ocean of Peace. In this state the bubbling or muttering of mind has stopped, the consciousness has withdrawn from the outgoing senses and all noises of vices have died away. It is not to be identified with dullness, sleep or total passivity. Rather, it is a state of heightened consciousness, actualization of the spirit and activity at a different level of existence. It is a very powerful state, which can do greater wonders than science. It energises the spirit so much that the latter begins to radiate very powerful waves of peace and currents of a new type of energy which revitalize the elements of matter and fill all things with essence, energy, freshness and harmony. It is the only means of reversing the entropy law and bringing all matter back into its original state of high energy and vitality. Different from the physical and chemical actions, it is the only form of activity (activated state) or the state of being which recharges the spirit with new energy and which, automati-

cally, conserves the material energy and, above all sets in a process of bringing all things back to their pristine state of purity, power and peace and heals the wounds inflicted by science on the earth and atmosphere.”

Elaborating on the fruits of silence, Bro. Jagdish Chander continues: “The state of Silence, which comes by intense spiritual meditation, gives man’s mind the greatest relaxation, restfulness and refreshment. Silence straightens man’s thoughts, soothes his emotions and gives him wonderful composure and enthralling calm. It restores inner harmony and weeds out all disturbances and pains of the conscience. Thus, it is far-far superior to all drugs and medication that is aimed at bringing rest and relaxation to man’s troubled mind, disturbed psyche and turbulent emotions which cause even such grave diseases as cancer, hypertension, arthritis, rheumatic pain, heart attacks, asthma, allergy, lack of resistance to onslaughts of diseases, fatigue, stress etc.... The reason for this is that it prevents negative thoughts, emotional turmoil, trauma, mental fatigue and dissipation of useful energy by wasteful thoughts. Silence gives to man patience and peace so that there is no increase in stimulation of Adrenal, Thyroid, Pituitary and Pineal glands and, consequently, there is no hormonal disturbance or imbalance and all the systems of the body work in unison and inner harmony... since mind in silence is undisturbed, calm and in a state of purity it is able to comprehend Truth in its original grandeur. The mind, being detached and withdrawn from the body and its sense organs, is now rid of the shortcomings which hitherto affected it and thus it can now understand the cosmos in its real nature. Above all, man can rediscover his own real identity only through silence, attained by means of spiritual meditation... And surely man cannot have unalloyed joy, constant happiness and spiritual bliss if he has not realised himself through meditation and restful silence.... The state of calm and silence puts to end all cravings for worldly things because there is no attainment like it. It gives to man the treasure of divine wisdom and invaluable gift of heavenly peace and rare contentment and sense of fulfilment... However, the greatest boon which silence showers on the souls is its contact with God. It is in silence that the greatest mysteries of consciousness and cosmos are revealed to man.... Silence is the key

which unlocks the door to sublime virtues and success and gives easy access to God and bliss... It gives to the mind the ability to keep away from the lure of sense objects. Above all, waves of silence move with tremendous speed and force, toppling negative forces in the world and, establishing, in their place, love and amity, compassion and composure, and peace and purity.”

How to Attain the Power of Silence?

In order to taste the power of silence, you have to start with spiritual meditation... you have to rest in the deep thought: “I am a peaceful soul... the point source of sentient metaphysical energy that resides within the brain... regulate the physical energies of the body... I now transcend to my bodiless stage (Videh Avastha) moving out of the brain... I the bodiless soul (Videhi) station myself... eight inches above the head within the auric field... Now I am an embodiment of all the seven attributes of the soul and God, the Supreme Soul... In this bodiless state I move to my original abode... the soul world... called Shanti Dham in a fraction of a second ... sweet silence reigns over here... there is no vibrations of thought—sound or motion here... I am in close contact with my Supreme Father God Shiva... the eternal source of all the seven spiritual energies... bliss... wisdom... peace... love... joy... purity... spiritual powers... I am able to perceive those energies... as the hues of VIBGYOR... I see violet photons of Shiv Baba merging with those of mine to form a strong violet photon field of bliss... this energy field of bliss spreads over the universe... kindles like-photon fields of bliss in innumerable souls... such photon fields unite... to create waves of bliss. I repeat this process of visualization perception, reception and distribution with indigo photons of knowledge, blue photons of peace, green photons of love, yellow photons of joy, orange photons of purity and red photons of spiritual powers...”

Apart from practice of meditation, we have to realise that there cannot be even an iota of silence and peace if our mind hankers after sense objects. When these worldly cravings and desires cease to push and pull the mind, the mind becomes calm. In order to attain the super

state of silence we should have this truth firmly rooted in our mind that objects are perishable and sensual pleasures are momentary. We should develop cosmic love, kindness, forgiveness, non-attachment and sweetness of temper; should not allow the waves of irritability, jealousy, hatred and revenge to overtake us; for this we should look to the lighter side of the events and persons. When you consider the self as an instrument in the hands of God and maintain your link with Him, you will always swing in silence and bliss. Then disturbance will never touch you. To be in a state of peace, follow the dictum. 'Don't think evil'; don't talk evil; don't see evil, don't hear evil. Whatever is based on body consciousness is evil, as such thoughts, words and deeds deprive us of silence or peace, our original state of being.

We shall now try to integrate the scientific concepts like the Laws of Thermodynamics and the Cyclic Space-time Continuum with the spiritual concepts on the Eternal World Drama

The Laws of Thermodynamics

The First Law of Thermodynamics says that energy can never be created or destroyed; it can only be transformed from one form to another. In this regard, it is important to consider that the shape, texture and movements of things are made up of energy; the human body, an automobile and a candle are made up of various concentrations and forms of energy. The energy required for these was not created, but was only transformed. Another important thing to be considered is that on burning a candle, its energy does not get destroyed, but is transformed from potential state to kinetic so that the total content of energy in the universe remains constant.

The Second Law of Thermodynamics, the Law of Entropy, says that every time energy is transformed from one state to another, there is a loss in the amount of that form of energy which becomes available to perform work of some kind. This loss in the amount of available energy is known as entropy. When the potential energy of coal is transformed into kinetic energy by burning in a steam engine the total amount of energy remains the same but, during the process of burning, some part of the coal is transformed into sulphur dioxide and other exhausts which spread into space, and thus become unavailable to be burnt to

get the same work out of it. This kind of loss or wastage is called Entropy. Thus, the Law of Entropy indicates that the total available energy in the world is decreasing and the unavailable energy called entropy is increasing in the form of pollution (exhausts). Hence the world (a closed system) is moving towards a dissipated state wherein energy moves from a higher level of concentration to a lower level; just as heat always flows from a hot to a cold body until there is no longer any difference in energy levels. At this state of equilibrium entropy (the unavailable or bound energy, or pollution) in the world reaches its maximum, i.e. free energy is no longer available for work.

This universe is a closed system, which implies that it does not have any flow of energy from another universe; the earth is also a closed system as it does not exchange matter with its surroundings but it does exchange energy. In other words the amount of energy in the universe has been fixed since the beginning of time and will remain fixed till the end of time. The universe has been compared to a clock which is running down. If it is partially wound up at present, it must have been wound up in the past in some manner.

The Spiritual Connotations of The Law of Entropy

The Second Law of Thermodynamics states that all energy in an isolated system moves from an ordered to a disordered state. The state in which energy concentration is highest and available energy is maximum, i.e. where entropy is minimum, there is a maximum order. That state is called '*Satoguni*' or '*Satopradhan*' state in Indian spiritual terminology. In contrast, the state of maximum entropy where available energy has been highly dissipated, there is maximum disorder. It is known as '*Tamoguni*' or '*Tamopradhan*' state in Indian scriptures. Scientists have observed that each localised, man-made or machine-made decrease in entropy is accompanied by greater increase in entropy of the surroundings, thereby maintaining the required increase in total entropy. That means, in a closed system, entropy cannot be reversed without increasing the entropy in the surroundings. This implies, in real terms, that an outside source of energy is required to raise the energy concentration without lowering the energy level in the sur-

rounding. This outside source of energy has been identified in spirituality as God, the 'Eternal Power House.' The process of rejuvenation of spiritual energy by God based on the inviolable law of cause and effect, and the resultant restoration of physical energy to its highest level has been highlighted earlier in this chapter.

At present, we are witness to the deterioration and disorganisation of the society due to degeneration in: its moral force, its spiritual stamina, the vigour of its character, the effectiveness of its religion and law and order. The moral and spiritual energy of the society have now degenerated to a state of maximum entropy so that, ultimately, God has to intervene to reverse the entropy and bring back *Satyuga* or the Golden Age when all material things have maximum energy concentration, i.e., are '*Satopradhan*', and the souls have maximum available moral and spiritual energy. When God intervenes and reverses spiritual entropy by means of Godly knowledge and Rajyoga, the material entropy gets reversed by means of the fission of nuclear weapons, natural calamities etc. so that the earth, the water, the air and their products regain the maximum energy concentration or '*Satopradhan*' stage. In other words, when the society has passed through the four ages of *Satyuga*, *Tretayuga*, *Dwaparyuga* and *Kaliyuga*, and is in the fifth age, the *Sangam Yuga*, God descends to reverse the entropy.

The Cyclic Space-time Continuum

We shall try to understand the above scientific concept through excerpts from what Rajyogi B.K. Jagdish Chander says in his book, *Science and Spirituality*, especially in the chapter on 'New Paradigm of Physics'.

In Einstein's view on the overall geometry of the cosmos or Space-Time Continuum wherein the stars, meteors, earth and other planets move, the Law of Entropy forms the base of the new paradigm of physics. Einstein suggested that the geometrical structure of the universe or the curve of the cosmos as a whole is shaped by the sum of its material content. For each concentration of matter in the universe, there is corresponding distortion of the Space-Time Continuum. Each celestial body, each galaxy, each planet causes local irregularities in space-time like eddies around islands in the sea. The greater the concentration of matter, the greater the curvature of the whole space-time continuum.

The combined distortions produced by the structure of the gravitational fields of all the innumerable masses of matter in the universe, causes the Space-Time continuum to bend back on itself in a great, closed cosmic curve. In other words, space, though finite, is unbounded and is curved. Based on the average density of matter in the universe, some scientists have even given the radius of this sphere.

Einstein has combined the concept of time and space. He explained that what we call a year is simply a measure of the earth's progress in its orbit around the sun, and what we call an hour is actually a measurement in space as an arc of 15 degrees in the daily rotation of the earth. Thus, time which is always considered eternal, will bend back on itself after a cosmic cycle. According to this geometry of the space-time continuum, a sun-beam, setting out through space will return to its source completing the great cosmic cycle. B.K. Jagdish Chander says: "Now referring to these concepts, I would like to suggest that we should not consider the physical history of the cosmos and of man as rectilinear but cyclic, for there are no straight lines in this four dimensional space-time continuum. We should, instead have the paradigm of cyclic order of events. The world does not move always in one direction, namely of dissolution but, after a period, the cycle repeats."

The Second Law of Thermodynamics, which forms an unshakable pillar of modern physics, unless understood in the framework of a cyclic universe would contradict the geometry of the cosmos; the concept of a beam of light closing in on itself after covering a cosmic cycle, or the idea of a space-time continuum which perpetuates through endless cycles. Hence, it is suggested that the cyclic space-time continuum should form the basis of further studies in physics, astrophysics etc. A school of thought already exists among contemporary theorists who believe that the universe may be rebuilding itself. "In the light of Einstein's Principle of Equivalence of Mass and Energy", it is possible to imagine the diffused radiation in space congealing once more into particles of matter—protons, neutrons and electrons - which may then combine to form larger units which in turn may be collected by their own gravitational influence into nebulae, stars etc. and thus the life-cycle of the universe may be repeating for all eternity. Presupposing the possibility of such events as these, one might arrive ultimately at the concept of the self-perpetuating universe, following its cycle of formation and dissolution, order and disorder to never-ending time.

WORLD TRANSFORMATION THROUGH SELF-TRANSFORMATION

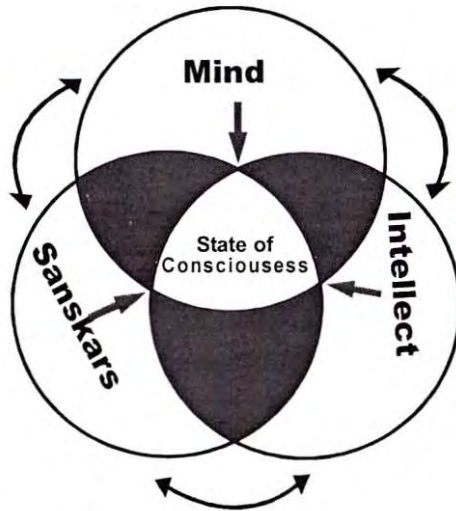
Sanskar Transformation is, in effect, a change of consciousness. When we are soul-conscious, as is the case in the Golden Age and Silver Age, our sanskars are positive, full of divine virtues and powers. When we are body-conscious, as is the case in the Copper Age and Iron Age, our sanskars are negative, full of vices like lust, anger, arrogance, attachment, greed, jealousy, hatred, laziness etc. These vices are behind all evil actions like corruption, adulteration, hoarding, extortion, dacoity, terrorism, rape, murder etc.

State of Consciousness

The state of consciousness can be termed as the product of the three faculties of the soul (mind, intellect and sanskars) working together in a precise and integrated manner. The diagram below illustrates the same.

A thought arises in the mind from the sanskars. It is processed by the intellect, which decides whether to carry the thought into action or not through the body. If the decision is to act, the experience of the action is recorded in the soul as sanskar. In this way old *sanskars* are modified either by strengthening or weakening according to the actions performed. In case a thought is not carried through into action, it is simply tossed back into the pool of sanskars. The positive latent qualities or *sanskars* can be brought to the surface of the mind only through intervention by the intellect.

Consciousness is the springboard for thought, decisions and actions; the soul reacts to external circumstances according to what it feels itself to be at that particular moment. A surgeon is able to perform surgery when he has the consciousness of being a surgeon. That very consciousness gives the soul access to all information and experience related to being a surgeon. This self identity affects the way consciousness works. My state of consciousness affects my mental state, attitude and vision; these in turn affect the actions I perform and the situations in which I find myself. Broadly speaking the consciousness



can either be related to the soul or to the body. When I am soul-conscious, I have inner strength, and my tendencies and talents are reflected in the form of virtues. When I am body-conscious, the self is weak and my original tendencies emerge as vices. Thus, vices are virtues that have lost their direction and power.

Body-Consciousness

In body-consciousness, I am tossed continually like a piece of cork on the high seas at the mercy of the waves of circumstances which present themselves based on the law of cause and effect. In this state of spiritual insecurity vices or negative forces are born. The basis of sexual, social and religious prejudices is the vision and classification of others as their respective bodies, cultures or social customs. As I am attached to my physical self-image, I become trapped in the world of names and forms, and limit myself to the conditions of the place, time and circumstances that are surrounding me. When I am body-conscious, I see others with the same consciousness. Then I don't see individuals as they really are, and instead put them into compartments of national, cultural and racial backgrounds, or into those of age, sex, profession, social status etc.

Soul-Consciousness

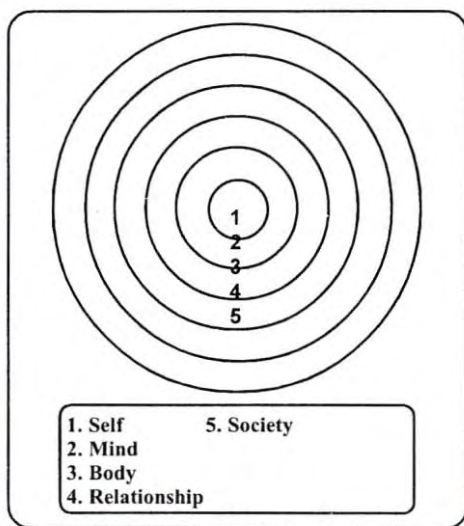
In the soul-conscious state, I have a vision of the self as a tiny dot of conscious light energy distinct from the physical body and its

identities. This awareness changes the patterns of the thought-decision-action chain from negative to positive. When I am soul-conscious, I become aware that I, the soul, the point source of spiritual energy came into this physical body to play a role, and I will leave it when this particular role ends. Other people are also souls playing roles through their bodies. With the awareness that the actor, role and costume are separate, but connected, I pay more attention to the way I am playing my role. I can't change others, but I can tune my role as situations require me to do.

Inter-Connection at Macro Level

The state of the self and the state of the environment are intimately interconnected through the mind, body, relationships and society. A healthy state of each one of these factors will make the world a better place to live in. The original, healthy states of all the six factors are given below. The original qualities of the Self are Bliss (balance), Truth (knowledge), Peace, Love, Joy, Purity, Power and so on. The original qualities of the Mind are: Positivity, Harmony, Balance, Discipline etc; the original qualities of the Body are: Disease-Free, Vitality, Balance etc; the original states of the Relationships are: Harmony, Respect, Sincerity etc; the original qualities of Society are Order, Co-operation, Justice, Tolerance etc; the original qualities of Environment are:

Cleanliness, Harmony, Balance etc. The States of all the six factors are interdependent. From the diagram we can see that the state of the environment or society encompasses all other states. The seed of both the problems and the solutions is the state of the self. To change the self is to change the world. The chain of awareness-thought-decision-action-result cyclically repeats based on the law of cause and effect.



Body-consciousness creates a negative chain and soul-consciousness creates a positive chain.

Five Types of Thoughts

1. **Waste Thoughts:** those that have nothing to do with reality. These can include doubts, excuses, the creation and continuance of unrealistic fantasies (building castles in the air), worry about trivialities, confusion, misunderstandings and paranoia.
2. **Negative Thoughts:** those that have their origin in vices such as anger, greed, ego, lust, attachment, laziness etc.
3. **Necessary Thoughts:** those connected with the exercise of one's family, professional, social or other responsibilities. This would include the responsibility of looking after one's health and hygiene.
4. **Ordinary Thoughts:** those associated with mundane matters, news and views about situations.
5. **Elevated Thoughts:** those related to meditative introspection, contemplation on aspects of spiritual knowledge or self-development and spiritual service of others – real creative thinking.

Atmosphere

There are two kinds of atmospheres. One is the physical air around us; the other is the subtle vibration that our thoughts create in a particular space. The panic that people generate during a tragedy, or the euphoria of victory in a championship game are examples of how thoughts create an atmosphere. That thoughts affect matter is evident from the finding that over 90 percent of the bodily illnesses have a psychosomatic origin. The international political, economic and social atmosphere is the collective effect of the thoughts of all people.

Changing the Consciousness

We have already discussed the interconnection between the faculties of the soul – mind, intellect and *sanskars*; and also how the quality of their interaction depends on the self-identity or consciousness about the self as body or soul. My state of consciousness affects my mental state, attitude, vision and desires. These in turn affect the actions I perform and situations in which I find myself (the effect of actions i.e. experiences).

When there is the desire for pure experience and realisation of the importance of the quality of thought, then the intellect selects those seeds (thoughts) that will bear the desired fruit. If I desire peace,

contentment, love, joy and power I will try to eradicate those thoughts and *sanskars*, which are the seeds of disharmony and peacelessness. Positive and negative experiences recorded as *sanskars* often battle with each other for space on the screen of the mind. My original state is the highest state of my consciousness. To get back to that highest state again I use the tools of my mind—thoughts and emotions. I perceive the height of my goal through the intellect. I move towards the goal using the know-how in *sanskars*, the tools of mind – thoughts and emotions; using determination or will-power of the intellect, and by keeping doubts at bay.

Will Power:

It is my ability to put into practice the ideals I know to be for my well-being and to resist harmful activities. In a weak soul, intellect plays no role in determining which thoughts arise in the mind; they come as if driven by the *sanskars* (in the form of habits) or are triggered by the atmosphere, or by the moods of others.

We have seen, in the foregoing paragraphs that transformation of *sanskar* is in effect changing the state of consciousness which is the product of interaction between the three faculties of the self – mind, intellect and *sanskars*.

It will be useful to have a fresh look into the original state of the self (soul) in order to be able to change the state of consciousness.

