

The Illusion

The last dimension of mind space

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Dedication

It is with great humility that I dedicate this work to my venerable Guru, His Holiness Swami Sahajananda Tirtha. His Holiness has given me the original idea to write this book.



His Holiness Swami Sahajananda Tirtha at the age of 85 in the year 2009; the venerable Guru of the author

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The Lion roar of a Yogi

Let a thousand Gods obstruct my path!
Let a thousand Goddesses force me to fall!
Let a thousand diseases slow down my pace!
Let a thousand obstacles shatter my faith!

Let a thousand fears drag me back!
Let a thousand doubts confuse my intellect!
Let a thousand illusions destroy my meditation!
Let a thousand fake masters fool my mind!

May I arise again and again from a thousand wombs!
May I sit on my seat a million times to meditate!
Till the veil of ne-science is ripped apart!
Till the first ray of light shines on my psyche!

This is the lion roar of a yogi!
In his final fight with the internal world!

Acknowledgements

I am forever indebted to my venerable Guru, His Holiness Swami SahajanandaTirtha for directing me to write this book.

I am also deeply indebted to all the venerable Gurus of my lineage of the Order of *Shaktipāt*. Their collective wisdom has been the guiding light for me; while venturing into some of the uncharted waters of this ocean of ancient knowledge.

I am grateful to Mrs. Vartika Shukla from the city of Gurugram, India for editing the book.

I am grateful to Mr. Nagarajan Chidambaram from the city of Hyderabad for translating some of the text from the Telugu language written by me originally.

Key to the pronunciation of the words in *italics*

- a - sounds like “u” in success
- ā* - sounds like “a” in car
- ċ - sounds like “k.”
- d - sounds like “dh” without stress
- ê - sounds like “e” in there
- h - “h” is silent
- î - sounds like “i” in niece
- ĵnã* - “*ĵn*” sounds somewhat like gn
and “*ã*” sounds like “a” in shall
- n - sounds closer to “m.”
- ñ* - sounds somewhat closer to nn
- ô - sounds like “o” in go
- š - sounds like “sh” in shall without stress
- sha - sounds like “sha” in shall without stress
- t - sounds like “th” without stress
- tha - sounds like “dha” without stress

Introduction

The world that exists around us is illusionary in nature. Many ancient Sanskrit texts have been harping on this grand truth since the dawn of human civilizations. Numerous techniques have been developed since ancient times to overcome this binding power of Maya or the cosmic illusion spun by God.

This divine illusion can be compared to that of a mountain. There are numerous paths or yoga systems developed to climb the mountain from any direction. A practitioner of yoga chooses a particular path depending upon his or her emotional temperament. As the summit is attained the practitioner raises himself or herself above the massive mountain beneath or the binding power of the illusion called “life”. Standing on the summit of the mountain at last the practitioner realizes that there is no other existence other than the Self. This is called salvation or self-realization or *moksha* or nirvana or enlightenment etc. in various cultures around the world.

Every track chosen by a climber to climb the mountain is akin to an independent yoga system. However, the effort put in by a climber all his or her life amounts to almost nothing. The struggle will be mainly to get a foothold on the slippery slopes of Maya or illusion or the mountain. Once the

foothold is firm then thereafter it is only a matter of time before the summit is reached. Gaining this foothold is what is called the awakening of the *Kundalini* energy.

However, there is a catch here! After the awakening of the *Kundalini* energy, there is nothing more left for the person to do anything. The foothold gained by the person on the mountain slope of Maya is akin to an elevator. The moment a person manages to step on to this elevator then his or her spiritual ascension starts to occur in an auto mode. As the person reaches the peak of the mountain he or she also raises above the binding power of the Maya or illusion. Thus the mind is effectively subjected to a tremendous amount of transformation.

A Guru is there essentially to ensure that a person gets this foothold on the slopes of Maya or mountain of illusion; by awakening the *Kundalini* energy within the person. However, this is possible only through the medium of a Guru. This is a crucial thing to understand. However, the person trying to rise above the mountain, the mountain itself and also the Guru helping him or her to gain the foothold is all again a part of the same Maya or the mountain. Similarly, the mountain track chosen by the person initially is also part of the mountain or Maya only. This means a person bound by the power of illusion needs to work his or her way through the same Maya or illusion only; utilizing some external aids like a Guru or a yoga system or a religion or a philosophy etc which are all part of the same Maya or the grand cosmic illusion.

In such a scenario writing a book on this subject especially when the author himself is under the spell of the cosmic illusion is almost impossible. I have floated this idea originally to the author about five years back. He has been regularly updating me about the progress being made on the writing of the book. However, as I said above he is also passing through the same parameters of this illusionary existence. As a result, the progress on the writing of the book has been slow. This is understandable given the nature of the subject. I am happy to

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know that the book has finally become a reality although the book itself is a part of this illusionary existence.

However, just like a mountain track is also a part of the same mountain and also the means to rise above the mountain; may this book successfully inspire the practitioners of yoga to rise above the illusion of worldly existence.

As per the ancient Sanskrit texts, a human being is basically a miniature model of God. This statement can also be written in another way. If God is the macrocosm of the cosmos then a human being is the microcosm or the individual identity. However, just like a spark of fire is no different from the raging flame, the spirit dwelling within the human being is exactly of the same nature as that of the Universal Spirit or God or Almighty or Divinity. Call it by whatever name one wishes or visualize it in whatever form one feels or conceptualize it in whatever way one desires!

However, there is a small catch here! When we refer to the microcosm it is perfectly understandable that it is centred within a human being. But when we refer to the cosmos or macrocosm invariably a few questions arise in the minds of the modern readers.

What is the limitation imposed on the cosmos or macrocosm if there is any?

Where is the circumference of the cosmos?

Therefore, where is that gentleman called God located?

Lastly, if the centre of the microcosm is located within the human being, then what about his circumference! Limited to the physical body?

As a human being torn the veil of illusion or Maya spun around him or her, the realisation sets in internally but gradually that his or her circumference is not there either in the body or mind or intellect.

These are some of the issues which have been deliberated upon predominantly in this book by the author among many other topics. I am happy to know that the author has not limited himself or got bound by any parameters of rational or irrational thought process, religion or philosophy or anything

else if at all there is any!

However, as I said earlier given the nature of the subject it is a tough task executed by the author while making the attempt to simplify the subject. It is also important to remember that we all are living under the same spell of the illusion or Maya while discussing this subject at present. Hence, I urge all the readers to give the author his due for any sort of mistakes made or inadequate explanations done in the book. Rather, the author deserves encouragement to dwell into the subject in more depth for the benefit of future generations.

May this book give an insight into the intricate working of the Maya or the grand cosmic illusion to those seeking to rise above it!

May this book remain a standard text on the subject for future generations!

The author happens to be one of my direct disciples known to me since he was a kid. I have given him *Shaktipat deekshadbhikara* or the authorization to give *Shaktipat* initiation sometime ago. He has given *Shaktipat* initiation to more than 300 people in a very short span of time. Seeing his rapid spiritual ascension in general, later I have also made him a *Shaktipat* Grand (*Param*) Guru. Some of his students who are now *Shaktipat* Gurus themselves; are actively engaged in spreading the message of the *Shaktipat* Order! As a result, he has been freed from other responsibilities so that his services can be put to better use. This book is a direct outcome of his selfless service to the ancient Order of *Shaktipat* monks.

The author has written his first book “The Power Unknown to God” which was subsequently translated into nearly 20 major languages of the world. The present book in combination with his first book will benefit the practitioners of yoga greatly. He has also compiled the various experiences of his students and their questions which were published under the title “Secrets of *Shaktipat* and *Kundalini* Yoga” in multiple volumes. I wish to see that valuable literature along with this present book subsequently being made accessible to

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many non-English speaking people worldwide.

- Swami SahajanandaTirtha

Foreword

It is the coastline of the Arabian Sea along the Western Ghats of India! Kannur is a small beach town in the state of Kerala. It is also a hub for the district headquarters! The town beach is called Payyambalam.

The rays of the bright dawn were falling on the beach from my right. To my left were the splashing waves of the Arabian Sea! The soft sand of the beach was clinging softly to my bare feet. Recently, it had become a habit for me to go to the beach every day and walk for an hour. The beach was about two kilometres long. It took about an hour to walk both ways along the beach once. My morning walk also would be over with that!

The sea was neither too calm nor rough that day! Fishing boats could be seen floating away on the sea surface in the far distance. Some people were engaged in the fishing activity right from the beach. They were holding long ropes attached to fishing nets in their hands and obstructing the morning walkers on the beach. That meant walkers needed to cross those ropes once in a while as they walked along the beach.

There was a long row of 'beach resorts' along the coast, running parallel to the 'beach'. Many tourists could be seen coming out of their hotels and moving towards the beach. Some could even be seen returning back to their hotels after

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finishing their morning walk. Probably early risers! Making even more of a commotion along the seashore, I saw a large flock of birds in the sky above me heading into the sea from the shore! But they couldn't go too far into the sea! Because there was no chance for the birds to rest on the surface of the seawater! If they went too far, they may get tired and fall into the sea. A thought flashed in my mind! Were these birds mad! Why leave the coast and go into the sea? I did not see anything like an 'island' anywhere on the sea surface. In that case, where could they rest on the ground?

Another thought flashed in my mind! Maybe this was the ego-filled flight of the birds anyway! If so, it was certain that the vast sea will soon crush the ego of the birds! The series of thoughts flashing and disappearing in my mind space stopped at once. The reason for this was that a big wave came and hit me on the waist! All my clothes got completely wet. Luckily, I was holding my mobile phone in my hand. So I was able to avoid the damage to the phone.

Meanwhile, another thought flashed in my mind! It was as if the waves of the sea were akin to the thoughts flashing in my mind. There seemed to be no big difference between the emotions flashing in my mind and the sea waves. Sea waves are also not the same always. Every now and then a big wave comes and hits the shore. Sometimes the wave might be low in intensity. On the surface of the sea, it appears very calm. But readers know that there is another world at the bottom of the ocean! Marine life creates turbulence in the interior of the ocean. So, the serenity found on the surface of the ocean is not there inside. Hence, the comparison between the human mind and the sea seemed to fit.

I had come to the state of Kerala on a professional tenure in the month of August in the year 2015. A few weeks before this I met my Guru, His Holiness Swami Sahajananda Tirtha in Vijayawada in the state of Andhra Pradesh. While discussing my first book, 'The Power Unknown to God', he unexpectedly uttered a phrase curiously. Does God have any alphabet in particular! What His Holiness meant was if there

is any language which is universal in character. Some sort of divine language! He further said that while writing my second book, I should keep this theme in mind.

His words that day immediately echoed in the subtle depths somewhere within me. For a while, I did not clearly understand what His Holiness was saying. For a few minutes, I was left speechless. After that, I shook my head as if something had struck me.

The answer to the question asked by my Guru so innocently and inadvertently cannot be explained here in a few paragraphs or pages. That is why I had to write this book.

However, I have made efforts not to violate the essence of the literature already available pertaining to *Shaktipat* tradition. However, a few words uttered inadvertently by my Guru have given a new meaning to that literature.

A closer look at those words reveals that what His Holiness was saying was; about the origin of the languages used by humans. Another issue also pops up when the subject is studied in more depth. When there is only one universal soul or the supreme Brahman or God pervading in all human beings; how can God be associated with any particular Earthly language? However, one thing is very clear. All the Earthly languages of human beings living in different parts of the world are all artificially created by humans.

