

DKDH4: SCIENCE OF DIVINITY AND REALIZATION OF SELF

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TEXT BOOKS:

1. Science of Divinity and Realization of self – VISION, Vethathiri Publication

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SCIENCE OF DIVINITY AND REALIZATION OF SELF

UNIT – I: ABSOLUTE SPACE AS ALMIGHTY

ONE ORIGIN

Man, who observed the enumerable things around him both living and non-living came to the conclusion that they wear all a part of nature. She decided to probe into their Origins nature and function for deeper understanding about nature and its role. The search of the truth has been going on from the Vedic times and the efforts of the Yogis, rishis and sages who lived in our country, added to the zeal of the seekers. The sages through the practices of meditation and their own intuition scheme to the conclusion that the energy particles were the basis of all matter's animals and inanimate in the universe. Some of them even went further and making use of their powers of inference the 6th census arrived at the conclusions that the particle had originated from the divine state the absolute space. They realised that the static state itself had transformed into the energy particles. The study and analysis undertaken by the philosophers and the Sears resulted in a variety of doctrine of which are in existence even today.

The divine state is the root of all the forms functions and results that exist in the Universe. It functions as the consciousness in all the things. Individuals who have realised the truth in all its Splendour it as singular everlasting Static and as the primordial state they are the realised persons who have realised the truth. The energy particles is a fraction of the truth and its visible manifestation in the Universe. Everything from the tiny atoms to the vast celestial bodies is transient they exist only to disappear within specific spam of time. The eternal space and the manifested Universe are like the sea and its waves full stop the sea and the waves are basically the same Albeit a difference in their visible forms similarly the static state and the universe are the same-the difference lies only in the forms. The statics state is also called the divine state truth, absolute, eternal space and poornam. That which when known, makes everything evident is Gnanam.

Realisation of the truth is possible only through realisation of the origin and the qualities of life energy; this intern requires that the origin and functions of the mind be realised. The Mind alone can understand the mind. When the mind merges with the life energy from which it has a reason, it finds speed and when the mind is at peace the life of force and absolute become evidence to it. The premedical state is referred to as God. It is also called as the absolute space Poonam Anathi etc the energy particles also called as Akash is the dynamic state of the absolute. It is the basis of the entire manifested Universe. Total knowledge is knowledge about the divine state. The divine state can be comprehended only with the help of 6 sense. Line beyond the level of the five sensors the divine state remains imperceptible and unacceptable to the ordinary Minds; but on once the side through the practice of meditation its singularity becomes evidence.

Even the scientist has so far decline to accept the presence of the divine state on account of its inanimate nature. They claim it to be a near mechanical state forgetting the fact that philosophy in fuses life into sciences. Even the sixth sense which purse the divine state is

an imperceptible manifestation of the divine state. Sense alone is capable of perceiving the things that lie beyond the level of other sensory perceptions. When material objects through the sensory organs the shape and the quality of the object becomes evidence to the sensory organs the shape and quality of the object to become evidence to the consciousness and it automatically assumes the shape and quality of the object. But when the sixth sense perceives the absolute space which keeps expanding to infinity because the external space is boundless full stop in the absence of anything to him the expansion the consciousness merge with the absolute ultimately.

COMMON TRUTH

Man, who during the early stages of his existence lived like the animals, developed his knowledge and skills over a period of time amongst which was the ability to communicate through the use of languages both spoken and written. Why being Amaze at the beauty and magnificence of nature all around him he was also overcome with the fear of the natural calamities that are prevalent in nature. He began to worship nature in an attempt to praise its Mighty forces as well as repairing it for its Splendour.

ONLY ONE ALMIGHTY IS ABSOLUTE SPACE (ABSOLUTE SPACE)

Energy is essential for the functioning of the human body and mind if the case with all the living things. The supreme force and power keep all the things in the universe living and non-living functioning smoothly and efficiently. This power beyond everything that can be conceived by the human mind is referred to as God. This is the external space the absolute and the supreme being full stop doubts may provide in the minds of peoples regarding the singularity or monothetic concept of God but the divine is one the eternal space the static state is God. He is not many as wrongly conceived by some. He is single the absolute force that takes a both inter and inter particles space is God. It is my mightiest force in the universe having underground transformation into the form of just the energy particles and the matter of the universe.

Maybe difficult even confusing during the initial stages to accept the fact that space is God. Having been told that space is a Mere vacuum it may not be easy to look up on the eternal space as God processing powers for beyond what the human mind can conceive. Lack of integral proof in support of the claims is another reason for this. The sages and seers of the olden days, with a similar dilemma came up with the certain examples in support of their which made matters easy.

The Earth for example weighs millions of tons and is situated at a distance of around 90 million miles away from the sun. It travels around the sun in an elliptical Orbit completing one revolution in a year. The sun base around 33000 times more than the Earth and the weight of the two put together is enormous. The universe is filled with millions and millions of stars planet Galaxies and other heavenly bodies the combined weight of which is astounding and beyond comprehension by human Minds. All of them float around in space which carries them effortlessly allowing them to move around in their own orbits. It is the all-mighty force supporting and containing the entire mass of the universe within it is the remedial state the Primal force of the universe called as God.

DIVINE STATE

The divine state variously refers to as God, nature state the absolute eternal space Brahman Aadi Ananthi etc by the philosophers is called Gravity by the scientist. It is nonpareil and made up of an attractive and the repulsive force. The self-compressive force of the divine state acts as an attractive force between the objects in nature bringing them closed together. As the terms object is used while referring to the perishable entities in the universe the imperishable everlasting absolute is called the truth. Truth is eternal without an end knowing it is realisation of the truth.

FOUR QUALITIES OF DIVINE STATE: PLENUM, FORCE, CONSCIOUSNESS, TIME.

Everything in the universe is endowed with a quality of its own, hey characteristic acquired from the divine state of which it is a fraction. There are four qualities of divine state that is plenum, force, consciousness and time.

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The divine state is plenum, totality; it is the force behind everything in the universe, the consciousness in everything and the measure of time. They are the qualities the nature of the remind state and cannot be separated from it.

plenum

plenum refers to the totality of the divine state. It is infinite. All visible objects are limited to the for dimensions of volume force time and distance. Everything originates from the divine state functions with in it and ultimately perishes to disappear into it as none of the object can ever depart from the divine state it a reminds the complete stock force forever. It is an undiminished in exhaustible perennial source for everything in the universe. It is omnipresent and omniscient and hands called plenum in vedathiriam. Is also referred to ask Poonam the absolute.

Force

Millions of stars planets and galaxies that makeup the universe is contained within the divine state where they travel in orbits of their own. The force necessary to carry them and keep them functioning regularly comes from the divine state itself from its self-compressive force and inherent quality of the divine state manifest as the surrounding pleasure Force for the objects that exist within the divine state.

Consciousness

Man is capable of perceiving everything in the universe through his sense organs also has the ability to see his own self and its qualities. This is the divine consciousness which works as the order of function in all the things. Everything in the universe is characterized by a pattern, precision, and regularity that controls its structure and quality as per the order of function in nature. The Millions and millions of stars and planets that fills the sky rotates and revolve around each other without collisions. They move in such patterns never deviating from there ordained path. This is consciousness of the divine state working as the order of function.

Time

A constant increase in the self-compressive force of the divine state gives rise to contractions and expansions within it that manifest in the form of continuous quivering movements. The movements are very tiny and their sound cannot be perceived by human ears. The duration of each quivering movement is very minute and maybe compared to the blink of an eye. They Rises and spread all over the universe in an incessant series

The period between the contraction and expansion is the measure of time. It is the briefest span from which all measurements of time arise.

Link of an eye is often referred to as the shortest span of time. The quivering motion of the divine state being one of its characteristics it is called kinematic quivering motion and it automatically become one of the qualities of the energy particles and the masses that have arisen and from it this miniscule unit of time lies beyond perceptions through the sense organs or measurement by scientific equipment; its effect can however be seen in the changes underground by the things in the manifested universe. Time produces changes in all the things in the universe which is clearly evidence in the living things they grow age and then Perish. The four qualities of plenum, consciousness and time are inherent in the divine state in separable from it. They cannot be cognised or described individually but only released through the sixth sense a part of God realisation.

FOUR POTENTIALS OF DIVINE STATE: TRANSFORMATION – MUTATION – CAUSE AND EFFECT.

The four capabilities of the divine state are transformation, mutation, cause and effect.

Transformation- the divine state has undergone transformation into a formative dust which I have then come together to form the energy particles. And Association of the energy particles has resulted in the Panchabhoota the last the non-living and living things including man. The crumbling of the divine state on account of itself compressive force comma has resulted in the formation of the formative dust or Paramanu, which intern came together to form the energy particles. Both these stages in transformation are imperceptible to the sense organs.

Mutation - the force and consciousness inherent in the divine state bring about changes in keeping with the needs and circumstances during the course of the transformation this is called mutation. It is the reason behind the appearance of the various forms of living and non-living in the universe. All things from the tiny for my team best to man with his Sixth Sense are the result of the mutation that took place in nature. Mutation are physical

manifestations the qualities of the divine state. For example, the almighty force inherent in the divine state unable to manifest in the form of waves, account of the surrounding pressure force transformed into the spinning formative dust particles. Mutation is a ability to adapt to the circumstances. It can be called planning. The divine state is present in all the objects during each moment of its existence. Mutation is the phenomenon common to all the things. Copper sulphate is inert as long as it remains sorted in a bottle; but when A Pinch of it is placed on tongue where it makes with The Saliva it begins to spread its poison. Thought and deeds are also the result of mutations.

Transformation is the change undergone by the divine state where by it has manifested into the animate and inanimate universe; but the changes under gone by the magnetic waves into the tanmatras in accordance with the surroundings or the field within which they are present is mutation.

Cause and effect - When man big Ant to realise the presence of the absolute in all the objects in the universe she learnt to respect and live in harmony with it by ridding himself of all the ingrained habits. This is God worship. God worship babes the way for the realisation of the fact that all beats produce a result in their wake and effect has far reached consequences and the result of the Dead manifest even after a long delay bringing about changes under the order of function in nature. Devine state has blossomed into the force that has produced to the formative dust particles and also keeps them spinning. They are the Paramanu that have associated to form the energy particles full stop the energy particles comes together to form the atoms and they inter Associates to form the molecules. And Association of the molecules produces in the objective BC all around us.

All objects undergo changes in terms of volume, force time and distance in keeping with which the energy waves emanating them also differ. When the Waves arising from the events in nature comes into contact with the sense organs in man, they produce sensations of pleasure or pain. The sensations very in accordance with the time place and the object of contact. The result of Once action which manifest in the form of pleasure or pain is destiny; they are in keeping with the law of nature. It is possible to ward of the ill effects of an action through awareness regarding the law of nature and observing measures and method in everything. Understanding the law of nature and living in accordance with it pairs the way of lasting peace. Bio magnetic wave comprising of the divine state and its force makeup the soul of every individual. The eternal space which functions as the consciousness within the individual organisers the sensations of pleasure and pain. When the presence of the divine in every living thing is clearly understood the desire to harm the others vanishes to be replaced with the need to alleviate the pain or suffering of the others at all times. They are the Nobel traits of compassion and charity the Hallmark of a realised person.

OBJECTIVES OF RELIGION

The goals of religion practise are to achieve salvation for oneself and others, as well as to render proper worship and obedience to God (if there is one). Distinct religions have different ideas about God and salvation. Religion should ideally serve multiple functions. It provides life meaning and purpose, strengthens social unity and stability, acts as a social control agent, promotes psychological and physical well-being, and may inspire people to

work for constructive social change. Religion's role in human life is to provide an ethical framework and a regulator for values in everyday life. This method aids in the development of a person's character. In other words, religion serves as a socialising agent. Religion thus contributes to the development of qualities such as love, empathy, respect, and harmony.

Religion has crucial applications such as Religion instils social values in people. Truth, honesty, nonviolence, service, love, discipline, patience, kindness, joy, goodness, and faith are all promoted by religion. Religion is a set of cultural systems, belief systems, and worldviews that link mankind to spirituality and, occasionally, moral principles. Many faiths contain narratives, symbols, traditions, and sacred histories that are meant to give life purpose or explain the origins of life or the world. Definition of religion

1. a personal set or institutionalized system of religious attitudes, beliefs, and practices. It is the service and worship of God or the supernatural.
2. commitment or devotion to religious faith or observance. The state of a religious a nun in her 20th year of religion.

GOD WORSHIP

Religious believers worship gods, but anyone can adore anyone or anything. Worship is an intense form of love characterised by unwavering devotion. If you worship God, you love him so much that you don't have any doubts about him. Going to church and praying are both forms of worship. Worship has the power to change your thinking and perspective on the world. Worship has the power to propel you forward and purify you of your past. Worship cures wounds and breaks curses passed down through generations. Worship allows you to hear God while also allowing God to hear you. Worship is expressing a great deal of love and admiration for something. Religious believers worship gods, but anyone can adore anyone or anything. Worship is an intense form of love characterised by unwavering devotion. If you worship God, you love him so much that you don't have any doubts about him.