Interconnection at Micro Level

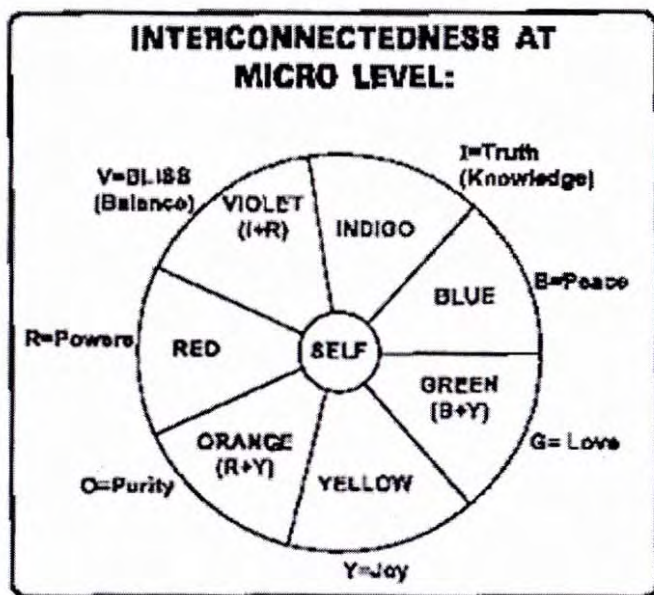
We can see the interconnectedness of the seven attributes of the soul at the micro level. (See the diagram)

I am originally a point of sentient light fully charged with spiritual (metaphysical) energy that naturally manifests as truth (knowledge), peace, love, joy, purity, power and bliss (balance) when I first come into this world. These innate qualities or attributes of the soul are so basic that they are the basis of all virtues and powers.

Truth, an original attribute of the soul and Supreme Soul, is the true knowledge of the self, the Supreme and the eternal drama. It is represented by the primary colour indigo.

Peace, an original attribute of the soul and Supreme soul is represented by the primary colour blue.

Love, another original attribute of the soul and the Supreme Soul, is represented by green colour—a mixture of blue and yellow. When



we experience love, peace and joy are also experienced.

Joy or happiness, yet another original attribute of the Soul and the Supreme Soul is represented by yellow, a primary colour.

Purity is the original attribute of the Soul and the Supreme Soul. It is represented by orange colour – a mixture of yellow and red. Hence, in the state of purity there is a balance of power and joy.

Spiritual power, another original attribute of the soul and the Supreme Soul, is represented by the primary colour red. The eight powers are different shades of red. .

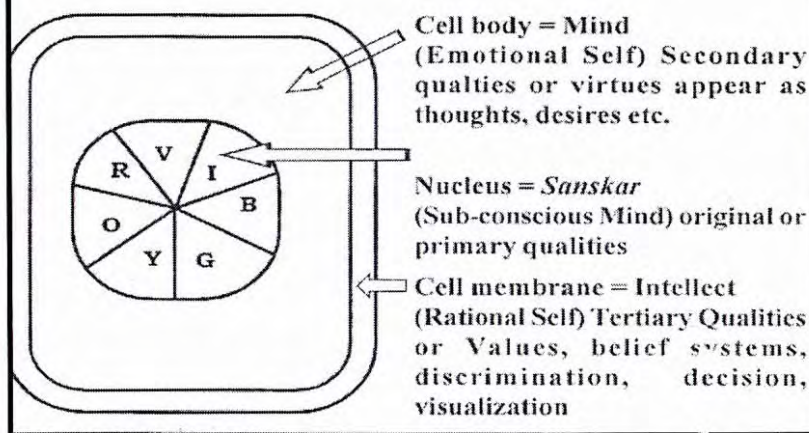
Bliss, the core attribute of the soul and Supreme Soul, is represented by violet —a mixture of red and indigo. Hence, in this state of being we are in a state of balance between truth and power. A blissful soul is full of both wisdom and spiritual powers.

The Secondary Qualities of The Soul

Virtues are secondary qualities springing from myriad combinations of the seven basic attributes mentioned above.

We can understand the functioning of the human soul in a better way using the analogy of the animal cell. An animal cell has three major components—the nucleus, cell body (protoplasm) and the cell membrane.(See diagram - SOUL - THE NON MATERIAL CELL)

SOUL—THE NON MATERIAL CELL



The nucleus of the biological cell holds the genetic material that determines the individual identity of an organism. In the same way the individual personality of a human being is determined by the *sanskars*, which can be said to be the genetic coding of the soul. Just as the metabolic activities in the cell body are based on the genetic information held in the nucleus, the quality of mental activities like thoughts, desires, feelings, visions etc. are primarily based on *sanskars*. Just as the cell membrane selectively permits different molecules of nutrients into the cell body, the intellect acts as a screening and monitoring device determining which influences from the environment should be processed and which ignored. It also determines which thoughts, desires or vision prompted by *sanskars* should be acted upon. The intellect can change the genetic code of *sanskars* by focusing its attention on the original attributes and causing pure, virtuous thoughts to emerge on the mental screen. It can weaken negative *sanskars* by not allowing the related thoughts to reach the level of action. When the power of discrimination of the intellect is weak, the negative *sanskars*, the negative vibrations of the environment and moods of other people easily make an impression on the mind, making it very turbulent and peaceless.

In order to be virtuous continually I must maintain soul-consciousness—the awareness that I am an eternal soul with the original attributes of truth, peace, love, joy, purity, power and bliss. If I am able

to maintain this awareness, virtues will have a field day. In other words, the chain of Awareness – Thought – decision-action-result becomes positive. Intellect is the faculty that can ensure that this positive chain is maintained, but the strength required to determine which thoughts arise in the mind will be available to the intellect only when we are soul-conscious. When we are not soul-conscious we are naturally body-conscious, and in this state of consciousness the chain of awareness, thought-decision-action-result becomes negative. At any moment, positive and negative thoughts arising from experiences recorded as *sanskars* vie with each other for space on the screen of the mind. Thoughts coloured by emotions alternate between fear and determination as propelled by the *sanskars*. The intellect fights to choose between the oscillating flow of thoughts. Finally, the intellect decides to act positively, drawing on *sanskars* of courage, and victory is experienced.

Change of Consciousness Through the Entire Cycle

Rajyoga empowers the intellect to exercise the power of discrimination to choose positive thoughts. Yoga means a mental connection or union achieved through remembrance. Intellect, the receptacle of knowledge, is that which understands and remembers too. As long as the intellect remains focused on a person or thing the soul experiences its qualities through the faculty of the mind. When the intellect contemplates on my original attributes, these original qualities reappear naturally. The original *sanskars* are within me, but I have to let them become thoughts and keep them flowing. The memory of the freedom and peace of the original state is indelibly recorded in the *sanskars* of every soul. These positive experiences were based on desires and feelings on the screen of the mind arising out of the original primary and secondary qualities recorded as *sanskars* of the soul during the first half of the cycle, comprised of the Golden Age and Silver Age. We were known as divine beings or deities called gods and goddesses (*devtas and devis*) during the first half of the cycle of the Eternal World Drama. The deities were naturally soul-conscious. During the second half of the cycle, they gradually became attached to the five sense organs for seeing, hearing, smelling, tasting and touching, and material objects forgetting their original attributes. Then their ability to

harmonise with matter was supplanted by matter's control over them. *When this happens, they cease to be a deity or divine being. They come to be known as human beings since the starting of the Copper Age and continue to be naturally body-conscious till the end of Iron Age, when God Shiva incarnates in His corporeal medium - Prajapita Brahma or Adi Dev (Adam) - and reveals the truth about the soul, the Supreme Soul (God) and the eternal world drama.* Based on this knowledge, Rajyoga (RY) is practised by Brahma and his mouth-born children called Brahma Kumars and Brahma Kumaris (BKs.). The BKs. are engaged in the process of self transformation through RY, which encompasses the three faculties of the soul—mind, intellect and *sanskars*. RY, in a broad sense, is a way of life wherein spiritual knowledge (*Gyan*), meditation (*Yoga*), inculcation of virtues (*Dharana*) and service (*Seva*) are the four pillars that sustain the yogic life. In RY meditation I use my most natural endowment of thinking to come to the realisation: I am the soul with the faculties of mind, intellect and *sanskars*. With the superluminal speed of a thought, I detach myself from the cage of the body and fly to the soul world where I can experience my original state. Through the practice of soul-consciousness and meditation I can remain strong and contented internally, come what may. I, the soul can fly to my eternal home and experience my own original attributes at any time, wherever I am, inside a room or on the road; at home or at work; in the city or in the countryside.

The state of consciousness is the product of interaction between mind, intellect and sanskar. When we are soul-conscious, the original qualities of truth, peace, love, joy, purity, power and bliss as well as the secondary qualities of divine virtues naturally emerge on the screen of mind as thoughts, desires, visions, feelings and so on. Due to the interconnectedness of the primary and secondary qualities, by focusing our attention or intellect on any of these qualities for a period of time we are able to change the state of our consciousness.

Another aspect of the secondary qualities which come into play more frequently in our day-to-day life, is that these are linked to human relationships. In RY we establish the same relations with God Shiva, the incorporeal Supreme Soul. Another aspect of the secondary qualities which come into play more frequently in our day-to-day life, is that these are linked to human relationships. In RY we establish the same relations with God Shiva, the incorporeal Supreme Soul as shown in the

diagram in Ch.9. We can achieve sanskar transformation most naturally by tuning our consciousness to these relationships with God. A sample list of relationships and the related virtues is given below so that we can focus our intellect on different virtues and experience the sweetness of the relations through the mind. God Shiva, being our Supreme Father, we will henceforth lovingly call Him **Shiv Baba**.

Divine Virtues Linked To Seven Relations with Shiva Baba

Supreme Teacher	Supreme Mother	Supreme Father	Supreme Preceptor
Discipline	Introvertness	Tirelessness	Detachment
Honesty	Self-confidence	Appreciation	Obedience
Generosity	Humility	Determination	Farsightedness
Orderliness	Sweetness	Concentration	Asceticism
Reality	Tolerance	Plainness	Observer state
Good wishes	Cleanliness	Sobriety	Aloofness
	Patience		
Supreme COMPANION		Supreme Consort	SUPREME CHILD
Humour		Serenity	Lghtness
Contentment		Coolness	Cheerfulness
Simplicity		Mercifulness	Fearlessness
Truthfulness		Benevolence	Worryless-ness
Politeness		Co-operation	Egoless-ness
Equality		Courage	Royalty
		Vitality	

Self Transformation and World Transformation through Power of Silence

As already discussed, in the state of silence the self (soul) is in its original state, replete with all the seven original attributes - bliss, knowledge, peace, love, joy, purity, and power. These spiritual energies are also governed by the quantum principles applicable to physical energies. God and the souls being discrete, sub-atomic particles of

consciousness or sentient light, the seven attributes mentioned above are manifestations of the sentient light or consciousness. These subtle energies profoundly affect physical/biological energies of non-living and living matter respectively. The seven hues of VIBGYOR, the light spectrum, have different wavelengths and frequencies, and so do the seven attributes; each being a sentient light energy, comprised of sub-atomic particles called photons. Thus, we can see that photons of violet that have the shortest wavelength and highest frequency relate to the subtlest attribute of bliss, the indigo photons relate to knowledge or wisdom, the blue photons relate to peace, the green photons relate to love, the yellow photons relate to joy, the orange photons relate to the energy of purity and the red photons relate to the energy of spiritual powers. In the spiritual meditation described in Ch. 9 we create quantum fields of the seven spiritual energies that produce a profound effect on five gross elements of matter, both at the micro and macro levels, i.e., in the physical body and the universe at large. The collective positive vibrations of these photon fields are so potent that the whole creation is transformed from a state of maximum entropy or dissipated energy, as in the Iron Age, to the state of highest energy concentration where available energy is maximum, as is the case in the beginning of Golden Age.

The concept of eternal world drama described in Chapter-3 and Carl Jung's theory of 'synchronicity' or meaningful coincidence have much in common. The world drama is eternal, as it repeats cyclically, and each event in the drama is a meaningful coincidence or synchronicity. Each event is a link within the chain of events, each of these is the effect of the preceding event which was the cause of its succeeding event. Things happened because you were in that place at that time. We might think of this as an accident of geography, but new experiments show our desires, our intents are so powerful a force in nature that it can literally organise space-time events. These coincidences are, in fact, manifestations of our desires.

The critical mass required for an atomic explosion also has its relevance in the process of world transformation. There is such a mass of people today who are conscious of their spiritual evolution through the integration of the material, psychological and spiritual realms and they are soon going to achieve that critical mass. As their desires and intents are so potent a force that they can organise space-time events,

there will naturally be catastrophic changes in the entire planet, leading to destruction of the Iron Aged world and re-establishment of the Golden Aged world. This critical mass of people create a quantum field of spiritual energy and intelligence, and it is this energy field that brings out such a profound change.

NEW PHYSICS LINKS SPIRIT, MIND AND MATTER

We shall make an effort to integrate the scientific theories on quantum field of energy and intelligence with the spiritual concepts of the soul and the eternal world drama.

The Quantum Theories

The 'Quantum Hypothesis' was originally evolved in the year 1900 by Max Planck. He hypothesized that energy was not emitted as an unbroken stream or something continuous, but as discontinuous bits or discrete portions which he called 'quanta'. He specified the amount of discreteness by a number - 'h', later called Planck's constant. Einstein, in 1905, carried the quantum theory into a new domain, when he postulated that all forms of radiant energy - light, heat, X-rays etc. actually travel through space in separate and discontinuous 'quanta'. Sensation of colours red, yellow, blue etc. arises from the bombardment of our retinas by light quanta which differ from each other because of their various frequencies. Einstein applied the quantum theory to what is known as photo electric effect wherein he demonstrated that when a beam of violet light strikes a metal plate, electrons are ejected from the plate at a higher frequency compared to yellow or red light. He showed that the intensity of the ejected radiation was proportional to the number of photons ejected, but the frequency of ejected photons depended on the colour (i.e. wavelength) of the light falling on the plate and not on the intensity. Einstein theorized that all light is composed of individual particles or grains of energy called photons. The frequency of the ejected photons of violet and ultraviolet radiation is higher as they have more energy than red and infrared photons that have lower frequency. Einstein expressed these principles in a series of equations which won him the Nobel Prize. The television is based on Einstein's photo electric law. Later, Einstein's formula in regard to quantity of brownian motion conclusively proved that liquids are also composed of discrete particles or 'quanta' called molecules which being in a state of constant and random agitations caused the movement of suspended particles. Quantum theory now substantiates that solids, liquids, and gases and all forms of radiation including light are made up of discrete particles.

Theories of Quantum Physics versus Teachings of Brahma Kumaris Spiritual University

Research on quantum physics has established that everything in this physical universe is an interplay of atoms, the point sources of physical energy. "There is an intimate relationship between insights of quantum field theory, neurobiology and some, not all, Ayurvedic concepts... Research has proved that every time we have an insightful awareness or strong emotions, they change bodies' chemistry with a flux of neurons. The discovery of neuro-peptides in our gut which behave exactly like neurons in our brain, and the fact that there is a network of information and energy among the nervous, the endocrine and the immune systems are explained in Vedanta as a network we call consciousness... Today we know that meditation works by neutralising our biochemical toxins with serotonin, interleukin and interferon which are being studied as an antidote to immune cell diseases like cancer and ageing There are exciting new correlates between Schroeder's and Stephen Hawking's theory of quantum field physics and Krishna's reference to the field of consciousness or *Kshetra*.... After researching old and new sources, I believe one could accurately explain the universe as a manifestation of a conscious energy field or intelligence. When Krishna refers to *Kshetragya* which means, 'knower of the field,' it fits in well with the whole idea of morphogenetic fields that maintain balance in the universe. Hawking's theory of a quantum field of energy and intelligence—a field he describes as beyond space and time with no beginning and no ending—is like Apurna Veda's assertion: 'If you divide infinity with infinity you get infinity'... Hawking's is the fundamental premise of modern physics: quanta are the smallest indivisible units of energy and information, just as photons are of light, electrons are of electricity and gravitons are of gravity. But every physicist knows that these units are 0.00001 percent empty spaces. Similarly, the human body is proportionately void. Life resides in a subatomic cloud and in this void ideas are quantum events"¹. These excerpts from an interview with Dr. Deepak Chopra clearly bring out the correlation between spiritual concepts in ancient Indian scriptures and the theory of the Quantum Field of Energy and Intelligence.

Note:

1. Excerpts from an exclusive interview of Dr. Deepak Chopra to Prabha Chandran published in India Today Plus, second quarter 1998, pages 102 and 103.

We can see that the spiritual teachings of Brahma Kumaris relating to the soul, the Supreme Soul and the eternal world drama intimately tally with the insights of quantum field theory mentioned above. Quantum physics believes you can study the invisible from the visible, the macro from the microcosm. Quantum principles governing physical energy are equally applicable to metaphysical energy. These principles show that God can only be a discrete particle, an infinitesimal point of light, for light is the ultimate form of energy. God, the Supreme Soul and the souls being discrete, subatomic particles of consciousness or sentient light, the seven attributes of bliss, knowledge, peace, love, joy, purity and power are manifestations of the sentient light or consciousness. This being conscient light energy, can be correlated to the seven hues of VIBGYOR. In the Rajyoga meditation practised and taught by Brahma Kumaris, the practiser contemplates on the seven attributes of God one by one, creating quantum fields of spiritual energy, which leaves profound effects on matter, both at the micro level (physical body) and the macro level (the universe). The collective positive vibrations are so potent that the whole creation is transformed from a state of maximum entropy or dissipated energy as in the end of Iron Age to a state of highest energy concentration where available energy is maximum, as is the case in the beginning of Golden Age. The eternity of the world drama and the renewal of energy cycles by God as discussed in Ch.3 relate well with the concept of 'Cyclic Space-Time Continuum', and the Law of Entropy.

Carl Jung's theory of synchronicity or meaningful coincidence may now be compared with the concept of the eternal world drama. The world drama is eternal as it repeats cyclically; each event in the drama is a meaningful coincidence or synchronicity. Each event is a link within the chain of events; each event is the effect of the preceding event, and the cause of the succeeding event. The synchronicity or coincidence is a manifestation of our desire or our intent, and it is so powerful that it can literally organize space-time events, its origin is in our consciousness or soul. This again highlights the supremacy of the metaphysical energy or the sentient soul over the insentient physical energy.

In Ch.3 we briefly mentioned meta-biological or spiritual evolution while discussing the concept of 'critical mass' in relation to world transformation. The following excerpt from Dr. Deepak Chopra's

interview² sheds more light on the process of spiritual evolution: "There is a choice maker in every one of us. Everything we do is an interpretation or choice. Experiments have shown, this choice maker overrides our brain commands... Our choice maker is also the basis of meta-biological evolution. There is a consciousness in the raw material of nature, a cellular memory without which we cannot understand biology. This, the Vedas called our *sanskaras*.... Space-time events are created by *karma*, but our *sanskara* or *vasna*, this is the software of the soul" As Dr. Chopra indicates, the meta-biological evolution is based on the 'software of the soul' - the *sanskara*. This process of evolution expresses itself in the cyclic repetition of the eternal world drama. The innumerable cycles of energy in the realms of matter and spirit manifest at different levels of consciousness - mind, intellect and *sanskara*.

From God's revelations through the corporeal mediums BKs know that the 'critical mass' of people conscious of their spiritual evolution is soon going to be accomplished. As their desire and intent are so potent a force that it can organise space-time events, there will naturally be catastrophic changes in the entire planet leading to the re-establishment of the Golden Age. All of us need to put all our might - material, psychobiological and spiritual - into this universal endeavour under the Supreme guidance of the Almighty, Supreme Intellect, the eternal source of spiritual (metaphysical) energy. Let us all collectively make the final thrust to create the 'critical mass'—the quantum field of spiritual energy and intelligence. We must ensure we are part of this 'critical mass' now, in order to be part of the Golden Age. Let us not forget God Shiva's warning: 'It is now or never'.

The Reality

We shall now examine how modern science substantiates the above spiritual knowledge through excerpts from Dr. Deepak Chopra's speech³ in which he shared some insights on the relationship between the body, mind and spirit, universal consciousness and the physical world.

Note:

2. Excerpts from an exclusive interview of Dr. Deepak Chopra to Prabha Chandran published in India Today Plus, second quarter 1998, page 103.
3. Lecture by Dr. Deepak Chopra on Jan. 6, 2006 at Academy for Better World, Gyan Sarovar, Mount Abu.