Another issue pops up when we study the subject described above in more depth. Since God must be well versed with the alphabet of all languages, it doesn't sound logical to relate the alphabet of any one specific language to God. But here's a big problem!

All the ancient Sanskrit texts emphasize that the origin of creation was sprung from the sound body 'Om' and that the entire alphabet of the Sanskrit language was derived from the sound body 'Om' in the form of independent seed letters or mantras. The Christian Bible almost agrees with this concept although the word 'Om' is not directly mentioned. The Sanskrit texts say that creation sprung from "*Shabda Brahman*" or God in the form of sound. According to my limited

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knowledge of modern science; ‘string theory’ also describes the structure of creation almost in this way. That is to say, all matter in the physical world is ultimately made up of ‘strings’ or ‘sounds’. That is, all matter consists of sound bodies, which then evolve into the gross matter. But the ‘string theory’ has not yet defined those sound bodies.

If the sound bodies proposed by ‘string theory’ happen to be the Sanskrit alphabet by any chance, then the ancient sciences and modern science speak in unison. That is to say, the creation of the universe is based on the Sanskrit language. It also proves the science of the mantras.

All of the above issues have been briefly explained in some parts of this book. However, the real problem is not solved yet! Why is the Sanskrit alphabet used specifically for creation?

Just as the ancient sciences say so one has to believe what is described above! Since the science of mantras is based on the Sanskrit alphabet; if it is proven that mantras are real and manifest as the physical world; then it can be admitted that the structure of creation is also made up of the alphabet of the Sanskrit language. This means that the Sanskrit language can be used anywhere in the universe. Perhaps it is possible that for this reason; modern science is concluding that the Sanskrit language is better suited than all other languages for use in computers.

If we study the above in more depth, it becomes clear that the cosmos or the supreme power that pervades this universe is the alphabet of the Sanskrit language itself. As this logic is further stretched, it is also possible to understand little by little why only the Sanskrit language was used in particular.

After reading this book in its entirety I hope the readers will get some clarity on the subject described above.

It was during my daily stroll along the coast of the state of Kerala that I began to be inspired to write this book ‘The illusion’. The waves of the sea that I saw every day had started becoming a reflection of the emotions and thoughts that were rising in my mind. Thus, the writing of this book

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had begun!

- Author

The structure of cosmos

The world is manifested at two levels for mankind. One is at an individual level and the other is at a collective level! That is, on the one hand, the person experiences the world individually and at the same time, the entire mankind experiences it collectively as well. Both worlds have meshed together in such a way that a human being experiences it as one. Billions of humans live on this planet. So the world that every individual experience is uniquely experienced only by that person. Readers may, however, question the difference between the individual world and the collective world. What is deemed to be good for someone may not be the same for someone else! The standard of ethics and morality differ from person to person. This is a small example only.

When a human mind slips from the waking state to sleep state it can be called disintegration or destruction of the world at the individual level. In a sleep state, the ego almost merges (but remains in the seed form). So does the world of personal perception. Creation takes place as usual when the mind returns to the waking state. At the same time, however, the collective world being itself unaffected continues to be experienced by the rest of human beings as a status quo as a whole. The only difference between the two levels so far!

The collective world will also merge with the whole of mankind when the cataclysm occurs. This is called night time for God or creator or Brahma as per the ancient Sanskrit texts called *Puranas*. In the same way, the awakening of Brahma means the re-creation of the world.

The world is like a mirage manifesting itself during the waking state at the individual level for a human being. An illusory world which is non-existent! It can be said that it is just a sensual imprint that the human soul has accumulated over several births. This accumulated imprint of the soul projects on to the outside world through the senses and is reflected in the void. That is, the outer void or sky acts as a mirror here. The manifesting world is like a mirage for the human being to be experienced as a unique world of his own at an individual level! When any deluge occurs on a universal scale; the world that mankind experiences as a collective whole will also get merged. Because mankind does not, in reality, exist to experience that world! Before making this process even easier to understand, let me briefly explain what modern science has to say about creation. Then I will analyze what the ancient sciences explain!

The planet Earth experienced by man is just one planet in our solar system! Modern scientists have estimated that there are about four hundred billion solar systems of stars in our galaxy alone. All of these solar systems orbit in space around a great vortex. In addition to the solar systems, many black holes (after solar systems or stars have collapsed into a point of singularity) also rotate around the vortex. The area in the middle of these vortexes is called the “Great black hole”.

The vortex around which these innumerable solar systems and black holes rotate is called a “galaxy” in the English language. Our “galaxy” is called the Milky Way or *Aakash Ganga*. However, modern scientists say that even “galaxies” such as the Milky Way are innumerable in space. They have estimated that there around 200 billion galaxies in the visible universe. Thinking about this, it is not even possible to guess how big the Universe is! Further, it is being proposed that

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there could be multiple universes in the cosmos. All this explanation makes it simply mind-boggling to even think about the size of the universe.

However, if one understands the amazing celestial process that takes place in the solar system or the star system; one can easily comprehend the whole thing i.e. the structure of creation.

According to modern science, each solar system has a limited lifespan. After the so-called “hydrogen” gas in the fiery solar system is exhausted, the solar system begins to cool. Once it begins cooling down, its size also starts to shrink. As the gravitational pull of the solar system increases, the planets orbiting around it falls into the solar system. This means, that the entire solar system becomes one single cold star and then shrinks even further. Without stopping the whole process, the solar system turns into a tiny molecule, which eventually disappears into space. However, at some point, as the solar system shrinks, it becomes a “black hole”. This means that the gravitational force of the shrinking solar system increases exponentially so that eventually even a beam of light can’t come out of it. That is why it is called the “black hole”. Eventually, the solar sphere or black hole falls into a monotheistic state (point of singularity) and disappears completely. This means that the entire solar system eventually shrinks into a tiny droplet (at the atomic level) and eventually disappears into space.

As described above, many stars in our Milky Way galaxy are constantly changing into black holes. I have already explained that eventually, those black holes will also disappear. However, this method is also constantly going on in the opposite direction. That is, new stars or solar systems are emerging in space. This is what modern science calls the “Big Bang” theory. These are like glowing worms in the dark. As far as the Milky Way is concerned, as explained above, it also revolves around the “great black hole” of the universe like a vortex. This means, that one day all the stars in our “Milky Way” will fall into this great black hole and disappear!

In a similar manner, the Milky Way galaxy is also fated to merge into space or void! That is, just as a solar system or a star system disappears like a glow-worm, so does a galaxy of four hundred billion star systems disappear eventually into space or void. Modern science says that the same process that takes place in the Milky Way galaxy is constantly and continuously occurring throughout the universe. That is, the entire cosmos is filled with galaxies that appear and disappear constantly like glow worms in darkness. Just as the glowing worms glow and fade in the dark, so do these tiny solar systems within the “galaxy” glow and fade on one hand; and on the other hand, entire galaxies also glow and fade away.

It is unpredictable, unimaginable, and an amazing celestial process!

But here readers may ask a question. Is there so much matter in a solar system or galaxy? One can question how so much substance disappears just like that; no matter how much it shrinks? Not only that! One can even wonder where all the disappearing matter in the real universe will end up.

According to the “theory of relativity”, modern science explains that matter and energy are the same. The "atomic bomb" was based on this theory. So, the matter in the stellar system (all matter in the star is in the form of fire and gas) or matter in the solar system (planets, earth, water, gas, fire, etc.) is a form of energy. Therefore, all energy will shrink and eventually disappear. That means if all matter is getting converted into energy; we have no problem comprehending that it could easily collapse and disappear under the powerful force of gravitation.

The ancient texts say that all energy merges into the void of God. I urge readers to note that modern science and ancient sciences speak with one voice here. Even the description of stellar systems and galaxies is similar to what is said in the ancient Sanskrit texts. The ancient texts say that the entire cosmos is made up of five elements. What we have discussed above is about the four elements. The fifth element is called ether or the *Akash* as per the ancient texts. This has

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not yet been confirmed by modern science.

The creation begins again when energy is re-released from God or when God wakes up from the cosmic slumber or “yoga *Nidra*” as the ancient texts refer to it.

I urge all readers to note another thing here as well. Energy is never separated from God. All ancient Sanskrit texts are unanimously emphasizing that just as innumerable galaxies are pervading the infinite cosmos; so is Para Brahman or supreme Universal Soul or God or Almighty or the Divinity.

It all depends upon how humans want to understand the idea of the word "God". Let me narrate an example from an ancient Sanskrit scripture according to the *Shakta* philosophy or energy worshippers in India. As per *Devi Bhagavatam* which happens to be the main scripture for energy worshippers in India; the Supreme Personality of Godhead or *Mahamaya* is supposed to be in female form. She is said to have taken the trinity of Gods (Brahma, Vishnu, and Shiva; the creator, God of sustenance, and the destroyer respectively), in a fast-moving flying craft and shown them identical Gods in the same form in innumerable other universes.

Let's now try to compare the description of the cosmos as per the modern science and understand the word God or *Jagannath* or the Lord of the worlds! It depends upon what the word “world” means. Whether to identify a galaxy like the “Milky Way” as a world system or to consider all the stellar systems that count in the observable universe or the infinite cosmos! Depends on how one decides to do it!

Let's try to analyze the matter in more depth with another example from the ancient Sanskrit texts.

Lord Krishna says in the ancient Sanskrit text *Gita* that his brilliance might be equivalent to ten thousand suns or stars when they happen to blaze together. He is basically saying that; his radiance as God may also be as intense!

It is my humble opinion that the overall radiance of several lamps in a large room can be compared to the brilliance that would be revealed from a few lamps lit as a

single unit at once. I am not getting into physics and mathematics here. I am only trying to convey the general idea. Arguing in this way, the effulgence of ten thousand suns or stars shining together as a single unit as mentioned by Lord Krishna in the *Gita* can be compared to the 400 billions of suns or stars spread across our Milky Way galaxy. A further extension of this logic reveals another point. If the distance between the lamps in the room is large then the number of lamps required to be lit as a single unit to equal the radiance may get reduced further. That is, the brightness of thousands of lamps in a spacious room is comparable to the brightness of just a few lamps lit together. On the same premise, the radiance of ten thousand suns blazing simultaneously can be compared to that of billions of stars spread out far and wide in space. Or this number could be even higher.

According to modern science, our “Milky Way” galaxy is estimated to contain about 400 billion suns or stars.

This calculation can be compared to our local galaxy, known as the “Milky Way” or *Akash Ganga*, to that of *Jagannath* or Lord of the Worlds hailed in ancient Sanskrit texts as the Lord of sustenance or Lord Vishnu. Just like a human being thinks he or she is the Lord of his or her body, then God must be thinking he is the Lord of the Worlds (the local galaxy system comprising billions of solar or star systems)! It is also said in ancient Sanskrit texts that innumerable world systems are constantly projected out from the navel of Lord Vishnu or Lord of the Universe. Hence, the navel of *Jagannath* can be compared to the great black hole of the Milky Way galaxy. Our world system may be compared to the body of Brahma or the creator or *Brahmanda* or the egg of Brahma as it is shaped by virtue of the elliptical orbits of the planets and asteroids. Finally at some point later, the same world system collapses into a black hole. Thus *Brahmanda* or the cosmic egg or the solar system merges with the great black hole of the galaxy. Thus the creation, sustenance, and finally the destruction happen in respect of each such world system. Since the galaxy has 400 billions of such world

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systems, one can easily comprehend that such a process of creation, sustenance, and destruction must be going on constantly and eternally. Although, technically nothing lasts forever; not even the galaxy or the God or Lord of the Worlds or call it by any other name. Maybe modern science will one day fathom this phenomenon and figure out the life of our galaxy. Maybe our galaxy itself must be getting merged into a super great black hole at the center of the universe. Maybe the present universe as we understand it yet again merges into something else or maybe this entire celestial process has another meaning altogether.