VIRTUOUS WAY OF LIFE

The good life for humans is a life of virtue, hence being virtuous is in our best interests. A virtuous life is the good life because the exercise of our intellectual capacities and morality is its own reward. By definition, virtue is a person's moral superiority. Morally great persons have a character built on positive values. They need to be ethically upright. They should have good health and a lengthy life expectancy. Prosperity: They should be well-off (for Aristotle, this meant affluent enough that they don't have to labour for a living doing something they don't want to do). Virtues are universally regarded as basic aspects of happiness in all civilizations. When we practise virtues and strengthen our "character muscle," we attract the things we want in life, such as happy relationships and achieving meaningful goals. However, it is not simple. We know it requires perseverance to achieve our goals, but we never seem to get there. We know that forgiving others makes us feel less angry and resentful. We understand that great achievements require guts.

UNIT – II: TRANSFORMATION OF UNIVERSE

FORMATION OF FIVE PHYSICAL ELEMENTS (PANCHABHOOTAS)

Everything in the universe is the result of an association of the Panchabhootas. Bhoota means matter, one of the states of matter that make up the universe. The five States of matter are the earth, water, fire, and Aakash. Panchabhootas meditation is meditation on the individual state of the matter where by the energy waves that emanate from them are converted into the physical and mental energy waves in the body. The meditation commences with meditation on the earth when the evil effects of the Waves emanating from the earth are negated and its positive one accepted. The secret of the earth is laid bare before us and this knowledge is utilised for attaining prosperity and success in life. This is followed by meditation on water, fire and Aakash where the same procedure is repeated.

While meditating on the earth, auto suggestion to the effect that the energy waves given off by the earth should be favoured to us at all times and in all places is made. Knowing about the Panchabhootas is knowing the universe. Man has only a superficial knowledge about the Panchabhootas, he must be constantly liking to them which can be achieved by merging his mind with the Panchabhootas. Regular practice of Panchabhootas meditation protects us from the elements and helps establish harmony with them, our life energy mingles with the panjabuda's and the mind becomes strong and capable of accepting happiness, disgust or failure with equanimity. All our needs are full filled through the bounties of nature. Everything in the nature is an association of the Panchabhootas. To establish harmony with the energy waves imaging from the objects around us, meditation on the Panchabhootas is essential.

ABSOLUTE SPACE

Energy is essential for the functioning of the human body and mind. This is the case of all the living things. A Supreme force or Power keeps all the things in the universe, living or non-living, functioning smoothly and efficiently. This power beyond everything that can be conceived by the human mind is referred to as God. This is the eternal space, the absolute space or the supreme being. In the minds of the people, regarding the singularity or monotheistic of God; but the divine is one, the eternal space, the static state of God. He is not many pantheistic, wrongly conceived by some. She is single; the absolute space that takes up both inter and interparticle space is God. It is the mightiest force in the universe, having underground transformation into the formative dust, the energy particles and the manifested universe.

It may be difficult even confusing during the initial stages to accept the fact that space is God. Having been told that space is a mere vacuum, it may not be easy to look up on the eternal space of God, processing powers far beyond what the human mind can conceive. Lack of empirical proof of the claims is another session for this. The stages and Sears of the olden days, faced with a similar dilemma, came up with certain examples in support of their revelation which made matters.

SELF-COMPRESSIVE FORCE

Compression force (or compressive force) occurs when a physical force presses inward on an object, causing it to become compacted. In this process, the relative positions of atoms and molecules of the object change. The Earth rotates at a speed of around 1000 miles per hour on its Axis once in every 24 hours; yet despite of the speed of its rotation all things remain on the surface of the earth without being thrown off. This is on account of the surrounding pressure force of the divine state the self-compressive force of the divine state transforms into a surrounding pressure force in the case of the objects that lie within it. Things in the place without allowing them to stray from their destined path. It is omnipresent and its action is applicable to everything.

DUST PARTICLE

It is otherwise said as the formative dust. They are fractions of the divine state arising on account of the self-compressive force of the divine state. Formative dust particles are magnetic in nature. They are self-rotating and spread over the body as Bio-magnetic waves. Point mind also becomes weak and loses its balance. Body remains intact with them cells remaining intact.

MAGNETISM

The Infinite divine state crumbles on account of its self-compressive force giving rise to the formative dust which commands to rotate at very high speed through the action of the surrounding pressure force. They are called magnetism. The formative dust which has not associated to form every energy particle is referred to unmanifested magnetism. The eternal space is filled with the formative dust particles, each of which is a powerhouse for magnetism. The magnetic waves spread all over the universe and all the characteristics of the divine state like plenum, force, consciousness and time are present in every wave. The principle of cause and effect fails to apply in the absence of the divine state or magnetism.

FUNDAMENTAL ENERGY PARTICLES (AKASH)

ELEMENT

Elements are the result of an association of two or more atoms. Reduction in the speed of rotation and account of expulsion of the formative dust from within articles transforms the electrons into protons neutrons and the black hole. When the speed as well as the repulsive force of an energy particle comes down considerably another with a high speed begins to revolve around it. This is on account of the self-compressive force of the divine state. The particles with the high speed unable to come close to the slow one forms and orbit and revolves around it. This is the initial step in the formation of elements. The first element that came into existence was hydrogen. If the energy particles is considered the first step in the formation of the universe the origin of hydrogen maybe considered the second.

Formative dust come together to form the energy particles and they in turn associate to form the other States of matter. Scientist call the basic unit of matters as atom. Atoms come together to form the element which have been classified into 109 by the scientist on

the basis of the quality and quantity of the atoms. The primary difference between the elements lies in the number of atoms they contain. A single electron and proton together form an atom of Hydrogen. When its electrons 8 protons and 8 neutrons come together oxygen is formed. The Panchabhoota like earth water fire air and Akash are all the result of an association of the energy particles. The difference between the formative dust the energy particles and the elements should be understood clearly. Formative dust is very tiny and a fraction of the divine state; they are associate to form the energy particles. The energy particles come together to give rise to the elements and day in turn associate to form the five states of matter as well as the living beings.

FIVE PHYSICAL ELEMENTS (PANCHABHOOHS)

The philosopher of the east has classified matter into 5 as below

1. Aakash

2. Air

3. Fire

4. Water

5. Earth

Aakash

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Air

When two energy particles come together an atom of Hydrogen is formed. Hydrogen Helium nitrogen extra formed through an association of two or more energy particles are the components of air.

Fire

The element of oxygen is the result of an association of 24 energy particles that is 8 electrons 8 protons and 8 neutrons. It helps combustion and is called heavy air or fire

Water

When the atom of Hydrogen and oxygen come together in a particular proportion the space between the particles of one is taken up by the another and water is formed to atoms of hydrogen and one of oxygen makes water. Elements does combine to give rise to a variety of liquids.

Earth

When the atoms of the liquid come together into dense formation, they give rise to the solids. The energy particles which constitute Akash Associates into denture and denser formations to produce the other four States of matter. In your object solid liquid organs when divided further and for the ends up as the imperceptible energy particles. All things in this watch including the stars planets earth and the living beings are the result of an association of the Panchabhootas.

2.2 EVOLUTION OF PLANETS, STARS, GALAXIES AND UNIVERSE

The universe is made of millions and millions of stars and planets each of which are formed through an association of energy particles. When an energy particle which rotates at very high speed begins to travel around another with a flower speed a hydrogen atom is formed. When a number of atoms are those formed the self-compressive force of the divine State Drives them together into spherical masses of very low density.

The effect of the rays emanating from the sun and the other planets as explain by the ancestors are the follows; sun-bones, mercury-skin, Venus-sexual vital fluid, moon-blood circulation, mars-bone marrow, Jupiter- brain cells, -nervous system, Rahu and kedu-ojas. The practice of Navagraha meditation helps part of the evil effects of the planetary rays bleeding to happy and prosperous life.

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COMPRESSIVE FORCE

For compressive force to result in fracture, one end of a bone must be in a fixed position while the other end is forced toward the fixed end. An example is a man jumping on the ground from a height on his feet and getting a compression fracture of the vertebra as a result. Concrete is an example of a material that is strong in compression and weak in tension. This is why it is useful in walls, such as brick walls, where all the forces from the bricks, the upper floors and the roof act as compressive forces on the concrete bricks. Compression is the sensation of tissues being pressed or pushed together. Both of these stresses are beneficial if done in moderation. When a yogi is stretching a joint, he is stretching a ligament, a tendon, or both. When a yogi is compressing a joint, he is compressing bones. Stress Reduction. Yoga compression exercises, a form of meditation, reduce stress by elevating endorphins in your brain. These are neurotransmitters secreted by your brain to enhance the feelings of pleasure and well-being, according to Yoga Journal.

A compression is a region in a longitudinal wave where the particles are closest together. Rarefaction. A rarefaction is a region in a longitudinal wave where the particles are furthest apart. Image compression is minimizing the size in bytes of a graphics file without degrading the quality of the image to an unacceptable level. The reduction in file size allows more images to be stored in a given amount of disk or memory space.

REPULSIVE FORCE

Rotation generates a repulsive force; the formative dust particles also generate a repulsive force on account of their rotation. The attractive force of the energy particles transforms into a repulsive force; in other words, the compressive force of the divine state transform into a repulsive force within the energy particles. Water from a tap flow into a vessel till it is full; once it is filled, the force of the water entering the vessel begins to push the water out of it.

Repulsive force is given off by the formative dust all over the universe; the self-compressive voice of the divine state becomes the repulsive force when expect from the dust particles. Where are the self-compressive force is constant that repulsive force varies being high and low according to the speed of the dust particles. These two forces that 24 of attraction and repulsion together constitute mathematician present in the universe. Energy particles do not cash only the magnetic waves do as the rotation of the formative dust increases in keeping with the surrounding pressure force friction is generated between the formative dust and the eternal space around it. This friction draws the force from the divine state and transfer it to the formative dust. When the force within the particles Rises to very high levels it is automatically expelled from it. This is the repulsive force.

PHYSICAL TRANSFORMATION OF MAGNETISM

This is the primary source of energy for the physical body's metabolic processes. After being turned into pressure, sound, light, smell, and taste, a little fraction of this wave is released through the sense organs – skin, ears, eyes, nose, and tongue. Heart and Brain produce magnetism in the human body. The magnetism produced in the human body is very very weak, compared to the magnetism of the Earth. Meditation makes you more attractive. This might sound like a daring statement, but people will feel that you are more confident, stronger and health. This makes you attractive to others.

CONSCIOUSNESS IN NON-LIVING THINGS: PATTERN, PRECISION, AND REGULARITY

Force and consciousness are the inherent characteristics of the divine state. All objects in the universe are the result of an association of the Panchabhootas. The divine consciousness works as the order of functioning in everything, in the form of pattern, precision and regularity. These three qualities are manifest in all the things in the universe from the tiny energy particles to the vast celestial bodies that float around in the skies as well as man, who occupies a position at the pinnacle of all creation.

PATTERN

Every object occupies A certain amount of space in the universe the depending on the quantity and quality of the energy particles that makes up the object. This characteristic is referred to as the Length breadth or depth of a particular object which gives a specific shape to the object. Every shape is the result of an association of millions of energy particles. Where are the energy particles lie beyond the level of sensory perceptions the objects that have been formed through an association of the particles can be perceived through the senses?

Acid planted in the ground sprouts and grows into a tree with branches leaves fruits and seeds all of which will be similar in appearance to the one from which the seed was obtained this is pattern

PRECISION

It is the quality of the divine state reflected by the object as its character. The quality of the leaf's, fruits and seeds of the tree mentioned in the above example will be the same as the parent tree. This is precision. Quality depends on the quality and quantity as well as the functions of the energy particles that make the object. A knife is an inanimate object made up of millions of energy particles. The consciousness within the knife functions through the act of cutting the other objects. Similarly, the consciousness within copper sulphate another inanimate subject functions as a poison when ingested by a living thing. Precision reflects the individual nature of an object or a living thing.

REGULARITY

The natural functions of any object on account of its inherent qualities undergo changes when subjected to the influence of the energy waves given off by another object. Changes are brought about where by an individual action becomes Transformer through a chain action. The shape and quality of a piece of stone are the result of actions of the particles contained in it. But then due to the force of the Wind or water the stone crumbles into sand it is a change action. Similarly, when the grains of sand come together to the to be hard and into a piece of rock it is a change action. All this occurs Under the order of function in nature. The same order of function controls every living thing on this earth taking dumb through the various stages of birth existence and death.

All things in the universe from the Paramanu to the planets and the stars are inanimate objects that are they are non-living things, whereas living things are those with sense organs from one to five, capable of perceiving the events around them. Man with the 6th sense is a final product in the transformations underground by the divine state. The divine consciousness is omnipresent in all the things from the Paramanu to man functioning as the pattern perception and regularity in everything.

2.3 UNIVERSAL MAGNETISM

Formative dust particles fill the entire universe and the energy particles act as centres for production of magnetism and magnetic wave. Magnetism does produce is called the universal magnetism. Every energy particle in the universe generates magnetism.

Magnetism which arises from the divine state being in position of all its qualities is also called The Mighty divine fluid. It is omnipresent. Expulsion of the formative dust brings about the dissolution of the energy particles ultimately. The energy particles are called Vethons, and the magnetic waves emanating from them are called Yogons. Yogons are also referred to as the shadow wave particles. The vethons and Yogons differ from each other entire relative strength. vethons are more powerful capable and with standing and self-compressive force of the divine state where as the Yogons unable to with stand at the surrounding pressure force dissolved into the divine state. In other words, the Yogons from into magnetic waves and the puncher tanmatras before dissolving into the absolute.