Dr. Chopra first talked about the Newtonian model of reality that dominated science for at least 300 years. It says—“You and I are physical machines that have learned how to think”. Dr. Chopra said: “This view gave rise to the industrial age which was extremely successful... But in the field of medicine, this materialistic view of the universe is found to be incomplete. *We find that the mechanisms of illness and origin of illness are different. This origin has its base in how we live our lives, and that includes not only eating, digestion, and metabolism, but also how we experience the world through our senses. It also includes our inner consciousness – how we think, how we feel, how we perceive who we are, our sense of self, our feelings, our desires, memories and dreams. The inner world that no one else has access to, is constantly shaping our biology. Health is the return of the memory of wholeness, a higher state of consciousness in which you spontaneously make choices that are nurturing, not only to your well-being, but are nurturing the well-being of others, are nurturing to the well-being of the eco-system, the web of intelligence of which we are an integral part.*

“The human body appears like an anatomical frozen sculpture when you see anything through the senses, but the human body is actually a very dynamic field of molecules, a very dynamic field of energy; the human body is even in a dynamic exchange of the elements and forces of the universe.... The Greek philosopher Heroclitus said that you should think of the human body something like a river. Just like you cannot step into the same river twice—because new water is flowing in, the real you cannot step into the same flesh and bones twice...you can examine this very scientifically—Every time you breath in, you breath in 10^{22} atoms from everywhere else, every time you breath out, you breath out 10^{22} atoms; these atoms have their origin in every cell of your body. So at the atomic level we are sharing our organs with each other. The great American poet Walt Whitman said: ‘Every atom that belongs to you also belongs to me’. We can prove today, through radioactive isotope experiments that right this moment you have in your physical body at least a million atoms that were in the body of Buddha or Michelangelo or Jesus Christand so on.. In one year you replace 98% of all the atoms in your body. At the atomic level, you replace your stomach lining every five days; your skin once a month; your skeleton every three months; even the DNA which holds the genetic material holding memories of millions of years of evolutionary time,

the actual raw material of DNA, the carbon, the hydrogen, the nitrogen – comes and goes every six weeks like migratory birds... my personal body two years ago is dead and gone, but you will agree that this is the scientific proof of life after death because, every day, I and my consciousness are out living molecules on which I ride, I am riding these molecules, but I am not the molecules I ride... this skin comes and goes every month. They reincarnate once a month, but they don't forget the pleasure and pain; my stomach cells change every five days, but they don't forget how to make hydrochloric acid as they incarnate and re-incarnate every five days... *so it is very obvious that we are not our physical bodies... When Dadiji said, 'Main aur Mera'—she meant the same scientific fact – 'you are not your physical bodies' ...* So don't confuse the horse with the rider; I am riding these molecules, but I am not the molecules I ride. The body is made up of atoms; what are the atoms made up of?

“Today science tells us that these atoms are made up of subatomic particles; these particles are moving at lightning speed around large empty spaces. These subatomic particles which we call electrons, photons and mesons... are not material things, it's a fluctuation of energy and information in a huge void. This information and energy is vibrating at subatomic level at the speed of light - at 186 miles per second or 300 km per second. So if I could see through the eyes of a quantum physicist, then I will see a huge emptiness, i.e. 99.9% of your body will be empty space and 0.001% of it will be fluctuations of energy and information that are blinking on and off at the speed of light. The whole universe is made of this empty space; the whole material world is made out of nothing. So the fundamental question of science today is what is this nothingness from where we have all come?... Again we have to go to the Sufi Jalaluddin Rumi because he says that 'we have come spinning out of nothingness scattering stars like dust'. If you look at these words—'spinning out of nothingness' this is within your power. ***What is a thought? Where do the thoughts come from? Today scientists tell us, these subatomic particles of energy and information are not energy and information either, they are fields of possibilities, floating as possible energy, as possible information, waiting for a conscious observer to ask a question.***

“So at the most fundamental level, the universe is neither energy, nor information, nor space, nor time, nor matter, but a field of possibilities, a field of potentialities, field of pure consciousness that is

waiting to be asked questions.... Science tells us that the world appears to be continuous, but actually it is a discontinuity just like a movie that appears to be continuous on the screen, but if you go to the projection room you find the movie is a series of still frames with gaps in between. When the reel is moved fast enough, I don't see the gap I see only the still frames-- one series of still frames and another series of still frames -- I see continuity on the screen, but the fundamental fact is that there is discontinuity, a gap in between, i.e. there is an on, there is an off. So the continuity is '*maya*'-- a perceptual artifact, the reality is discontinuity, on-off, on off. Similarly, when you see a Christmas tree, the light going around the tree is an illusion, actually, no light is going around the tree, it's only the light bulbs going on and off in a sequence... *because the eye is such an instrument that can see the on, and not the off in a particular frequency, it creates a continuity in my consciousness; the reality is discontinuity...so our senses are unreliable...Dadiji said something as vibrations -- the whole universe is vibrations of on-off...you can see me because light is hitting your retina on-off, on off; as a result of this on-off action potential going to the brain, an on-off binary code is created. As a result of on-off binary code you can see me... so all sensory experiences are because of the on-off binary code in the cell membrane of a neuron.* How do neurons interact with atmosphere, nobody knows...If every thing is on-off, we know, on is subatomic vibrations, what is in the off? Today scientists refer to the off of the universe as discontinuity. Now you are listening to me, O.K. *just turn your attention to who is listening; when you are listening to me, become aware of the listener, and if you feel a presence that's your soul. It's not your mind. In that presence thoughts come and go, in that presence emotions come and go, in that presence perceptions of the world come and go; in that presence the molecules of your body come and go; every thing comes and goes, only the presence remains. Our great Rishis said -- hold on to that presence, that is the only real thing about you... So the spiritual presence is in the discontinuity, OK in the flash between this and this is the presence...Every image, every sound, every touch, every taste, every smell is an on-off binary code in your cell membrane; but between the on and the off is the presence in whom the on-off takes place and that's all our reality. The world exists only in consciousness. Consciousness conceives, governs, constructs..... the mind, and the biology to become the universe". . '*

Discontinuity

We shall now discuss the five things out of a lot that science tells about discontinuity—as presented by Dr. Deepak Chopra:

“In the discontinuity, there is no energy, there is no space, there is no time and there is no physical object... Then, what is that discontinuity? The best answer that science gives is:

1. It is a pure potentiality i.e. the immeasurable potential for space, time, energy and matter, i.e., the immeasurable potential for all that was, all that is, and all that will ever be.

2. Non-local correlation— It's a phenomenon which was first described in 1935 by Albert Einstein who was not friendly to the laws of quantum physics because they violated the laws of relativity. As per the laws of relativity nothing can move faster than light. The non-local coordination also known as ‘Einstein Prodosky Rosen Effect’ or “John Belt Theorem” says that in the discontinuity, everything is instantly connected with everything else and this instant correlation is without the exchange of energy or information signals. Let us say, we have two sub-atomic particles and they collide, exchange energy with each other and one goes here and one goes there, and they are millions of light-years away. If I observe the position and momentum of one, I can immediately tell about the position and momentum of the other one as matter is automatically correlated without the exchange of energy or information signals. This correlation is supposed to be instantaneous, which means faster than the speed of light; unmitigated, which means, distance and time do not diminish the strength or robustness of the correlation; unmediated, which means there is no energy signal going between the particles, yet each one knows what the other one is doing, that's why it is called non-local correlation, everything is correlated with everything else instantly. For example, a human body has 100 trillion cells, and every cell instantly knows how to correlate its activity with every other cell. How does a human body think thoughts, play a piano, kill germs, remove toxins and make a baby all at once? While your body is doing that, it is tracking the movement of stars and planets because your biological rhythms which are called circadian rhythms, seasonal rhythms, gravitational rhythms, lunar rhythms are actually the rhythms of the cosmos. So your body is non-locally correlated instantly, with the symphony of the universe – **‘YATHA PINDE TATHA BRAHMANDE’**, i.e., as is the atoms so is the universe; as is the

microcosm so is the macrocosm; as is the human body so is the cosmic body; as is the human mind, so is the cosmic mind. In the human body, one single cell differentiates in 50 replications into 100 trillion cells by the process of morphogenesis without information and energy signals. So non-local correlation is a scientific description of omniscience. In the discontinuity there is omniscience.

3. Quantum Leap—When a subatomic particle moves from one location to another location without going through the space in between, it is called a quantum leap...the consciousness is always taking quantum leaps of creativity... Today evolutionary biologists say that evolution is punctuated by creativity. So there is a gradual evolution, and then there is a jump...from primate to humans; from amphibians to birds. Today we are also at jump time. That's why Rumi said—"When I die, I shall soar with angels, when I die to angels what I shall become, you cannot imagine". Aurobindo said the same thing—"Today humans are poised for the next quantum leap in evolution."

4. Uncertainty Principle – It is also called Heisenberg's Uncertainty Principle, which says that you cannot know the position and momentum of a particle at the same time... It is neither a wave, nor a particle till you ask that question. If you do a wave-like experiment, you get a wave-like answer; you do a particle-like experiment, you get a particle-like answer. What is it before you observe? Neither; a potential wave, a potential particle, a field of possibilities. That's the uncertainty principle.

5. Co-creation with God—This fifth attribute of the discontinuity says that the universe is un-manifest unless there is a conscious observer to look at it. It means that even God will remain un-manifest unless you are there to observe it; it means that there is no universe unless there is God on one side and you are there to observe it; in the absence of a conscious observer, the universe does not exist. These are very fundamental principles of today's science.... There is a beautiful poem of Robert Frost – 'We dance around the ring and suppose the secret is in the middle, and no one knows'. So in that secret you have these five attributes: - 1. Your soul is a field of pure potentiality; 2. Your Soul is omniscient—it means that it knows everything when it needs to know everything...It also has intuitions, a contextual intelligence; 3. Your soul is the source of infinite creativity which is quantum in character; 4. Your soul uses uncertainty as a principle of creativity, because when

there is no uncertainty there is no creativity; there is proliferation of uncertainty to create and finally; 5. Your soul co-creates with God because God says –‘I won’t create unless you participate’.

So the discontinuity is the key to what we call spirituality. What we call healing is actually biological creativity. It is the soul that manufactures your mind, manufactures your body, manufactures your perceptions, and ultimately manufactures the whole universe. All perceptions, all cognitions, all emotions, all feelings, all biological functions, all social interactions, all environment and even the forces of nature are simultaneously orchestrated by this level that we call soul, of course, there is a personal level soul (*jeevatma*), the collective level God (*Paramatma*), and the universal domain (the *Brahman*). There are connections to all of these, that is the space between our thoughts. That is the value of meditation. Meditation allows you to get in touch with the corridor, a window, the transformational vortex through which your consciousness communicates with the consciousness of the universe, not just this universe, but multiple universes...

Co-creation with God is what we are doing all the time. Sometimes we do it through awareness, (*Vidya*), sometimes we do it without awareness (*Avidya*); but we are doing it... As you wake up, you say–‘I will consciously participate in the evolution of the universe by harmonizing the elements and forces within my consciousness with the elements and forces of the consciousness of the universe... Today we have come to the stage of evolution where we can begin to understand it intellectually and experience it.’

So, we now have scientific explanations that assure us that we are co-creating a new reality along with God. That’s what God Shiva says through the self-esteem “*master sarvashaktiman*.” Let’s consciously participate in the evolution of the universe, in other words let’s co-create heaven on earth once again; in that process we transform ourselves from human beings to divine beings.

The profundity of the reality of this universe has been very well brought out in Dr. Chopra’s lecture. It is worth noting that such profound truths in respect of the souls (*Atma*) the Supreme Soul or God (*Paramatma*) and His creation (the universe) are being taught in the Brahmakumaris’ spiritual university through simple terms that can be understood by all—even uneducated, simple village folk. This has become possible because these teachings are imparted by the Supreme Intellect—‘*Paramatma*’ who is the Supreme Father, Supreme Teacher

and Supreme Preceptor. In the Supreme versions of God Shiva we find all these profound realities. For example, God has mentioned several times in His daily discourses that His children (The Souls) are the creators (*Rachita*) and time, matter, nature and the environment are all their creations. He has, in so many Godly versions, guided us on the ways of exercising the authority of the creator over the creation. Using these directions in practical life, many senior sisters and brothers have achieved profound changes in their personality traits (*Sanskaras*). Let us all engage ourselves in this great task of re-establishing heaven on earth. Heaven is the place where deities live. So when we transform ourselves from human being to divine being or deity, the universe will be called heaven or paradise.

Master Almighty or Master Sarva Shaktiman

This self-esteem kindled by the Almighty Supreme Father, God Shiva raises our limited consciousness or personal consciousness to the unlimited or transpersonal realm. This self-esteem, when maintained continually, will keep our consciousness focused on the self or soul – the micro point of sentient light radiating seven hues of VIBGYOR; will keep us constantly linked to the Almighty Supreme Soul, our Supreme Father, Supreme Teacher and Supreme Preceptor who is also a micropoint of sentient light that radiates the hues of VIBGYOR. This link with the Supreme elevates our consciousness to such a level that we become equal to the Supreme Father as far as the basic attributes of bliss, knowledge, peace, love, joy, purity and power are concerned. When we return to our original attributes the whole universe transforms because—as per the Supreme versions, the universe transforms when the human souls transform. We have already discussed the interconnectedness of the state of the soul and the state of the environment through the mind, body, relationships and society in Ch. 4. Because of this interconnectedness collective transformation of our selves leads to transformation of the whole universe. God has revealed that at the gross or macro level, the transformation of the universe will be effected through atomic war, natural calamities and civil war. Even these gross means of world transformation, scientists say, are triggered by the collective turbulence of the human consciousness.

6

HUMAN CONSCIOUSNESS, UNIVERSAL CONSCIOUSNESS AND GOD CONSCIOUSNESS

The material presented below is largely sourced from Chapter 23, pages 235 to 246 of Dr. Bruce Goldberg's *Soul Healing* published in India by Pustak Mahal.

The quantum theory of Max Planck, enunciated in 1900; the laws of thermodynamics; the theory of light quanta by James Clerk Maxwell and the theories of relativity by Albert Einstein brought a revolution in physics in the 20th century and hence these are collectively called 'new physics'. The conceptual framework of new physics demands its followers to step outside the self, to transcend one's environment, and to comprehend the universe in its ineffable entirety. The ultimate spiritual goal is to fully acknowledge and embrace the immanent oneness of our own being with the universe. This involves complete integration of the metaphysical and physical energies.

Human Consciousness

The dynamics of conscious thought occur on such a minute scale, involving such infinitesimal exchanges of energy, that only a quantum mechanical explanation could properly account for the actual phenomenon of consciousness, proposed Niels Bohr. According to Walker's model, the fundamental unit of consciousness is the quantum itself. An adequate understanding of the brain demands the application of quantum concepts. John Wheeler, the pioneering quantum physicist, says: "The world at the bottom is a quantum world; and any system is ineradicably a quantum system". This suggests that eventually our concepts of how our bodies work will have to give due regard to quantum physical events and the sub-atomic world.

Capabilities of Human Consciousness

Dream research by Ullman and Krippner at Maimonides Hospital, New York City, wherein a sleeping subject was sent specific images by a distant sender during a designated sleep phase, provides evidence of the telepathic transmission mechanism. Trag and Puthoff working at

the Stanford Research Institute in the early 1980s produced empirical evidence for 'remote sensing' or out-of-body experiences (OBEs). Their hypnotised subjects were directed to describe the environment of another individual located several miles away. These subjects could locate their targets by leaving their bodies and provide accurate and detailed descriptions of their whereabouts. Bio-feedback research provides additional evidence that conscious mental activity can affect the things of the physical world, including the organs, tissues and cells that constitute our bodies. Corroborating evidence for a quantum level shift between the realms of the mind and the body is discernable in those cases where cures have occurred quite apart from conventional medical intervention through faith healing, spontaneous remission and placebo effect. In such cases, the faculty of inner awareness seems to have promoted a dramatic quantum jump within the somatic healing mechanism. The mind and intellect, the subtle faculties of the soul, which psychotherapists call emotional body and mental body respectively, are in fact quantum fields or photon fields of information and energy forming a network among the nervous, the endocrine and the immune systems. Today, we know the neuro-chemical and neuro-physical effects of meditation. We know that meditation works by neutralizing our biochemical toxins with serotonin, interleukens and interferon. There is an abundance of literature on inexplicable phenomena like psycho-kinesis, astral travel, clairvoyance, precognition, telepathy, teleportation, levitation, dematerialization and materialization etc. Obviously, these are beyond the scope of the current discussion.

Functioning of Human Consciousness

John Wheeler came up with the "Quantum foam" theory in 1953, based on dimensional considerations. He stated that the space-time continuum is not flat at the smallest scales (the plank length), but is actually a highly energetic "quantum foam". This foam is marked by the rapid creation and re-absorption of space-time "bubbles" which means that the so called vacuum or 0.00001 % empty space is actually a surging sea of quantum fluctuations. The spontaneous breakdown and regeneration of the quantum foam is based on self reinforcement of the quantum wave as it undergoes retroflexion through its own space-time mirror image. The self exists through the interaction of quantum waves with their space-time mirror images or retroflexive conjugates,

in the same way you interact with your own mirror-image. To notice yourself you must forget yourself, and to forget yourself you have to take note of yourself in the mirror. Change is effected through self-reflection; by observing ourselves in others we are able to change each other. Quantum waves are superluminal entities moving faster than light, and can move forward and backward in time. ***It can be deduced that a quantum wave is a wave of probability moving faster than light that serves as the connecting agent between our minds and the physical world.***

The Parallel Universes

Fred Alan Wolf, a quantum physicist, in his book *Parallel Universes* (page 27) states: "there are parallel yous and mes somehow existing in the same space and time that we live in, but normally not seen or sensed by us. In these universes, choices and decisions are being made at the very instant you are choosing and deciding. Only the outcomes are different, leading to different, but similar worlds." Parallel universes are born whenever an observation is made. For each statistical possibility, there exists a parallel universe in which that particular potentiality becomes actual reality. Thus, a flipped coin lands heads up in one universe, but in the other it lands tails up. We exist in each separate universe at once observing the outcome, yet there is no direct ontological bridge between the two - the complementary worlds remain hidden from one another. Our existence spans all the parallel universes simultaneously. All futures and pasts co-exist, time is like a huge ocean that can be viewed with a single glance by which both past and future are visible. Changing our perception of present is the key for changing the future. We often have thoughts of wholeness and health when we are sick, and thoughts of illness when we are healthy. These might result from our awareness of the parallel universes or frequencies.

Parallel universes are predicted by both quantum theory and the general relativity theory of Einstein, who also predicted the existence of black holes. Physicists, Stephen Hawking and Kip Thorne described black holes to be putative bridges between parallel universes. In the light of Einstein's demonstration that space, time and matter are mutually dependent, black holes, the energy-containing voids, can serve as the space for both synthesis and disintegration of matter. In other words, matter can be both transformed into energy and created from energy.

If thoughts were superluminal and were carried by quantum waves, they could travel to the edge of the universe and back almost instantaneously. Based on the computed density of quantum foam the round trip would take only 10^{-78} seconds. Signals travelling this fast could be reflected backward in time. UFOs, schizophrenia and other forms of psychosis are the effects of being unwillingly tossed between the parallel worlds. Wolf states in page 310:- "our minds are thus tuned or are tunable to multiple dimensions, multiple realities. The freely associating mind is able to pass across time barriers, sensing the future and reappraising the past. Our minds are time machines, able to sense the flow of possibility waves from both the past and the future. In my view there cannot be anything like existence without this higher form of quantum reality."

The aura appears to be closely associated with quantum wave functions. Perhaps the aura is the result of receptor cells in the human retina responding to the quantum wave movement. An observer with a well-trained mind can discern the changes in the mind of a person whose aura is being observed, through one of the five somatic senses. Our feeling that we know someone whom we have never met before, is a natural phenomenon, based on quantum principles, when we tune in to the other person's quantum wave movements (thoughts).

Holograms

Holograms are film records of the interference pattern that results when light reflected from a 3-D object interacts with a laser beam. The film records the diffraction pattern in the same way photographic film records light intensity and colour. When a laser beam passes through the diffraction pattern in the film a 3-D optical image of the original object hangs ever suspended in mid air. By looking through the flat holographic plate one can see the original object as if it were being viewed through a window, but the original object may no longer be present. Even when the plate is cut into small pieces and held up to laser light, it will produce the image of the entire original object, just as the whole plate has done. Thus, complete isomorphism between the holographic image and the actual object is preserved.

