

CONCEPT OF LIFE FORCE ENERGY

INTRODUCTION

Baba has given the direction of how to change the Vritti (attitude), how to change the atmosphere through positive vibrations. Baba has asked that we do this practically.

The meaning of vritti in English is attitude. But what is attitude made up of? This question is one that will be addressed in this churning, based on a class given by Dr Satish Gupta entitled the concept of Life Force Energy.

BACKGROUND

Scientists are doing a great amount of research on consciousness. They do not believe in the soul, but they cannot dismiss it without at least trying to prove whether it exists and how it functions and maintains the body.

In Russia, three scientists – Lakrovosky, Bovis and Simonston have been working over the past 15 years on the concept of life force energy. They are trying to find out through the aid of a special machine, which they developed, how a person is living and how their body is functioning. With this machine there are able to measure the life force energy of human beings and other living things.

They have since discovered that human beings have life force energy ranging from 7,000 to 12,000 angstroms (a measurement used in measuring the speed of light). However the life force energy of human beings is not static and so fluctuates to below the range sometimes. Even bacteria and viruses have life force energy – no more than 7,000 angstroms. The bacteria living on and inside the body are not really harmful to us if our life force energy is 7,000 or above. As the life force energy of human beings decreases, the bacteria and viruses are able to attack the body as their life force energy is higher. In cases of Aids patients, their life force energy is so low that even the useful bacteria that lives in the body (their Life force energy is only 2,000 angstroms) can prove problematic to them.

Life force energy (LFE) has been found in food as well. Fresh fruits have LFE of 5,000 to 7,000; fresh vegetables eaten raw – 7, 000 to 12,000; par-boiled fresh vegetables – 6,000; sprouted beans – 15,000 to 20,000; highly fried foods – 3,000 to 4,000. Life force energy increases when we eat fruits and sprouts etc. this is why when we eat fruits, we tend to feel lighter because our energy level is higher. The lower the LFE, the more prone to diseases you are. When the LFE is low, one feels heavy, sluggish and negative.

The Effect Of Life Force Energy On Thoughts

Thoughts are either positive or negative. These scientists experimented on students to determine to what extent does LFE affect thinking. Students were given some mathematics problems to solve. It was found that when the students were given the questions that were more challenging and were talk

that these were very difficult problems to solve, their LFE decreased. However once they were able to solve the problem, LFE increased.

When your thoughts are negative, you feel depressed and disheartened. This is mainly because your LFE is low. On the other hand, when you accomplish something or you are praised etc., you feel good about yourself and create positive thoughts. You are light-hearted and pleased which means your LFE is high.

The study was carried out on people in different places. It was found that in church, temple, mosque etc. LFE of the person is high. But when taken in busy places, such as railway stations LFE is low. Thus the connection was made between LFE and people's attitude, which ultimately affect the atmosphere.

The final study was carried out 6 years ago on cosmonauts. The cosmonaut was made to believe that he was going on a space journey. He was given commentaries – like the count-down, take off , being in space etc. They simulated the movement of the spacecraft and so the cosmonaut feels that is really in space.

What they discovered was with the commentary the life force energy increases gradually and stabilised at 20,000 angstroms when the cosmonaut thought the he taken off. Just by imagining, visualisation, you can increase LFE.

What is attitude and how they affect our body

In order to understand attitude and its effect on our body, we must first look at the workings of the mind. It must be stressed that Brain is NOT mind. The mind connects the soul to the body.

● **SOUL**

MIND	INTELLECT	SANSKARS														
UNCONSCIOUS	CONSCIOUS															
	Awareness ---- Smriti															
	Attitude ---- Vritti	<u>Soul has 7 Qualities</u>														
The four chambers of the conscious mind	Emotions ---- Vibrations	<table style="margin-left: auto; margin-right: auto; border: none;"> <tr> <td style="padding: 2px;"><i>Knowledge</i></td> <td style="padding: 2px;"><i>Tolerate</i></td> </tr> <tr> <td style="padding: 2px;"><i>Purity</i></td> <td style="padding: 2px;"><i>Face</i></td> </tr> <tr> <td style="padding: 2px;"><i>Peace</i></td> <td style="padding: 2px;"><i>Accommodate</i></td> </tr> <tr> <td style="padding: 2px;"><i>Love</i></td> <td style="padding: 2px;"><i>Co-operate</i></td> </tr> <tr> <td style="padding: 2px;"><i>Happiness</i></td> <td style="padding: 2px;"><i>Discriminate Judge,</i></td> </tr> <tr> <td style="padding: 2px;"><i>Bliss</i></td> <td style="padding: 2px;"><i>Withdraw</i></td> </tr> <tr> <td style="padding: 2px;"><i>Powers (8)</i></td> <td style="padding: 2px;"><i>Pack-up</i></td> </tr> </table>	<i>Knowledge</i>	<i>Tolerate</i>	<i>Purity</i>	<i>Face</i>	<i>Peace</i>	<i>Accommodate</i>	<i>Love</i>	<i>Co-operate</i>	<i>Happiness</i>	<i>Discriminate Judge,</i>	<i>Bliss</i>	<i>Withdraw</i>	<i>Powers (8)</i>	<i>Pack-up</i>
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	Thoughts ---- Atmosphere															

Thoughts manifest themselves in Speech and Actions.