IMPACT OF MAGNETIC WAVES FROM PLANETS ON NON-LIVING THINGS AND LIVING BEINGS

Human health is unaffected by the Earth's magnetic field. On this world, humans have evolved to live. During magnetic storms, high-altitude pilots and astronauts may be exposed to increased levels of radiation, but the danger is attributable to the radiation, not the magnetic field itself. Some types of electromagnetic radiation, such as ultraviolet light and X-rays, can harm DNA in live cells. When radiation damages DNA, it can result in cell death or cancer. In truth, all living creatures on Earth rely on the Sun's electromagnetic radiation and the conversion of that energy into plant life or zooplankton, the first stage in the ocean food chain, through photosynthesis or biosynthesis. Humans and other animals on Earth benefit from the Earth's magnetic field because it shields us from being blasted (struck) by high-energy charged particles released by the Sun. The Earth's magnetic field is very important for humans and other animals on Earth because it protects us from being bombarded (hit) by high energy charged particles which are emitted by the Sun.

The stream of charged particles (mainly positively charged protons and negatively charged electrons) coming from the sun is called the solar wind. When these particles come close to the Earth, they are deflected by the Earth's magnetic field and cannot shower down to the surface where they can harm living organisms. Astronauts in space are at risk of being irradiated by the solar wind because they are outside the zones where the charged particles are trapped. The region above Earth's atmosphere in which charged particles are affected the Earth's magnetic field is called the magnetosphere. Relatively often, in addition to the usual solar wind, the Sun may eject a large bubble of material (protons and electrons) with its own magnetic field from its outer atmosphere.

Sometimes these bubbles travel towards the Earth where their magnetic fields can join with Earth's magnetic field. When this happens a huge amount of energy is released into the Earth's magnetosphere, causing a geomagnetic storm. These storms cause rapid changes in the Earth's magnetosphere which in turn may affect electric and magnetic systems on the Earth such as power grids, cell phone networks, and other electronic systems. The geomagnetic field, commonly known as the Earth's magnetic field, supplies animals with many types of information that can be used for navigation, compasses, and maps. These magnetic cues are used by sea turtles, salmon, and a few other creatures to navigate during long-distance migrations.

UNIT - III: TRANSFORMATION OF LIVING BEINGS

EVOLUTION OF LIVING BEINGS

Life on Earth began at least 3.5 to 4 billion years ago and has continued to evolve ever since. All living things on the planet were once single-celled organisms. The first multicellular species appeared much later, and Earth's biodiversity increased dramatically as a result. The appearance of the simplest primordial life from non-living substance is referred to as the origin of life. The gradual creation of sophisticated organisms from simpler species is referred to as life evolution. The earliest life forms we know of were microscopic organisms (microbes) that left signals of their presence in rocks about 3.7 billion years old. The formation of complex organisms through 'gradual change' from simple ancestral types over the course of geological time is termed *Evolution or Organic Evolution*.

According to the Theory of Organic Evolution

- ❖ The various present-day organisms were not created in the same form in which they exist today, but have gradually evolved from much simple ancestral forms from a common ancestor.
- ❖ The characteristics of organisms had been changing in the past; they are changing even today, and will continue to do so in the future as well. This is due to the fact that the environment in which organisms live also changes and organisms need to adapt to the changed environment in order to survive. Several living organisms of the past have become extinct.
- ❖ The origin of the various forms (species) found on earth has been a gradual and extremely slow process, requiring hundreds or even thousands of years. However, the evolution of black peppered moth or polyploid varieties of some crops or pesticide resistant mosquitoes happened in much shorter periods of time

ONE SENSE PLANTS TO FIVE SENSE ANIMALS

Biomagnetism undergoes transformation into chemicals when it becomes the sense of taste and smell in the living beings. The particles that have undergone chemical changes into smell within the medium of the solids (earth) await the right opportunity and comes together within the boundary, to emerge from the earth with specific shape, within which the air and water circulate constantly. This is the fluid circulation and it establishes a path of its own within the form. The circulation generates heat and some of the atoms of the fluid begin to evaporate, while the others solidify. The water from the surroundings is drawn into the form, some of which is again transformed into vapour, while the remaining undergoes suitable chemical changes.

The absorption of air and water produce heat, portion of which, along with the water vapour escapes from the body of the organism. The atoms of the liquid that has undergone chemical changes push their way up towards the surface of the earth. These are the plants. The parents of the newly formed organisms Bond through the union of the sexes, lacked the power of signs.

Plants alone are endowed with the ability to alleviate the pain sensation through their own efforts. The conditions of the soil the prevalent climate and the moment of the planet gave rise to millions of varieties of plants all over the world. Even though the five phenomena of pressure sound, light, taste and smell are present in the plants touch alone can be cognised by them due to the nature of their circulation. They lakh the organs are perceived The Other sensations. Plants, grass, trees etc continue to exist and multiply through their seeds or regeneration of their stems, roots etc.

Some of the organisms with a single sense begin to feed on the other life forms and they became the animals. Bacteria belong to this group. The animals that feed on the plants are called the Herbivorous and those that feed on the other animals are called carnivorous. Amoeba belong to this group of organisms.

Two senses

When the level of the heat within the body of certain organisms with a single sense Rose up beyond tolerable levels sum of the atoms from the body broke away developed the ability to move and feed and become the organisms with two senses. The biomagnetism keeps the Fluids circulating within the body of the bombs. The increasing heat induces chemical changes in the body and atoms of the fluid began to evaporate. The Loss of biomagnetism produces a need in the animal and it begins to forage for food.

Three senses

In the beginning warm air from the body of the animals was expelled through its mouth. Which created problems when feeding. At the same time retention of the air led to an increase in its pressure as well as an increase in the body temperature. In order to overcome this problem a pair of holes was formed on the roof of the mouth, which help in the free circulation of the air. Acceleration and inhalation became EC and these holes developed into the nostrils in course of time the nostrilled became the organs of organising smell and the creatures evolved into animals with three sensory perceptions. In the initial stages the creatures with three senses must have lived in the water. However, over a period of time the animals begin to move on to the land and developed the skills needed to survive both on the land and the water. Generally, the animals living on the land absorb the scent of the food along with the air and certain membrane located in their no stills identify the sources of the smell helping the animal's aunt down their prey. Ants. termites, etc are organisms with three sensors. All living things with the sense of smell are considered to be endowed with three senses.

Four senses

The quantum of electricity produced by the circulation of the life energy particles within the body increases and get transform them into heat and light through the actions of the sunlight. A portion of this is expelled from the body while the remaining is utilised for its function. The excess electricity establishes apart during the process of its expulsion from the body and this became the eye in the living creatures form the 4th organ of sensing in the living things. During the course of their circulation within the body, water, sheet, air and biomagnetism rotate with a right hand or a left-hand movement, as a result of which the

energy particles also escape with a right hand to a left-hand Motion from the body. This produced the need for a pair of ice located on either side of the head along with other organs like the nose, ears etc These organisms had inherited the energy is from both the parents and when the energy received from the male parent was active the one receive different the female was dormant. During such times the energy circulated with a right-hand motion in the body. After sometime when the energy from the female paid into became active, they circulated with a left-hand motion. One account of this, the sensory organs on both sides of the body were kept active alternatively and the eyes also originated on the both sides of the head.

Five senses

The animals begin to hunt for their prey, when afflicted by the pangs of Hunger. Acid to goes about in search of the food the sound waves produced by its prey, moves in the direction of the sound and locate its prey. The years were developed when the animals begin to cognize sound waves. They were developed on both sides of the head and became the fifth organ of perception. The circulation of the blood heat, air and biomagnetism within the body of the living things combined with the prevailing external factors and developed into the sense organs that where ideal for full feeling the needs of the body. The growth and development of the sense organs where closely linked to the needs of forging and self-preservation.

The sense organs were developed in coordination with the transformation of the magnetism into pressure sound, light, taste and smell. The animal is classified into groups on the basis of the number of sense organs the process and any animal ended with the sense of touch test smell site and hearing is considered to be the position of five senses.

FORMATION OF FIVE SENSORY ORGANS AND WORKING ORGANS

The five senses — sight, taste, touch, hearing, and smell – acquire data about our surroundings that the brain interprets. We make meaning of this information using a combination of previous experience (and subsequent learning) and information from each of the senses. Much of this information comes through the sensory organs: the eyes, ears, nose, tongue, and skin. Specialized cells and tissues within these organs receive raw stimuli and translate them into signals the nervous system can use. Those senses are sight, smell, hearing, taste, and touch. We see with our eyes, we smell with our noses, we listen with our ears, we taste with our tongue, and we touch with our skin. Our brain receives signals from each of these organs, and interprets them to give us a sense of what's happening around us.

How do the senses work? Your brain collects information, like smells and sounds, through your five senses: sight, hearing, touch, taste, and smell. Each of your five senses has its own special sensor. Each sensor collects information about your surroundings and sends it to the brain. Cross-talk happens in the brain

Each sensory system sends signals to the brain. It's up to the brain to interpret these signals and come up with a response. To do this, the brain often combines information from multiple sensory systems—a process called sensory integration. Our senses help us to understand what's happening around us. Our senses send messages through receptor cells to

our brain, using our nervous system to deliver that message. Receptors present in the sense organs can transmit a signal to a sensory nerve, and these are classified into two, namely-general receptors and special receptors

PERCEPTION: COGNITION, EXPERIENCE AND DISCRIMINATION

COGNITION

Cognition is the first stage in perception. The magnetic waves emanating from the various objects come into contact with the biomagnetism of the living thing and produce vibrations, which affect the circulation of biomagnetism within the body. This process is called cognition. For example, when we look at an object, the bio magnetism coming out of the eyes in the form of light energy strikes the object and comes to a halt, unable to travel further. The biomagnetism undergoes changes in accordance with the quality of the object, which is sensed by the Consciousness in the body. The magnetic waves given off by the life energy particles, circulating within a holistic mixture of Akash, air, fire, water and solids, is called biomagnetism. The presence of the biomagnetism makes some of the life energy particles capable of sensing the transformation of magnetism into pressure, sound, light, taste and smell, outside the body. This is cognition. The faculty of sensing came into existence with the advent of the living things on Earth. Sensing is done by the life energy particles. The transformations undergone by the energy particles within the body, is experienced in the form of pleasure, pain, peace or ecstasy, by the body.

EXPERIENCE:

The magnetic waves coming from any object mingle with the biomagnetism and travel to the genetic centre, where the Divine Consciousness incorporates it into the genetic centre. This is experience.

DISCRIMINATION:

The Consciousness in the genetic centre compares the quality of the magnetic waves emanating from any object with its own and perceives the difference between the two. This is discrimination. Discrimination is the process of classification of the various experiences on the strength of the records already existing in the genetic centre. A mango, a guava, or a piece of sugarcane, are all sweet, but the quality of consciousness in the Living Things the sweetness varies; the fruits can be identified even from the tastes, without being actually seen. This is discrimination. Cognition, experience and discrimination take place in all the living things from the level of the plants to man, with his sixth sense. Every living thing contains within it the qualities of cognition, experience and discrimination, which are over and above the qualities of pattern, precision and regularity acquired from the non-living things. These six qualities together constitute a living thing.

SPECIFIC GRAVITY PRINCIPLES

The divine state with its characteristics of a self-compressive surrounding pressure force is called gravity. The formative dust which originated on account of the self-compressive pressure force of the divine state are endowed with a spinning motion and a repulsive force. They are called magnetism. On account of this the energy particles that are

formed through an association of the formative dust are also endowed with a spinning moment and a repulsive force.

The repulsive force given off by an energy particle that rotates at a slow speed will be less whereas that given off by One rotating at a very high speed will be more. The energy particle with a slow rate of spin and yellow repulsive force moves towards the centre of a formation while those with a higher speed and a higher repulsive force move towards the Periphery. This is called specific gravity.

The principle of specific gravity is in operation in all the objects in the Universe. It is this principle that keeps the planets and the stars at a constant distance without colliding with each other or strain to far from each other. The principle of specific gravity operates not only in the inanimate objects it works equally well in the living creatures also regulating their lives at all times. The circulation of the biomagnetism within the physical and Astral bodies of the living creatures gives rise to a physical body, appearance, qualities and moments suitable to it under the principle of specific gravity. The same thing happens in the case of humans also. The place and position achieved by any individual in life are best over on him by nature under the principles of specific gravity in accordance with his place of birth his food habits knowledge and skills.

Sensory perceptions distinguish the living things from the non-living once. It other features are also essential to make a living being and lack of even one of this make it and non-living thing they are physical body, life force, biomagnetism, genetic Centre, brain, mind, sensory organs. All living things whether on land water or the air are endowed with these eight features.

All living things including the tiny bacteria that exist on the earth do not come into being at the same time. The unicellular organism that came into existence first multiplied and developed into Complex creatures through a process of evolution and mutation, until they became the insects' reptile's mammals and the birds we see today. A man was the last to appear on earth as a part of the process of transformation. Even man carries within the genetic Centre the imprints of the qualities and experience underground by the thousands of living creatures that preceded him on the earth.

The history of nature begins with the transformation of the universe followed by the transformation of the living things and culminates with man. Transformations form the history of nature. Man stands at the Pinnacle of all the transformations. Sanctuaries have passed since man first appeared on the earth and all his actions and their results have been on the basis of the environment, he lived in. He carried within him at pressure house of information about the universe and its experiences.