Karl H. Pribram, neurosurgeon and hologram expert, discovered that the human brain functions holographically. Through elaborate mathematical analysis of interference wave functions, Pribram

discovered powerful evidence of holographic object-rendering 'hardware' within the brain's memory and perception centres. According to him, a hologram is composed solely of frequencies, and thus the frequency domain is really a "black hole" where time and space have collapsed, dissolving their natural boundaries. A new order of reality reigns therein, where para-normal events like telepathy, near death experiences (NDE), remembering past lives, or healing are projections of a holographic reality. Causality is excluded in the absence of space and time, in other words, when time and space collapse, so does causality. The holographic model of memory and perception fully accounts for the brain's stupendous storage capacity. When death approaches, one experiences the holographic reality without mediation. That is why core experiences in NDE exude such certitude and conviction regarding their vision. The process of dying involves a gradual shift of consciousness from conventional reality to the holographic reality of pure frequencies. *Once passed over into the new reality, the consciousness still functions holographically, re-constituting frequencies back into perceivable object images.*

The hologram provides a pedagogically useful analogue to bridge the gulf between personal and transpersonal consciousness or cosmic consciousness. In the personal/individual consciousness there is multiplicity whereas in the transpersonal/unitive consciousness, the multiplicity is absent; there is apprehension of the essential ultimacy of unity, dissolving the boundary between personal self and the external world.

In short, new physics teaches us that all time is simultaneous, devoid of any divisions; each body is in dynamic relationship with the universe and every other body through sub-quantum superluminal contact; all matter, space, and time are relative. The observer and the observed are so inter-connected that isolation and insulation are impossible, and hence "pure objectivity" is simply non-existent. *The elemental components of the human body are in dynamic relationship with all the other particles in the universe at the molecular, atomic and sub-atomic levels.* The mind functions holographically, each thought creating a discrete three-dimensional reality of parallel universes or frequencies in which anything is possible, transcending limitations of time and space.

Near Death Experience (NDE)

The Core Experience:

Dr. Bruce Goldberg, in chapter 17 of his book *Soul Healing* (P-165) says that approximately 40 percent of the people narrating their Near Death Experiences (NDEs) describe what is known as a core experience. This begins with a feeling of overwhelming joy and happiness; there is lack of pain and other bodily sensations, and a brilliant white light is usually seen. During NDE the person appears to be hovering above the physical body; the hearing and vision seem to be highly developed; clarity and alertness dominate the mental state. A dark void or tunnel now appears to be pulling at their astral body, and they eventually enter this tunnel. The presence of a loving being is felt as the individual emerges from this tunnel. The person's life is played back in rapid episodes (holographic projections). The person appears to be immersed in white light at this time. A highly evolved spiritual being or beings now give the person a choice of going on in the light, or returning to the physical body. Once the decision to return is made, this experience quickly ends, and there is no recollection of the process of returning. Ninety five percent of NDEs are positive, and actually transform the personality of the recipient. Many patients do not want to return to their physical bodies because of the love and joy enjoyed in NDE. In some cases there is a direct urging to re-enter the body.

Dr. Raymond, A. Moody, Jr. in his book *Life After Life* (Bantam Edition, reprinted in 1977, page 16) published a model of the experience of death. Dr. Moody got interested in the subject of death experience after he listened to Dr. Ritchie's NDE from Dr. Ritchie himself, and therefore his book is dedicated to Dr. Ritchie. Sceptics say that if these are not hallucinations and unconscious fantasies they are induced by drugs, religious beliefs or due to brain anoxia.

Dr. Michel Sabom, Assistant Professor of Cardiology at Emory University, Atlanta, though sceptical of Dr. Moody's findings, got interested in out of body experiences (OBEs). He teamed up with a psychiatric social worker and studied over 120 cases of NDEs. The statements of some of the patients—how they floated above their body and watched the operation; the description of the instruments used; how the heart looked; the operation procedure etc. by patients having no medical background amazed Dr. Sabom. He states: "To me this is the strongest evidence that these were not just hallucinations or

fantasies.” Professor Kenneth Ring, a psychologist at the University of Connecticut carried out research on NDEs and observed that his subjects coming from a wide range of ages, and educational back grounds and temperaments had similar OBEs. Many of them did not believe in religion at all. Dr. Fred Schoonmaker, Director of Cardiovascular Service at St. Luke’s Hospital, Colorado, studied 2,300 cases of NDEs using sophisticated equipment that monitored patients’ vital parameters. His records show that there was no lack of oxygen supply to the brain. In a number of cases, the EEG recordings were flat for periods ranging from 30 minutes to three hours. This proves beyond doubt that the OBEs cannot be due to anoxia or abnormal electrical activity in the brain. Extra sensory perceptions (ESPs) reported by patients undergoing NDEs have been documented extensively. Dr. Moody found an elderly woman’s account of her NDE so accurate that she even correctly reported the colours of the instruments used on her body, not withstanding the fact that she had been blind for over 50 years.

Dr. Bruce Goldberg cites the NDE of Mark shortly after his birth, six weeks premature and under three pounds in weight. Mark’s father was in the US Navy, stationed in the Philippines at Sangley Point Naval Base. The thermostat in the hospital incubator was broken and mark experienced his first OBE and only NDE. Mark States: “I found myself floating above my isolate, looking at this red, prune-like thing with tubes attached, wondering if there wasn’t some mistake. This couldn’t be the body I was supposed to be in. Something was wrong here, and I didn’t like it. As I was hovering near the ceiling of this room shaped like an ‘L’, I was aware of both hot and cold sensations, with heat coming from directly above, the cold emanating lower down around me. I also remember the walls being a purple colour, and my isolate was off in the short end of the ‘L’, separate from the other babies down in the long end of the room. The ‘voice’ that wasn’t a voice said I should go back into that body, and that everything would be fine, not to worry. The ‘voice’, thus saved Mark’s life. Thirty years after this NDE Mark met the navy doctor who delivered him. The doctor acknowledged that, in fact, Mark was delivered in an ‘L’ shaped room painted mauve. The doctor also informed Mark that he was placed in the corner of the room near the closet to protect him from being further compromised by the germs of other infants.

The OBE not associated with NDE differs from the latter in that we do not find reports of white lights, beings of light or panoramic

life reviews. Such reviews of life experience are absent in NDEs reported among children. Dr. Goldberg cites several case studies wherein NDEs have redirected lives, created saints, inspired religions, empowered individuals and led to very special forms of soul healing. Howard Mickel of Wichita State University reported a Colorado man's spontaneous remission of leukemia following a NDE. Psychic precognitions have also been reported by some persons following a NDE.

Multi-dimensionality

Talking about multi-dimensionality, Dr Deepak Chopra said – “Evolution is an ongoing process, and everyone is on the journey whether one knows it or not.... and in that is the experience of multi-dimensional nature of the universe, because the universe is different in different states of consciousness. Biology is different in different states of consciousness; knowledge is different in different states of consciousness, perception is different in different states of consciousness. We have not woken up to our multi-dimensionality. All the multi-dimensional universes that we hear about in Vedanta and even in theosophy are different projections of consciousness.”

Seven States of consciousness

Most people go through life in three states of consciousness –

Waking, Dreaming and Sleeping: Beyond the three states of waking, dreaming and sleeping is the fourth state of consciousness called ‘*Turya*’ in our tradition.

***Turya* (Soul-consciousness):** It is experienced when your consciousness goes beyond waking, dreaming and sleeping to have a glimpse of the soul....When he first experienced the soul, Walt Whitman said – ‘I must not be awake for everything looks to me as it never did before, or else, I am awake for the first time, and all that was before was just a sleep’.

***Turya-Tatta* (Cosmic consciousness)** – It is the ever present witnessing awareness which we call *Sakshi* or Silent witness. The best English translation of this state of silent witness is cosmic consciousness. It means, my body is fast asleep, but my consciousness is observing the body in sleep state, or my body is dreaming, and I, the witness, am observing the body in dream state, or my body is giving this lecture, but I, the spirit, am observing the body giving this lecture. In cosmic

consciousness, you have both local and non-local awareness simultaneously. Local awareness is when your awareness or consciousness is localised to objects in space and time, and non-local awareness is when your awareness is with the absolute, with the ever-present witnessing awareness. It is referred to in the New Testament when Jesus Christ says – ‘I am in this world, but not of it.’ In cosmic consciousness you are alert to the role you play, at the same time you know that you are not the role you play... It is our destiny to play infinity of roles, we are aware of the roles we play, but don’t identify with any roles we play, not even in dream, not even in sleep, not even in waking consciousness... Then you start actually to have a connection to what is happening in the non-local world. This is where coincidences start to occur, where miracles start to happen, where creativity blossoms, where solutions appear spontaneously because you are connected.

God-consciousness: Beyond cosmic consciousness is God-consciousness. Each state of consciousness creates a different functioning of the nervous system, because these are physiological states, and because the nervous systems is responsible for perception and cognition, feelings and emotions, biology and social interactions, environment and behaviour of nature. With each shift in consciousness all of these shift. Nature shifts because nature is not independent of our consciousness.

So, in God-consciousness there is a blossoming of what our *Rishis* called the *Siddhis* and the *Riddhis*. *Siddhis* are supernormal powers in the natural world; and *Riddhis* are control over the elements and forces of the cosmos. In God-consciousness, I become aware of the ever-present witnessing awareness in the object of my perception. The local perception is – ‘this is a beautiful flower, has a nice smell, soft; and in non-local perception, as I see this flower, I see rainbows, sunshine, earth, water, wind, and the whole universe manifesting as this flower. I see the infinite void. I see the creation of the universe, and then, as I go beyond that, I feel the presence of God. If I can’t find God in this, I won’t find God in the book of religion, because God is not a concept. *God is the holy presence of the spirit in every object of our perception...* In God-consciousness, spirit here communicates with spirit there... and it is also the realm of miracles... so in God-consciousness, spirit or God is not difficult to find. God is impossible to avoid. Wherever you go, in every object you feel the presence of God...

Unity-consciousness: The ever present witnessing awareness in the subject of experience becomes one with the ever present witnessing awareness in the object of experience, and there is the intellectual and experiential realization that there is only one witness, and the whole universe is a manifestation of that one witness. So when my spirit not only communes with your spirit, but merges with your spirit, and then I feel, there is only one spirit; the whole universe is my manifestation. In chapter ten of Bhagawat Gita, when Arjun says to Krishna – ‘Reveal to me who you are’ and then he sees the whole universe in Krishna’s being – this is unity consciousness. So this is an evolution we talk about”...

Biological Responses

In the foregoing paragraphs we have discussed about different states of consciousness that human beings exhibit. We shall continue our discussions on human consciousness as presented by Dr. Deepak Chopra – “Anything which can be seen, perceived, conceptualized is not real, but depends on something which cannot be conceptualized, imagined, visualized or perceived, and that something is consciousness. It is this consciousness that conceives, that governs, that constructs, and it becomes what we call mind, and through the mind it becomes... the biological organism through material body which has perception, cognition, feelings, emotions, moods, biological activity, social interaction, and there is an environment too. The whole cosmos is projected as a result of self-interacting dynamics of the non-local, non-conceptualisable, transcendent reality that our great spiritual traditions talk about. Then it localizes in our physiology through activity that is both local and non-local. Local means linear interactions; non-local means interactions in the world of simultaneity, the inter-dependent co-arising of events. In a human being this localization is felt to be through what we call the seven “*Chakras*” in India. These are the gateways for the non-local, eternal, transcendent, beyond space-time, ultimate reality that localizes in our biology. *Chakras* are metaphors for our consciousness which is non-local but becomes local. In so doing consciousness expresses itself through biology. Biological responses that we have in certain situations are the expressions of our consciousness when it localizes... There are seven biological responses that correspond to these seven *Chakras*.

1. Fight and Flight Response:

“This is the most primitive response that has been going on in our physiology for millions of years. When we were surrounded by ferocious animals, the only way to survive was either to fight the predator or run away... But, since we are no longer in that situation where we were surrounded by ferocious animals who used to enjoy us for breakfast, lunch and dinner, these responses are inappropriate. When we have inappropriate fight and flight response we call that response as stress—a perception of psychological or physical threat. In a truly dangerous situation this response is really useful. Your blood pressure, levels of adrenaline, cortisol rise, heart rate becomes fast, your sweat gland activity increases, body temperature increases, platelets become sticky. All of these are very appropriate because you needed to increase your temperature, heart rate, blood pressure, to run faster; increase sweat gland activity to release excess heat, your pupils dilate, all these are for survival. When the situation is not dangerous, you are not going to run, and then all of these become destructive. So the fight and flight response is responsible for all the epidemics of the modern times – cardiovascular disease, hypertension, cardiac angina and sticky platelets”.

2. Reactive Response:

“It’s the survival response of the ego. When ego is threatened you react. Just like the body has fight and flight response your ego has reactive response. It tries to control a threatening situation by confrontation or intimidation. You are either nice, nasty, or stubborn – these are the three control dramas. If none of them works, then you play the victim – poor me. So, the four types of control dramas are: nice, nasty, stubborn and poor me. We learn these control dramas at a very early age, about three years of age... You become very skilful in this response by eight years, but at 20 years this does not work, because you are not so cute then. Now 99.99% of humanity... including our great leaders of the world are in fight and flight response, or in the reactive response”.

3. Restful Awareness or Alertness Response (RAR):

“When you meditate your body is rested, your mind is alert, fully awake, consciousness is not referring back to the ego, but referring back to the soul, it transcends the ego. We are more or less effortless, detached from that which is trivial and mundane; we are much more spontaneous in our activity because our ego is not in the way. According

to evolutionary biologists, human beings discovered RAR about 6000 years ago when the sages of the Upanishads in India and Socrates, Plato, Pythagoras, Confucius—these great people around the world were transforming consciousness by going into RAR”.

4. Intuitive Response:

“Intuition is a form of intelligence that is contextual, not linear, is relational, holistic, nurturing beyond cause-result relationship. Intuition is eavesdropping (overhearing) the mind of the universe... it's far beyond the rational thought... this is the cause of this. But it is not really the way the universe functions. The way the universe functions is –‘independent co-arising’— means everything is the cause of everything else... Everything in the world is interdependent... Scientists today refer to this as the holographic paradigm... That's why Rumi said—‘the whole universe exists in you, ask all from yourself.’ Intuitive response is the ability to go into samadhi (deep meditation) and ask a question, or you introduce an intention (Ichcha Shakti), and it orchestrates the fulfilment... ‘Yoga Sutras’ of Patanjali says that if you have *Dhyan*, *Dharana* and *Samadhi* at the same time, you have *Sidhis*. *Samadhi* means the observer, the process of observing, and the observed have become one single consciousness, that is the reality. *Samadhi* is the field of all possibilities, i.e., anything is possible. *Dharana* means you put focused attention in that *samadhi*; *Dhyan* is meditation that takes you there. All the *Ridhis*, all the *Sidhis* are expressions of the intuitive response... The Universe, at its most fundamental level is a field of possibilities that responds to intention.

5. The Creative Response:

“This response is beyond the intuitive response, it means that I can create something that never existed before. It is based on discontinuity, because true creativity has a context and meaning that transform into a new context, a new meaning without an intervening context or meaning ... Anytime, if anything is predictable, it is not creativity... True creativity comes from the soul, not from the mind. What we call healing is biological creativity, because if somebody has heart disease or lung cancer and he has to be healed, the biology has to do something unpredictable; if prognosis is there, it is not creativity... True creativity, they say, is death... because when you die, you recreate yourself through a quantum leap... Reincarnation is a quantum leap, it is a discontinuity. You take the same karmic software, and now create a

new mind, new body, new context, new meaning – that is creativity. So where do I go after I die?... I don't go anywhere. Every time I localise....and then delocalise. Every thought is a localised memory or desire – they came from *karma* that localise and de-localise... When I die I delocalise to be localized through a quantum leap of creativity. That's the creative response that is happening every second... the universe also creates itself through a quantum jump”.

So the creative response is part of the Eternal World Drama (EWD) wherein souls reincarnate in order to clear their karmic accounts.

6. Visionary Response:

“This response is evoked when you go beyond the personal soul and get in touch with the archetypal souls – the souls of gods and goddesses, a part of our collective spiritual inheritance. When you get in touch with the Archetypal soul, the vision that comes changes the whole of humanity. When Mahatma Gandhi touches that, humanity changes, or when Baba touches that, humanity changes, and it goes even beyond that. Humanity, civilisation, worlds change because that soul is not a personal soul anymore, that soul has touched realms of gods and goddesses, and gone even beyond that”. This visionary response is induced through the Godly versions taught in Brahma Kumaris. Here we are taught the phrase “*Aham so, so aham*” that inspires us to visualise ourselves as the deities of Golden Age (archetypal souls) and to become like them. .

7. Sacred Response:

“Here, you go beyond the archetypal souls and become one with the source of all creation, and you actually begin to see that you are creating the universe. This evolution of consciousness is orchestrated through our biology.

As we move up these responses through our biology, reality shifts; as reality shifts, you start experiencing coincidences. Coincidence means that incidents happen simultaneously in response to an intension you had either consciously, or unconsciously. All these coincidences are orchestrated through intensions, which somehow enter into the field of acausal, non-local inter-relatedness. That means, everything is related to everything else, and everything is the cause of everything else. The linear thinking that says – this is the cause, this is the effect – is no longer there. That is what we call “*acausal, non-local, quantum mechanical inter-relatedness*” or “*synchronicity*”. It means, everything

is orchestrating everything in response to your intension... He whose mind is in harmony with the cosmic mind, experiences the rhythm of the universe - synchronicity. Your body is biological rhythm of the universe. In nature everything is synchronised with everything else... so never ignore a coincidence. It's an anonymous message from God to pay attention to the field of infinite possibilities that exist beyond space, time and causality. In space, time and causality everything is linear, but in the world of God everything is simultaneous, and synchronicity is a glimpse of that. So, when you have coincidence, you have to ask what is God telling me right now, what is God suggesting to me?... something will happen that will show you the karmic significance of that synchronistic experience. The next stage from synchronicity is what we call miracle.

Miracle:

“When you participate in the on-off activity of the universe through intention, you orchestrate a miracle. The word miracle in English is *Mirari* in French – means filled with wonder. You have not only glimpsed the mind of God, you have participated in the creativity of God by introducing your intension and orchestrating through your intention, the harmonious interactions of the elements and forces of the cosmos that result in the quantum leaps of the creativity that are already the pattern of behaviour of the universe”.

Benefits of the Rajyoga Concept of Consciousness

It would be appropriate to sum up the discussion on consciousness by quoting B.K. Jagdish Chander Hassija, the chief spokesperson of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. The material given below is excerpted from a paper presented by him at the Fourth international symposium on science and consciousness at Uxmal, Yucatan, Mexico from 4th to 8th January, 1994.

“According to Rajyoga School or system the self is an indivisible, irreducible persistent or permanent person. It is a point of consciousness which cannot be split, for it is a simple and single entity. According to Gita, the self cannot be cut or split by any weapon or instrument nor can it be burnt by fire...

“The concept of the self given here is not only in accord with the Rajyoga philosophy but also in line with *Samkhya* and *Nyaya* (Indian Logic) schools of Indian philosophy and in consonance with some Upanishads such as Mandukya Upanishad. The evidence from the cases of re-incarnation, studied, investigated and verified, also supports us. The research on the basis of hypnotic regression also gives credence to it.

“The concept that the self is a persistent metaphysical entity that has a moral dimension and experiences happiness or sorrow according to the Law of Karma and re-incarnation, would, if followed in practical life, help build a better society morally where human rights, duties and principles of a healthy life also will be observed. That society will have law and order and peace, built on good relations. It will be a society based on the concept of world-brotherhood under the fatherhood-motherhood of one benign, compassionate, kind and loving God. It will counteract in any easy, powerful and natural manner, without causing any bad after effects— the negative force of hatred, discrimination, divisionism, injustice and cruelty.

“The concept of the metaphysical self will also have the effect of developing full human potential as it will release the mind from negativity, anxiety, fear, hatred, jealousy, anger, depression etc. and will fill it with enthusiasm and give it positive outlook and attitudes... It will supplement physics, and be in accord with quantum physics so far as understanding the collection and integration of information fed into the brain is concerned... It will throw light on the nature of conscious, sub-conscious and unconscious mind, and also on libido, id and ego in a better way as compared to Sigmund Freud, would explain the timeless nature of instincts, dealt with by McDougall and make understandable the nature of conditioning studied and experimented with by Pavlov and others. It has the ability to explain the collective consciousness and the archetypes of Jung and also many questions related to behavioral psychology etc.

“This concept is in accord with health sciences, for by explaining mind-body connection as taking place in the region of the hypothalamus and the pituitary, it explains the psychosomatic cause of diseases and lays proper emphasis on the importance of a healthy mind by giving a new definition of health that takes into account the social and moral factors.

By reducing or eliminating the tendencies of stark materialism,

commercialism, exploitation and greed it reduces conflict in the society and promotes better social, political and natural environment posed by uncontrolled consumerism.