To put it more clearly, modern science explains that according to the “Big Bang” theory, the beginning of creation begins with an explosion in a vacuum. According to ancient mythology, Lord Brahma, or the creator or *Brahmanda* or the cosmic egg or the star system or the solar system originated from the navel of *Jagannath*, which can be compared to the astronomical process described above.

After that, the Creator or Lord Brahma or God exercises his free will to become “many” as described in the ancient Sanskrit texts. That is to say, God desires “May I be many” and transforms his body into many embryos or human bodies. While at the collective level the God is *Brahmanda* or the macrocosm, on an individual level, every human body is created as *Pindanda* or the microcosm. Thus a human being is essentially a miniature model of the cosmos. The realization of the nature of this Self; results in the realization of the very God or results in the realization that a human being is none other than that very God himself or herself. This is called *moksha*! Salvation! Self-realization or call it by any other name.

However, all readers should remember one thing. *Jagannath* and Brahma or galaxy and star are not separate. Ancient Sanskrit texts say that innumerable world systems originate from the navel of *Jagannath* constantly and eternally. These world systems can be compared to other stars in our Milky Way galaxy. But whether there are planets and humans elsewhere in our galaxy as well as other galaxies is still a

mystery to modern science! However, as per the ancient Sanskrit texts, they must be there.

On an individual level, a human being is under the illusion that he is the master of his own body or that he is the Lord of his own body. In the same way, God must be under the illusion that *Brahmanda* or the solar system is his body because he is the Lord of the macrocosm. In the same way, God also must be under the illusion that the local galaxy is his body and that he is *Jagannath* because he is the Lord of innumerable world systems or the Milky Way galaxy. Therefore, it all depends upon the idea of the word God and how a human being comprehends it.

But Para Brahman or the Supreme Godhead and Para *Shakti* or the supreme cosmic power which pervade the infinite cosmos; *Jagannath* or Lord of the world systems and Goddess *Lakshmi* or the power of sustenance which pervade the galaxy; Brahma or the creator of the world system and Goddess *Saraswati* or the creative power of the creator (God can be hardly called the creator without the inherent power to create; this is pure humour please) which pervade the solar system; the human being and the coiled *Kundalini* energy at the base of the cerebrospinal system which pervades the whole human body, are all one! Ancient Sanskrit texts, however, referred to the cosmic power as Goddess “Kali” and Brahman as “Shiva” or the destroyer at the time when the supreme cosmic power is in the act of retracting the creation into itself. At the individual level it is referred to as; the awakening of *Kundalini* energy.

So, it all depends upon how much a human being wants to understand the idea of the word “God”. However, this understanding lasts until a human being is under the illusion of dualism (that he is separate from a gentleman called God) only. That is, after the end of the concept of dualism or after attaining Brahma *Jnana* or the knowledge of the Brahman or God or *Atma Jnana* (knowledge of the self or individual soul) the world or the universe or his body will no longer exist. Hence, I appeal to all readers not to get overwhelmed by the

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Sanskrit terminology or any other grand philosophical system or theoretical physics or religion or anything else.

Human beings continue to believe that the work of creation is true as long as they are under the concept of dualism; that is until they attain enlightenment. They also remain under the illusion that all ancient texts, mythology, Vedas, sciences are also true and eternal.

Let us extend the train of our reasoning further as described above with respect to the structure of the cosmos. The space around our planet is divided into 27 parts as per the ancient Sanskrit texts. Each part contains a group of stars. Each constellation of such stars has some shape. Hence, each constellation has been given name. For example, a group of seven stars is called the *Saptarishi* (Seven sages) and the Great Bear as per the Orientals and Occidentals respectively.

The ancient Sanskrit texts also say that some of the greatest sages in ancient times became immortals as various stars. For example, readers will be familiar with the pole star. However, these sages continue to give visions to human beings, whether it is within our solar system or any other human race that survives in it, or whether it is destroyed and re-created again. That means these sages or stars form the interior of our Milky Way galaxy. This means, that these stars will survive in space until *Jagannath* or Lord of the Worlds falls asleep or until the entire galaxy is merged into the great black hole.

Further reasoning makes it clear, that there are no human beings on any other planet in our solar system except for the humans that survive on our planet. However, this only applies to our solar system. Theoretically, other stars in our galaxy may contain many planets and human civilizations. The same can be said of other galaxies.

Let us extend the train of our reasoning further as described above with respect to the structure of the cosmos. In ancient Sanskrit texts it is said that there are 14 world systems in our universe ruled by the trinity of Gods; Brahma, Vishnu and Mahesh. Our planet Earth is supposed to be at

the junction region of this spectrum of world-systems or planes of existence. Above the plane of Earthly existence are the celestial spheres inhabited by the celestials and below this plane of existence is the nether world systems inhabited by demons, etc. If this logic is applied to the reasoning done above it appears that the ancient texts are referring to our galaxy as the Universe. Hence, the idea of the word God is anyone's guess now!

Let us extend the train of our reasoning further as described above with respect to the structure of the cosmos. In ancient texts, for example, one year in heaven is compared to one hundred years on earth. This is the difference in the "idea" of "time" that we experience in the mind. However, the idea of time is a function of the mind. Similarly, the breath is also a function of the mind. All biological processes including ageing are a function of the breath. Thus, with respect to the idea of time; there is a difference of one hundred times between heaven and earth. This means, that the speed of time will decrease by a hundred times if you go to heaven including the process of ageing. But the idea of "time" is only a feeling that comes to mind! Beyond that, the word "time" has no absolute existence.

As long as a human being lives on the plane of earth, the concept of "time" will always cloud the mind since he is under the conditions imposed by the five elements of nature. However, it is a common experience that in a state of thoughtlessness or when the mind is focussed on anything the idea of time loses its significance. Every reader too must have experienced this phenomenon. If anyone of you is watching a film or reading a book with great interest, the idea of time passes very quickly. Therefore a human being has the notion of time differently under different mental conditions. In a way, the idea of time can be linked to the mind.

From the Earthly point of view, if the earth orbits the sun a hundred times in space it equals a year in heaven. However, according to the same solar system, a year would have passed for those living in heaven. According to the ancient Sanskrit

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texts or *Puranas*, a hundred years would have passed on the earth during this same period. In ancient days, time was calculated based on the movement of the "moon". When the Moon orbits the Earth 360 times, it is accounted for a year on Earth. However, according to the solar system, the earth also orbits the sun once during this period. As per this calculation, if the moon orbits the earth 36,000 times, a hundred years will pass on the earth. That is equivalent to one year in heaven.

If we stretch our train of logic as mentioned above, it becomes clear that the area where heaven is located must be far away from the sun. That could possibly be the reason why it takes a hundred Earthly years to orbit the Sun. This is based on the assumption that heaven being referred to, is also part of our world system or the solar system. This logic is reinforced by what the ancient Sanskrit texts describe the kingdom of heaven. In the court of Lord *Indra* or the King of Heaven (*Swarga Lok* or the celestial plane of existence), various Gods representing the planets and also the five elements of nature are very much part of the audience. This gives us the idea that it is our solar system only which is being considered as a world system. Hence the time difference between the Earthly plane and the celestial plane being referred to merits serious study.

Our planet is just eight light minutes away from the sun. That is the time taken by a beam of light to reach our planet from the sun! It is well known to readers that the speed of a beam of light is three hundred thousand kilometres per "second"!

If we go by this logic as mentioned in ancient Sanskrit texts, the heaven must be located very far away from the sun that it takes a hundred years on earth to complete its orbit around the Sun; or it is possible that celestial beings must be taking the movement of Moon around the planet Earth as a unit of measure of their own time or any other celestial activity for that matter. But we can safely go by the difference of hundred times either way. This means even if the heavenly

beings are factoring in some other celestial activity to measure their own time; it doesn't make any difference in the calculation of time on the Earthly plane. It will still differ by a hundred times. Therefore, based on the 8 minutes time taken by a beam of light to reach the Earth; and also the 300,000 km per second speed of light; and the phenomenon of time dilation; it may be possible to locate the orbit of the celestial region.

If we go by a hundred times difference, it can thus be estimated that the heaven may be roughly about eight hundred light minutes away from the sun or 480 light seconds or 144,00,00,000 km or 1440 million km or 1.4 billion km. This is precisely equivalent to the average distance between the Sun and the planet Saturn. This gives us a general idea that heaven is well within the boundaries of our solar system or the world system.

Therefore, this gives us an insight into the general region of heaven as it rotates around the Sun. However, it is my humble submission to all readers that it is not my intention to get myself involved in analyzing any scientific facts. Since we are aware of one constant in the form of difference in time between the Earthly and celestial spheres; I am only trying to give an idea to the readers that it may be possible to locate the region of the heaven as mentioned in ancient Sanskrit texts.

Further, various incidents have been quoted in ancient Sanskrit scriptures about the journey undertaken by humans to the heaven or the celestial sphere. It is possibly well within the boundaries of our world system or solar system as mentioned above. Therefore, going by the current technological advancements it may not be a farfetched idea for human beings to travel to heaven and return in the future.

The clouds revolve around the earth under the control of Lord *Indra*, the emperor of heaven as described in Hindu mythology. Also, the god of air, the god of fire, and various planets are all under the control of Lord *Indra*. From this, it can be deduced that our human existence is limited to our

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solar system only. Since our solar system is part of the local Galaxy, everything seems to be related to our "Milky Way" Galaxy or *Akash Ganga*.

The same methodology can be used for locating other world systems and planes of existence. It may be possible to make calculations based on the time dilation effect with respect to the other celestial regions; especially the region of the Creator or the God (if the idea of God is limited to our solar system alone as described above) or Brahma *Lok* or *Satya Lok* as mentioned in the Sanskrit texts.

We have discussed the Lord of the Worlds concept in the above paragraphs. In that, a comparison has been made that our Galaxy could indeed be that Lord or Lord Vishnu from whose navel region or the great black hole, our own world system or the solar system emerged. However, we also discussed heaven and the various Gods of elements and planets in the court of Lord *Indra* being part of our own world system. Therefore, various other planes of existence are also part of our own world system only. However, mention has been made about some of the planes of existence like *Vaikuntha* or the abode of Lord Vishnu or the Lord of the Worlds which do not seem to be part of our own world system. They could be part of the Galaxy system or neutral planes of existence common to innumerable world systems existing in our Galaxy alone. That means Lord of the Worlds is ruling the various world systems like ours residing in his own plane of existence.

Before concluding this chapter, I would like to put before the reader a strange phenomenon about the celestial bodies according to modern science! With this, I hope it will be easy for the reader to comprehend that the very existence of the visual world is merely illusory in nature.

For example, let us discuss a star shining in space a million light-years away from the Earth. This means that light has taken a million years to reach us. That is why we are able to see the star. That means that the star we are talking about

may or may not be there right now. It might have collapsed and transformed into a black hole or vanished from the space. We will not come to know the truth for another million years regarding its absence. The beam of light that was emitted from that star a million years ago has reached our planet today. And right now we can see that. So, what we are talking about is just the ghost image of that star! It is just the light from the star that has travelled through space for a million years and reached our eyes! It is unknown at this time whether the star from which the light emanated even exists!