A person in whom the sixth senses has blossomed to its fullest extent reminds in capable of simple deeds. He will be physically and mentally healthy and in a state of constant awareness and happiness. He looks on the others as manifestation of the divine and strives for the happiness and wellbeing all the time. His dates Will Forever remind Noble radiating love and compassion.

EVOLUTION OF MANKIND

The whole burden of our human progress has been an attempt to escape from the bondage to the body and the vital impulses. According to the scientific theory, the human being began as the animal, developed through the savage and consummated in the modern civilised man. The Indian theory is different. God created the world by developing the many out of the One and the material out of the spiritual. From the beginning, the objects which compose the physical world were arranged by Him in their causes, developed under the law of their being in the subtle or psychical world and then manifested in the gross or material world.

From karana to sukshma, from sukshma to sthula, and back again, that is the formula. Once manifested in matter the world proceeds by laws which do not change, from age to age, by a regular succession, until it is all withdrawn back again into the source from which it came. The material goes back into the psychical and the psychical is involved in its cause or seed. It is again put out when the period of expansion recurs and runs its course on similar lines but with different details till the period of contraction is due. Hinduism regards the world as a recurrent series of phenomena of which the terms vary but the general formula abides the same. The theory is only acceptable if we recognise the truth of the conception formulated in the Vishnu Purana of the world as vijñana-vijrimbhitani, developments of ideas in the Universal Intelligence which lies at the root of all material phenomena and by its indwelling force shapes the growth of the tree and the evolution of the clod as well as the development of living creatures and the progress of mankind. Whichever theory we take, the laws of the material world are not affected. From aeon to aeon, from kalpa-to-kalpa Narayan manifests himself in an ever-evolving humanity which grows in experience by a series of expansions and contractions towards its destined self-realisation in God. That evolution is not denied by the Hindu theory of yugas.

In each Kaliyuga mankind gains something in essential spirituality. Whether we take the modern scientific or the ancient Hindu standpoint the progress of humanity is a fact. The wheel of Brahma rotates for ever but it does not turn in the same place; its rotations carry it forward.

The animal is distinguished from man by its enslavement to the body and the vital impulses. Asanaya mrityuh, Hunger who is Death, evolved the material world from of old, and it is the physical hunger and desire and the vital sensations and primary emotions connected with the prana that seek to feed upon the world in the beast and in the savage man who approximates to the condition of the beast. Out of this animal state, according to European Science, man rises working out the tiger and the ape by intellectual and moral development in the social condition. If the beast has to be worked out, it is obvious that the body and the prana must be conquered, and as that conquest is more or less complete, the man is more or less evolved. The progress of mankind has been placed by many predominating in the development of the human intellect, and intellectual development is no doubt essential to self-conquest. The animal and the savage are bound by the body because the ideas of the animal or the ideas of the savage are mostly limited to those sensations and associations which are connected with the body. The development of intellect enables a man

to find the deeper self within and partially replace what our philosophy calls the dehatmakabuddhi, the sum of ideas and sensations which make us think of the body as ourself, by another set of ideas which reach beyond the body, and, existing for their own delight and substituting intellectual and moral satisfaction as the chief objects of life, master, if they cannot entirely silence, the clamour of the lower sensual desires. That animal ignorance which is engrossed with the cares and the pleasures of the body and the vital impulses, emotions and sensations is tamasic, the result of the predominance of the third principle of nature which leads to ignorance and inertia.

GREATNESS OF SIXTH SENSE (ASSUMPTION)

The sixth sense is the ability to cognise the imperceptible that lie beyond perception through the five senses. Man alone, among all the living creatures, is endowed with this gift by Nature. The Consciousness works as perception through the five sense organs and the ability to think and analyse, through the brain cells. This is the sixth sense. It is the ability to realise the nature of all the things and anticipate the result of every deed.

INFERENCE

Inference is often on the basis of assumptions. Assumption may be on account of one's ideas. It may be about the imperceptible Truth or regarding worldly matters, on the strength of one's desires. Inference is the means to understand something on the basis of the available evidence. Our knowledge about the energy particle and the Primordial State, which exists prior to the origin of the energy particle, is on the strength of inference. We see the manifested Universe all around and compare our inferences with the things happening around us to confirm the truth behind our inferences. The ability to understand the imperceptible phenomena through proper inferences is the sixth sense, found in man alone. Inference is often referred to as assumption.

GREATNESS OF THE SIXTH SENSE:

1. It exists beyond the five senses, common to all the living things.
2. The ability to reckon in terms of force, volume, time and distance.
3. The ability to contemplate.
4. The ability to plan.
5. The ability to realise the feelings of the others.
6. The ability to probe into the reasons behind anything.
7. The ability to share experience of pleasure and pain and advise the others.

SPIRITUAL CONSCIOUSNESS

Spiritual consciousness arises from the possibility of focusing attention on oneness, transcendent states, and ultimate concerns through meditation, contemplation, and other methods. The highest state of consciousness is lucid dreaming; out-of-body experience; near-death experience; mystical experience (sometimes regarded as the highest of all higher states of consciousness). During a "pure consciousness event," the object vanishes and only

consciousness remains, Mike said, drawing an X through the glass. There is a higher state of awareness, however, in which consciousness becomes its own subject and object. “It becomes aware of itself spiritual consciousness It is becoming conscious of the soul and God within us. Most of us are aware of our body, of the thoughts passing through our mind, and of the world around us. This is called body or physical consciousness. But we are more than our body and mind.

We are actually a soul, a conscious entity which inhabits the body. The soul is a part of the Oversoul, whether we call it God, the Creator, Allah, Wah-i-Guru, or Paramatma. It is of the same essence as God. The soul is what enlivens the body. When the soul leaves the body at the time of death, the body dies. But the soul does not die. It is immortal. Just as people who clinically died experienced a continued existence outside their body, so will each of us continue to exist even after the demise of our mortal frame. This consciousness at the level of soul, independent of our body and mind, is what is termed spiritual consciousness.

We do not have to wait until our physical end to know what it is like perceiving life at the level of soul. It is an experience many have enjoyed during their lifetimes and is available to every human being. We have read in the scriptures of various religions about people who had experienced spiritual consciousness. Buddha attained enlightenment under the bodhi tree. St Paul said, “I live; not now I, but Christ lives in me.” Baha’u’llah, the mystic saint of Persia, said, “O Son of dust, hearken unto the mystic voice calling from the realm of the Invisible ... up from thy prison, ascend unto the glorious meadows above and from thy mortal cage wing thy flight unto the paradise of the Placeless.”

These inner experiences are not limited to peoples of antiquity. The first step to spiritual consciousness is learning the art of meditation. The next step is to achieve personal transformation. Finally, inner peace and personal transformation lead to outer peace in the world. By attaining inner peace, we can make a positive contribution to human unity, universal love, and the improvement of all life on this planet.

WHY MEN DIFFER?

By any stretch of the imagination, humans are strange animals. Our unique anatomy and abilities, including as large minds and opposable thumbs, have allowed humans to drastically alter our reality and even propel ourselves off the planet. Some people believe that the fundamental differences between humans and other animal species are our ability to reason in sophisticated ways, utilise complex language, solve tough problems, and engage in introspection (this means describing your own thoughts and feelings). Modern humans are bipedal. In animals Most vertebrates are quadrupedal, i.e., they walk on four legs. Few animals such as snakes crawl. The aquatic organisms have fins to swim.

While all cells within the body of a multicellular organism contain the same genetic sequence information, each lineage has undergone specialisations to become a skin cell, hair cell, heart cell and so forth. These phenotypic differences are inherited from mother cells to daughter cells. They have nails on their hands, and can stand upright or erect. Apart from all these shared characteristics of primates, man is unique due to his highly developed brain that enables him to reason and solve problems. This constitutes his intelligence. Although we

differ from each other in a very tiny proportion of our DNA, we differ by a large number of DNA bases. Some noteworthy evolutionary changes in human beings have occurred relatively rapidly, despite the slow overall rate of change at the DNA level. As far as we know, humans have the unique power of forethought: the ability to imagine the future in many possible iterations and then to actually create the future we imagine. Forethought also allows humans generative and creative abilities unlike those of any other species.

The general consensus at this time, across the board of researchers, is that self-awareness is the most fundamental difference between us and the animals. Human beings are capable of self-analysis, mental time travel, imagination, abstract reasoning, cultural establishment, and morality. Humans have been widely acknowledged as the most intelligent species on the planet; we have big brains with ample cognitive abilities and processing power which outcompete all other species. In fact, humans have shown an enormous increase in brain size and intelligence over millions of years of evolution.

STEPS IN DEVELOPMENT OF CONSCIOUSNESS

The different states of consciousness consist of four mental states, i.e., *canalata* (random thinking), *ekagrata* (non-meditative focusing), *dharna* (focused meditation), and *dhyana* (meditation) as defined in yoga texts. In summary, the four steps are: **Awaken.** Become more aware of what is going on inside you, inside others and in the world around you. **Live mindfully.** Consciously pay attention to your thoughts and feelings. **Set intention.** Choose who you want to be and how you want to show up in the world. **Act consciously.**

Consciousness, the mind, and the body are separate entities. The mind and body are limited by the confines of their physical nature, while consciousness is all-pervading. It's said that consciousness is the light that emanates from within the body. Some people call this our soul or higher self. Meditation is a tool that we can use to better access our higher self — our soul self (*atman*), also known as our pure conscious state. It's important to understand that we're able to perceive reality beyond the physical. This idea alone expands our awareness past the ego toward the infinite nature of our consciousness. After we understand that *atman* is beyond mind and body, we can test this theory through *pratyahara* (i.e., cutting off our senses). For example, when we limit our senses by closing our eyes or blocking out hearing, we're essentially starving the mind of information. We notice that we're still sentient and aware even when the mind is empty, which shows us that consciousness and the mind are indeed separate. This state is called *samadhi*, and yogis practice their whole lives to stay in this space at all times.

ANIMALISTIC BEHAVIOUR

The animalistic violent behaviour erupts in man at certain situations and circumstances though he is in the noble human form. Sometimes he would jump like a tiger and some other times he would hiss like a snake. Like this we could see the behaviour and character of every species erupt and become a man's behaviour according to the environment. Generally, all the living beings restrict their activities within the potential extents of the five senses. Above these sensory levels of all the living beings' man has the bestowal of the sixth sense. This sixth sense is with man in such a manner to facilitate him to realize totally the

potentials of the Divine State and to ennoble his life. Because of this facility the human consciousness could realize step by step the Divine State known as the Nature and its potentials. It is also able to merge with Divinity when the circumstances suit it and attain consummation when the journey of birth comes to completion. When the animalistic characters erupt and function, those behaviours do not fit into the nature of the life of humankind. One has to indulge in hostility, enmity and row with the other. The wise persons indulged in research realized this fact and devised physical and psychic exercises suitable for preventing the eruption of the characters of the lower species in man, to overcome such characters arising unawares using the sixth sense with constant awareness, and to reform the life accordingly. Though it is possible to annihilate many of the hazards of life through these, until the attainment of the wholesome realization of Divinity, love and compassion capable of securing the right of living of all the species get growing only gradually. Further, the consciousness that makes one to live as a human being because of the empowerment of the sixth sense for enriching the morals and culture also gets growing only gradually. Some more generations have to pass for the humankind from the current stage it had attained, to acquire complete understanding of the Divine State, for harmony and cooperation in living, and to be in awareness for leading the life devoid of infliction of any kind of pain. Until then the humankind has to formulate certain cultural precepts and adopt it in its life for its own protection and wellbeing. Even after having born as a human being, the mental calibre and wisdom has not grown sufficiently for man. The human consciousness is fogged because of the illusory state it had gone into because of the environmental conditions and the animalistic characters imprinted at the genetic center. This has resulted in partition of the human population into groups on the basis of language, religion and mode of governance. This in turn has caused hostility, enmity and war. Only the present intelligentsia among the human folk has to devise ways and means for eradicating the miseries undergone by the human population as a consequence of this state of affairs. Everybody can realize the Divine State through the cause-and-effect principle as being inherent in their own selves and as the results of their own deeds. This principle remains as the divine torch for the humankind to show his consciousness the fact that the almighty, imperceptible Divinity is omnipresent and so is inherent in every animate and inanimate thing. Though the results are perceptible to the senses, the origin of all the functions the Divine State could be doubtlessly realized and known only through the sixth sense. With regard to the humankind that is capable of realizing anything through anyone of the five sensory perceptions, the sixth sense is a highly honoured principle. Vethathiri Maharishi used to compare it to the state of a word before its utterance and mention it as the formless one before the emanation of the physical forms. The state of no form is a concept assumed. For instance, suppose a friend of ours describes a new animal he had seen in the forest. What we have understood from him and what got imprinted in us is only a formless concept. It is imperceptible to all the five senses. However, it is there as a concept and so the sixth sense can be taken to be the Assumption. Only the Divine Power comes as any result or consequence according to the cause-and-effect principle. However, the origin of that power could not be perceived through the senses. We could perceive only the results. As a result of our analysis of the principle of cause and effect we could realize that we are always linked with the mighty divine power. We can feel happy upon the realisation that our consciousness functions with complete freedom, having been freed from the illusory

states of the mind caused by imaginations. The humankind had been searching for the whereabouts of the Divine State. It got the clarification about it through the principle of cause and effect. Through this the humankind could acquire success, happiness and contentment in the life of the individual and the life of the assorted groups of people such as the family, country and the world with a speck less conscientious understanding.