“It also explains the functions of and control over emotions and other manifestations of consciousness and thus helps in behavioural transformation and social reform...”

“Thus speaking about the overall merits and effects of this concept one can say that it solves more questions and raises the least of questions as compared to other disciplines and is of immense value. It helps make one’s lifestyle based on simplicity, co-operation, honesty, integrity, purity and peace.”

God Consciousness

We have seen Dr Deepak Chopra’s description of God-consciousness and the Sacred Response. Let us now see what Godly versions taught in the Brahma Kumaris Spiritual University say on this state of consciousness. In the introductory course itself you are told that you are a soul, a child of the Supreme Soul or God, and both the soul and Supreme Soul are alike in form and basic attributes – truth (knowledge), peace, love, joy, purity, power and bliss. The only difference between the two is that the souls are bound by the cycle of birth and rebirth, whereas the Supreme is not. God is beyond the physical Law of Entropy because he does not have a physical body made of matter to which this law applies. Thus God is the ultimate, unending source of metaphysical energy. God is almighty, omniscient, omnipotent and benevolent.

God is one, creative principle, absolute truth and the Supreme Parent (both Mother and Father) who is morally perfect, absolutely just and a supreme benefactor.

With the right consciousness about God, and the self (soul) I can use my most powerful tool – the thought energy of my mind - for God-realization. If the quality of my thoughts can influence my physical health, the atmosphere around me and my relationships, it will definitely influence my relationship with God. Since the spiritual or metaphysical energies attract like energies, as against the physical energies that repel like energies and attract unlike energies, self-realization leads to God-realization. Thus soul-consciousness is the means to achieve God-

consciousness.

The process of eliminating negativity is hastened by stepping away from negative thinking that originates from the limited consciousness of the body and bodily connections. When I see myself as an eternal soul and discipline my mind, I am able to discover the existence and nature of God, and come closer to that one.

Form and attributes of God:

Just as the human soul is a point of sentient metaphysical energy that radiates seven basic attributes – knowledge, peace, love, joy, purity, spiritual powers and bliss - God too is a brilliant point of divine light or eternal source of metaphysical energies. Since these qualities are formless and the point of light is infinitesimal, some say that God is formless. Anything that exists must have a form. Qualities are formless, but their source cannot be. God is not love, but the source of love, God is not Truth, but the source of true knowledge. When I know God as point of light radiating the basic attributes of true knowledge, peace, love, joy, purity, powers and bliss. I am able to bring that image on the screen of my mind and experience these powers and qualities. In every religion and culture, light is always associated with what is holy or sacred. In numerous near death experiences (NDE) individuals have related how they passed through a long tunnel at the end of which they perceived a light that is self luminous and gives them a sense of relationship and warmth, and is possessed of non-judgmental love and compassion. What is unique in these reports is that their experience of this being of light and love is identical, independent of their religions or social background.

In India, the most common representation of God is as an oval shaped stone called Shiva-Linga representing the creative principle. The names of the temples where a Shiva lingam is enshrined are indicative of God's attributes or functions, like Somnath, the Lord of Nectar; Vishwanath, the Lord of the Universe; Mukteswar, the Lord of Liberation etc.. In worship Hindus bathe this form of God (Shiva-Lingam) with milk, oil, water etc. Similar worship of God is mentioned in Ch. 35, verse 14 of Genesis. It is said that Jacob, grandson of Abraham, set up a pillar of stone at the place where God talked to him. He poured an offering of a drink thereupon, and also poured oil thereon. God's oval form of light is revered in Islam as "Sang-e-aswad" in Mecca. Legend says that when Adam left paradise he came to a low hill where

he saw a shining white oval stone which he circled seven times praising God. He then built the Kaaba over this, which was rebuilt by Abraham. The black oval stone called Sang-e-aswad in Mecca. is the original white oval stone blackened by the kisses of millions, they say. One sect of Buddhists in Japan meditates on a small oval shape on a stand as a giver of peace.

Name and Abode of God

Anything that has a form has a name too. God has many attributive and functional names in every language in the world. The Sanskrit name "Shiva" has three meanings - benefactor, the seed of creation and the point source. This name implies God's form as a point, God's role as a benefactor of all and God's function as Supreme Creator or the eternal seed of the human family tree called Kalpa Tree.

The abode of God is a region of absolute stillness, silence and purity. There is no thought, speech or movement there. God, the Supreme Soul, and the souls reside there in absolute silence, filled with the basic attributes. God remains there perfectly stable and unchanging. I can reach there in a split second and experience supreme peace. Just as God is ever constant in all His attributes, His abode is also unchanging and constant in its qualities.

God's Relationships with Me

With the awareness of the self as a soul, the child of the Supreme Being, I am able to experience God as my Supreme Mother whose love is totally accommodating, unconditionally accepting, empowering, and cleansing. Just as the soul is neither masculine, nor feminine, God is neither masculine nor feminine. But, in the perfect personality of the Supreme parent, the feminine qualities of loving, giving and accepting are perfectly balanced with the masculine qualities of power, authority and strength. I am also able to enjoy the benefits of other relations with the Supreme Being, like: discovery of wisdom and truth from the Supreme Teacher, receiving directions for each step in the spiritual path from the Supreme Guide (preceptor), conversation and support at any moment from the Supreme Friend, sharing of intimacies and long term support from the beloved Supreme Consort, and so on. Through my relationship with the supreme, I am able to transform my personality traits. Now, my actions are not motivated by just what I want, but by what is of benefit to the self and others. It is a change from a human being to a divine being.

God is not an impersonal diffused energy, but a Supreme Person. When I know God's form, location and attributes I can focus my thoughts on that person and experience different relations at will. I can experience the spiritual presence of God wherever I am. With just one thought I am in God's presence.

God's Role in the Eternal World Drama

The Eternal World Drama is an eternal interplay of three operative realities – God, souls and nature or matter made of atoms. In other words, it is interplay between metaphysical energies of the souls and God, the Supreme Soul on one side and the physical energies of nature or matter made of atoms on the other side. The physical, chemical and biological laws of nature keep the physical world going; and there is no need for God's intervention until entropy (or the state of exhaustion of available energy) sets in. At the physical level, all events are the result of interaction between souls and matter. At the metaphysical level, the interaction between souls and God creates all the varied plots and by-plots of the world drama based on the law of karma or cause and effect. God acts on human souls, and they in turn act on matter. When souls come into the process of entropy, matter simply follows. God neither creates Himself, nor human souls, nor matter. God simply recharges the souls' spent spiritual energy, reversing entropy on the metaphysical plane. The restoration of physical energy of matter automatically follows this. It is now clear that God's acts of creation, destruction and sustenance are on the metaphysical plane and not on the physical plane.

EVOLUTION OF HUMAN CONSCIOUSNESS

God Shiva has revealed in his Godly versions that those souls who become self-sovereigns (*Swarajya Adhikari*) in the Confluence Age will attain world sovereignty in the Golden Age. We can view self-sovereignty at the macro level to be the reign of the sentient master (soul or the being) over insentient matter (body or the human). This aspect has been discussed in Ch. 2. Every organ of the body, including the brain, is an instrument which the soul, the sentient master, uses to express thoughts, words and actions, and also to experience the results of actions.



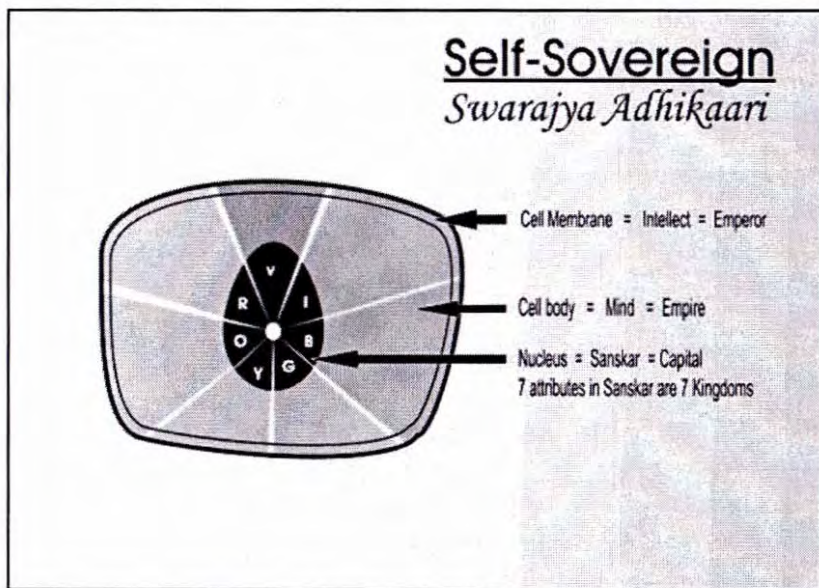
SELF SOVEREIGNTY AT MACRO LEVEL

Self-sovereignty at Macro Level

The sentient soul is the master seated on the chariot of the human body holding the reins that control the five horses - the sense organs. A powerful intellect is the sovereign and will power acts as the reigns, as shown in the picture

Self-Sovereignty at Micro Level

Nevertheless, true sovereignty is at the micro level, and this relates to authority exercised by the soul within its own empire. The term "self-sovereign" in this context implies that there is an emperor or monarch



who rules over a number of kingdoms through their respective kings who in turn rule over their subjects. The intellect can be called the emperor, and mind the empire; the seven original attributes in the *sanskara* are the kings, and the virtues or secondary qualities are the subjects in the form of thoughts, desires etc. (See Picture)

Loss of Self-sovereignty through Ages

In the Golden Age and Silver Age, the deities who inhabited Bharat were self-sovereigns. Intellect, the emperor reigned over mind,

the empire, naturally assisted by the seven kings, each being an embodiment of the basic attributes of the soul—truth (knowledge) peace, love, joy, purity, power and bliss. At the macro level the system of governance was monarchy. The empire was ever illuminated by soul-consciousness or with the seven hues of VIBGYOR that represent the seven original attributes mentioned above.

Because of the interaction of the seven kings with matter (body) during the first half of the Eternal World Drama (EWD) of 5,000 years, as revealed by God Shiva, the seven original attributes wore off. In the absence of the light of soul-consciousness, the darkness of body-consciousness naturally set in at the end of the Silver Age, and this rule of darkness of body-consciousness continues through the second half of the cycle comprised of the Copper Age and Iron Age. During the reign of darkness (ignorance), the intellect, the emperor is dethroned, the original attributes or the kings abdicate, and the virtuous subjects (virtues) are replaced by vicious ones. The vicious subjects (vices) led by lust, anger, ego, attachment, greed, laziness, envy and so on take over the reign. Democracy is the system of governance at the macro level at the end of Iron Age when disharmony, disorder and chaos prevail all over the world. There is an atmosphere of fear, grief, strife, violence and terror at the end of the Iron Age.

Regaining self-sovereignty

God Shiva re-incarnates in the corporeal world and empowers the intellect, the emperor to regain the lost self-sovereignty during the Confluence Age. Based on true knowledge about the self, about the Supreme Father and the EWD, the intellect, exercises its control over the mind, by allowing only positive thoughts to emerge on its screen from the *sanskaras* (sub-conscious mind). The mind on its part transfer all its relations to the imperishable Supreme Soul by severing them from the bodied beings. By doing so, the mind gains emotional stability. With that emotional stability it is able to experience peace and purity. When pure thoughts, desires and visions fill the mind, the original attributes of

the soul manifest themselves as divine virtues and spiritual values, and these come into play in all relationships in the family and the society. The self-esteem of self-Sovereign, when maintained, changes in the self, the mind, body, relationships (family), society and environment take place sequentially.

Self-sovereignty and the Law of Entropy

The Law of Entropy is the second law of thermodynamics that says: "All energy in an isolated system moves from an "ordered" to a "disordered" state. Self-sovereignty prevailed in the Golden Age and Silver Age because there was the highest concentration of energy (both physical and metaphysical) and hence maximum order prevailed in the spiritual and physical realms. This state is called *satopradhan*. In this state entropy is minimum and available energy is maximum and there was complete harmony between physical and metaphysical energies because of soul-consciousness in the deities. The deities of the Golden and Silver Ages lost their self-sovereignty through gradual dissipation of metaphysical energies through thought, speech and actions of 2,500 years i.e. half the *Kalpa* of 5000 years as revealed by God Shiva.

Thus, at the beginning of the Copper Age the deities of the Golden Age had already lost 50% of their spiritual energy like the waning of the moon. The full moon (Deities of Golden Age) is said to be replete with 16 *Kalas* which are reduced to 8 by the end of the Silver Age. As the intellect (the emperor) is weakened, it is incapable of exercising control over the thought process and uncontrolled mental activity drains away the scarce metaphysical energy much faster. Dissipation of metaphysical energy has a direct impact on the depletion of physical energy through uncontrolled industrial and domestic activity leading to enormous increase in environmental pollution (entropy). The disorder and chaos (*tamopradhan sate*) of the present world is indicative of the maximum entropy that prevails at the end of the Iron Age. At this juncture God, the eternal power house that is beyond the law of entropy, intervenes to re-charge human souls with the spiritual energies of knowledge, peace, love, joy, purity, power and bliss. Restoration of these primary attributes of the souls leads to re-emergence of the secondary

qualities of divine virtues and the tertiary qualities of spiritual/human values in human relations, bringing harmony in society and peace in the environment. Thus the energy cycle restarts with maximum potential at the end of the Confluence Age or the beginning of the Golden Age.

Law of Karma and Self-sovereignty

The law of cause and effect or Law of Karma states that every action has an equivalent reaction. In other words, if your action gives happiness to others you get happiness in return. It is the metaphysical equivalent of the Newton's First Law which says that every action has an equal and opposite reaction. In the metaphysical plane the reaction or result experienced is equivalent, and not opposite. The saying goes: "As you sow, so you reap." The Law of Karma is absolute. It cannot be manipulated or side-tracked. On the physical level there is no gap between action and reaction, but on the metaphysical level there can be a gap between action and reaction, or sowing and reaping. The seeds of some action bring instantaneous results, others can take years or even lifetimes to yield fruit. What happens in our personal world and the world at large are the direct result of our actions. Social injustice, inept governments, needless bloodshed and physical, emotional or psychic pain are the consequences of thoughts, words or deeds of this or previous lives at a personal or collective level.

In the Golden Age and Silver Age we were soul-conscious and hence we were self-sovereigns and therefore there was no conflict between the three faculties of the soul - mind, intellect and *sanskara*. There was harmony between soul and matter and hence body and mind were healthy, personal relations were based on mutual respect, trust, and love, and hence harmony, order, tolerance and justice prevailed in the society. In the Copper Age and Iron Age, we lose our self-sovereignty as a result of the change of consciousness. When we become body-conscious our karma or actions become negative and then, as per the Law of Karma we suffer from pain in the body and mind; this causes further drainage of metaphysical energies through negative, wasteful thoughts. This loss of thought-energy further weakens the intellect, which

now becomes a prisoner of the sense organs and the vicious *sanskaras*. This is how self-sovereignty is lost during the second half of the EWD. In the Confluence Age, the short and sweet period between the Iron Age and Golden Age, we souls co-create the new cycle of EWD along with God, the Supreme Father.

The strongest relations I have now were established in previous lives. The interactions together continue as long as karmic accounts exist. When nothing more is left to give or receive our paths separate by loss of contact, death or divorce. We then take up new relations based on karmic accounts with other souls so that the EWD goes on eternally.

Let's now see how the self-esteem "*Swadarshan Chakradhari*" helps bringing about metamorphosis of a body-conscious, vicious human being to a soul-conscious, virtuous divine being, just as the ugly crawling caterpillar transforms into a beautiful butterfly.

How to become *Swadarshan Chakradhari*

In order to become an embodiment of this self-esteem we should first be clear as to what it means. Let's analyse this self-esteem first. The first part is "*Swadarshan*", that means seeing the self. The second part is "*Chakradhari*" which means the spinner of the wheel. These two words when joined together mean that you have to be aware about your own real self and its different stages through the entire cycle of the Eternal World Drama (EWD) which goes on eternally based on the law of cause and effect and cyclic space-time continuum.

We are all passing through a very crucial stage in the EWD when the old realities are giving way to new realities through a change in our consciousness. In order to keep ourselves focused in this great transformation, we have to keep ourselves busy by spinning the wheel of EWD; by this process we remain "*Swadarshan Chakradharis*". This means that we remain soul-conscious continually by visualizing the self as a sentient point of light in the soul world; as a deity like Shri Lakshmi and Shri Narayan radiating the seven energies of knowledge, peace, love, joy, purity, power and bliss in the Golden Age; as a divine being like Shri Sita and Shri Ram in Silver Age, as *Ishtadev* or *Devi*, the object of worship, an idol, in the Copper Age and Iron Age, giving solace to the devotees, and as the sons and daughters of Prajapita Brahma

(B.Ks.) in the auspicious Confluence Age when we undergo metamorphosis by becoming a divine being or deity from a human being.

The process of transformation from human being to divine being through the self-esteem of "*Swadarshan Chakradhari*" involves profound changes, both in biological and spiritual realms. This process is comparable to what happens when a caterpillar transforms into a butterfly.

It will be much relevant to quote Dr. Deepak Chopra* regarding the biological transformation of the caterpillar into a butterfly. Talking about the collective transformation that is taking place in the world he said that the terrible situation in the world today provides an opportunity for change. "One of the best examples of collective transformation is a process in biology called metamorphosis. It is something like a caterpillar becoming a butterfly. The two are quite different. The caterpillar is like a worm; the butterfly is a very magical creature, beautiful colours, that fly. This is what happens: At some stage of its development the caterpillar becomes very greedy, it starts to consume more than it needs, when the consumption exceeds its metabolic needs, its body starts to die and starts to liquify. But within the body of the caterpillar there are a few cells to which the scientists refer to as imaginal cells. These imaginal cells are literally dreaming a new reality. These cells vibrate in a different frequency of consciousness. When the caterpillar's body recognizes these imaginal cells, the immune cells of the caterpillar attack them. Because the imaginal cells vibrate at a different frequency, they remain immune to the on slough. Soon the immune cells give up, and the imaginal cells start to gather in little clusters. Then some thing else happens – the clusters of imaginal cells start to connect with each other; when the connectivity of these imaginal cells reaches a critical level, something magical happens. A gene, the genetic code that was lying dormant in the caterpillar wakes up, and in that genetic code is the information for wings, information for a new

Note*

Excerpted from lecture by Dr. Deepak Chopra on Jan. 6, 2006 at Academy for Better World, Gyan Sarovar, Mount Abu, India.

heart, information for the antennas, the information for legs, the information for a new metabolic rate – the metabolism of flying creatures has to be different from the metabolism of a worm. The Imaginal Cells start using the dying matter of the caterpillar as a nutritive soup; it becomes the culture medium the imaginal cells use to grow and to connect and soon the butterfly emerges with the flight to freedom.”

Dr. Chopra then urged the gathering of over 800 medical scientists and other professionals to start imagining the new reality because through their transformation, the world will be transformed. He emphasized the role of BKs as the imaginal cells all over the world and said that the next step is to connect these cells. He further mentioned that the imaginal cells for metamorphosis of the caterpillar into a butterfly was discovered about 300 million years ago, which God put in the human heart, and that is why, in the human heart there is a longing for a new reality. All the terrorism and all the disasters are comparable to the nutritive soup of a dying carcass of a caterpillar. Dr. Chopra urged the gathering to go to a website on “Peace Practices” where seven practices are explained.

So let’s not waste our consciousness on waste, negative, and ordinary thoughts. Let us all concentrate on creating elevated thoughts—let us remind ourselves we are co-creators of the new world paradigm—the world of a perfect value-based society that is called heaven, paradise, *jannat*, *behist*, *swarg* and so on. Let’s search for other imaginal cells around the world and then connect with each other to hasten the process of metamorphosis at the spiritual level. The material or biological changes will automatically follow. We shall now discuss certain phrases often repeated by the incorporeal Supreme Father through His corporeal medium as these too help in hastening our metamorphosis into divine beings.