Suppose that star described above has exploded into two pieces today for some reason! It will take another million years for that news to reach us. By then we will not be alive. But a million years from today, people living on this planet will see two pieces. They will never know that both the pieces were one-star once upon a time. Based on this, I hope readers can easily comprehend that this visual world is like a mirage.

This visual world, the worlds described in the ancient texts, the Gods, the Goddesses, the cosmological phenomenon proposed by modern science, etc., are all experienced by a human being as long as he or she is in a state of dualism fuelled by the human ego. All of this must appear like a dream after the mind settles down in a state of thoughtlessness or Samadhi during the course of yoga practice. In other words, even the notion of being a human; merges within the human being. Thus, it becomes evident for a human being that he or she is the only existence in this infinite cosmos. There is nothing other than the Self.

The sequence of creation

Let me make a statement first before we proceed further in understanding the sequence in which God creates this Universe or any World system. God is never separate from the thing created! God impregnates everything that is created or manifested. That means this entire cosmos is always pervaded by God or God is both in manifested and un-manifested forms simultaneously. This is akin to the creation of an intelligent machine but programmed with natural intelligence rather than artificial intelligence. Rationally it may sound weird from the point of human thinking. But then readers are requested to try and comprehend that; that is the way things are as per all the ancient texts. As the creation begins by God; the inherent power of God or the cosmic energy manifests itself as the cosmos. Therefore, there is no wonder that God is simultaneously pervading the cosmos as God expands into the cosmos or as God transforms from microcosm to macrocosm.

There are two main states of God discussed in the subsequent paragraphs below, as God transforms into the form of primordial sound Om from which the creation of the cosmos began subsequently. However, both the states are initially in an un-manifested form. In the first state, both God

and the cosmos are merged together in an un-manifested form. Therefore, the primordial form of sound Om is also in the un-manifested form at this stage (just the initial movement of vibration) before it takes up its full shape as the sound Om (after it enters the second state of circular motion). In the second state, God becomes sound Om but again in un-manifested form. Readers are requested to comprehend this clearly so that it becomes easy to follow the subsequent paragraphs in this chapter.

According to the “Big Bang” theory of modern science, before the creation came into existence, there was nothing in space before the explosion. There was only a void. Such a state can be attributed to being the night for God. As the ego is almost merged during sleep, God would not have had the concept of being the Lord of the Universe (*Jagannath*) himself. The fact that the creation of the world has not yet taken place means, that the concept that God is the Lord of the world has not yet been born in God! In this state, the energy is fully integrated into God in un-manifested form. That is, all that exists is only Brahman or God! Even space or void is not absolute. Because energy is completely integrated into Brahman! The idea of space or emptiness is only a concept that originated in the human mind! So even these words have no meaning in such a state, where actual creation has not yet begun.

So, the state in which energy is merged in God in un-manifested form is called “*Shiva tattva*” or the essence of Lord Shiva or Almighty, as per the ancient Sanskrit texts. The initial vibration of the energy begins as soon as the “divine free will” is exercised by God to begin the creation. But this will of God cannot be compared to the worldly “free will” that is exercised by human beings. This is because the concepts of the free will that arise in a human being are part of the psychic sheath after the creation is already done at an individual level. That is; illusion, intellect, and ego are already born by the time a human being starts exercising free will. Whereas, here we are referring to the mental state of God

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that existed before creation took place. So, the initial vibration of energy begins only when the divine free will is exercised by God by uttering “May I become many”.

The vibration of energy means motion. The fact that motion means energy is familiar to modern science and all readers! So this initial movement of energy is called “*Naada* or musical tone”. Because the word “*Naada*” means movement or musical tone in Sanskrit! However, due to the nature of energy in the form of motion or sound at this stage; it is also called the *Naada tattva*. However, this *Naada* or movement takes place in a circular manner after a revelation from God. This is also explained by Lord Krishna in the *Gita*. This is because the circular motion is necessary for the beginning of creation. At least that is the way it is as per the ancient Sanskrit texts. Therefore, rationally it is not possible to comprehend the reason for it occurring in a circular manner. When the energy is initially manifested from God after God intends “May I become many”, that state is described in the ancient Sanskrit texts as *Shakti tattva* or the “essence of energy”. Once the energy or sound begins to rotate it is called “*Bindu tattva*/point theory” Therefore, in *Shakti tattva*, the sound is in two forms. First, it is in *Naada tattva* (only the initial movement) and later it becomes *Bindu tattva*. Readers are requested to understand that this entire phenomenon occurs very fast beyond comprehension.

When sound is in *Naada tattva* as mentioned above; it is called the *para* state. When the sound evolves from *Naada* to *Bindu tattva* or point theory, the sound is said to be in *pashyanti* state. The combination of the two is called the Om sound or Om mantra which is familiar to mankind popularly. It is the essence of energy in its fundamental state. The first state is the *Shiva tattva* or the essence of Almighty while the second is the *Shakti tattva* or the essence of energy! In this form, God is also called *Shabda* Brahman or God in the form of sound. This phenomenon is accepted in Christian texts as well. But the process of creation does not stop there.

The divine free will exercised by God that “May I be

many” has three limbs. The first is called *Ichha* or “desire”. God in this state is called the *Sadashiva tattva*. The second is *Jnana* or “knowledge”. God in this state is called *Ishwara tattva*. The third is the *kriya* or “action.” This condition of God is called *Shuddhavidya tattva* or “the essence of pure knowledge”.

However, desire, knowledge, and action come after *Bindu tattva* or the point theory as mentioned above. Hence the combination of these three limbs is also known as “the great point theory” or *Maha Bindu* or *Tri Bindu* or *Kama Kala*. This combination is also known as the middle / *madhyama* state of sound. This is the third state of sound as readers would have understood by now.

I hope readers are following me so far. Otherwise, I request the readers to read the above paragraphs of this chapter once again.

Brahman or God or the Almighty on one hand (at the collective level of mankind), evolves into five different categories of *tattva* or essence when the creation begins. The first is the *Shiva tattva*, the second is the *Shakti tattva*, the third is the *Sadashiva tattva*, the fourth is the *Ishwara tattva* and the fifth is the *Shuddhavidya tattva*. I request all readers not get confused by the masculine and feminine genders used here. God is neither male nor female. Similarly, God and energy are not separate entities.

Therefore, during the initial stages of the creation, God evolves from *Shiva tattva* to *Shakti tattva* or *Shabda* Brahman. *Shabda* Brahman means Om sound or Om mantra as it is popularly known. This means that creation did not begin in *Shiva tattva* because the energy was completely merged in God before this! It can be said that the original creation started from the sound Om. Here the sound Om also evolves first into *Naada tattva* and then into drop/*Bindu tattva* in the state of *para* and *pashyanti* respectively. This means the primordial sound has manifested as *Shabda* Brahman or Om passing through the states of *para* and *pashyanti*.

It then becomes gross and takes the form of *kamakala* in the state of “middle” or *madhyama* level with the above-

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mentioned three limbs of desire, knowledge, and action. Readers are requested to note that God is never separate from his energy at any stage neither before this nor hereafter.

From here onwards the creation of the cosmos begins! But before explaining the order or sequence of creation I will explain a few more things about the *kamakala* quoted above for the readers.

Kamakala is a state of manifested sound. It is the ‘middle’ state called *madhyama* state that comes after *para* and *pashyanti*! This is the gross state of Om sound as mentioned above. This sound is further broken down into various letters of the Sanskrit alphabet or the seed mantras or the single lettered mantras. These single lettered mantras or the letters of the Sanskrit alphabet represent various energies as per their vibration.

Readers are requested to recall here that the sound Om mentioned above is none other than God in the form of sound energy or the energy itself since; God and energy are never separated. Therefore, it stands to logic that when this universal sound is broken up into 50 letters of the Sanskrit alphabets, each letter itself is a miniature version of the energy only. However, energy can’t be broken down like God can’t be broken down. It is for the ease of understanding the cosmos and its creation that we humans are theoretically breaking it up into 50 parts of the Sanskrit alphabets for the time being. Is it universal in character or mere theory; we will discuss subsequently.

The question that could arise in the mind of everyone is; Why only Sanskrit alphabets? Why not other languages? For example, God could have broken down the primordial sound Om into any other language like Chinese or Arabic or Japanese or English, or any other minor world language. Why only Sanskrit? Maybe because Sanskrit is the most ancient language known to mankind on this planet! That’s why the early development of the human thought process could have taken place in the Sanskrit language. This is the reason why this ancient science has been passed onto mankind through

the medium of Sanskrit texts. This is the reason why this ancient science is not available in any other modern language. As a result, everyone has the right to question the origin of language development. But rationally thinking it really does not matter even if Sanskrit happens to be the original language developed. Do we all re-invent the wheel? This is also the same thing. There is no necessity to brainstorm the origin of languages now at this stage of modern human history. It is good enough if we enjoy the hard work already put in by the ancients.

I remember an incident that happened in my life long ago when I was in my late twenties. I was also filled with a burning desire for knowledge and to achieve great things in life in those days like most young men of my age do. I was looking at the picture of some ancient rock edicts of Emperor Ashoka. This gentleman lived in ancient India and is known to have renounced the war and embraced Buddhism in the later part of his life. He was known for his military genius and compassion both! He ruled over the major portion of modern India. He had proclaimed his orders throughout the vast kingdom he conquered, through a series of rock edicts. It was those rock edicts I was looking at. They were written in Sanskrit but in *Brahmi* script. Nowadays that script is not used in India I suppose and another script called *Devanagari* script is used for Sanskrit as well as a few other Indian languages. I had actually started laughing at the origin of languages as such when I saw that script. I had realized that why only *Brahmi* or *Devanagari* script; I myself can write the same thing in any number of new scripts. It is just a question of tweaking the symbols. I hope readers can easily understand what I mean. If this is the case with scripts then why not the same principle be applied to languages as well! That means so much of hue and cry about languages is an unnecessary waste of time and effort. Better still; why not have a single language and script! and do away with re-inventing the wheel! Anyway, I am only trying to make the subject a little lighter. Our main question is yet to be answered.

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All knowledge is based on direct experience. Anything not experienced can't be deemed to be true although speculations can be made. Therefore, there is no need to give so much deep thought to answer this question as we shall see subsequently. Does chanting of the seed mantra or one of the single letters of the Sanskrit alphabet produce any effect on the human intellect, mind, body, and external life? If so, then it has to be universal in character. Otherwise, the entire ancient science of mantra becomes questionable. Here, I would like to draw the attention of the readers to the modern proposed string theory. Is the Sanskrit alphabet in the form of sound, the substratum of all matter, as proposed by the string theory? Or, is the Sanskrit language only a human construct, or is it only theoretical in nature?

It is this question implanted by my Guru in my mind that led to the writing of this book in the first place. Anyway, let's go back to our discussion on the Om sound being broken down into the Sanskrit alphabet for the time being.

Readers are requested to note here that the sound has not yet been broken down into pieces i.e. matrices/*aksharamala* which means letters of the Sanskrit alphabet. The Om sound, which represents the *kamakala* or macrocosm in the middle state, is still the same. However, since it has three limbs: *icha* (will), *jnana* (knowledge), and *keriya* (action), *kamakala* is the ego of God in some sense. But God is not yet covered under the spell of Maya as of now, as we shall see in a short while in the subsequent paragraphs. So the creation that has taken place so far (the Om sound taking up the gross form in the form of *kamakala*) is the pure creation.

Let me state a few more facts on the concept of *kamakala* as per the Sanskrit texts before going further describing the sequence of creation.