UNIT – IV: GENETIC CENTRE

GENETIC CENTRE

What we see now is not the original cow, but the image of the animal we had seen earlier, drawn from the records contained in the genetic center and expanded into the image of the cow with the help of the bio magnetic waves. The image can be recreated any number of times during our lifetime, for the imprint remains indelibly in the genetic center. Imprints contained in the genetic center are all permanent, and they ultimately become the personality of the individual, reflecting as thoughts again and again in his mind, producing sensations of pleasure or pain as applicable.

Every action generates imprints that ultimately find their way to the genetic center. They are called 'sin imprints'. Every thought, action and experience undergone by the individual produces characterised knots in the bio magnetic field that are transferred to the genetic center to become the permanent quality of the person. The bio magnetic vortex, called the genetic center, undergoes changes with every action and experience of the individual and they are reflected as thoughts and images later on, whenever the frequencies of the mind waves come to the same level as existed when the imprinting was done. The genetic center in man can be compared to a computer where the chip maintains records of millions of bytes of information in the form of compressed energy waves, displaying them on the screen when the need arises.

STRUCTURE

The energy particles that circulate freely within the body of a living organism are called the life energy particles. They are also referred to as Chitthakash, the Science of Divinity and Realization of Self Astral Body and the Pranava Sareeram. The life energy particles are manifestations of the Divine State, imperceptible to the senses. The magnetic waves given off by the life energy particles, is called biomagnetism.

Biomagnetism circulating within the body creates a vortex, on account of the surrounding pressure force of the Divine State, and the principles of Specific Gravity, which is called the Genetic Center. In the living beings the genetic centre is also referred to as the Soul. The genetic centre in a living being is located at the exact centre of the physical body, the point where two lines drawn along the vertical axis and horizontal axis would meet. It is the functional centre of the body, a physical, albeit imperceptible, manifestation of the Divine. It is the Divine Court of Justice, where the actions of the individual are evaluated, and results meted out in keeping with the quality of the actions. The genetic centre, which had its origins in the tiny unicellular organisms that appeared on this planet initially, was passed on through the generations, till they reached the level of the humans.

FUNCTION

The functions of the genetic centre are awe-inspiring. It is the vortex of the magnetic circulation and contains within it all the qualities of the Divine State, on account of the fact that the Divine State itself has transformed into magnetism. It possesses both the qualities of compression and repulsion. The two functions of the genetic centre are:

1. Creating imprints and storing them, with the help of the attractive force.
2. Expanding the imprints into thoughts, with the help of the repulsive force.

We see a cow around four feet tall and six feet in length. An image of the cow, about the size of a mosquito, is formed in our eye, when we look at it. This image is further compressed into a microdot and taken to the brain by the biomagnetism in the body, where it is converted into magnetic waves by the cells of the brain and merged into the biomagnetism field within the body. The biomagnetism circulation takes it to the genetic centre, where it remains and becomes the quality of the genetic centre. After some time, when the biomagnetism circulating within the body strikes the brain cells, the imprint contained in the genetic centre is expanded into the image of a cow in the mind. This normally happens when the frequencies of the mind waves are at the same frequencies as when the imprint was formed. Recollection of an earlier can be done wilfully, through our own efforts also.

COMPRESSING AS IMPRINT

Compression is the sensation of tissues being pressed or pushed together. Both of these stresses are beneficial if done in moderation. When a yogi is stretching a joint, he is stretching a ligament, a tendon, or both. When a yogi is compressing a joint, he is compressing bones. Stress Reduction. Yoga compression exercises, a form of meditation, reduce stress by elevating endorphins in your brain. These are neurotransmitters secreted by your brain to enhance the feelings of pleasure and well-being, according to Yoga Journal. All actions will create appropriate imprints in man. The Law of Nature reflects such imprints again and again in the mind and the body and involves the man in the same actions and bring out proper results as pain and pleasure sensation or peace and satisfaction. Such repetition of the same type of actions makes the imprints deeper and stronger and conditions the personality appropriately

EXPANDING AS THOUGHT

All actions of the Gnana-Karmendriyas take place with the help of the biomagnetism, which circulates with the genetic center as its mid-point. Besides this, thoughts are born from the imprints stored in the genetic center. Records of all the actions and experiences are contained in the genetic center, and they form the basis for the quality of the genetic center. Each day, fresh imprints are added to the existing ones, and the quality keeps changing, with every addition. This may be compared to the taste of a curry, which keeps changing with the addition of every ingredient. Every thought, word and deed induce changes in the genetic center of a person.

As the imprints contained in the genetic center reflect in the form of thoughts, words and deeds, every individual has the responsibility to perform noble deeds alone, to maintain the quality of his genetic center. The genetic center and the brain are linked to one another. The brain converts the experiences undergone by the individual into imprints that are stored as indelible records in the genetic center, from where they expand to reflect as thoughts in the mind, through the action of the brain cells. When the same thoughts arise again and again, they blossom into action. The actions and the resultant experiences of pleasure or pain

undergone by an individual, through his Gnana-Karmendriyas become the characteristics of his genetic center.

SIN AND GOOD DEEDS

Good Deeds are those that are done with an absolutely selfless motive. Good deeds that are performed selflessly are real boon to your progress. They will carry you here more rapidly than anything else. Unfortunately, behind all good deeds, some people almost always think that it will take them to a higher level and their sins will be forgiven. But this kind of thought brings you lower rather than taking you to a higher level. Only those good deeds that are done naturally and out of kindness, without any thought of going in heaven, can be considered selfless good deed. Good deeds done entirely for the sake of forgiveness in order to wipe out your karma, without genuine repentance, then are not selfless, good deeds. Like if you do something for the sake of a loved one, you don't care to broadcast it or think twice about it. You do it out of love for that beloved soul. Whatever you do for your beloved, take a joy in it, then forget it as though it was a natural deed, an expression of true affection- unless, of course, your love is not true. In one second, your good deed can turn into selfish one- so before you have time to think more, just forget about it. So, remember, on tiny bit of selfish thought will wipe off your good deed.

The Sanskrit word for sin is *papam*, which means harmful negativity. It does not at all mean breaking the supposed law of a deity that threatens punishment for sin. A religion that has that approach should be ignored and avoided. Even in the New Testament the word translated "sin" is *amartano*, which simply means to miss the mark, or to fall short of the ideal. Sin is both a state and an action, mental or physical. The state is one of darkness or cloudiness of the mind in relation to right and wrong and also duty. As I began to write this I was listening to an album of Fanny Crosby's hymns. (She was a great mystic who practiced meditation and I believe really spoke with God, angels and saints.) One of the hymns is called "To the Work," meaning that we must be up and doing spiritually, the "work" being our self-purification and devotion to God and spiritual life. At the university I had some classes with a truly brilliant professor, but she had no spiritual insight whatsoever, and one time in class she went on and on about "the Protestant work ethic" and how Fanny Crosby's hymn "To the Work" was all about how we must be industrious and make money. Considering that the opening words are:

To the work! To the work! We are servants of God;

Let us follow the path that our Master has trod;

it can be seen that it is speaking of spiritual activity, not wage-earning. So why did she say this? Because her mind was so spiritually darkened, she could not understand it. Plus, she was so negative she wanted an excuse to complain about religion and be "righteously indignant" in her own eyes. As I say, sin clouds the mind and the intellect, and this is an example. I have heard even sillier claims made with the intent to defame religion. The state of sin, which includes ignorance and incomprehension of high spiritual ideas, naturally results in the person doing foolish and negative things. And such actions are "sins." Just as a person

covered with mud is not mud, so those who have fallen into evil ways are not really evil but deluded, and delusion is not permanent in anyone.

SANJITHA, PRARAPTHA, AKAMIYA KARMA

The genetic center, which first appeared in the tiny, single-celled organisms, was passed on through the various life forms that appeared subsequently, over the centuries, up to the level of the human beings. The imprints of the habits and experiences undergone by all the animals, through the generations, are contained in the genetic center of man. Besides these, the imprints acquired by the human beings from the time of the first man, are also contained in his genetic center. These imprints inherited by him, up to the level of his parents, constitute the Sanchitha Karma of a person. All actions performed by an individual from the age of three, their results, and the sensations of pleasure or pain they yield, produce imprints that are stored in genetic center. They are the imprints of Prarabdha Karma. The imprints of Sanchitha Karma and Prarabdha Karma turn into the personality of an individual, and influence his thoughts, words and actions. The actions born out of the influence of the Sanchitha Karma and Prarabdha Karma constitute the Akamya Karma. Akamya Karma are the deeds born of desires that Well up in the mind of a person - 'Aa' means 'Athma' and 'Kamya' means desires'.

STAGES OF LIFE FORCE

The energy particles, which circulate within a holistic combination of the Panchabhootas, is the life force in an organism. The life force is variously referred to as the life energy, the life energy particles, Chitthakash, the Astral body etc.

Biomagnetism is the magnetic waves given off by the life energy particles in the body. The Static State, situated at the centre of the life energy particles, functions as the Consciousness. Changes take place in a living being in accordance with the nature of the energy waves they come into contact with. The life energy enables the organism to perceive the changes within and outside the body. The life energy particles have originated from the Divine State, and every living thing is therefore a functional unit of the Divine. Solids are formed when the energy particles come together into dense masses; when they circulate freely and independently of each other, they are called the life energy particles. Both the solids and the free energy particles are mere events in Nature, transient and ephemeral; their origin is the same - the Eternal Space. In other words, the physical body as well as the life force in a living being are only manifestations of the Divine State.

LIFE BEFORE BIRTH AND LIFE AFTER BIRTH

The sexual vital fluid, excreted by the male and the female during coitus, contains the reproductive cells, life energy particles and biomagnetism, which give rise to a new life. Besides these, the imprints acquired by the organism through heredity, as well as their own actions, in the form of characterised knots, are also passed on to the progeny. The seeds of a tree contain the blueprint for an entire tree within them, which manifests when the seed sprouts and grows up. In the same way the imprints and the characteristics contained in the reproductive cells of the parents, appear in the form of a physical body and qualities of a child born to them. A new life emerges when the reproductive cells, the sperm cells and the

ova, of the parents, come together and fertilisation takes place. The previous lifetime of an individual is therefore in the form of his own parents. Fertilisation and growth commence with the tiny cells contributed by the parents, which ultimately develop into a full-grown offspring. The reproductive cells of the parents contain all the imprints of their thoughts, words and deeds, besides many of the imprints pass on to them by their own parents, through heredity. This is the capital, the primary investment with which an individual commences his life. It is his Sanchita karma. The parents of every individual are in fact his "earlier or previous" birth. Piano children, on the other hand, form the subsequent times of a person. Every Offspring is a product of heredity, and it dares or mat and to reason that, a person was some of other creature during his earlier birth or may be born as something else in the subsequent lives.

AFTER DEATH:

When an obstruction to the normal circulation of biomagnetism takes place any part of the body, the polarity of the calls, in that part is affected adversely, all magnetism, which begins to stagnate at that point is converted to election, leading to a short circuit. This is felt as a pain, and when the pain lingers a spread to the other parts, it becomes a disease. When the short circuit spreads by the genetic Center and affects its functioning, the life energy particles contained in the genetic Center break free and depart the body, this is death. Similarly, as the physical age of an individual increases, the production of the life energy particles and the level of biomagnetism in the body come down and weakness sets in. When the level of biomagnetism goes down drastically, the life energy particles, unable to circulate normally, begin to accumulate in the genetic center, leading to the production of electricity and a short circuit. The container for the sexual vital twit bursts, the life energy particles leave the body, and death occurs. Death destroys the physical body alone; the life energy particles, escape from the body and mingle with the energy particles in the Universe, becoming one with it. The soul of the individual never perishes; only the physical body does follow death. The genetic center, with its complement of imprints, continues to exist indefinitely. The soul, which has left the body, contains the imprints of Sanchitha Karma and Prarabdha Karma, but in the absence of a brain or the Gnana- Karmendriyas, is devoid of a mind, to give expression to the imprints. It therefore seeks refuge in the soul of a living person, to give vent to them, and go through sensations of pleasure or pain.

The presence of innumerable sin imprints prevents the soul from merging with the universal magnetism. It floats around in the atmosphere, until it comes across another living being, of the same species, suitable for its purposes, and attaches itself to it. The two genetic centers now begin to junction together, in unison, prodding the body of the victim to action. After it has become pure by ridding itself of all the imprints, the soul detaches itself and blends with the Static State. During the lifetime of an individual, a replica of the genetic center is passed on to the progeny, which becomes the basis for the soul of the offspring. The genetic center in every individual has to attain total purification, before it can become one with the Static State. The magnetic waves, given off by the genetic center in a living person, which contain all the qualities of the person, travel all over the Universe, whereby they come into contact with the genetic center of the other humans. The qualities of every individual can

thus affect all the others in the world. The soul of a dead person finds refuge in the genetic center of his own children or those of the others, with similar qualities. The genetic center of the offspring is very similar to that of the parents, the only difference being the experiences undergone within twenty or thirty years; this is negligible, when compared to the thousands of generations, and millions of years it has taken the genetic center, to pass through heredity.