Aham So So Aham

These key words mean – ‘I was originally a deity and so will I be again’. It further reminds me of the different stages of evolution through the entire cycle of Eternal World Drama (EWD). Through this Key phrase God has revealed the different ‘Varnas’ or classes of human beings through different ages of the EWD. In the Golden Age we were deities – gods and goddesses (*Devtas* and *Devis*), in the Silver Age we

were 'Kshatriyas', in the Copper Age we were 'Vaishyas', in the Iron Age we became 'Shudras', and in the Confluence Age we become 'Brahmins' – the mouth born daughters and sons of Prajapita Brahma called Brahma Kumaris and Brahma Kumars respectively. During the Confluence Age, the transitional period between Iron Age and Golden Age God Shiva, the Supreme Teacher imparts Godly knowledge. Based on this knowledge His Children practise Rajyoga that brings about the evolution of their consciousness leading to the transformation from human beings to the divine beings. For this purpose incorporeal God Shiva has established the Godly University—'Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya' through His corporeal medium Prajapita Brahma. The aim and object of the university is to transform human being to a divine being symbolized by Shri Lakshmi and Shri Narayan, the World Sovereigns in the Golden Age. The curriculum of this university includes four main subjects – *Gyan, Yoga, Dharana* and *Seva*. This curriculum enables us to realise the popular saying in India— "*Nar Aisa karam Kare jo Nar Se Shri Narayan Bane; Nari Aisa karam kare jo Nari se Shri Lakshmi Bane*". We shall now discuss about the four subjects.

Gyan or Godly Knowledge

Godly knowledge is so profound as it deals with subjects like the self or Soul, the Supreme Soul or God, His divine form, divine acts, His divine attributes and so on. It further reveals the secrets of this creation as the eternal interplay of physical and metaphysical energies, in other words, the details of this eternal world drama which repeats itself every 5000 years. It further reveals the law of karma or cause and effect based on which the 'drama' goes on eternally. This profound information is served to the seekers in such simple and attractive manner, that the seeker is able to consume the whole course in seven hours in seven days as if he is being treated to a sumptuous feast. It is the magic of the Supreme Intellect that such profound truth is served in such tasty dishes that even the simple, uneducated village folk as well as great scholars can consume them with relish, digest them and assimilate them irrespective of their age, education, social or economic status, caste,

creed, race, faith, nationality and both macro and micro belief systems. This seven day capsule-called seven day course is the introductory course that enables you to enroll yourself as a regular student of the Godly University. This course can be had even at a remote village in India where the smallest branch of this great institution functions under the name – '*Gita Pathashala*', where usually a couple following the Rajyoga (RY) way of life conduct the class. Once you complete the seven day course successfully, you are equipped with the whole set of preliminary information required to practise RY meditation, and also to understand the 'Murli' which is the daily discourse on Godly versions.

Rajayoga Meditation

During the 7- day course you get practical experience of RY meditation which is an art of creating positive thoughts sequentially enabling you to transcend the different realms of the cosmos or Brahmaand and reach the soul world using the faculties of mind and intellect. You are now in the presence of the Supreme Soul, your Supreme Father, Supreme Teacher and Supreme Preceptor, experiencing basic attributes of the Supreme Soul and the Souls – bliss, knowledge, peace, love, joy, purity and power. All these attributes being metaphysical energies, can be linked to the seven hues of the VIBGYOR in the same order. This linking will facilitate, the process of visualization of each attribute. In the practice of RY meditation it is useful to start with physical and mental relaxation, then contemplation about the self, then transcending the self using the faculties of mind and intellect from the physical (corporeal) world to the incorporeal soul world. Once you reach that realm, you can experience the seven attributes of the Supreme through the processes of visualization and perception, share them with fellow souls through the processes of reception and distribution. Chapter 7 gives the details.

***Dharana* or Inculcation**

This part of the curriculum is very vital in transforming the self from its present degraded condition of a human being to the original elevated condition of a divine being like Shri Lakshmi and Shri Narayan.

This means, you become an embodiment of the seven basic attributes mentioned above. When the basic attributes are re-established, your consciousness about the self changes, i.e., you are able to stay in Soul-Consciousness continually which leads to God-Consciousness and Cosmic-Consciousness. Once your consciousness transforms in this manner, you are expanding your consciousness from personal to transpersonal or from unitive to cosmic realm. God Shiva explains this profound change using the very simple Hindi words—*Had* and *Behad* which literally mean-limited and unlimited. When you stabilize the self in the basic attributes, the secondary qualities called virtues become visible in you automatically. The tertiary qualities called values are in fact the virtues in action as they come into play when you interact with others. The inter connectedness of the self (soul) –the mind – the body – the relationship—the society and environment have already been discussed in Ch. 4..

Sewa or Spiritual Service

The spiritual knowledge and the personal experiences gained through the first three subjects are shared with the fellow souls through personal contact, through collective contacts as in Fairs and exhibitions, rallies or *yatras*, campaigns for different sectors of society like youth and women; through institutional programmes like seminars, conferences, meditation camps; through Radio and T.V. programmes, print media, helpline, and of course through internet. Different professional groups are served through different wings of the Rajyoga Education and Research Foundation. There is a special research group called SpARC, i.e., the Spiritual Application Research Centre which initiates and executes in-depth studies on various aspects of spiritual knowledge spanning all the four subjects of the curriculum.

While talking on human consciousness on January 6, 2005Dr. Deepak Chopra of USA said: “In my knowledge, the most profound information about consciousness and its functioning is in the ‘Yog Vasishth’ wherein Vasishth teaches about consciousness to Ram... Vashisht’s teaching about incarnations of God is a beautiful metaphor for all of us. It is that, every one has the divinity within, but we have forgotten. The key to that divinity is to remember. The remembrance comes through ‘*Satsang* – Good Company’, ‘*Seva* –Service,’ and

Simiran – Remembrance of God’....”

A Review of the Process of Evolution

We have discussed about the anatomy, biochemistry, physiology, and psychobiology of human being in Ch. 2.. The information contained therein, when put to practice in day-to-day life, keep us continually aware about the reality of the self as an eternal, immortal sentient being who has taken a human body in order to play the pre-ordained roles in the Eternal World Drama (EWD). This eternal being, we call soul/or psyche which has the consciousness, and is made up of the metaphysical energies of bliss, truth (knowledge,) peace, love, joy, purity and power. These subtle energies are inter related at macro and micro levels (pl. see Ch. 4). The state of consciousness is the product of integrated functioning of the three subtle faculties of the soul – mind, intellect and sanskar. The readers may refer to Ch. 6 wherein we have discussed about seven states of consciousness. As consciousness is the spring board for thought, decisions, and actions, the soul reacts to external circumstances based on what it feels itself to be at that particular moment. Broadly speaking, our consciousness can either be related to the soul or to the body. When I have soul-consciousness, I have inner strength, and my tendencies and talents are reflected in the form of virtues. When I am body-conscious, the self is weak and my original tendencies emerge as vices. Thus, vices are virtues that have lost their direction and power. With the awareness that the actor, the role and the costume are separate, but connected, I pay more attention to the way I am playing my role. I can’t change others, but I can tune my role with whatever situations require me to do.

Interconnection

The state of the self and the state of the environment are intimately interconnected, at the gross level, through mind, body, relationship, and society (please see diagram in Ch. 4). At the micro level also there is interconnection between the primary qualities, between the primary and secondary qualities (virtues), and between primary, secondary and tertiary qualities (values) [please see diagrams of Inter Connection at Macro and Micro Levels in Ch. 4

Changing the Consciousness

My state of consciousness affects my mental state, attitude, vision, and desire. These in turn affect the actions I perform and situations in which I find myself, and these are the effects (experiences) of my actions. When there is the desire for pure experience, then the intellect selects those thoughts that will bear desired results. If I desire peace, contentment, love, joy, and power, I will try to eradicate those thoughts and sanskars, which are the seeds of disharmony and disquiet. Will power is my ability to put into practice the ideas I know to be for my well-being, and to resist harmful activities. I use this will power to get back to my original or highest state of consciousness.

Evolution of Human Consciousness through Rajyoga

We have been discussing about various aspects of human consciousness from the spiritual as well as scientific angles. The evolution of human consciousness through the journey of birth and rebirth takes a quantum jump during the Confluence Age that started with the establishment of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya in 1937 by the Incorporeal Supreme Soul, God Shiva through His corporeal medium Prajapita Brahma. Godly knowledge about the soul, the Supreme Soul, and the Eternal World Drama, which is sustained by the inviolable law of Karma, enable us to practise Rajyoga meditation (RY). Prajapita Brahma and Jagadamba Saraswati, lovingly called Baba, Mama by the students of this spiritual university not only guided the senior sisters and brothers into depth of Godly knowledge and intense meditation, but also provided nurturance –both physical and spiritual, like a father and mother. In other words, the Supreme Parent, Shiva Baba nurtured His children through Mama- Baba within the campus of the institution, away from the vicious world around. For fourteen years, over 400 inmates, both male and female of different ages underwent intense training in all the four subjects of the university, viz: **Gyan, Yoga, Dharana** and **Seva** in the Sindh Province which became part of Pakistan in August 1947. In 1951 this divine family moved to Mount

Abu in Rajasthan from where the universal transformation of human beings to divine beings continues to be guided.

Godly versions taught in this spiritual university are so simple that even an illiterate person can understand and practise naturally. Even so, each point has the depth of an ocean, providing ample scope for contemplation, interpretation, and verification through practical application. Godly injunctions giving spiritual laws (*Niyams*) and code of conduct (*Maryadas*), when practised diligently, ensure fast progress in the process of transformation. The rich experiences of the senior sisters (*Dadis*) and senior brothers (*Dadas*) are well documented and shared freely.

Rajyoga Education and Research Foundation is an umbrella organisation promoted by the Brahma Kumaris Spiritual University for facilitating the dissemination of spiritual knowledge and providing a platform for different sections of the society such as youth and women; for different professions like medical, engineering, scientists, judiciary etc. SpARC – ‘Spiritual Application Research Centre’ is another specialised group which comprises brothers and sisters interested in scientific research on spiritual concepts.

Being associated with the Medical Wing, the Scientists and Engineers Wing as well as SpARC, I have been experimenting different techniques of RY meditation and its practical applications. Regular readers of the series of articles in ‘The World Renewal’ magazine might recall the meditation commentaries given in part VI. Since then the sequence has been changed, new practical applications have been evolved and the process itself has been modified. The salient changes have been incorporated in this book..

ENERGY VIBRATIONS IN HEALTH AND DISEASE

We have discussed the functioning of different kinds of metaphysical energies at the micro level and macro level during meditation in Ch. 7. We shall now examine how disharmony among physical and metaphysical energies causes disease and how raising vibrational frequency, and keeping our four mortal bodies in alignment with the Higher Self (HS) restores harmony. The information below is mostly sourced from Arian Sarris' book *Healing the Past for a Vibrant Future* published in India by Pustak Mahal.

Energy vibrations

Good or bad vibrations emanated by a person can be felt by others. When you have strong hurtful feelings, your energy is trapped and cannot flow freely. These blocked feelings and negative vibrations cause severe pains, and are extremely damaging to your physical health when continued over a period of time. Besides your overall vibrations, each of your bodies has its own vibratory sound. The physical body has the lowest vibrational frequency and the soul the highest frequency. Together, these different tones form a musical chord creating a deep, rich tone combining the different frequencies into a balanced harmony. Your HS always vibrates at a lovely pitch, but your other bodies may sound discordant because of energy blocks in each of them. When these blocks are cleared, and these energies combine to create a balanced harmony, you feel joyful, expansive and loving. You feel more empathy for others; you see yourself and others more clearly and lovingly, if more people vibrate at this 'gold harmony' level, the world would become a far better place.

When you were born, you vibrated at a very high level. All through your childhood, your family assaulted you with disapproval, rage, manipulation, guilt, judgement, blame or neglect. These negative energies distorted and blocked your feelings, and clogged your aura. The stronger their emotions, and the younger you were, the lesser the ability to dispel them. Gradually, you ended up vibrating at a much

lower frequency that reflected your lowered self-esteem. The world reinforced your belief then, and continues to do so. When you believe “I am not so good” you create situations that reinforce your belief. The lower your vibrational frequency, the worse the energies, experiences and relationships you create for yourself. You tend to create co-dependent relations that trap you in guilt and obligations. Then you endeavour to give away your energy to others, leaving very little for yourself; but your hope of getting something back is seldom fulfilled. When you raise your vibrational frequency, you eliminate some part of toxic energies within you. The ‘present time field’ exercise given in Ch. 2 just does that. When you break that co-dependent need for other’s approval and allow yourself to be nurtured by your HS you raise your energy level and your vibrations. Then you have so much energy, love and joy that you gladly share these with others, out of abundance, not out of need and hope of getting something back.

Raising Your Vibrational Frequency

Raising your vibrational frequency and keeping your mortal bodies in alignment with the HS using exercises given below allow you to have more energy for your healing. Under normal circumstances, your reserve energy is barely half of what you were born with, because your available energy is locked away in your traumas. When you are sick, your body uses energy to fight illness, and hence available energy is further reduced. This is why you need to rest to regain energy. Temporary sickness like flu, cold etc. cleans out clogged energies and raise your vibrations. Working with higher beings like HS or angels also helps you raise your vibrational level. The most important effect of raising your vibrational frequency is that the structures inside you that do not match your new vibration must change as well.

Setting Vibration Scale

Imagine an energy scale that goes from 0-10. Zero is complete evil, the worst kind of low life controlled by elementals and evil spirits—that is your own hell on earth. Ten means you are at the level of

transcendence that can be sustained for a very short period only. Your body cannot tolerate a vibration beyond its capacity and hence will pull your vibration back to a bearable level almost immediately. Raising your energy without clearing the blocks can hurt you physically and may trigger a quick cold as your body tries to raise its vibration to compensate. The present time field will help you by releasing a lot of those energies.

In order to keep your friends and family in your life, the vibrations scale be set at a range of 5-6. At this range you can communicate with most people, and it helps raise vibrations of other people around you. If you set a higher vibration for yourself, others below that frequency find it more difficult to interact with you, whoever falls below your vibration cannot gravitate towards you. "It is as though you have disappeared from their radar - you're invisible to them."

How Disharmony Among Physical and Metaphysical Energies Cause Disease

When four mortal bodies work together in harmony with the HS, all the five energies are in alignment and then there is an easy flow of energies back and forth between the emotional body (conscious mind), mental body (rational mind or intellect), the physical body, the etheric body and the HS. This is the 'gold harmony level' and such a state existed in the Golden and Silver Ages as revealed by God Shiva. When such harmony is established now, we feel connected to God, the eternal source of metaphysical energy, continuously bathed in love and joy. But the strains of our life situations disturb the inner alignment, which causes anger, frustration, shame and guilt so that we get caught in the conflicting needs of the four mortal bodies. A good example is the intellect (mental body or rational self) which denigrates or cuts off the physical body and emotional body or the emotional self (conscious mind or "heart") which uses manipulation to remain in control. When this split occurs, there can be no harmonious blending of energies and purpose. Instead, there is internal dissention, frustration and stress. Some of the stress arises in the childhood. The decision you make about the world

based on your environment in the first twelve months of your life forms the foundation of your belief system. In the next two years, you solidify this belief system that becomes the “Core Issue” for the rest of your life. Core issue is a basic belief about yourself and the world (please see Ch. 2). It is so overwhelming, powerful and inherent in you at the cellular level, that your whole life is controlled and coloured by it. There are three basic core issues or fears: fear of death; fear of abandonment; fear of loss of self-identity. These arise from an unfulfilled need for safety, for love, or being yourself. The core beliefs may not seem obvious in your daily life, but whatever you think, do or believe is in reaction to your core belief, either striving to counter its influence or succumbing to that belief. Whether the stresses arise in the present childhood or have been embedded in the soul for several life times, these lead to a clash and cacophony between the four elements representing four mortal bodies (the earth represents physical body, the air the aura, the fire the mental body and water the emotional body) resulting in the formation of energy blocks. Due to this internal warfare we forget our connection to the HS, which could bring us into balance—if we could remember that it exists. The longer the energy blocks resulting from the internal conflict persist, they become more destructive to the energies as well as to the physical body where they manifest as diseases like cancer or simple pains.

How to Re-establish Harmony Among the Five Selves of the Human Being (*Jeevatma*)?

The surest mechanism to restore balance among the different energies is a transcendent, expansive spiritual love that fills us with joy and makes us glad to be ourselves. By connecting with our HS, we begin raising our self esteem, and accepting our birth right of unconditional love. Once we can feel the love our HS dearly wants to give, it becomes easier for us to accept it from others, both human and divine. As already discussed earlier, the HS or the perfect form of the embodied soul is its bodiless stage or *videh avastha*. In this perfect form we are full in all attributes of the Supreme Soul such as bliss, knowledge, peace, love, joy, purity and power. Rajyoga meditation

mentioned in ch. 9 helps to re-establish harmony among physical, biological and metaphysical energies by purifying, empowering and activating the five elements as well as the emotional and mental selves. As an adjunct to meditation, we can use psycho-therapeutic exercises given in Arian Sarris' book. Simple and effective exercises for cleaning the aura, for creating a 'present time field', for aligning the four mortal bodies with the HS etc, when practised regularly, will help the process of re-establishing and maintaining harmony among different energies of the immortal self and the four mortal bodies. Since all the four mortal bodies (subtle body, physical body, mental body and emotional body) occupy the same space together, and are designed to work as one unit, changing old patterns in one body causes an energy shift in all of them, leading to restoration of the lost communication and harmony. The flow of subtle energies between the physical and etheric bodies is the basis for acupuncture and acupressure that heal by removing energy blocks.

There are psycho-therapeutic procedures designed to achieve transformation of *sanskaras*. These again can be used as an adjunct to Rajyoga to achieve self-transformation. By visualising the HS, the perfect and bodiless soul eight inches above the head, we can remain in the bodiless state (*Videhi*) continually, and by seeing others as '*videhi*' or '*sampurna swarup*' we can foster universal brotherhood most naturally.

Exercises for Aligning Four Mortal Bodies with HS (*Videhi*)

The four mortal bodies, when aligned with the HS, vibrate at the same pitch, although for a few moments. While doing this exercise, you have to actually move around, it is not sufficient to do it in the mind.

- ◆ Have four seats, put a cushion each on two seats,
- ◆ Sit down on the first seat wrapping a shawl around you. Clean out your aura and put yourself in present time.
- ◆ The shawl represents your aura. Remove the shawl slowly and mindfully and drop it on the seat. Say – "I am taking off my aura and leaving it here" as you do that.

- ◆ Now go to the first cushion, pick it up and sit down. Say – “I am leaving my emotional body here”, and imagine it going into the cushion. Stand up and drop the cushion on the seat.
 - ◆ Go to the next cushion, pick it up and sit down. Say – “I am leaving my mental body here” and imagine it going in to the cushion. Stand up and drop the cushion on the seat.
 - ◆ Go to the last seat and sit down. This is your physical body.
 - ◆ Imagine your HS sliding down your crown plexus at the top of your head and filling your body with its presence. Your body starts vibrating at a much higher pitch. Your body may show its blockages through aches and pains. Make a mental note of these points for clearing them using other exercises. Sit for a few moments, allowing the HS to align itself with the physical body.
 - ◆ Move to the mental body, pick up the cushion, and sit down, hug the cushion, call the mental body back inside you so that HS can align with it. Your mental body may make some comments, acknowledge these by simply saying – “thank you” and continue the exercise whether you believe it is effective or not.
 - ◆ Now repeat this procedure with the emotional body, letting the HS align with it.
 - ◆ Go to the third seat, pick up the shawl, wrap it around your body, allow the HS to align itself with the aura. You may find it extremely difficult to hold the alignment for more than a few moments when you have many blockages. You may find it quite comfortable if the blockages are only a few.
 - ◆ Imagine orange rays of purity from Shiva Baba filling your aura and other bodies and reprogram your cells for love and joy, replacing the negative vibrations of the past.
- Every time you do this exercise, the body, soul, mind and intellect blend together harmoniously, the way you were in the Golden Age and Silver Age.

Exercise for Changing Vibrational Armour

You were born with a clean and pure vibration armour. But as you grew up you acquired accretions and blocks that form a kind of psychic armour which lowers your vibrations.

- ◆ Imagine you are wearing armour which is heavy and hence it is

hard to walk around.

- ◆ Tap your body with the present time wand to bring your armour into present time..
- ◆ Take your armour off piece by piece. Drop it on the ground with a clatter and step away from it. Look back and see your armour lying on the ground
- ◆ Take out of your heart the original high vibration energy envelope that your baby self came in.
- ◆ Climb into this enormously flexible baby-sized body suit. Pull it on over your feet and legs, arms and hands, up your torso and shoulders, over your head and face until it covers you completely.
- ◆ Dispose of your old armour using a cosmic garbage truck.