The innate qualities of the soul are nothing more than energy which follow a particular sequence and which eventually flows through the eight organ systems of the body. In this way the soul nourishes the various organ systems through the mind in a flow of energies.



THE ORGAN SYSTEMS

Knowledge
Purity
Peace
Love
Happiness
Bliss
Powers (8)

- Nervous System
- Five Senses & Immunity System
- Respiratory System
- Circulatory System & Heart
- Digestive System
- Hormonal System
- Bones & Muscles
- Excretory System

Without Knowledge the nervous system cannot function effectively. The other organ system needs clear messages from the nervous system. The immunity system depends on purity. If there is impurity, then the body becomes prone to illness. Without peace we are unable to stay calm and become agitated affecting our breathing. So peace is needed for the respiratory system. Love nourishes the heart, which in turn enables proper circulation of blood throughout the body. Our digestive system depends on happiness. If we are happy, we find our food digest easily. However, if we are upset and/or worry, our food tends to remain heavy on the stomach, being unable to be digested. Bliss is needed for the hormonal system. When we are in bliss our body begins producing hormones which makes us feel elevated.

The eight powers are responsible for the different joints and muscles group. All these seven organ systems combine to nourish the excretory system. When all the qualities are flowing naturally through the different organ systems, the powers combine to excrete toxins (including negativity) from the body.

How does this happen?

ORGAN SYSTEMS

THOUGHTS

EMOTIONS

ATTITUDE

AWARENESS

From the soul energy (in the form of the 7 qualities) is transferred through the mind in the form of (waves) vibrations. If there is blockage in any of the chambers of the mind (for instance, if the awareness is based on some negative memory or beliefs) the energy flow will be prevented from reaching all the organ systems of the body. The love that is coming from the soul first has to pass through the awareness chamber of the mind. But supposing the awareness I have of love is negative, then all that energy of love is blocked by the awareness and so the heart feels a lack of love. Even if the awareness is clean, the attitude might be one of caution and so the emotions reflect this and it is taken up in the thoughts. Again this may result in no love reaching the heart or maybe so little love reaching the heart that it is insufficient to bring about positive feelings. In order for the heart to feel love, all four chambers of the heart must be clean and receptive.

Emotions are vibrations, which arise from attitude. As for the vibrations so are the thoughts. Thoughts are atmosphere. The types of thoughts create the negative or positive atmosphere around you. Thoughts are reflected in speech and actions.

Most energy gets blocked in awareness or in attitude. When this happens there is little energy left over for speech and action. When this happens,

thoughts, speech and actions are all different as there is a lack of harmony.

How To Apply This To Spirituality

If your car is really dirty, how do you clean it? You'll probably take it to the service station and use the jet hose to remove all the mud. In the same way if our mind is blocked in one or more chambers then we need a jet of energy to unblock it.

Why does Baba say, "Remember me"? It is because He is the only Source – the Unlimited Source of energy. When we connect with the Supreme Soul, the rush of energy starts coming in. But when we detach ourselves from God, we become blocked in the mind.

With eyes opened, no one has more than 20,000 angstroms of LFE. In order to experience the angelic stage, you need at least 25,000 to be detached from everything. If you want to enter the soul world - the seed stage, you will need no less than 100,000.

How can we achieve this level of energy?

The mind becomes clear through positive thoughts, positive emotions and attitude as well as positive awareness. Once the mind is clear we are receptive to Baba's jet of energy, which flows through the mind and through the body creating a healthy atmosphere and body. If we take time to clean the mind, the more energy from Baba you will receive. If however, your mind is clogged, you will only receive a little of Baba's energy.

We can equate the mind to a crystal. We get pure white light from Baba, the Supreme Soul. This pure white light passing through the mind splits into the seven colours – the qualities of the soul. When all seven colours remain in their pure state as they go through the organ systems of the body, they re-emerged and combine to form white light once more. When this happens we are in our angelic stage.

Sitting in remembrance of Baba, we are able to attract Baba's energy. But this has to be sustained in order for us to maintain a high level of LFE as well as our angelic stage. By reading the murli again and again, we can begin to remove the blockage of negativity. Once negativity has been removed, the body doesn't affect you. Organs are happy and contented and the soul is able to fly.