It is important to keep the genetic center in a pristine condition, by cultivating noble thoughts and deeds. For example, let us assume an individual, who had received imprints from his parents, has passed them on to his children. Let us say that 80% of the imprints he received from his parents were good ones, and only 20% were evil ones or sin imprints. Having been born into an upright and noble family, he performs only good deeds, as a result of which the good imprints have increased to 85%, and the sin imprints come down to 15%. Now if a child were to be born to him, it will also have the same ratio of imprints in its genetic center. As the individual continues to lead a noble and virtuous life, the quantum of good imprints continues to increase, whereby the percentage may go up to 86% and 14%, in its genetic center. As he continues leading a virtuous life, the ratio may gradually change to 90% and 10%, by the time old age and death overtake him. His soul after death, may attach itself to another noble person, for ridding itself of the remaining sin imprints; or it may attach itself to one of his children, for the same purpose.

PURIFICATION OF GENETIC CENTRE

To break free of the bonds of pleasure and pain, and the never-ending cycle of birth and death, man has to attain perfection by merging his Self with the Divine. This can be attained only by purifying the genetic center through a virtuous life and sublimation. "There is no way to know the Divine State or the Consciousness, without knowing about magnetism and the genetic center, either in science or philosophy; both magnetism and the genetic center are made of the same matter - the Divine State, God, The Eternal Space, which also transforms into the Tanmatras and the mind" - Vethathiri Maharishi.

CONTAMINATION OF GENETIC CENTRE

Plants, with a single sense, the sense of touch, came into being on this planet first. This was followed by the appearance of the other life forms with sensory perceptions ranging from two to five, through a process of transformation and evolution. Man, with his sixth sense, appeared finally from the animals, as a result of which he carries within him the imprints of all the deeds and experiences undergone by the animals, acquired and passed on through the generations. On account of this, even at the time of his birth, man is burdened with a genetic centre that is polluted with the imprints carried over from the animals. "All deeds are transformed into magnetic waves and stored in the genetic centre, as permanent records. The genetic centre remains pure when the deed is noble, but becomes impure when it is ignoble, as a result of which the life cycle is extended through births and rebirths. Every deed has to be evaluated for quality and force, to maintain the purity of the genetic centre." - Maharishi.

PURIFICATION OF SINFUL IMPRINTS

The genetic centre also contains the imprints of all the deeds, experiences and qualities acquired by the predecessors of the living thing during their lifetimes and passed on through heredity, as per the laws of Nature. They are the sin imprints, Science of Divinity and Realization of Self and the genetic centre along with its complement of imprints, is called a Soul. The qualities of the genetic centre never change, and all the actions of the individual, which lead to pleasure, pain, peace or ecstasy, are dictated by the imprints contained in the genetic centre. death, and the origin of the sin imprints, before an individual can and seek liberation of the soul. This can be achieved only by marginate Divine State, for which a knowledge about the genetic centre a keep it pure is essential.

METHODS OF CLEARING SINFUL IMPRINTS

The sin imprints, acquired from our forebears through heredity, as well as our own actions, have to be eradicated before the soul attains purity and perfection. The physical body, essential for the journey and the purification of the soul, has to be maintained well, free of all ailments. Financial security and the goodwill of the others are essential for the existence and the fulfilment of one g destiny. It is natura to be attracted to men and materials, but all desires should be moderate and nor come in the way of one's usefulness to the society. Peace and contentment, through realisation of the Self and Nature is primary: next comes the upkeep of the body, through the goodwill and generosity of the others. Every drop of rainwater that falls down to the earth, whether on the mountains, plains or forests, tries to find its way to the sea, from whence it originated in the same way, the human soul, wherever it may be, tries to attain the Diving State. from which it has originated. The Consciousness, hindered in its progress towards perfection, turns to wrong paths and sinful deeds. It remains trapped in the illusory world of sensory pleasures, its purpose forgotten. This is Maya.

All pleasures cannot be termed as Maya, for pleasures are an essential part of existence; but when the pursuit of pleasures exceeds reasonable limits, leading to problems for the self and the others, it becomes sinful. Moderation is important, and pleasures should generate only good results, immediately or later. The energy particle came into existence first, followed by air, fire, water and the solids, which then associated to form the vast Universe and the innumerable living creatures, with sensory perceptions from one to five, we see today. The entire process took millions of years and thousands of generations to complete. Man came into existence much later, the result of an accidental sexual union between two species of animals. He survived and multiplied, spreading all over a world that in the meanwhile went through many changes, to become the five continents that are in existence. Endowed with a sixth sense, man occupies a position much above that of the other creatures. The sixth sense is the power to infer, the ability to understand the things that lie above normal sensory perceptions. His knowledge and powers are astounding, perfected through the millions of generations he has been in existence on this planet. He keeps improving with every passing generation, moving closer to eradication of the sin imprints and realisation of the Divine.

EXPIATION, SUPER IMPOSITION AND DISSOLUTION

The three ways to cleanse the genetic centre of the accumulated sin imprints are;

1. Expiation
2. Dissipation (Superimposition)
3. Neutralisation

1. EXPIATION:

Performing good deeds, repenting one's mistakes, consoling those affected by the mistakes, recompensing their losses, apologising etc. are acts of expiation for example, helping a person whom we have knocked down back to his feet, and apologising to him are acts of penitence. Similarly avoiding food for some time when the stomach has been upset due to overeating on an earlier occasion is also an act of expiation. Acts of expiation help remove the sin imprints.

2. DISSIPATION (SUPERIMPOSITION):

Let us assume a person is sick on account of some earlier misdeeds; he can be cured by taking medicines, dietary regulation or proper therapeutic exercises. During dissipation, good deeds are performed to counter the effects of the evil ones; when the good deeds are performed continuously, the imprints of the evil deeds, performed earlier, begin to disintegrate. Here the imprints of the noble deeds are superimposed over the earlier ones: this is dissipation. Imprints of all evil thoughts can be thus removed by superimposing the imprints of good ones over them continuously. The six temperaments of greed, anger, miserliness, immoral sexual passion, vanity and vengeance give rise to sin imprints, which can be removed through the practice of meditation and manoeuvre of the temperaments.

3. NEUTRALISATION:

The mind is merged with the life energy, and the life energy in turn is merged with the Divine State, through the practice of meditation. Divine awareness is achieved. This takes the practitioner along the path of perfection. All deeds performed by a person, who has attained Divine Consciousness are tempered by duty consciousness, and no room for creation of fresh imprints exists. The earlier imprints also begin to disappear gradually. In the words of Thiruvalluvar, "Ignorance and faults afflict not those, who have gained the benevolence of the Divine." – Kural-5

Practice of meditation along with the qualities of virtue, purify the mind and remove the sin imprints. They are important for attaining peace in life. Divine worship and a virtuous way of life are essential for purifying the genetic center and bringing to a close the cycle of birth and death.

GREATNESS OF OBSERVING SILENCE

Silence means Mauna in Sanskrit. Mauna refers to the practice of not-speaking, and one who does this regularly is called a Muni, a sign of great respect in Hindu and yogic thought. While not-speaking is an important part of Mauna, it is much more than that. Outer verbal silence means little without inner silence of mind. Most of us are speaking through our

thoughts all the time, either to ourselves or to imagined other people we are involved with or would like to influence, plotting and rehearsing what we would like to say to them. Sadly, our thoughts are more erratic, disturbed, over emotional or out of control than what we say because they move more quickly and don't have to face direct resistance from the outside that speaking to others entails. Yet we cannot have silence of mind without a corresponding control of the vocal organ. Silence of speech, speaking little, speaking kindly, speaking the truth, or chanting mantras are among the best spiritual practices, and form the foundation for a genuine sadhana. In many ways, Mauna is more important than asana. Without Mauna or silence of outer and inner speech, any asana will be cluttered with thoughts and unnecessary verbiage, like blockages in the muscles. Mauna creates stability for the mind, a seat or asana for the meditation. Mauna is necessary for pranayama because speech and thought are the main areas where we waste or lose prana. Speech arises from exhalation. If we cannot control speech, we cannot control exhalation or breathing overall. Mauna is the basis of pratyahara, which is control of the senses and motor organs from the standpoint of a higher awareness. Without mastery of speech, there can be no control of the senses or motor organs on any level.

In short, Mauna is one of the key Yoga practices and sometimes made into a limb of Yoga itself. Even the Yamas and Niyamas like ahimsa, satya and brahmacharya require Mauna to develop. Similarly, tapas, svadhyaya and Ishvara pranidhana imply control of speech. Vairagya or detachment is rooted in control of speech and gives control of speech. Viveka or inner discernment is only possible when we observe rather than react at a vocal level. Only through Mauna can we enter into the guha or secret cavern of the heart in which the entire universe dwells in its true luminous. In the end all words mean nothing or everything, true meaning and sound being our oneness with all. The way to Self-realization is through silence that is the greatest teacher and greatest power of knowing as Bhagavan Ramana Maharshi taught.

MAINTAINING AND EXPERIENCING SILENCE

Some pretty important people have said some pretty impactful things about silence:

“The quieter you become, the more you are able to hear” – Rumi

“Those who know do not speak. Those who speak do not know” – Lao Tzu

“The monotony and solitude of a quiet life stimulates the creative mind” – Albert Einstein

People around the world have been practicing intentional sustained silence for centuries. As someone who has been in the yoga world for 15 years, extended periods of silence aren't a new concept to me. But when it is presented to people not entrenched in the yoga world, I often hear things like:

“Oh, I could NEVER do that!”

“Hey Jess! A silent retreat. You should try that! Ha!”

“Why would ANYONE want to do that!?”

Why practice sustained silence? Mauna is a Sanskrit word meaning silence. Chances are you have experienced the power of silence in small slices, like to honour someone's passing or in prayer. Maybe you've stood somewhere with an awe-inspiring view that left you speechless. Maybe you've watched dancers move in a way that left a long pause before the applause. So often we say things like, "there are no words to describe..." Mauna is a way to gain an understanding of that which is beyond words.

Swami Sivananda said: "Energy is wasted in idle talking and gossiping... By practicing mauna, the energy of speech is slowly transmuted into spiritual energy. Mauna develops will-force, curbs the impulse of speech, and gives peace of mind." Peace of mind: According to the Bhagavad Gita, mauna is about training our minds, not just our mouths, to be silent. Pema Chodron said, "You are the sky. Everything else – it's just the weather." There is the sky, and then there is thunder or snow or sun. There is you, and then there is the noise of your thoughts. Mauna gives us the space to experience this. It is deeper than just refraining from talking. It is the "silent state of the Self, beyond all constructs of 'noise'". Mauna also helps us realize that there is so much aliveness outside of our inner worlds. These were the rules of an activity on a leadership retreat I worked on: Find one thing to silently be with for one hour. Bring nothing with you except a clock to tell you when time is up. When participants shared their experiences after, one woman emotionally told of being with an insect while it slowly died. This was a powerful and beautiful experience she would have never had if not for practicing mauna. She would have missed it had she been consumed by internal and external noise.

MIND CONTROL PRACTICE

We know stress is a very fertile ground for many physical and mental ailments," he says, also pointing out that evidence shows yoga in general can help improve mood and emotional regulation, both of which are associated with reductions in the stress hormone cortisol.

Eight Yoga Poses to Help Relax Your Mind at Home

Wide-Legged Forward Bend Pose (Prasarita Padottanasana).

Lizard Pose (Utthan Pristhasana).

Sphinx Pose (Salamba Bhujangasana).

Supported Bridge Pose (Setu Bandhasana Sarvangasana).

Forward Fold Pose (Uttanasana).

Reclining Bound Angle Pose (Supta Baddha Konasana).

MEDITATION AND INTROSPECTION

This simply comes from the experience of living life. When we take the time to meditate and take advantage of the introspection and self-reflection that comes with it we are really tapping into that new knowledge and wisdom and learning how we can use it to better ourselves introspection in yoga is by taking time, focused time, to connect with our own

bodies and our own minds, with our sense of self. Without withdrawing from the world, without falling into self-criticism and self-judgement.

Meditation is a part of yoga, which deals with mental relaxation and concentration. Here, attention is focused on thoughts and breath. Being aware of breathing automatically controls the thought process and thus relaxes mind completely. The importance of introspection is the Self-introspection or looking inward is an important part of self-awareness and can help people gain insight into their own feelings and behaviour. By implementing self-introspection practices, we will gain a greater sense of self, better relationships, and stronger decision-making skills. The purpose of introspection is that an individual analyses themselves and their behaviour. One of the goals of introspection is to gain emotional awareness. It's a process by which you consider your personality and how it impacts others. Through this process, a person can better understand their mental processes.

Yoga combines the physical postures or asanas with conscious breathing. Meditation, on the other hand, helps to keep the mind sharp and clear, relieves one of stress and improves one's overall sense of well-being. The purpose of meditation is the practice of focused concentration, bringing yourself back to the moment over and over again, actually addresses stress, whether positive or negative." Meditation can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure.