The new suit will protect you with the highest cosmic vibrations, free of personal contamination

RAJAYOGA MEDITATION FOR SELF-REALIZATION AND GOD-REALIZATION

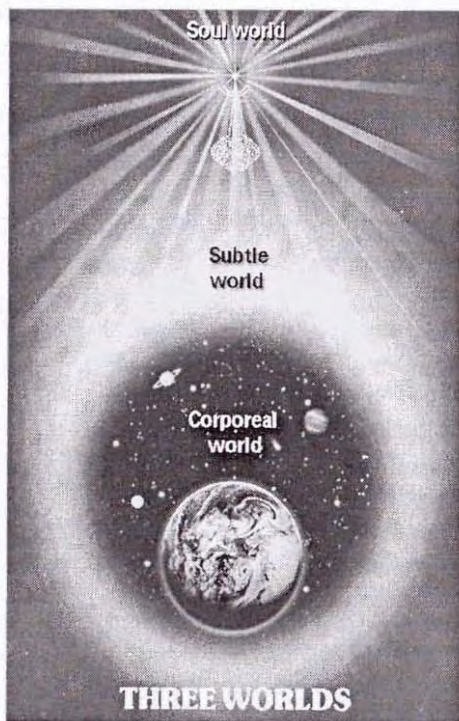
Yoga literally means union or connection. In Rajayoga, the human consciousness or soul establishes a connection with the Supreme Soul or God through thought energy. In order to establish the spiritual union, I should first have the awareness that I am a soul, a point of sentient light or spiritual energies. The seven basic attributes of the soul and the Supreme Soul (God) - bliss (balance), knowledge (truth), peace, love, joy, purity and power - can be identified as seven metaphysical energies corresponding to the seven hues of the light spectrum, VIBGYOR. The soul is a finite source of spiritual energies and God is the infinite source of these. The purpose of Rajayoga meditation (RY) is to regain these basic attributes from God, the eternal power house. It is like connecting the soul's battery to the eternal power house and getting fully charged. We can visualize the soul as having seven cells or seven photon fields of VIBGYOR (see picture of *Videhi* in Ch.2). God has revealed through His corporeal medium, Prajapita Brahma, that the human soul when embodied (*Dehi*) is located at the centre of the forehead, between the eyebrows, and expresses itself through three faculties of mind, intellect and latencies (Sanskara). Scientists have now found that the mind, the thinking faculty of the soul, is located in between the three endocrine glands – hypothalamus, pituitary and pineal body - within the brain. The psychobiological diagram of the human being (Ch. 2) shows that the faculties of *Dehi* - mind and intellect - get integrated with the physical body, and in that process they become the Emotional body and Mental body, respectively. This diagram reveals the four mortal bodies and the immortal Higher Self (Super conscious mind) who we would prefer to call *Videhi*, which means bodiless soul. It also shows the seventh plexus (*Chakra*) located in the etheric body, through which the *Videhi* communicates with the *Dehi*. A thorough understanding of the information in Ch. 2 is essential before starting the meditation exercise. This meditation is called Rajayoga because through this union of the soul and the Supreme Soul the intellect becomes the sovereign

ruler of the conscious and sub-conscious minds. Thorough understanding of the seven *Chakras* and their link with the five elements and various parts of the body will enable us to practise healing meditation effectively.

Pre-requisites for Rajayoga Practice:

- ◆ True knowledge of the self, both when embodied (*Dehi*) and when bodiless (*Videhi*). (see Ch.2)
- ◆ True knowledge about God, the Supreme Soul – form, name, abode, attributes, functions, similarities and dissimilarities with the human soul. (See Ch.6).
- ◆ True knowledge about the geography of the universe i.e. clear

The True Geography of the Creation



understanding of the three worlds/regions (see picture) –

The incorporeal soul world called '*Brahma Lok*', '*Shanti Dham*', '*Nirvan Dham*' and so on. This world can be seen only through divine insight. It is filled with golden red light which is called the sixth element or 'Brahm'. There is no thought, word or motion here and therefore supreme silence prevails here. There is no matter here.

The subtle world of the three subtle deities – Brahma, Vishnu and Shankar. There is no matter and no sound here, but thought and motion are present here.

The corporeal world of matter, sound and motion where an eternal interplay of the souls, nature and God goes on, constituting the Eternal World Drama (EWD). Earth is the drama stage and the stars, moon and sun provide light to this stage and the plants, animals, birds, flowers etc. are for decoration of the stage. Human souls act in this drama wearing the costumes of male or female bodies.

- ◆ Clear understanding of the cyclic repetition of the EWD, awareness about the auspicious Confluence Age which affords supreme opportunities of co-creation with God. (See picture in Chapter 3)

Initiation of Meditation:

Rajayoga can be practiced sitting comfortably with your backbone straight and eyes open. RY is a long journey of remembrance starting from the corporeal world and extending to the incorporeal soul world. The human body cannot be taken beyond the corporeal world, and therefore it is important that we learn to detach ourselves from the consciousness of the body. This detachment is essentially a mental exercise which is facilitated by physical and mental relaxation. You may adopt any relaxation technique. However, regulating your breath by very slowly breathing in, holding the breath easily as long as you can, and breathing out very slowly three to five times will provide sufficient relaxation.

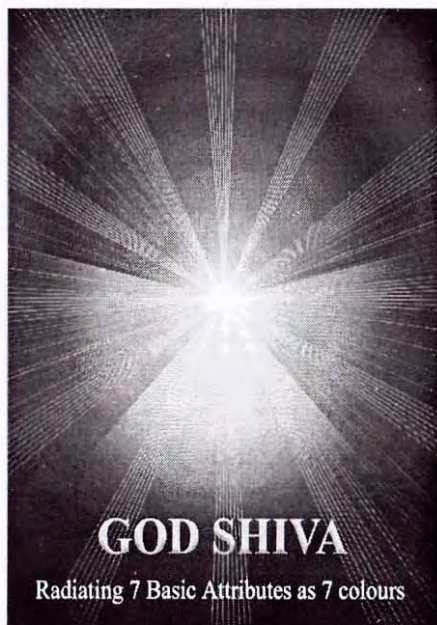
Contemplation:

Scientists say that the embodied soul (*Dehi*) is bound to 100 trillion cells of the physical body through its faculties of mind

(Emotional body) and intellect (Mental body). God says that you have to become *Videhi* (bodiless soul) and then remember the incorporeal Supreme Father. Therefore, I visualize myself (Dehi) moving out of my seat in the brain through the crown plexus and stationing myself about eight inches above the head to become bodiless or *Videhi*. In order to visualize my seven basic attributes I expand the point of light into a zero and visualize the seven photon fields of VIBGYOR that represent the basic attributes – bliss, knowledge, peace, love, joy, purity and power in the same order. This is the perfect stage or *Sampurna Swarup* of the soul that God Shiva always sees. *Videhi* being full in all the seven basic attributes is equal to Supreme Father Shiva. Now I, the *Videhi*, move to the soul world in my perfect stage.

Seven-Rays Rajayoga Meditation for Empowerment of the Self and the Entire Humanity

This meditation includes four steps - *visualisation, perception, reception and distribution*. First I visualize Shiva Baba radiating the basic attributes as seven hues of VIBGYOR, divine virtues and powers to the infinity. (See picture of God Shiva below).

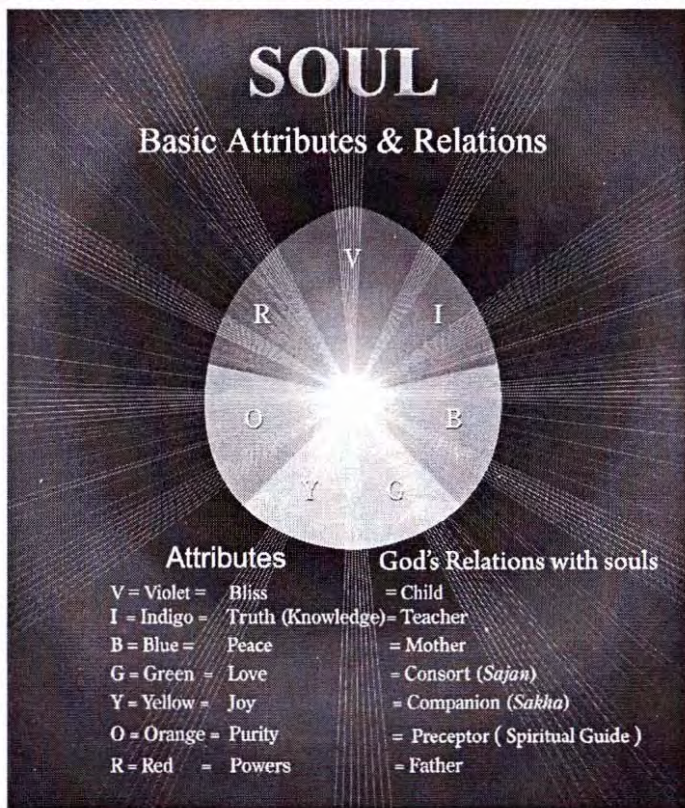


Now I experience the basic attributes and the sweetness of different relations with Shiva Baba.

I start with indigo rays of true knowledge...I see the indigo photon rays of the Supreme Teacher coming to me...illuminating my indigo photon field ...I stay in this experience (perception) ...all the points of Godly knowledge are very clear to me now... I become ...*Trikaldarshi*, the knower of the three aspects of time...

***Videhi* with Seven Basic Attributes and Seven Relations**

Trilokinath, the master of three worlds...master seed of the human Kalpa Tree... I see the indigo photons of Shiva Baba filling my indigo photon field (reception)... and overflowing to the corporeal world...I see innumerable souls in the corporeal world receiving the indigo photon rays (distribution)...their indigo photon fields are getting illuminated ...they are now linked to Shiva Baba through these

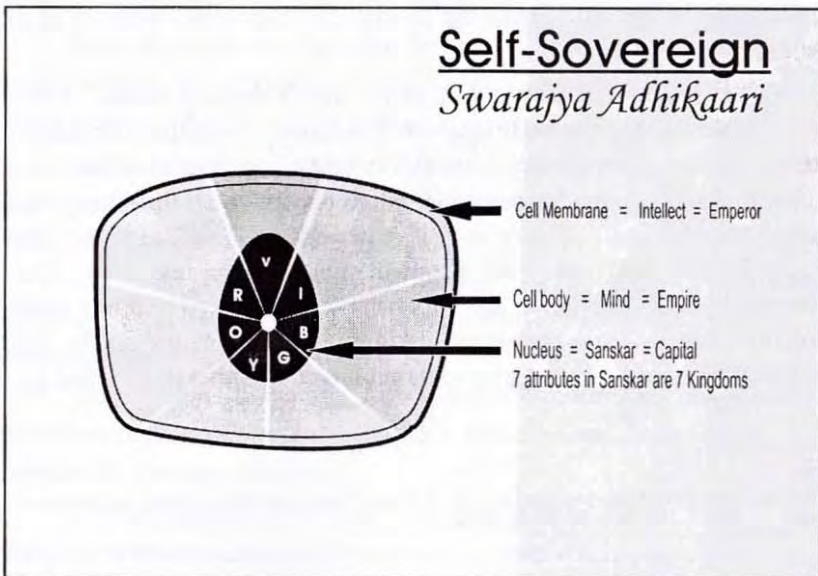


rays...their indigo photon fields get filled to the brim...start overflowing and these unite creating waves of indigo photon rays...these waves are moving around the world clearing the darkness of ignorance from innumerable souls...

I repeat the four steps of visualization, perception, reception and distribution with the remaining six attributes sequentially...- blue photon rays of peace from S. Mother...green photon rays of love from S. Consort...yellow photon rays of Joy from the S. Companion...orange photon rays of purity from S. Preceptor (Spiritual Guide)... red photon rays of spiritual powers from S. Father...and violet photon rays of bliss, the state of balance...from the S. Child...

I, the empowered *Videhi*, return to my seat within the brain... and remain there as *Dehi*... constantly aware of my Videhi stage... radiating the spiritual energies of bliss, knowledge, love, joy, purity and power all around me... These basic attributes... firmly imprinted in my *sanskara* (sub-conscious mind)... naturally fill my conscious mind... with the secondary qualities of divine virtues in the form of positive thoughts...Now all my personal interactions are filled with moral values, the tertiary qualities of the soul.

Exercise For Gaining Self-sovereignty



Please refer to the diagram of Self-Sovereign below. As described therein, the intellect becomes the sovereign (Emperor or *samrat*), the mind becomes the empire or *samrajya*, and *sanskara* becomes its capital. The seven basic attributes – bliss, truth (knowledge) peace, love, joy, purity and power are the kings. The seven photon fields filling the *sanskara* radially are seven kingdoms represented by the seven hues of VIBGYOR. When these subtle metaphysical energies or photon fields spread over the mind-empire, the secondary qualities or divine virtues become naturally active. These virtues are metaphorically perceived as the virtuous subjects of the empire. Intellect-the emperor is shown as encircling the empire symbolizing its complete control over mind, the empire, and *sanskaras*, the capital of seven kings. After familiarizing this diagram and related concepts, the meditation commentary for gaining self-sovereignty can easily be practised.

I...the embodied soul...*Dehi* leave my throne linked to the brow plexus... pass through the crown plexus... position myself eight inches above the head... I am *Videhi* now... replete with all the seven original attributes... the seven-photon fields of VIBGYOR... the light spectrum radiating bliss... knowledge ... peace... love... joy ... purity... power in the same order. I ... the *Videhi* now move to the angelic world... Brahmपुरi along with my etheric body... as a little angel... Bapdada* fondles me in his lap... asks me to visit the Supreme Father at His abode...

I, the *Videhi*, leave my subtle body...reach the soul world...I see Shiva Baba radiating the basic attributes to infinity... I visualize the indigo photons of true knowledge from Shiva Baba, my Supreme Teacher coming towards me... I experience indigo photons of Baba filling my indigo photon field... I stay in that experience... I feel replete with Godly knowledge... the truth about the soul... Supreme Soul...the Eternal World Drama...the law of karma... The indigo photons now overflow into the corporeal world... kindling indigo photon fields...in innumerable souls...Now these souls get linked to Shiva Baba...Indigo

Note*

The term Bapdada denotes angelic Brahma Baba and Shiva Baba in spiritual union.

photons from Shiva Baba fill their indigo photon fields... these too start overflowing... indigo photons from all these souls join together... create waves of indigo photons of truth... of true Godly Knowledge... in the universe...

The above process of visualization, perception, reception and distribution... I repeat with other attributes and relations ... I fill myself with blue photons of Peace from the Supreme Mother... create blue photon waves of Peace in the universe... I fill myself with green photons of Love from the Supreme Consort (*Sajan*)... create green photon waves of spiritual love in the universe; ... I fill myself with yellow photons of Joy from the Supreme Companion (*Sakha*)... create yellow photon waves of supra sensory Joy in the universe... I fill myself with orange photons of Purity from the Supreme Preceptor (Guide)... create orange photon waves of purity in the universe; ... I fill myself with red photons of might from the Supreme Father... create red photon waves of spiritual powers in the universe, ... I fill myself with violet photons of bliss from the Supreme Child... create violet photon waves of bliss in the universe...

I, the empowered *Videhi*, return to my subtle body in Brahmapuri... Now Bapdada... fills my mind, the empire, with divine virtues... the virtuous subjects – lightness... cheerfulness... fearlessness... egolessness... worry-less-ness... royalty... as the Supreme Child...

Now Bapdada as Supreme Teacher... fills my intellect... the emperor with divine virtues like discipline... honesty... generosity... orderliness... reality... good wish...

As the Supreme Mother... Bapdada fills the mind-empire with divine virtues - introversion ... self confidence... patience... humility... sweetness... tolerance... cleanliness...

As the Supreme Consort... Bapdada fills the mind-empire with divine virtues— humour... contentment... simplicity... truthfulness... politeness... equality...

As Supreme Companion, Bapdada now fills the mind-empire with the divine virtues of serenity ... coolness... mercifulness... benevolence... co-operation... courage... vitality...

My Supreme Preceptor... Bapdada fills the intellect... the Emperor with the virtues of detachment... obedience... far-sightedness

... aloofness...asceticism...witnessing awareness...

As Supreme Father... Bapdada fills the emperor-intellect with divine virtues— tirelessness... appreciation... sobriety... determination... concentration... plainness... Bapdada further bestows the emperor-intellect with spiritual powers like... power to tolerate...power to accommodate... power to discriminate... power to judge... power to face ... power to co-operate... power to withdraw... power to pack-up... power to control... power to rule...

Now the intellect, empowered with spiritual powers,...adorned with divine virtues... ruling over the *sanskaras*... the seven capitals... the seven kings... and mind... the empire... its subjects... controlling the sense organs...is the real sovereign... I enjoy this self-sovereignty... the complete authority over *Sanskaras*... over the mind, over thoughts... feelings... desires... All my sense organs are under perfect control of the emperor... the intellect...

Subtle Services through Trinity (Trident) Form*



Bapdada now seats me...the self-sovereign microstar on his heart throne...in between Brahma ...the microstar and Shiva...the microstar. ...A brilliant Trinity or Trident (*Trishul*) of light and might is formed now...by the combination of the three microstars...the Almighty Shiva Baba...the Master Almighty Brahma Baba...and myself...the self-sovereign. ...This Combination of three microstars...each emitting photon rays of the seven hues of VIBGYOR that represent the seven metaphysical energies – bliss...truth(knowledge)...peace... love... joy...purity...and power...creates a powerful beam of 21 rays called *sakash*, the most formidable force.

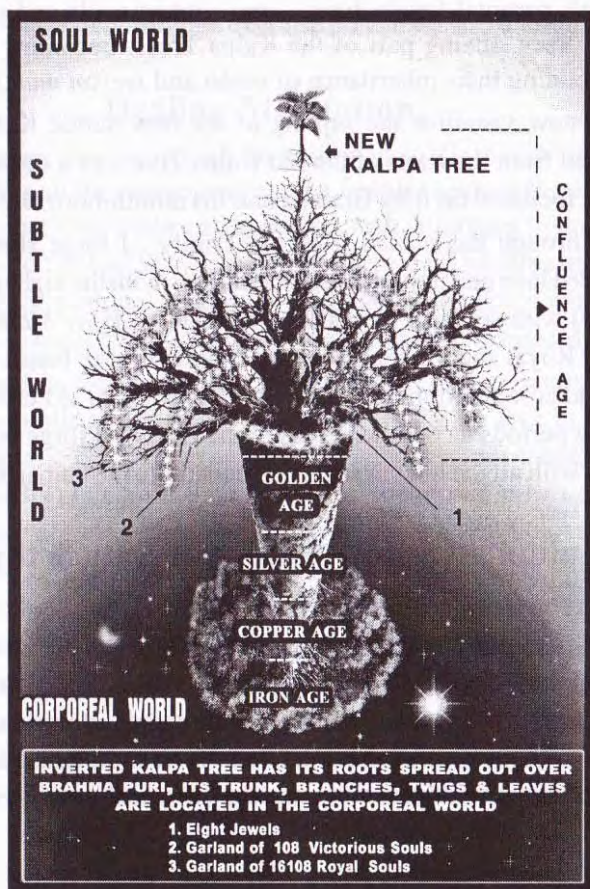
Bapdada now takes me on a quick round of the corporeal world...shedding powerful... blue rays of peace...and red rays of might...making weak and peaceless souls peaceful and powerful.

Note:*

This step has been evolved based on Godly versions received through corporeal medium of Dadi Hriday Mohini on October 11, 1983, and revised on March 3,2002.

The trinity now returns to Brahmapuri... taking along all the bodiless wandering souls in the corporeal world. ...These souls experience peace...joy and love...from the Supreme Mother-Father...become so content that they no longer want to return to the corporeal world. ...They join the 'Spiritual Salvation Army' that functions at Bapdada's command.

The Kalpa Tree*



Note*:

Please see the Kalpa Tree and the subtle sapling that sprouted from its roots. This subtle tree gets inverted into the corporeal world after the old tree is destroyed at the end of the cycle.

The Trinity in the heart throne of Bapdada now focuses its formidable 'Sakash' on to the roots of the inverted Kalpa Tree...spread over Brahma Puri...All the souls in the corporeal world being part of the old Kalpa Tree... receive the *sakash* of seven basic attributes from the Trinity. ...Many of them become BK-friendly...attain their God Fatherly inheritance of *mukti* and *jeevan mukti* or liberation and beatitude*

I see the souls of my paternal and maternal family trees...my spouse's parental family trees... my contact souls and their parental family trees...being part of the Kalpa Tree...becoming BK-friendly and attaining their inheritance of *mukti* and *jeevan mukti*.