Kamakala (a combination of will, knowledge and action by God) is comprised of three qualities. The point theory or *Bindu tattva* symbolizes *icha* or the will of God, the tone or *nadata tattva* symbolizes *jnana* or knowledge of the God, and the seed state or *beeja* (Om sound which happens to be the

gross form of *kamakala*, is still in this state and not yet broken down into letters) symbolizes kriya or action by the God. The dot or the point theory or *bindu tattva* also symbolizes the white colour, the moon and the luminosity. The tone or the *nada tattva* symbolizes red colour, fire and criticism. The seed form or the *beeja* is said to symbolize a mixture of white and red colours, the sun and a mixture of luminosity and criticism.

Readers are requested to kindly pardon me and note that I have no further knowledge of the subject regarding this aspect of *kamakala*. I am not a scholar or scientist. I have only stated the above facts pertaining to *kamakala* since the ancient texts have quoted them. Why the three qualities of *kamakala* as mentioned above; represent the various above mentioned colours and mental conditions are not known to me. My enquiry into this subject started initially to search for the origin of languages, as directed my Guru. However, it has led me on a different path altogether. Perhaps the theme given to me by my Guru is only an excuse to put me on a different journey of enquiry. Therefore, the theme of my present book is to arrive at a different conclusion and not to go into any scholarly intricacies of the subject, please.

From here onwards I will explain the sequence of creation!

Creation takes place in two ways! The first is the sound world and the second is the world of things. It is a combination of name and form! Or the name and the world of things! Both were created in parallel. The world of sound is based on the science of mantras familiar to readers throughout. The world of things is created in parallel to the science of mantras. So the effect of a mantra can bring about changes in the world of things. That is the relationship between the mantras and the so-called supernatural powers!

Readers are requested to keep in mind that all modern scientific enquiries till date are geared towards one thing only. It has been focussing on the discovery of a grand unified theory encompassing the world of things. However, the modern proposed string theory and the technology pertaining

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to the internet of things appear to give an indication regarding the direction of modern science. This scientific enquiry may perhaps lead us to the age-old ancient truth proclaimed in Sanskrit texts one day! That all the matter in the cosmos is sound in its primordial form and it is super-conscious! Whether this enquiry will lead us to self-realization or the mind of God; I have no idea.

Let me explain the world of sound or the science of mantra first!

The world of sound begins with the state of sound called *kamakala* as described earlier. In this state, the sound is not at a comprehensible level to human intellect. The sound that humans are in a state of comprehending or the sound that is audible, whether internally or externally, is called *vaikhari*. This is the last state of sound!

Sound in the *vaikhari* state is again at two levels. The first is subtle and the second is gross! The sound that can be simply heard or comprehended internally inside the mind without moving lips is subtle. The sound coming out through the lips is gross. The sound in the *vaikhari* state is initially the Om sound. The sound Om is later broken into fifty pieces. These fifty pieces are again in two states. In the first state, these are called matrices/*matrukas*. That means they are in seed or *beeja* state. In the second state, these are called letters of the Sanskrit alphabet. Words and sentences are made up of letters! Just like bricks are used to construct any gigantic structure! Readers are familiar with what the letters of the alphabet have led to subsequently. All languages, philosophies, religions, sciences, arts and everything else developed out of the various permutations and combinations of the letters only. With this, the formation of the science of mantra is over now. There is no need to focus further deliberate on this subject I suppose. A human being starts getting burdened by adding the data into the mind and nothing else.

Let me explain the parallel world of things now!

The state of cosmos or the sound called *kamakala* has

already been described as a sort of ego of God. After this, the cosmic power evolves into Maya or the illusion. This Maya or illusion covers the infinite Brahman or the God or the Creator or the Almighty at the level of the macrocosm. Or the soul/*atma* on an individual level!

This is the beginning of impure creation. Or it becomes the cause of creation.

In this state, it is akin to seed for the future manufacture of the human body. Hence it is also referred to as the causal body. The soul makes its evolution into a human being from this state of causation. The enclosure or the sheath that covers the causal body is also known as the sheath of bliss or *anandamaya kosha*. This means that it is the first of the five sheaths that ultimately cover the human soul!

The structure of the causal body is further made up of five different conditions or categories of restrictions imposed on the infinite soul. These are called *kanchukas*. Let us first analyze these five conditions or categories of restrictions.

The first is with respect to *kaala* or time. That is getting bound by the idea of time. Time has no absolute existence for the infinite soul. The soul is supposed to be eternal. It is not possible to say when the soul actually started its journey to reach the state of the pinnacle of creation; as a human being and so on! Because it is of the form of the eternal supreme Godhead or *Para Brahman*! However, the concept of “time” is imprinted on the infinite soul by the influence of cosmic illusion or Maya; both on God at the level of macrocosm and also the human being at the level of the microcosm. Here readers are requested to kindly recall the idea of “God” discussed earlier. This is the first time that the infinite soul of a human being starts falling into the trap of cosmic illusion! But for now, this illusion is only with respect to time!

The soul is next subjected to the condition of *niyati* or limited being! It means binding the soul with the idea of being a limited being! The infinite and all-pervading soul or God is now conditioned to experience a sense of limitedness!

Let me elaborate on this concept a little more!

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The ancient Sanskrit texts say that there is no “beginning” and “end” for *Para* Brahman or the supreme Godhead.

That means, if God is compared to the centre of a round wheel, then the location of the centre of the wheel is not known to anyone. This means there is no centre for that circle!

Similarly, no one can tell where the edge or circumference of that wheel lies! This means that *Para* Brahman or the supreme Godhead is spread all over the infinite cosmos! The implication of this is that the infinite cosmos is God, or all that exists is simply God.

And when it comes to the individual human soul, the ancient texts say that it is also all-pervading as God. However, the texts maintain that if the human soul is also compared to a round wheel; then the centre of that wheel lies within the body of the living being. But the edge or circumference of that wheel is again said to be as infinite as God. So, both are infinite!

However, readers are requested to once again recall the idea of God described earlier. Otherwise, this could cause a little confusion in comprehending my narration. If the centre of consciousness lies within a human body at an individual level; then it lies at the centre of God’s own body too whether it is at the level Solar system or Galaxy or Universe or infinite cosmos. It all depends upon the idea of God as comprehended by human beings based on their religious beliefs etc.

However, it is not possible for both (human beings and God) to be in the same place as two entities or a multitude of entities. It is a meaningless concept even within the parameters of worldly logic. So, only Brahman or the divine or God or call it by any other name is pervading the infinite cosmos as described earlier! All living creatures are akin to the sparks rising from the fire. That means with same nature as that of the supreme Godhead! But since the soul is enveloped in cosmic illusion or *Maya*, the infinite soul begins to feel that it is finite or a limited being by the concept of *niyati* or limited

being. However, this is with respect to the physical dimension of space around the soul only. We will see later how other conditions are imposed on the soul.

So far, we have discussed two conditions imposed on the soul. First “was time” and second was “limited being” or finite. In modern terminology as per the theoretical physics, this can be compared to the dimension space-time.

The next is the condition of rajas or some sort of dynamic or creative nature. Due to this, the condition of passion or creativity begins to set in around the soul. We are now entering into the realm of psychedelic phenomenon or dimension mind-space-time. Modern theoretical physics has not yet factored in this additional dimension leaving it to philosophers to ponder over it. However, a grand unified theory needs to account for everything under the sun or elsewhere in cosmos.

A closer study at this dimension reveals a remarkable insight, even within the parameters of worldly logic. From where has the concept of passion come from; for an individual soul? God or divinity is supposed to be infinite and all-pervading the entire cosmos. Therefore, such a condition normally should not be applicable to an individual soul like a human being who is also a miniature model of God. Yet the human soul has been conditioned this way by the all-powerful cosmic power.

This third condition is also part of the overall illusion being spun around the infinite static nature of the God or divine. This phenomenon is being executed by God, on himself by his own power. To put it in another way if the principle of Godhead is static in nature; his power is dynamic in nature. This dynamic nature of God is referred to as the cosmic power or the cosmos itself. Further, this dynamic nature of God itself is being used on himself for multiplying himself as innumerable creatures all over the cosmos.

I hope the readers have started getting the first insight into this philosophy that all is an illusion!

From microcosm to macrocosm, from philosophy to

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physics, from religion to rational thought, from mind to matter; everything is simply illusionary in existence. Nothing is absolute! Energy is an illusion which is simply the dimension of space-time-mind!

The next condition spun around the infinite spirit is that of knowledge or vidya! The supreme Godhead or soul knows everything! Infinite knowledge or is the attribute of infinite Brahman. The formation of this condition on such an infinite supreme soul or *Param* Atman causes the soul to drift into delusion. That is, the idea that; the knowledge of the soul is limited and finite begins to manifest. This is the fourth condition spun around the soul and this is also part of the over-all illusion to which the individual soul is conditioned to!

The next condition is called Kala or awareness of the digits or parts! This means that the concept of division is imposed on the soul. The infinite soul or God or divinity which is all-pervading can't be cut into parts or visualized in separate pieces. However, the same condition is now imposed. That is, the soul is conditioned to see everything in a divisive manner. The ideas pertaining to time, space, passion and knowledge are all experienced by the soul as separate things under the influence of this condition. Psychedelic things like passions of the mind or knowledge pertaining to various subjects are all experienced by the soul as separate things or divided things.

The first two conditions (time and space) to which the infinite soul is subjected to are physical in nature! The next two conditions (passion and knowledge) are psychedelic in nature. The fifth pertains to the mixture of the above two but with respect to the idea of division. That is why it is called Kala or digit; akin to the way we see *Kalas* or digits of the moon as it waxes and wanes in the space.

So, the cosmic illusion or Maya that envelops the soul is related to the five things of time, limited being, passion, knowledge and awareness of the digits or parts. This is the structure of the causal body made up of five different conditions or categories of restrictions imposed on the

infinite soul.

Thereafter, it is subjected to two more stages as it evolves into a human being. The idea of *Purusha* or the subject experiencing something and the idea of *Prakriti* or nature or the object or something to be experienced! This same idea is applicable to even God. That means, on one hand, the soul is transformed into a *Purusha* (that is, a human being) and on the other hand, the creation of nature or the external world or *Prakriti* takes place. That is to say, a suitable environment is created or stage is set as the medium necessary for the soul to incarnate as a human being and to experience the restrictions imposed upon him. This means, for example, to feel the concept of “heat”, fire acts as a medium in the external world. In the same way, the external world or nature is created for the infinite soul to be deluded into believing that it is a finite living entity. This phenomenon is executed through the five sheaths or layers spun around the soul. The structure of the human body or the mechanism (the cerebrospinal system) through which the external world is experienced by the human being is discussed separately in the subsequent paragraphs.

This is followed by the manifestation of the cosmic energy as human intellect or *buddhi* or *mahat* in the sequence of creation. This is also referred to as Goddess *Saraswati* or the creative power of God or his spouse as per the ancient texts. Here, I would like to draw the attention of readers to the idea of God discussed earlier. If we assume the solar system as a one-world system then we are referring to the idea of that God which we call as *Brahmanda* or macrocosm. I request the readers not to mix it with the concept of *kamakala* discussed earlier from which the creation started. That beginning of creation can be compared with the big bang theory of the universe or the creation of a galaxy system.

It is further followed by the manifestation of the cosmic energy as egoism or *aham* in the sequence of creation. However, both intellect and egoism are co-located together.