SILENCE FOR MERGING WITH ALMIGHTY

The first self-transformation of the Divine Space is the formative dust. The second self-transformation is attribution of spin for those dust particles and conversion of them into magnetism. The function commissioned at the wave state developed into a chain functioning and formed the source for all the functions we could perceive. We could understand that the Divine State is imperceptible. This is mentioned in science as 'The Gravity. This also has various names such as Brahman', 'God', 'Almighty Primordial Thing', 'The Mighty Force', and 'The Absolute Space' Though the Divine State got fragmented and is present as the formative dust we cannot perceive them as separate particles. It is not even possible to think of it using our mind. It is so infinitesimal. Though the air is formed of minute particles, we could sense only the conglomerated form of them as air around us. Though we are not able to see its presence, it is sensed by the collective strength shown by it through its effect on things when it blows. Like this, since the formative dust particle is a fragmented portion of Divinity itself, it possesses all the characters of the Divine State. Since it is the origin of all the imperceptible principles its presence remains impossible to perceive for man possessing only limited sensory capabilities. The Divine State is a pure and highly penetrative principle. It is a divine mighty fluid. Fluid means that it is a divine concept that can penetrative pass without any obstruction through anything. It is imperceptible to the senses. However, we can realize its presence and grandeur only from its functions and their results. The Divine State has the self-compressive force as one of its innate attributes. Because of this, it had by itself fragmented into the formative dust. Then it applies its own compressive force as the surrounding pressure to each and every one of those dust particles, and makes them spin at an immeasurable rate. The tiny groups of these dust particles constitute the energy particle or the Vethons. Only the surrounding pressure of the Divine State is the cause for the grouping of

the dust particles into the energy particles. The result of the surrounding pressure over these energy particles is the elements. Scientists have named these elements according to the number of energy particles contained in each of them and have analysed their characteristics also. Scientists have so far identified and named 92 elements on the basis of the number of constituent energy particles. Depending upon the denseness of these elements we see their conglomerate forms as the five physical elements (Pancha bhoothas), and the innumerable stars and planets in the sky.

UNIT – V: PERFECTION IN CONSCIOUSNESS

WHO AM I?

The journey into the unknown, in search of the Self and the Absolute, commences with the simple query, "Who am I?" It is a very simple question, made up of only three syllables, but has troubled even the greatest of minds, from the olden days. It arises naturally in the minds of the thinkers, but once arisen, it gives no peace to the seeker, till an answer is obtained. Water, which has risen from the oceans to form the rainclouds, rushes back to the sea, once it falls back to the Earth as rain. It finds no peace until it has found its way to the sea, once again. In the same way, the Divine Consciousness, present in all the manifested forms in the Universe, seeks to be reunited with it once again. This question, very often becomes the turning point in the lives of many individuals, for it is only a person with awareness Who can raise it, and seek answers to it. Science of Divinity and Realization of Self Following the steps of the realised persons and the practice of meditation are the only ways to realise the Consciousness.

The guidance of the realised persons, in the form of a Guru, goes a long way in taking a person along the path to realisation. Diligent efforts and dedication, along with the practice of virtue, is essential for attaining perfection. Many have attempted to find an answer to the question, "Who am I?" and continue to do so even today; but very few have succeeded, and even they have remained beyond the reach of the common man, on account of their inability to explain the Truth in a scientific manner. Doubts regarding the essential need to find an answer to the question may arise in the minds of the people. The answer is simple: the mystery behind the transformations undergone by the Divine State, and the origin of all the manifested things would become evident, once the answer to the question "Who am I?" is obtained. No questions regarding the Divine State and the origin of the Universe would then remain unanswered. Let us now take a look at the question and answers it can provide in a scientific manner.

SELF REALIZATION

In Western psychology, philosophy, and spirituality, as well as in Indian religions, the term "self-realization" is utilised. It is the "completion by oneself of the possibilities of one's character or personality" in the Western sense. There are mainly 5 points of self-realisation. They are;

1. Sensation
2. Efforts
3. Enjoyment
4. Experience
5. Research

The human mind, which goes through the above five stages, as a part of its functions, alone can give rise to the question, "Who am I?" and seek answers to it, depending on the

level of its development and growth. When the Consciousness, which goes through feelings of pleasure and pain on coming into contact with the various objects through the sense organs, begins to transcend such ordinary considerations, the question "Who am I?" arises in the mind. This simple question contains within it queries of a deeper nature regarding the 'user and the 'used', It Who am I? becomes a turning point in the life of the seeker, who finds no respite until he finds the answers to his questions. Is the "I" the visible manifestation, or is it an imperceptible phenomenon? Is it the visible body or the invisible mind? Where and how did the "I" manifest? Why am I? What is my destination? All these questions are concealed, but implicit, within the simple question "Who am I?" Once it arises, the question drives man into a relentless search for his Self and lasting peace. It is the work of the sixth sense that has blossomed in man. Pressure, sound, light, taste and smell are the transformations of magnetism, perceived by the five sense organs in a living being. But the Consciousness, which keeps the organisms' functioning lies beyond the ambit of the five senses, and can be perceived only with the help of the sixth sense.

EVERYTHING IS DIVINE

Every action produces a result of its own, under the workings of the Divine Justice, unremitting in its application. This is Cause and effect, also called the Law of Nature, the justice meted out by the Divine State as a just reward for every action. The principle of Cause and Effect governs everything in the Universe, from the energy particle to the mind in man. "When expectations are at variance with the deed, will Nature agree? The outcome will be immediate and according to its laws, which the ignorant fail to understand" – Vethathiri Maharishi. When the energy waves, emanating from the events that take place around a living being, come into contact with its sensory organs, they produce certain reactions that generate feelings of pleasure or pain in the organism. The feelings vary according to the time, place and object of contact. The events that can be perceived through the sensory organs are called effects.

MAN IS DIVINE

We have already talked about the life energies, the means to rejuvenate them, the mind, and the ways to improve concentration, in the earlier chapters. Let us now take a look at spiritual and mental health, the ways to improve them and its benefits. Man, born with a sixth sense, is on the path of sublimation and perfection, a journey that should culminate with the realisation of the Self and God. Self-realisation and God realisation is the purpose behind human birth. Meditation makes the journey, the quest of the human soul easy; it is also essential for ridding the soul of the sin imprints.

Apollonius, through the stories of Philostratus, has been described as a divine man who had connections with the gods and practiced magic that was only good and proper. That is what makes him worthy of the title divine man. Divinity or the divine are things that are either related to, devoted to, or proceeding from a deity. What is or is not divine may be loosely defined, as it is used by different belief systems. The root of the word divine is literally "godly," but the use varies significantly depending on which deity is being discussed.

CONSCIOUSNESS IS DIVINE

The mind is the peripheral consciousness. Absolute Space is situated at the center of every spinning energy particle. As all things in the Universe are the result of an association of the energy particles, the Divine Consciousness is omnipresent, on account of its presence at the center of each particle. When the fact that the Consciousness functions as the sensory perceptions, as well as the experiences born of the perceptions, is understood, the presence of the Divine Consciousness within the mind becomes clear. The Divine State functions as the Order of Function in everything. The energy particle, the vast Universe and the living things have all emerged from the Absolute, and continue to exist within it.

The Divine State, with its almighty Consciousness guides, protects and provides for all the things in the Universe. It is easy for an individual to realise the imperceptible phenomena of the Eternal Space, the energy particles and magnetism, by bringing down the Who am I? frequencies of his mind waves through a process of inner travel, where it becomes one with the Absolute. That is God, the Totality, of which man is a fraction; God, the Static State, having transformed into the dynamic state, is the mind in man. "The one has transformed into the many" - this is the principle of Advaita, which means the Divine State itself has transformed into the innumerable forms in the Universe. This is reiterated in the Vedas as "Pragnanam Brahma" and "Tat Tvam Asi". The question that naturally arises at this point is why only one of the four characteristics of the Divine State, viz. Consciousness, is taken and mentioned as "Consciousness is God".

All things in the Universe can be classified into two, namely the inanimate things and the living beings, including man. The Divine State has undergone transformation into both non-living and living things, where the living things, capable of sensory perceptions are looked on as incarnations of the Consciousness. The non-living things, on the other hand, being incapable of sensory perceptions, fail to qualify for this. The statement "Pragnanam Brahma" remains beyond the grasp of the common man, unfamiliar with the Vedas. But this difficulty has been overcome with the advent of Vedathiriam, with its explanations regarding the Divine State, and the transformations undergone by it. Consciousness, one of the characteristics of the Divine State, has been primarily responsible for the transformations, which has culminated in man, with his sixth sense. But for the presence of the Consciousness, none of this would have happened. The Divine State is referred to as the Sovereign Without a reign'. The omnipresent Consciousness of the Divine State functions as the Order of function in all the things, controlling and regulating them incessantly.

GOD REALIZATION AND BLOSSOM OF LOVE –

When the Consciousness begins to transcend the levels of sensory perceptions and becomes one with the Divine State, it realises the fact that it has its origins in the Absolute. It also realises that all matter, including the energy particles, the objects formed through an association of the energy particles, and the living things, including man, are mere manifestations of the Absolute. The same Absolute has also manifested as the phenomena of pressure, sound, light, taste and smell, as well as the experiences in the living beings. The Absolute is present in the form of the innumerable living creatures, each different in shape and quality, as well as the force within the creatures. Nature, which has manifested in a

variety of forms, including man, each with its own functions in the vast order of the cosmos, is the ultimate answer to the question, "Who am I?" This can be realised only when the sixth sense in man goes hand in hand with the Divine Consciousness, where the concept of Sat - Chit - Anantham, or Pati. Pasu - Pasam, becomes clear and paves the way for realisation. He, who has found an answer to the question "Who am I?" no longer looks on himself as an entity separate from the others, and having lost all considerations of 'I' and 'mine' begins to live for the welfare of the others, putting to good use his physical and mental capabilities, as well as the knowledge derived from his quest. This is the state of detachment advocated by the seers of old. He, who no longer looks on himself as an Athma separate from the others, but as a part of the whole, rightly deserves to be addressed as a Mahatma.

DIVINE MEDITATION

Man, who occupies a position well above the other living creatures in the evolutionary scale, is capable of realising the Truth behind the transformations undergone by the Divine State. He comes to understand that the Divine State is the Self within him. The realisation that all the things in the Universe, the living and non-living, are manifestations of the Divine State and that, despite individual shapes are linked through the universal magnetism, dawns within him. This is the purpose of human birth, realising the presence of the Divine in everything. Once this is achieved, peace rules the mind.

CAUSE AND EFFECT SYSTEM

Cause and Effect are a part of Nature, where every deed is followed by a suitable result. It is Divine Justice, the reward meted out to the individuals for their actions. The results are always in keeping with the quality of the deed and the intent behind it. It is unerring in its application and relevant to all living things in the Universe. Every result, if analysed properly, will reveal a cause behind it - a beginning and a development, which led to the ultimate result, as evident from the incidents in our lives. It is natural and unstoppable, also called as Destiny. For example, clapping the hands together is a human deed, but the sound of the clap is a natural result, which cannot be prevented. This is the case with every deed: they invariably produce a result of their own. This being the case, it is the responsibility of every individual to see that none of his action's harms any of the others, physically or mentally, at any time.

It is his bounden duty. Cause and Effect is unfailing in its application and regularity. The Divine State is static, and the energy particle, which arose from it, dynamic in nature. It is in the form of an energy wave. All things in the Universe are the result of an association of the energy particles. They are mere events in Nature, where the particles associate temporarily, to manifest as the object; when they begin to dissociate, the object ceases to exist. Absolute Space and magnetism are a part of all energy waves, producing results in accordance with the time, place and the object of contact, as they come together, clash or separate. The Divine State is the Mighty Divine Fluid, omnipresent and undergoing transformation into the five Tanmatras of pressure, sound, light, taste and smell, in the objects, besides manifesting as the result of every human deed, in the form of pleasure or pain. Actions born of neglect, ignorance, emotions or which exceed the limits of measure and method produce ill effects and have to be avoided.

LAW OF NATURE

A well-accepted example of natural law in our society is that it is wrong for one person to kill another person. Law of nature, in the philosophy of science, is a stated regularity in the relations or order of phenomena in the world that holds, under a stipulated set of conditions, either universally or in a stated proportion of instances. It is a system of law based on a close observation of human nature, and based on values intrinsic to human nature that can be deduced and applied independently of positive law (the express enacted laws of a state or society). According to natural law theory, all people have inherent rights, conferred not by act of legislation but by "God, nature, or reason." Natural law theory can also refer to "theories of ethics, theories of politics, theories of civil law, and theories of religious morality." Law of Pure Potentiality: Your essential nature is pure consciousness, the infinite source of everything that exists in the physical world. Since you are an inextricable part of the field of consciousness, you are also infinitely creative, unbounded, and eternal.

Laws of nature are of two basic forms: (1) a law is universal if it states that some conditions, so far as are known, invariably are found together with certain other conditions; and (2) a law is probabilistic if it affirms that, on the average, a stated fraction of cases displaying a given condition will display a certain other condition as well. In either case, a law may be valid even though it obtains only under special circumstances or as a convenient approximation. Moreover, a law of nature has no logical necessity; rather, it rests directly or indirectly upon the evidence of experience. Laws of universal form must be distinguished from generalizations, such as "All chairs in this office are gray," which appear to be accidental. Generalizations, for example, cannot support counterfactual conditional statements such as "If this chair had been in my office, it would be gray" nor subjunctive conditionals such as "If this chair were put in my office, it would be gray." On the other hand, the statement "All planetary objects move in nearly elliptical paths about their stars" does provide this support. All scientific laws appear to give similar results. The class of universal statements that can be candidates for the status of laws, however, is determined at any time in history by the theories of science then current.