I now visualize the sapling of the new subtle Kalpa Tree that sprouted from the roots of the old Kalpa Tree...as a result of spiritual energy focussed on it by Brahma and his mouth-born children....

Through the *sakash* from the Trinity...I forge strong bonds of unlimited love and unlimited co-operation...with the eight jewels (*Ashta Ratnas*) with souls of the garland of victory (*Vijay Mala*)...and with 16,000 Royal souls...for 84 births. ...Now I forge bonds of unlimited love and co-operation with the rest of the souls of 33 crore deities for varying periods as per their roles in the EWD...I forge bonds of good wishes with all the human souls that constitute the human family tree or Kalpa Tree.

Unlimited Subtle Service of Nature through Healing Meditation

The seven *Chakras* in the etheric body have their own photon fields of the VIBGYOR spectrum. These *chakras* being predominantly linked to the five gross elements of nature and to the mental body and emotional body as explained in Ch. 2, focusing intense metaphysical energies (*sakash*) of the same hue on them will purify, empower and

Note*

The concept of inverted Kalpa Tree having its roots spread out over Brahma Puri, and the B.K. souls in angelic form focussing their Sakash on to these roots was commended as "one of the good ways of subtle service" by Rajyogi B.K. Jagdish Chander Hasija during personal discussion on 3rd May, 1998.

activate the elements of the physical body as well as the mental body and emotional body. As the elements of the body are linked to those in the entire universe at the sub-atomic level, the elements of the entire universe get purified, empowered, and activated through this meditation exercise. The linkage between the elements of the physical body and the *chakras* as well as the benefits accrued by the empowerment of each *chakra* are explained in the meditation exercise. Because of the health benefits we may call this exercise – Healing Meditation.

Healing Meditation.

This exercise can be used for unlimited subtle service of all the souls as well as all the elements of nature, besides healing the physical, mental and emotional bodies all at one go with deference to the Godly injunction to do “*Behad Seva*” or unlimited service. The same technique can be used for personal or limited purposes also. The commentary given below is sequential to the foregoing meditation exercises.

Seated in the heart throne of Bapdada...in the Trinity form I visualize the subtle bodies of all the souls of the Kalpa Tree in Brahma Puri. BapDada... the Supreme Surgeon... focuses the triple photon beams of VIBGYOR on their *videhi* or *sampurma swarup* which directs these energies... on to the corresponding photon fields... of the seven *chakras*... purifying... empowering ... and activating... the linked element... or body... Patients, all over the world, whether in hospitals, clinics or elsewhere, are especially emerged in Brahmmapuri during the healing meditation.

I visualize red photons of spiritual powers from the *Videhi*... being linked to red photons of the *Mooladhar Chakra* (Root Plexus), the Earth element of the physical body... and the universe getting purified... empowered and activated... As a result... the bones... muscles... tendons... ligaments... skin... teeth and all the solid structures of the physical body start functioning optimally... the sense of smell in the nose... the sense of survival and grounding are also regulated... Diseases like osteoporosis, sciatica etc. are relieved.

Now linking the orange photons of purity from the *videhi* with orange photons of *Swadhistan Chakra* (Sacral Plexus)... purifies...

empowers and activates... the Water element of the physical body... and the universe. As a result... all the body fluids like... blood and lymph... are empowered... start functioning optimally. The excretory organs are empowered... the reproductory glands sublimate their energies to strengthen the power of *Brahmacharya* which in turn empowers the brain... the nervous system... the endocrine system... prolonging life span... The sense of taste on the tongue...the sense of procreation...are also regulated...AIDS, gynaecological, prostatic, renal and lower back problems, blood cancer get relieved

Now the yellow photons of joy... from the *videhi* are focussed on *Manipur Chakra* (solar plexus)... purifying ... empowering and activating the fire element of the physical body... and the universe. As a result, the energy cycle within the cells gets activated, thus consuming excess blood sugar and relieving diabetes. Basal metabolic rate (BMR) in 100 trillion cells of the body is enhanced... and cell regeneration hastened. The pancreas... the liver,... spleen... stomach... intestine are rejuvenated... empowering the digestive system... the endocrine system... immune system. Vision is empowered...sharpened due to rejuvenation of ocular muscles, optic nerve, retina, lens and cornea the vision becomes very powerful as that of an infant, spectacles are no more required..Rejuvenated pancreas releases more insulin and relieves diabetes... Empowered fire element regulates appetite...thirst...sleep...laziness... and tiredness... regulates sense of seeing...strengthens sense of control and leadership... ..

The *videhi* now links the green photons of selfless spiritual love for all with the green photon field of *Anahad Chakra* (Heart Plexus)... purifying... empowering.. and activating the air element of the body... and the universe...The functions of air, like moving, holding, impelling, constricting and broadcasting are regulated...opening up all blockages in the cardio-vascular system...and the lungs...Consequently...the oxygen supply to all vital organs is enhanced...improving their efficiency...The sense of touch is regulated...Empowerment of the air element hastens cure of coronary artery disease, angina, high BP and lung diseases.

The blue photons of peace are now focussed on *Vishudha Ckakra* (Throat Plexus).... purifying... empowering... activating the

space element of the physical body... and the universe... As a result... the respiratory passages... the sinuses... and the ears are empowered.... Asthma patients experience great relief... hearing problems get resolved. ...The power of silence subdues the power of sound... and five vices – lust...anger... greed... attachment...ego... become dormant for half the Kalpa... making me viceless...My communication skills and power of hearing and speech are enhanced...stiff neck, thyroid and ENT problems get resolved...

The *videhi*... now focuses its indigo photons of truth (knowledge) on the indigo photon field of *Agya (Ajna) Chakra* (Brow Plexus)... purifying...empowering...activating... the mental body (intellect)... As a result... the intellect is filled with true knowledge about the self... the supreme... and the eternal world Drama... it starts ruling over the *sanskars*... and the mind... the five senses are now under its perfect control... Even the five elements linked to the sense organs become subservient... The brain... the nervous system too get empowered...Nervous disorders, migraine etc. are relieved...IQ and memory get enhanced...

Finally, the *videhi* focuses its violet photons of bliss energy on to the violet photon field in *Sahasrar Chakra* (Crown Plexus) purifying... empowering and activating the emotional body (mind)... As a result there is a balancing of truth and might... of masculine and feminine energies...of disintegrating and synthesizing energies... union of Shiva and Shakti... There is perfect harmony between physical and metaphysical energies...the 'Inner child' is now freed of its fears...I enjoy the perfect blissful stage called... *sat...chit... ānand swarup*. All the systems, especially the endocrine, nervous and immune systems become empowered...I become a "Carefree Emperor"...Confusion, apathy, depression, low emotional quotient (EQ) and spiritual quotient (.SQ) get corrected... .

Now... I leave the heart throne of Bapdada in the Trinity (combined) form... occupy my own subtle (etheric) body... Now I am an angel with Trinity power...

Meditation at Vishnu puri

I, the angel with Trinity power...move to Vishnu Puri... I... Now assume the form of four-armed Vishnu... I contemplate on the four embellishments of Vishnu... the subtle deity... By adorning myself with the wheel (*chakra*)... I become replete with all divine virtues... and these virtues are carried to Golden Age where I will be "**Sarva Gun Sampann**" – replete with all divine virtues... like Shri Narayan... the world emperor.

By adorning myself with the mace (*Gada*)... I become completely viceless (**Sampurna Nirvikari**)... as the golden aged deities

By adorning myself with the lotus flower... I become... "**Maryada Purushotam**"... the one who maintains correct behaviour... decorum...convention... under all circumstances.

By embellishing myself with the conch (*shankh*)...I become replete with 16 celestial degrees (**Solah kala sampuran**)... like the full moon... as in the case of deities in the Golden Age. By this exercise I ensure my presence within the dynasty of Shri Lakshmi... and Shri Narayan... in the Golden Age...

Meditation at Shankar Puri

I... the angel with Trinity power... now assume the form of the subtle deity... Shankar... I am *Videhi* (bodiless)... *Vairagi* (ascetic)... and *Tapswi* (meditative) like Shankar... Now, I go into deep meditation... creating powerful flame of yoga. This yogic flame with seven hues burns all the negativity in my *sanskaras* at the micro level brightening the seven rays of basic attributes... The collective yogic flames generated by B.Ks... burn the negatively charged...polluted... degraded... old world...making way for the new world of Truth... Peace...Love... Joy... Purity... Power... and Bliss...

Maintaining the Trinity (Combined) form in the corporeal world



I, the angel with Trinity power... now return to the corporeal world... my subtle body merges with the etheric body... around the physical body... the three micro stars now detach... Shiva Baba... the brightest micro star... is seated in the pupil of my right eye... Brahma Baba ... the brighter micro star seated in the pupil of my left eye... I... the bright micro star occupy my seat in the middle of the brain...

to become *Dehi* (embodied soul) again.... I... the *Dehi* am now constantly linked to my own perfect form...*Videhi* or higher self... stationed eight inches above the head... The *videhi* is aligned to the etheric body, physical body, mental body and emotional body through the seven charkas in the etheric body... the three micro stars are again united to become the Trinity form or the Trident of light and might. With this awareness... I am able to maintain the self-esteem of Master Almighty... quite naturally, and I maintain spiritual values in my social interactions.

EPILOGUE

This book is the compilation of a series of articles entitled ‘Eternal World Drama - The Eternal Interplay of Physical and Metaphysical Energies’ published in ‘The World Renewal’ magazine from November 2003 to March 2006 with some additional information added to it. God Shiva, the Sun of Knowledge reveals the Truth (mysteries) about the Soul, the Supreme Soul, the Eternal World Drama, and the Law of Karma in the auspicious Confluence Age through His corporeal medium – Prajapita Brahma. This book is an effort to unravel the mysteries of the universe based on Supreme versions of the Sun of Knowledge, and the corroborative scientific evidences.

In his Supreme versions called Murli, God has revealed that human being or Jeevatma is combination of body made of insentient matter or physical energy and Soul made of seven sentient metaphysical energies-bliss, knowledge, peace, love, joy, purity and power. The sentience or consciousness of the soul expresses itself through the three faculties of the soul—mind, intellect, and sanskara. The composition of the body and the soul, the scientific explanation of the interconnection of the physical and metaphysical energies have been discussed in Ch. 1 and 2. God has further revealed that the sentient soul is the creator, and the insentient matter constituting the body and the universe is its creation. This aspect has been discussed in Ch. 6 from a scientific perspective.

Co-creation with God is a fact that God has revealed and the modern science accepts it. (Please see Ch. 5 for further details). The complementary role of science and spirituality has been highlighted in different contexts in addition to the references given above. I hope that this book on the mysteries of the universe fulfils the purpose of linking Godly versions with science to some extent.

Inspirations, Intuitions and Encouragements

The series of articles on ‘Mysteries of the Universe’ published in ‘The World Renewal’ magazine has been written with the inspirations and intuitions from Bapdada – the Supreme Father Shiva and Brahma, the progenitor of human family tree in spiritual union.

The monumental works of spiritual literature by our respected

senior brother, Rajyogi Jagdish Chander Hassija like – ‘The Eternal World Drama’, ‘Science and Spirituality’, ‘*Brahmacharya*’ and so on have been a sustained source of inspiration for writing this series.

Two other spiritual books that inspired me are: ‘The New Beginnings’ and “Pathways to Higher Consciousness” written by Bro. Ken O’Donnell, published by Eternity Ink, Australia.

I would like to record my heart-felt gratitude to the esteemed readers of “The World Renewal”, the editorial team, friends and well-wishers for their very generous encouragement without which I could not have continued the series for over two years..

Complementarity of Science and Spirituality

Scientific elucidations of the reality about consciousness, about pure potentiality, about non-local coordination, about uncertainty principle, about co-creation with God, about death and re-birth being a quantum leap of the consciousness, about multidimensionality, about self-interacting dynamics of the non-local transcendent reality that localises in our physiology through activity, both local and non-local, through seven chakras, give the intellect ample food for thought on the spiritual tenets revealed through Godly versions. This has helped to improve upon the practical applications of Rajyoga, the means par-excellence, for spiritual evolution from a human being to divine being. The esteemed readers may refer to the chapters 5, 6 and 7 for clarity on the complementarity of science and spirituality. These have enabled my intellect to understand the depth of Godly versions.

Personal Experiences

I have been practising the four steps of meditation— visualization, perception, reception and distribution— since the early eighties when I had the good fortune of listening to respected senior brother, Rajyogi B.K. Nirwair who not only explained about these steps, but also gave the audience the experience of Rajyoga in a public function at Vile Parle, Mumbai. That exhilarating experience of Rajyoga is still fresh, and this has inspired me to get a VCD prepared on Seven Rays Rajyoga Meditation incorporating all the four steps.

I would like to place on record the great benefits I have gained

through the series of articles in 'The World Renewal.'

The concept of Higher self (*Sampurna Swarup*) stationed eight inches above the head as envisioned by Arian Sarris, the transpersonal psycho-therapist, gave me a springboard to experience bodiless state or *Videh avastha*. *Videhi* being perfect bodiless soul is replete with all the seven basic attributes. The awareness that my perfect stage – *Videhi* is only a thought away, further, helps in maintaining the self-esteem like 'Master Almighty' and 'Self-Sovereign'. Now I can, at will, converse with my perfect form, *Videhi* who is equal to Supreme Father, being ever full in all the seven basic attributes or metaphysical energies. Thus, I am able to practise God Shiva's direction to converse with the self. Further, I am able to remember Shiva Baba continually, because *Videhi* acts as bridge between *Dehi* and the Supreme Father. It is so natural to consult *Videhi* on each and every moment, and experience sure success. Thus Shiva Baba's Supreme Version – "Success is your divine birth right" is experienced in day-today life.

The Sources of Information

The material for these articles are sourced largely from spiritual literature of the B.Ks, the daily spiritual discourses called 'Murli'-classes, classes by Dadis, senior sisters and brothers. When the information is sourced from a single publication, the same has been acknowledged within the article. 'Biotic Principle'* has been sourced for information on biological energy. Intuitions received through *Videhi* have been a major source for this series as already mentioned.

Visions of the Imminent World Transformation

The esteemed readers may refer back to Ch.7 wherein the transformation of human beings into divine beings is compared to the metamorphosis of a caterpillar into butterfly. The scientific explanation of the process of metamorphosis at micro level can be applied to the transformation of the human being to divine being at the macro level. In both the cases, there is a quantum leap of the consciousness. Just as the imaginal cells got connected in the case of the caterpillar to create

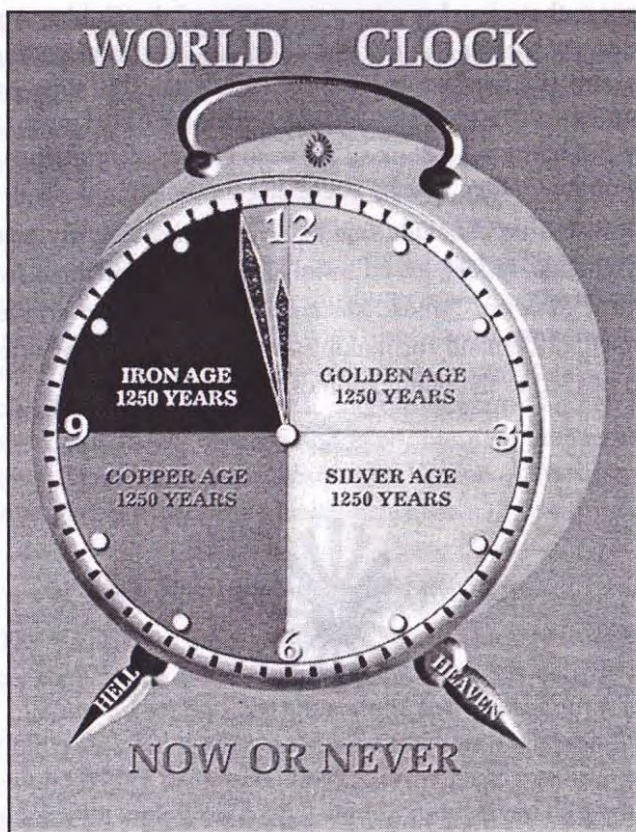
Note: *

"*Biotic Principles*" by Herbert L. Stahnke, published by Charles E. Merrill Books Inc Columbus, Ohio, August 1962.

a wonderful, beautiful new reality called butterfly, the human consciousness that visualises the new reality of the Golden Age gets connected to each other leading to a quantum leap transcending time and space, and as a result today's decaying old world is soon going to be transformed into the new, rejuvenated, brilliant world of purity, peace, prosperity and harmony. Let us all strive to ensure our presence in the beginning of the Golden Age by becoming the imaginal cells.

Now, let me conclude this book by expressing my heart-felt thanks to Bapdada, *Videhi*, the editorial team, and the esteemed readers of *The World Renewal* whose sustained interest in the articles and whose persistent demand for making available the whole series in a book form has led to the publication of this book.





The World -Clock above shows that the Iron Age is about to complete. That means, the Golden Age will dawn very soon. Hence we have to make haste to transform ourselves to be able enjoy the pleasures of the Paradise on earth.

IT IS NOW OR NEVER

HOW CAN THIS BOOK HELP YOU TO CHANGE?

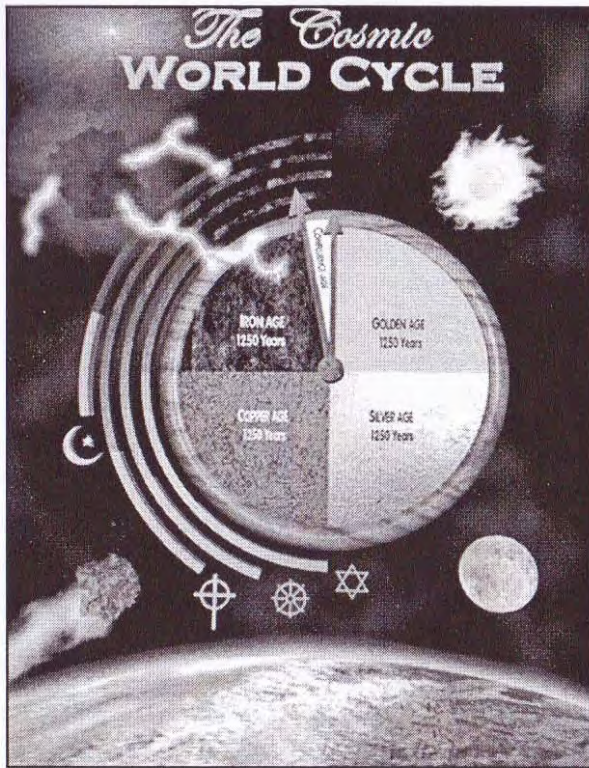
It gives you true knowledge about your own self, about the creation, about the eternal world drama, about the law of karma or law of cause & effect, and about the creator.

Knowledge is power when it is converted in to wisdom and applied in day to day life. Rajyoga is that practical wisdom.

Rajyoga is not merely a form of meditation, but it is a way of life in which you apply spiritual knowledge in day to day life through positive thought, positive compassionate speech and positive action that give happiness to one and all. This book provides meditation exercises for purifying, empowering and activating the self, the elements of nature that constitute our body and for transforming the entire creation through self-transformation. 7 rays rajyoga is the scientific Rajyoga technic that can be adopted for different purposes like purifying the elements of nature by which you can heal your past life problems too. You find simple guidance to attain all these, in Chapter-9.

True History and Geography of the creation are explained with the help of pictures. The History reveals that whatever you are to day is your role in the Eternal World Drama that repeats accurately every 5000 years. This fact of cyclic repetition is scientifically explained in Chapter-3. By aplying this point of eternal drama, we can save ourselves from wastage of thought energy and physical weakness too. The picture of three worlds shows how the cosmic egg or "Brahmand" protects earth, the eternal revolving drama stage.

Chapter - 4 on World Transformation through Self-transformation can really make you Self-sovereign when the information therein is assimilated and converted in to wisdom through application in day-to-day life. Chapter-5 links spirit, mind and matter and Chapter-6 links human consciousness with God and nature. Chapter-7 deals with evolution of human consciousness through the entire cycle.



The Cosmic World Cycle is about to close as seen in the picture. The sweet and short Confluence Age is on the verge of completion. That means, the Age of Truth (*Sat Yuga*) is about to dawn. Let us make all-out efforts to transform ourselves through Godly knowledge and Rajyoga meditation presented in this book to ensure our presence in the forthcoming Golden Age.