This layer or sheath is called the sheath of intellect or

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vijnanamaya kosha. It is the home for all sensual impressions that a human being experiences. All experiences are imprinted here as karmas after they are colored with egoism. That means a thought or word or deed when colored with egoism is classified as karma. The implication is that it is subjected to fructification. This means karma acts as a seed or cause and hence it has to manifest in some form as the effect.

As per modern science, this sheath of intellect is called the subconscious mind. All karma accumulated through several births by a soul is imprinted here and becomes the cause for the destiny of the soul. The implication is that karma acts as the blueprint or genetic code or planetary configuration or something else for the construction of the destiny of a human being.

By now readers would have got an insight into the scheme of things. It is evident that everything is a form of energy only including the human intellect. However, readers would have also understood by now what all happens prior to the manifestation of the cosmic energy as human intellect. Therefore, here is the great irony of mankind. How can a human intellect which is the grosser form of the cosmic energy comprehend its subtler nature? Cosmic power is supreme and conscious. Hence, it has to reveal its own nature that it is illusionary in existence, by itself. This is one of the fundamental errors that have occurred in the evolution of modern science although it was left for the philosophy. Perhaps science and philosophy together will correct this error one day!

This is followed by the manifestation of the cosmic energy as conscious mind stuff in the sequence of creation. This is also referred to as the psychic energy or Goddess *Lakshmi* as per the ancient Sanskrit texts. This psychic power is supposed to be the power of the sustenance of Lord Vishnu as per the ancient texts.

This psychic power is further worshipped in eight different forms or Goddesses or *Ashta Lakshmi* as per the tradition of ancient texts. Basically, a Goddess referred to by

the ancient texts is a form of cosmic power only. She is popularly worshipped as the Goddess of courage, Goddess of wealth, Goddess of food, Goddess of progeny, Goddess of wisdom, Goddess of physical strength, Goddess of health, Goddess of victory, etc.

All these are basically psychic powers. A person may be physically very strong but if the psychic power pertaining to courage is not unlocked, then the person will be scared of even a minor creature. Or this can also be said that the Goddess pertaining to courage has not showered her divine grace on the person. Either you call it divine grace or unlocking of the power in mind stuff. The same phenomenon is applicable to all other psychic powers. A person may be experiencing the life of a wealthy man but, if the Goddess of food has not showered the grace then, that person might be suffering from so many diseases that he is not destined to enjoy good food. A couple may be enjoying good health but if the Goddess of progeny has not showered the divine grace or that particular psychic power has not been unlocked then, the couple remains childless. We see so many such cases in daily life. Moreover, the science of Gynaecology is still a mystery subject even in the present age of high technology and artificial intelligence. The success rate in laboratory fertilisation is very poor.

However, as per the ancient texts, the central fulcrum to all the eight categories of psychic powers is the Goddess of courage. It is said, that wherever courage is gone or the psychic power pertaining to this quality of courage has not been unlocked then all other psychic powers also get locked up subsequently in the person in due course. The same phenomenon occurs in a reverse manner too. That is why it has been harped on that success lies in courage. Or to put it in other words courage is the essence of the power of sustenance for human beings. I remember a famous quote by one of the French philosopher Goethe. He says courage has genius in it. I now realize the truth in the statement. It is an age-old saying in India that courage is verily the Goddess of

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victory.

The exercise of free will by human beings is also done in the conscious mind. However, all this description is a broad classification of psychic power.

Let us return back to the sequence of creation which we were discussing earlier.

Creation of the conscious mind is followed by the creation of five sensory centres of knowledge and five sensory centres pertaining to action inside the mind itself. The five functions of the senses of knowledge are sight, hearing, taste, smell and touch. Along with them the five sensory centres of action are also created. The five functions of the senses pertaining to action are grasping, walking, speech, procreation and excretory.

Hence, there are ten sensory centres located within the human mind.

What I was referring to above is the location of the sensory centres! They are located within the mind. They are not the physical organs that make up the body. Therefore, all the senses described above, after the creation of the conscious mind, are part of the psychic sheath or *Manomaya kosha*.

That means the origin and centre of the five senses of knowledge and the five senses pertaining to action is the mind!

The five gross sensory organs of knowledge are eyes, ears, tongue, nose and skin respectively located in the flesh and blood of the human body. The five sensory organs of action are hands, feet, throat, genitals and excretory organs respectively.

This is followed by the creation of the five subtle elements of nature or the essence of the elements. They are called *tanmatras* in Sanskrit. They pertain to ether, air, fire, water and earth! They are manifested as part of the sheath of life force or *Pranamaya kosha*.

These five *tanmatras* later become gross as the five elements of nature called *bhutas* in physical form. They form

part of the gross body of flesh, blood and bones or *Annamaya kosha* or the sheath of food. However, I am not going into the minute details and the intricacies of formation of the elements. That science requires a specialized study of the scriptures and does not form part of this book theme.

In addition to the five *tanmatras* or the essence of the elements described above; there are five major types of *pranavayu* or life forces present as part of the sheath of life force or *Pranamaya kosha*. Further, five more types of minor upavayu or life forces are also present as part of the sheath of life force or *Pranamaya kosha*.

Prana, Apana, Vyana, Udana and *Samana vayus* or life forces are the major ones. Each life force is assigned a specific function in the body. For example, the function of *apana* is to excrete waste from the body. In the same way, urination and excretion of semen during sexual intercourse are also done by the *apana vayu* or the life force. *Pranavayu* makes the lungs to move in the body. This causes the breathing phenomenon to occur among all creatures. Similarly, the rest of the life forces also perform their assigned functions in the body.

The creation of the gross physical world is over with the formation of the elements. However, this needs to mesh with the human body thoroughly so that the external world can be experienced by the person. Therefore, a mechanism known as the cerebrospinal system is created within the human body linking it with all the above-mentioned five sheaths or layers spun around the soul. For this, the entire cerebrospinal system has been divided into various chakras or energy centers. Each energy center also has a particular Goddess or the power as presiding deity linking it with various functions in the human body or to make the human being experience the variety in the external world.

Therefore, all the five elements discussed above are also linked with various chakras of the cerebrospinal system in the human body. The *Muladhara* chakra (located between the anus and the genitals) contains the earth element or *Bhu tattva*, the *Svadbisthana* chakra (located at the root of the

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genital region) contains the water element or *Jala tattva*, the *Manipura* chakra (located near the region of the navel) contains the fire element or *Agni tattva*, the *Anabata* chakra (located near the heart region) contains the air element or *Vayu tattva* and the *Vishuddha* chakra (located at the base of the throat) contains the element of ether or *Akasha tattva*.

Apart from the elements or *tattvas* of the elements, various sensory centers are also located in the cerebrospinal system. For example, the sense of smell is linked with the *Muladhara* chakra or the root chakra. Further, various aspects of the physical world experienced by human beings like; yellow color, all cardinal directions, etc are also located within the energy center of *Muladhara* chakra! However, I am not going into the minute details and the intricacies of the tantric anatomy of the human body. That science requires a specialized study of the scriptures and does not form part of this book theme.

There is another important issue which I would like to highlight here before concluding this chapter. The world of sounds manifests parallel to the world of things. For example, the seed mantra or the sound body *lam* is associated with the *Muladhara* chakra. The seed sound body *vam* is associated with the *Svadhishthana* chakra. The seed sound body *ram* is associated with the *Manipura* chakra. The seed sound body *yam* is associated with the *Anabata* chakra. The seed sound body *ham* is associated with *Vishuddha* chakra. However, as I have already explained above in the beginning, all these sounds are derived from the primordial sound Om which is associated with the *Ajna* chakra (located in between the eyebrows or the so-called third eye region) in a human body.

Thus, the world of sounds and the world of things are manifested parallel to each other and projected on the psyche of the human being like a film on the screen. In a nutshell, the science of mantra *shastra* is akin to the blueprint of everything.

What is a mantra?

A mantra is essentially a sound body or a packet of sound

energy in a particular form. Since it is a sound body; it needs to be conveyed either orally or through the medium of a linguistic script. Since it is closely linked to a linguistic alphabet and also the thought patterns which arise in mind; the entire domain of mantra practice by repetition is also confined strictly within the psychedelic realm. That means, whatever practice is to be done by the repetition of a mantra is basically a mental exercise. Just like a muscle is built in a human body by the repetition of physical exercises carrying weights etc., over a prolonged period, similarly, the mind gets impacted as the power of mantra (which happens to be sound energy) gets accumulated slowly and steadily within the psychedelic realm.

A mantra can be visualized akin to a small brick of clay that goes into the construction of a building. All readers are aware as to what kind of gigantic structures are made by laboriously piling up a huge quantity of bricks. These structures are also manifested in a variety of shapes and sizes. A mantra practice (*sadhana*) is essentially a similar kind of exercise. The only difference is that it happens to be a mental exercise. However, the benefit of building a house will accrue to both the builder as well as others. But the benefit of a mantra practice will be only for the practitioner! Hence, one cannot guess as to the kind of progress one has made. Although one gets a rough idea after some time, once the effect of mantra is felt by the mind!

The entire science of mantra (*Mantra Shastra*) has been developed based on the above principle. Numerous texts have been developed since ancient times. Different mantras impact the mind in various different ways. But the point to note is that they are like any other materialistic sciences. It is just that the science of mantras happens to be a sophisticated one when compared to modern physical sciences. The science of mantras has already been perfected a long time ago in ancient times if we go by the ancient Sanskrit texts as a standard. For those readers who entertain any kind of doubt as to the validity of those ancient sciences, I would like to

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bring their attention towards the modern string theory.

Even the modern proposed string theory points out that all energy or matter is in the sound form at the fundamental level.

Hence, the science of mantras merits attention by everyone! It is a fascinating science definitely by all standards. Hopefully, this ancient science will one day once again be a popular subject just like the ancient times. Definitely, I would not like to miss the bus!

Basically 'the science of mantras' is a sophisticated subject which modern science is yet to unravel although the indication is already there. Don't we hear all sorts of music? Every reader must be aware of the power of music on the human mind. Therefore, no wonder that 'the science of mantras' is such a profound field to explore.

The importance of the science of mantras has been highlighted both in ancient Sanskrit texts as well as the Christian Bible in a different way. The Sanskrit texts go on to describe how the entire universe has been created out of the primordial sound energy Om. Similarly, we have the same truth proclaimed in the Bible which goes on to say that "in the beginning was the word", etc. Essentially the truth has been accepted by ancient Sanskrit texts, the Bible, and also the proposed modern string theory about the creation of the universe as such from the primordial sound form.

Sound is the basis of all languages. A letter of an alphabet in any language is akin to a small brick with which gigantic literature has been created incorporating all sorts of human thought like music, drama, poetry, story, etc.,

It is of my humble opinion that future science will be based on the 'science of mantras' rather than the present day 'mathematical model'. Don't we all know how the very concepts of the universe have been changing since the time of Aristotle, followed by Copernicus, followed by the Newtonian mechanical model, and lastly the mathematical contributions of Albert Einstein and Quantum Mechanics?

Our scientific concepts about the origin of the universe

have never been constant. There is no guarantee that they will remain like that in the future! At least, the history of mankind has taught us this lesson. Therefore, a new era in the history of scientific development may well see it, based on the psychedelic (sound) model rather than continuing with the present-day mathematical model. As explained above, the newly proposed “string theory” is an indication of that direction.

The main doubt entertained by all skeptics is that “a mantra” does not work fast enough. They don’t see the results immediately. Hence, they tend to criticize the entire theory. Even serious believers tend to give up after some time when they don’t see the results.