Several positive attributes are commonly required of a law of nature. Statements about things or events limited to one location or one date cannot be lawlike. Also, most scientists hold that the predicate must apply to evidence not used in deriving the law: though the law is founded upon experience, it must predict or help one to understand matters not included among those experiences. Finally, it is normally expected that a law will be explainable by more embracing laws or by some theory. Thus, a regularity for which there are general theoretical grounds will be more readily called a law of nature than an empirical regularity that cannot be subsumed under more general laws or theories.

DESTINY AND WISDOM

Water is destiny, while water vapour is the product of wisdom. Human intellect is utilised to heat the water over a fire and convert it to steam. Water is the cause and steam the result of an action, the effect. Water produces steam, which when cooled returns to its

original state. The force of destiny and the acuity of wisdom work together all the time. For example, a tree falls on a person walking underneath it; it was circumstances which put him under the falling tree at the particular moment. The tree, which was uprooted for some reason, fell on account of the force of the Earth's gravity. It was destiny; knowing the reasons behind it is wisdom. The Divine State is behind everything, every movement and every result in the Universe. Destiny, circumstances and wisdom function together. In the words of Maharishi "If iron is destiny, the weapons made of iron are the products of wisdom; if sugarcane is destiny, sugar and jaggery are the results of wisdom. Rains are destiny and the irrigation canals and dams produced through human efforts wisdom; destiny (Divine State) is the root and wisdom the outcome of its action."

Destiny

Destiny is a word with very deep implications. Destiny is also known as Karma. Karma is closely linked to all facets of human life- physical, mental and social, and is inseparable from human existence. The Primordial State is made up of the four characteristics of Plenum, Force, Consciousness and Time. These four characteristics, along with its other qualities and their effects are inherent in the Primordial State. It functions as the incomparable Force in all the things, from the tiny energy particle, to the innumerable objects that make up the vast Universe, manifesting as the motion and result in everything. It lies beyond the level of sensory perceptions, but its existence cannot be denied. The self-compressive force of the Divine State operates in all the things in the Universe. The Primordial State has transformed into the Formative Dust and the energy particle, which have associated to assume the shape and qualities of all the things in the Universe. Variations in the speed of rotation of the particles induce changes in the objects around us. The particle rotates on account of the self-compressive force of the Divine State. All the things in the Universe are under the control of the Divine State. This Divine State that controls everything and regulates them is known as the Destiny or the Law of Nature.

Wisdom

Wisdom is the acuity of the sixth sense to perceive the self-compressive force of the Divine State along with its other characteristics and their effects; it also is the ability to use this knowledge with awareness, as well as being aware of the consequence of every action. The Primordial State is destiny and knowing it in all its glory, is wisdom. The life energy and its spinning motion are destiny, and understanding it is wisdom. In the case of the enlightened persons, who are aware of the Truth behind every event and the Consciousness that permeates everything, destiny and wisdom go hand in hand. In the words of Maharishi "The Force is Destiny, Sivam or Nature; when discernment goes with Force, it is wisdom."

PLEASURE AND PAIN

The Divine State is omnipresent, working as the forte behind everything in the universe. Every deed, whether good or evil, performed by a person produce seedless that come back to him in time; in other words, the ubiquitous and imperceptible Divine State manifests as the visible result of every action. The actions are the result of the Consciousness

working from within the boundaries of a physical body and senses; but the results emanate from the Absolute, infinite and timeless.

The consequences come back to the individual in the form of pleasure, pain, success or failures in life, meted out by the Divine State as the reward for his actions. It is therefore, important that every deed should be performed with forethought, taking into consideration the likely outcome. It is beyond human powers to alter the course of events and avoid the onset of the effects of any action. The scales of Divine Justice are poised perfectly, and the results meted out with unerring certainty. It is the prerogative of the Divine. Science of Divinity and Realization of Self glance through the life of any person will not reveal the imprints; but the pain or suffering undergone by him may have an underlying cause, whether of his own doing or through the actions of his forbears. Actions produce consequences and a proper analysis will reveal the cause behind every consequence.

AWARENESS IN THOUGHTS, WORD AND DEED

Every object in the Universe is vested with certain qualities based on its energy waves and these qualities are reflected in the waves given off by the object. When the waves come into contact with the other objects, these qualities are impinged on the latter, through suitable changes in the waves. The Divine State transforms into pressure, sound, light, taste and smell in the magnetic waves. All the Principle of Cause-and-Effect hips, whether living or non-living, are the result of the transformations undergone by the Primordial State and are endowed with the appropriate qualities. The human mind has the ability to assume the shape and quality of the objects it comes into contact with. The interaction of the energy waves between the objects and the mind induces changes in both, in keeping with the qualities of the waves emanating from each. They in turn give rise to thoughts, which when strengthened, blossom into words and deeds.

KARMA YOGA

The vast progress made by science all over the world during the recent years, has not been able to eradicate misery and discontent from the minds of the people in fact, some of the developments achieved by science have become a threat to human lives. A way of life, suitable for all the times, that can bring together the people of the world, has become imperative. It should contain the essence of all the religions and be suitable for the people of all faiths. It should also be capable of spreading amity and goodwill among the people. It is a Law of Nature that results follow every action.

Karma Yoga is a life of virtue and total awareness that is in accordance with the Laws of Nature and the principles of measure and method in every action, lived for a noble purpose and the welfare and benefit of the society. The three important principles of Karma Yoga are Awareness of the consequences Gratitude Cause and effect the early stages of human existence saw him living in harmony with Nature, but the progress achieved through the passing of the ages, saw him adopt artificial methods along with natural ones, in everything. This added to both the pleasures and pains in his life.

DUTY CONSCIOUSNESS

'Karma' means action and 'Yoga' signifies a virtuous life. Actions performed without considering the consequences are born of ignorance. Virtue on the other hand is doing anything in full awareness of the consequences and with care, so that no one, whether the individual himself or the others, is harmed immediately or later. Karma Yoga is a life of contemplation, where every deed is performed with care and awareness. A virtuous way of life is one where every individual in the society is aware of his duties and performs them with diligence. Awareness of the Divine and a virtuous life are inherent in Karma Yoga and it paves the way for realisation of the three imperceptible phenomena of the Divine State, mind and the life energy.

10 PRINCIPLES OF KARMA YOGA

Vethathiri Maharishi has drawn up ten rules of Karma Yoga, as follows:

1. I shall forever be grateful to and respect my mother, father, guru, ruler and God, who are responsible for my birth, growth and survival in this world.
2. I realise, believe and accept the presence of the almighty Divine as the omnipresent Total Consciousness in all the things in the Universe.
3. I fully respect the fact that the Divine Consciousness manifests as the unerring sensations of pleasure and pain in keeping with the time, place, object of contact, intent and skills, born of my thoughts, words and deeds, I shall sincerely try to regulate my actions so that no harm is caused to me or the others, physically or mentally, immediately or later, on account of any deeds of mine. It shall be my way of worshipping God.
4. I shall take care of my physical and mental health, besides looking after the welfare of the society, by observing measure and method in food, work, rest, sex and thoughts.
5. I realise that God worship for emancipation of the soul, and the virtuous qualities of morality, duty and charity, advocated for maintaining harmony the people, form the core principles of all the religions. I shall respect all the religions. I further realise that prayers and obeisance offered in any form, in the name of God are in fact obeisance paid to one's own Consciousness. I shall not ridicule any form of worship.
6. I shall work for the welfare and the well-being of myself, family, relatives, society and the world, without jeopardising the interests of any of the five.
7. I shall not look on any individual as being personally responsible, or bear any ill will or hatred towards him, for the crimes and sinful deeds prevailing in the family, society or the world, for they are the results of the imprints of the ideas, deeds and circumstances prevalent in the society since long. They continue to exist, passed on through heredity.
8. I realise the magnanimity of the Divine State, which has bestowed the duty of procreation on the female of the species, providing them with the physical and psychological capabilities to undertake and perform the duty successfully.

9. I shall keep aside 1% of my income for the welfare of the needy.

10. I shall practice meditation for the purification and emancipation of me soul.

LOVE AND COMPASSION

It is important that we do everything possible to assist and safeguard the of the others, just as we would, in our own case. It is a form of Divine worship. When we accept the presence of the Divine in the others also, love begins to blossom automatically. The self-compressive force of the Divine State presses down on all the things, holding them together in a tight embrace. Keeping the millions and millions of stars together within its fold and never allowing them to stray, is an act of love on the part of the Divine. Love develops from attraction, the feeling of oneness.

Compassion grows out of love; it is the desire to provide, the simple acts of charity, born of the feelings of love for the others. Love and compassion are not - where love is, compassion also is. Compassion cannot be generated; it has to arise naturally, through realisation of the pain and suffering of the others, and the desire to assist them. It is born of the realisation of the presence of the in all the things, which eradicates the ego. The Divine State keeps all the things close to it, locked in a tight embrace, and taking care of all their needs constantly.

PROTECTION AND MAINTENANCE

A mother keeps her child close because of her love for the child; she cares of all its needs on account of the compassion that wells up within her. Similarly, the stalk of a mango keeps it attached to the tree, preventing it from falling down. As the fruit grows bigger, the stalk also grows stronger, capable of bearing the added weight. This is love. Besides this, the parent tree provides all the nourishment required for the growth of the fruit through the stalk, which is an act of compassion.

Love and compassion are the qualities of the Divine State, which manifests through the biomagnetism in the living beings. As an old song goes thus, "Will He, who provided for the chick in the egg and the toad in the rock, forsake me, ever?" The frog lays its eggs in the pools of water on the rocks, which flow into the space within, through the crevices on its surface. The eggs, carried along by the water, hatch, and the tadpoles unable to escape from within the rocks, continue to live there, surviving on the air, water and insects that fall into it. This again is an act of Divine kindness which ensures survival of the frogs. Eggs are made of a yolk and an egg-white, which surrounds it; as the yolk develops and grows into a chick, the white becomes the food for its survival. Here again it is the Divine State which has manifested as the egg-white for helping the chick to grow.

Besides this, the young bird is protected by the shell of the egg, a fragile covering designed by Nature, strong enough to protect the bird, but which can be easily broken, when it is ready to emerge. The qualities of love and compassion, manifestation of the Divine Consciousness, can be seen in all the living things. A question may now arise regarding the act of killing indulged in by the animals in the wild. This is no fault of theirs; all living things, except the plants, are incapable of manufacturing their food, which makes them resort to killing for food. It is a part of Nature; but very often the act of killing drives the victim

senseless, where they remain unaware of death. Here again Nature has been merciful, saving the victim from excessive pain and suffering. When a lizard hunts down an insect, the biomagnetism emanating from the eyes of the lizard brings the insect to a trance-like state, which saves it from the agony of death. Realising these facts is Divine worship, and living in accordance with the realisation is virtue.

REALISING GOD IN EVERYTHING

Man, who occupies a position well above the other living creatures in the evolutionary scale, is capable of realising the Truth behind the transformations undergone by the Divine State. He comes to understand that the Divine State is the Self within him. The realisation that all the things in the Universe, the living and non-living, are manifestations of the Divine State and that, despite individual shape are linked through the universal magnetism, dawns within him. This is the purpose of human birth, realising the presence of the Divine in everything. Once this is achieved, peace rules the mind.

SERVICE TO HUMANITY

The human society, into which each one of us is born, takes care of us and all our needs, constantly. The efforts put in by the thousands of thinkers, philosophers and workers, living and long dead, have all helped provide us with a stable economy, administration and suitable guidance. Man, whose span of life is very short, is nurtured and sustained by the society in which he lives. He therefore has a bounden duty to repay the benefits he enjoyed from the society, through his physical and mental efforts. Financial stability, morality, God worship and service, are essential for man. He should strive constantly for the welfare of the others, whose benevolence and goodwill allow him to live comfortably.

People exist at various levels, many of them surviving on the charity of the others, and service goes a long way in mitigating their pain and suffering. It is essential to transcend all narrow-minded considerations of 'land 'mine', and serve the others selflessly. Selfless service is the greatest of all the virtues. The efforts put in by even a single individual can benefit many in the society, and such a person lives on, in the memory of the people. Many have lived before us, famous during their times; but they have all been long forgotten, lost in the annals of time only those who had served selflessly have left an in mark in the minds of the people. "Service is the only way to eradicate the imprints of sin; let us serve selfless - Vethathiri Maharishi. "Service is dedicating oneself to wiping the misery from the lives of the oath - Vethathiri Maharishi.

PERFECTION OF CONSCIOUSNESS

Transformations which have culminated in man, and the nature, origin and the workings of the mind. This is the ultimate stage in the growth and development of knowledge. It is attainment of Perfection, also called as Nirvana, Mukti or Moksha, by the sages of yore. It is the homecoming of the wandering soul. They are the real, who have realised the Self and the Divine State, and detached themselves from all worldly pleasures. They alone are capable of guiding the others, leading contented lives themselves, in a state of total detachment. The practice of meditation helps expand the mind, whereby awareness and dawn in it. People, who practice asceticism, in a state of total detachment, not subject to

emotions. They accept pain and misery stoically, looking on it as a part of life. All humans are their siblings, and all living beings their kin. They desist from inflicting pain on any living thing, even going to the extent of alleviating their suffering, wherever possible. This is the path of Gnana Marga. Such people are well versed in the philosophies of life and Nature, the Absolute and the Consciousness, and capable of taking the people along the path to realisation. This is the ultimate stage of Gnana Marga.