Just imagine how much time it takes for anyone to develop muscles in their bodies when they go to a gymnasium regularly. When they pick up a weight and try to exercise repeatedly, the muscle will definitely build-up but it takes time. It takes a very prolonged practice of at least, maybe six months or so before anyone can see the results. Now when we talk of a sophisticated technique like the repetition of a ‘mantra’ (sound body) inside our minds, one can easily understand that it takes a very long time before the results are felt. Hence, ‘patience’ has been highlighted as the essential virtue required for undertaking any practice of this sort.

Even to criticize and abandon the theory one needs to experiment with it first otherwise, the criticism itself will lack any merit. Above all, the subject of mantra *shastra* itself is so glorious (it talks of the very origin of the universe) that it is worthy enough to experiment.

The understanding of mantra *shastra* will elevate the mind to such a lofty height, that knowledge will reveal itself to the practitioners of mantra. Don’t we all know that ‘knowledge itself’ is the greatest benefit of knowledge? Knowledge is power. The cosmos is this power. Power is the origin of human existence. Rather, it is the very divine thing.

The mind as an illusion

What a human experiencing through the medium of five senses is simply a reflection of what is there inside. However, there is a catch here! There is no medium as such to receive the reflected sensual expressions from! Here is the point of a big discussion about the existence of the external world. Is it absolute? If not, is it simply the void from which the sensual impressions are getting reflected back? Then what about the collective reality experienced by a multitude of other human beings on the planet? These are some of the questions we will discuss in this chapter.

The cosmic energy projects a kind of Metaphysical reality on the psyche of a person through the medium of the cerebrospinal system. If we go by this theory then logically nothing should exist outside the human being.

As we all are aware a human being spends his life daily undergoing three states of sleep, dream and waking. Let us first discuss the dream state. The experiences during dream state appear to be very real as long as a human being remains in that state. Now, the question is, from where is he or she experiencing it from! I mean from where are the experiences being reflected? Is it from the absolute existence of a dream world or simply void? All readers can easily comprehend the futility of asking such a question. We all are aware that it is

neither absolute existence nor even void. Although it depends upon how a person understands the terms 'absolute existence' and 'void.'

As long as a person is within the realm of the dream state, whatever dream world is being experienced can be taken for granted and assumed that it is absolute. I mean the dream world is indeed very real for the person.

All readers must be aware that the human body also responds to dreams. For example, if a person is experiencing an erotic dream the body responds by making the genital organs respond etc. Therefore, we can say that the dream world is absolute for the person as long as the mind is in a dream state. But the same can be argued in a different way by saying that the dream world is not a physical reality. For example, if a person kills someone in the dream, he will not get punished upon waking up. Therefore, it can't be deemed to be real in spite of the fact that the body organs respond to dream events. In this sense, people may say it is simply a 'void' in which the person has experienced the dream events being reflected back to him.

Similarly, the reality of the physical world or the waking state needs to be understood from this perspective. It can be considered simply as yet another state of the mind (waking state) known to us popularly as 'reality.'

From the above perspective, it can also be argued, that the physical world is simply a void in which the sensual impressions are getting reflected back. However, readers need not ponder too much on the meaning of the word 'void.' It is simply another word.

All readers are requested to recall the three states of mind experienced by a human being ordinarily. They are sleep state, dream state, and waking state. The difference between the three states is in the frequency of the cerebral system as per modern science. That means a human mind exists in three different states in the course of normal life.

Now, here is the most crucial point to ponder!

Every human being has 24 hours time available to him or

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her during a day. Out of these 24 hours, the person may like to be in a sleep state for, let us say 6 hours and in a dream state for two hours. This means that for a human being one-third of their existence is indeed spent in dream and sleep states. Therefore, if a person has to treat this external world in which he or she lives as real; they have every right to treat their dream and sleep states as equally real. God has not given extra time for human beings to sleep and dream. They are very much part of the same reality; whatever it may be. Both the states of dream and sleep exist for human beings on a daily basis. Therefore, all three states of mind; sleep, dream, and waking are simply three sister states of their mind.

From the above perspective, what is the difference between these three states? The experience may be different in each state. A person may enjoy absolute bliss while in deep sleep. He or she may be flying in the clouds like a superman during the dream state. During the waking state, the person may be undergoing through lots of worldly experiences with which all readers are familiar with. If, we comprehensively look at the entire existence in these three states then, it is difficult to say what is real and what is not real. It may be even difficult to tell the meaning of the word 'reality.' It may be simply yet another 'word' constructed out of the letters of an alphabet of a language.

Let us now deliberate upon the sleep state!

All readers are familiar with this state of mind as well. The world as we know or the 'reality' as we know simply vanishes for a person while in deep sleep. There is no trace of egoism either; while in deep sleep. There is no idea of any human relationships or emotions or anything else while in this state. We all spend a major chunk of our lifetime by remaining in this state. However, unfortunately, we don't even bother to ponder over it. That means we don't even reflect on this aspect as to what happened to the world or our reality during the sleep state. We all are engrossed in numerous things while in the waking state. This is understandable also, given the fact, that our mind is completely diverted on to materialistic

things while engaged in the waking state.

There is no argument on this!

However, do we ever reflect on the idea that our waking state itself is as Metaphysical as the sleep and dream states?

But this idea has a flaw in it.

For example, while we are in a sleep state or dream state; we don't bother whether those states are real or Metaphysical while we are engrossed in those states. We simply go through the states and experience them because they appear so real to us. Similarly, a question can be asked as to how can anyone while remaining within the parameters of waking state ask whether it is real or Metaphysical, especially when the mind is so convinced that it is the actual reality! That means it never strikes to the mind for an ordinary person that the reality in which he lives could be illusionary or Metaphysical in nature. This is more so when a person happens to be enjoying life when it is going well. It is only when the person receives a knock on the mind in the form of an untoward incident like; loss of wealth, fame, power, or a close family member, that he or she starts reflecting on the nature of reality! This is the ironic aspect of life although for the good from a spiritual point of view.

This is the flaw in this argument!

That means we are back to square one on the point of our big discussion; whether the world is absolute or simply void.

Let me humbly submit that as the author of this book, I am only trying to dissect my own mind; by focussing it on itself and within itself. In a way, I have written this book for my own self.

I am only trying to lay it bare without any pretension or trying to prove any theory. I am simply trying to rip it all apart and study its nature threadbare. That is the reason why I have chosen the subtitle for my book 'The last dimension of mind-space.'

We are left yet with one more crucial issue to ponder over. This world experienced by us is not meant for us alone as a single person. There is a multitude of human beings living on

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this planet. Everyone must be experiencing the world like us. All are aware that human anatomy is the same generally. That means whether a person is from Africa or America or Asia the anatomy is the same. Therefore, the experiences through the sensual organs must be the same.

However, if the existence of a human being is under a big question mark as discussed above; it must be the same for every other human being as well.

But the sensual experiences are not limited to the physical world alone. I mean a human being does not experience only the 'Nature' on this planet, although it comprises of the plant kingdom and animal kingdom. I am trying to raise the subject of human interactions here. That means, on one hand, a human being is undergoing through a state of mind known as the 'waking state'; while on the other hand, simultaneously interacting with a multitude of human beings who are also in a similar state. The implication of this is that there must be two parallel worlds going on simultaneously; meshed with each other in such a way that the reality appears as one homogenous entity.

This is the most crucial aspect of our existence. The truth that a human being is passing through two parallel worlds simultaneously; one at an individual level and the other at a collective level opens up a Pandora box of issues to ponder. This also opens up a kind of Metaphysical portal (a state of mind) for a human being, at an individual level, to escape from the illusion of his or her existence as a human being. This means a human being has been provided with the opportunity to attain *moksha* or salvation or self-realization individually; while the rest of mankind still remains under the influence of Maya or the illusion. The very fact that this phenomenon is possible as propounded by all ancient Sanskrit texts proves the existence of two parallel worlds we were discussing. Otherwise, if it had been only one world or existence for the entire mankind; the attainment of salvation should occur simultaneously for the entire mankind in one go. But all ancient texts have been harping on that this is not

the case.

The moment a human being walks through this portal (a state of mind) of 'illusion', he or she ceases to be a human being. What happens thereafter; outside the parameters of illusionary existence is unknown. Even the ancient Sanskrit texts have remained silent over this issue. All yoga systems, philosophical doctrines, and tantric systems have been developed by mankind to reach this magical portal or the gate of illusion. That is it!

This state of mind has been hailed by many with various terminologies. Some say the state of thoughtlessness; some say the state of *Turiya*; some say the state of Samadhi; some say the state of absolute bliss, and many others say something else.

I even remember the incident when I read an English poem written by Shelly long ago when I was a young man. He also described the state of Samadhi only, but under a different kind of vocabulary.

All Sanskrit texts proclaim that; to still the mind of all modifications is the terminal objective of all yoga systems.

"Still the mind and know that I am the God" proclaims Jesus in the Christian Bible.

Such is the grand views of some on the state of mind mentioned above.

How this great escape from the illusionary existence or Maya is affected through this magical portal called Samadhi or state of thoughtlessness; is a different story. I have covered it in my first book under the title 'The Power Unknown to God' published in several major world languages, but under different titles obviously. In Indian languages, it has been published under the title '*Parashakti*.'

So far, we have been discussing the three states of mind while living within the parameters of the waking state itself. That means I am writing this book in the waking state only! (This is pure humor please.)

The above statement has serious implications although said from the point of humor. That means, this world is an

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illusion, my existence is an illusion, this book is an illusion, readers who are reading this book are an illusion, and lastly, the state of mind or the parameters within which this book has been written; that is waking state itself is an illusion.

In a nutshell, everything from microcosm to macrocosm exists in a world of a dream; where dreams are real and reality itself is a dream.

Since the dawn of human civilizations on the planet, the divine power was always worshipped by mankind in some form or the other. In many parts of the planet primitive civilizations used to worship God or the divinity in various primitive forms like the worship of a mountain or animal or tree or stone etc. We see this phenomenon even now in some parts of the planet.

As the human civilizations evolved human thought process grew into various sophisticated forms. Perhaps the first thing which had been streamlined was the means of communication itself in the form of languages. The languages were mostly oral in crude conversational forms. We see this phenomenon even nowadays. Some languages still don't have a script of their own. They rely mostly on oral tradition. Later on, the oral tradition was converted into written form. However, this tradition was seriously restricted due to the non-availability of written material like paper, etc. However, the oral tradition continued to be practiced by mankind over the millennia. Perhaps only the rich and elite in society had access to books since the cost of production was expensive. Readers are familiar with how books were written in ancient times. They were mostly written on leaves or bark or stones etc. Along with the written tradition, the grammar must have got sorted out in every language.

Further sophisticated forms of communication were developed at later stages. I am not talking about daily routine communication here. I am trying to discuss how the human thought process must have developed and communicated. This was mostly done in the form of religion and philosophy. A huge volume of books was produced by scholars! Along

with these various finer ideas like poetry, drama, music, dance, art, sculpture, architecture, etc. were developed. Readers must be familiar that during ancient times all these ideas were mostly restricted to religious themes.

It is in recent times that the nature of communication had taken a sharp paradigm shift. The invention or discovery of paper has changed the scenario. A massive amount of books have started to roll out from the hands of the authors. However, the above-mentioned arts and crafts were also carried forward with further refinement. But mankind started relying more and more on reading books during their spare time rather than gaining the knowledge from the above methods.

Readers are requested to kindly note that I am only trying to cover the topic in a broad spectrum. Otherwise, we all are aware that teaching till goes on in oral form in schools and colleges. I am only pointing out at the broad shift in human communication.

With the advent of modern technology, the above-mentioned methods of communication have become more and more sophisticated. Perhaps people don't have time to read books nowadays. The shift is increasingly going in the direction of videos. However, a video is basically yet another sophisticated form of drama. Perhaps soon we may find that people don't have time to watch videos either. People may like to get all knowledge readymade available in their minds in the form of computer chips. Perhaps from this moment onwards, we may see governments banning the usage of modern technologies due to the advent of various lifestyle diseases. Till then obviously, mankind will continue to drift along the path of destruction. The inquiry into the internal nature of the mind may start getting the attention once again!

The law of karma

A human being is born on this planet based on the cumulatively accumulated karmas or sensual impressions in his or her mind. This means the accumulated karmas up to the moment; a person who died in a previous life act as a blueprint for the next life. The entire theory of karmic law is based on this principle. The very rationale for the birth of spirit or soul as a human being is to undergo the consequences of the cumulatively accumulated karmas or the sensual impressions. I am using the word ‘cumulative’ repeatedly to drive home the point that human birth doesn’t occur in isolation to account for only a certain lifetime.

A person dies at the end of a lifetime either due to natural wear and tear of the body called aging or when the body becomes unfit for the soul to dwell due to disease or accident. Many karmas or sensual impressions would have already been neutralized by the soul in that particular lifetime.

However, fresh karmas would have got accumulated by the time the person died. Therefore, the sum total of all the leftover karmas from the past and also the freshly accumulated karmas in that particular lifetime; act as the blueprint for the next birth of the soul.

So far we have discussed the preparation of the blueprint for fresh human birth. Modern science calls this blueprint as

DNA and astrology calls it a horoscope. Popularly it is also called the fate or destiny of the human being.

What happens to the soul in the immediate aftermath of its death? How the accumulated stock of karmas is carried forward into the next human birth? What happens to the human soul during the transitory period? Does it undergo the popular destinations known to mankind; called heaven and hell in most of the cultures around the world?

I am not dwelling on the above questions since they do not form part of the overall plot of this book. I request the readers to kindly excuse me on this count. There is a massive amount of literature available on the internet on the above-mentioned topics. I sincerely advise the readers not to venture into such literature! It may not benefit you in any way from the point of your spiritual growth; unless you are planning to write a book or deliver a lecture on such topics.

Readers are also requested to remember, that a human being is the creator of his or her own destiny as per the law of karma described in the above paragraphs.

However, a person has all the control over his or her actions before an arrow has been shot in the air. After the arrow leaves the hand the person has no control over it. Similarly, the person can't even predict whether the arrow will hit the mark with mathematical certainty or not. That means loss of control over the arrow is comprehensive. Neither the course of its flight can be altered nor its fate is determined. There could be external factors like a sudden change in the direction and speed of wind; over which the archer has no control.

Karma is also akin to the above-mentioned example. This karmic theory has been harped upon since ancient times in the Sanskrit texts. In one of the popular Sanskrit texts *Gita*, Lord Krishna (Popularly hailed as the incarnation of God) clearly explains the nature of karma.

Therefore, I request all readers to keep the above-described law of karma at the back of their minds while reading the succeeding paragraphs in this chapter.

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Let me first narrate an example to explain the essence of the entire chapter which I am going to write below.

If, a person is destined to enjoy the pleasures of eating a variety of good food in the next life; maybe due to the accumulated good karmas like feeding the poor, etc. in the past life; he or she may not be born with a defective digestive system. That means the blueprint or the horoscope or the DNA for the person has to account for this destiny which is yet to unfold. That means the body has to be conducive for the person to undergo the destiny. In a way, the body has become some sort of right setting for the soul.

Now, the next extension of the setting is arranged. This could be his immediate family. A person, who is destined to undergo some kind of unpleasant and troubled family life, may not take birth in a happy family. If it happens that way; how will he or she pay back the karmic debt? Similarly, there are a host of other issues pertaining to the family members. If a woman is destined to enjoy a blissful marital life; she may not get married to a cruel type of husband. That means the setting has to match the karmas accumulated by a person.

The same phenomenon can be applied to friends, relatives, or extended family members. Similarly, the community or village could be the next extension of a person's setting.

Thereafter, the kind of profession a person takes up or the business etc. becomes the next extension of setting according to the law of karma. Of course, the person may be creating fresh karma in the hope of altering the destiny over which he or she has no control. No problem with that! However, it is going to be a mixed package of life for the person.

The person will not have any idea of his or her accumulated karmas. This is indeed a boon from God not only to the person; but to mankind in general in away. Otherwise, if a person has committed extreme sins like killing children, etc. in the past life; he or she may not be able to live in peace by the memory of such karmas.

However, the person will be subjected to the karmic law definitely. Maybe he or she might undergo the same kind of

mental agony; which the person caused to the parents of the children, who were killed by him or her. Maybe the person's own child may get killed by someone else in the next life. The exact setting required for the person will be definitely arranged for by nature.

Therefore, since a person has no idea about the accumulated karmic stuff, attempts will be made in a new life to alter the unpleasant destiny when it unfolds. However, destiny shall unfold whatever he or she may try. It is a different story that the person may manage to alter the unpleasant destiny.

Here is yet another case of illusionary thinking by the person who happens to try to alter the unfolding destiny in the form of unpleasant events. For example, a person has been continuously losing money in a business venture. Obviously, he or she will try and move heaven and earth to arrest the trend. Let us say after a certain point of time; the person has started seeing profits in business. The person may think that he or she has managed to create his or her own destiny. It is a yes and no scenario for such a person.

The reason is when losses in business got arrested; the bad karma accumulated by the person must have been already over. From this perspective, it can be said that whatever happened to the person till then was his karma only.

However, it is a different story that few human beings thank God for that! They would be probably thinking that it is their own efforts which brought them success. Thus, that person starts creating fresh karmas due to the coloring of actions by egoism.

The next extension of setting for the person could be his or her spiritual mentor, in the form of a Guru. Sometimes, we see people complaining that they have been searching for a spiritual Guru for a long time. This kind of delay could be due to their past karma again. It is possible that that person would have accumulated some sort of negative karma pertaining to the subject of yoga practice. Maybe that person would have criticized the spiritual Gurus etc. in the past lives.

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As a result, in the current life when the same person is desperately seeking a spiritual Guru, those negative karmas have finally caught up with him or her.

There is one crucial extension of a person's life which I have not spoken of deliberately till now. That is the planetary configuration at the time of the birth of that person at the native place. This is called his or her astral sky! The zodiac sign rising on the Eastern horizon of the planet; at that particular place where the person was born and also at that particular time; is taken into account to predict life! Of course, the configuration of planets besides the sun and moon are also taken into account. I am not going into the technical details of astrology since my knowledge of astrology is almost zero.

However, I have heard some people who made very accurate predictions regarding, the yet to unfold destiny.

The most crucial question everyone asks is; is astrology correct? Is it a science in the first place? Do the planets have any impact on the life of a person?

If we try to understand this from the description of the law of karma; the answer is 'no' to all the questions. But there is a catch here! It is all about the right setting matching the karma! That means, if a person is destined to undergo the goodies of life then obviously the planetary setting must have been fantastic at the time and place of birth. It must have been obviously the other way in case of a guy like me probably. (This is pure humor)

The blueprint or horoscope or DNA has to match with the planetary setting if it has to become a reality. Astrology has been developed as a subject to see what happens to human beings born under a different variety of planetary configurations. As a result of a deep study of the subject over eons of time, it has been perfected to a high degree.

However, the planets don't control the destiny of a human being. Their setting or the astral sky at the time of birth was incidental. That means, for a guy like me who has to undergo the miseries of life how can the planetary configuration be

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auspicious? My planets were simply a medium for me at the time of my birth. I have nothing against the planets personally for obvious reasons. If my karmas were making me incarnate on this planet in such a manner; that I have to pay back my karmic debt; then what can the poor planets do to me other than sympathizing! This in a nutshell is all about astrology and astronomy.

It is my karma; which gave me my parents!

It is my karma; which gave me my body.

It is my karma which gave me my friends!

It is my karma; the root cause of all my sorrow.

It is my karma; which has made me a sinner.

It is my karma; the *raison d'être* (the reason for being) what I am.

The law of causation or the cycle of karma; has been going on eternally for eons of time! My salutations to this eternal divine law! Not even the Gods and Goddesses are spared from it. Karma catches up with everyone! Of course, there is a way out to stop all this! And that is what this book is all about!

Transmigration of the soul

The entire cosmos is pervaded by the divinity as one entity. That means God or the divinity can't be broken into small pieces. To put it in different words; there is nothing other than the divinity that is manifested both as the organic and inorganic matter. The world experienced by us is indeed only the gross manifestation of the supreme cosmic power, which is again none other than the divinity itself or God himself.

All creatures have evolved on this planet over eons of time. In the case of human beings, the ascent has been made from mineral to man. However, the divinity has been pervading through each stage, as the ascent was made. The human being is supposed to be the pinnacle of creation. The reason for this is, that a human being has been created as the miniature model of God or the macrocosm.

God is akin to a circle with the center and circumference nowhere. However, in the case of a human being the center is enshrined right within the Self but with circumference nowhere.

As per the ancient Sanskrit texts, a human being has undergone innumerable past lives prior to the current incarnation. However, the ascent was made all the way from

the stage of a mineral. Here, we don't have any contradiction with the modern-day theory of evolution propounded by Darwin.

However, there is a catch here! The ascent made by the spirit from the stage of the mineral to human beings is not necessarily irreversible. That means, one can't take it for granted, that after attaining the human birth the phenomenon is irreversible. This is crucial to understand!

The rationale for taking up the human birth is to make the final ascent from the human to God. That means, the final journey of every soul is to return back to its source; that is God. That means, it began its long journey through space and time from the God eons ago; to ultimately return back to God only. That is a creation all about!

The creation of the cosmos is akin to a water bubble on the surface of a water body. The origin and destination are the same.

Now, let us return back to the concept of transmigration! In order to curtail the unnecessary long discussion on this topic; I will focus only on the stage of evolution at the human beings level. Once the concept is understood, with respect to human beings, the same phenomenon can be applied to all other stages prior to it.

Human birth is attained by the soul after undergoing through millions and millions of births in the animal wombs. After the soul starts transmigrating to the human level; it keeps slipping back to animal wombs from time to time. But it may not remain in the animal kingdom for too long!

There is nothing strange or to panic here! As the ascent was made by the spirit; the evolution was indeed taking place through the animal wombs only, prior to taking up human births. However, it is only in the general sense here. That means, after undergoing through millions of births, the spirit has finally started taking up birth as a human being. But it is not a mathematical certainty that it will not slip back again. It only means that the soul has just managed to reach the general stage of a human being.

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After taking up birth as a human being the spirit is now subjected to the karmic law. At the end of a lifetime with whatever frame of mind, the soul leaves the body; it takes up the next birth exactly in accordance with the last thoughts prevailing in the mind at the time of dying.

Suppose a human being dies of hunger, then it is likely that the soul may take up birth in the womb of a wolf, etc. However, readers are requested to note that these things are very unpredictable and not follow any mathematical precision. There could be the cumulative impact of various other karmas also. Therefore, we can't say with precision about the afterlife of the soul.

Apart from this, if the human being has committed certain karmas which do not merit being born in an animal womb, then it may just transmigrate to another human body, either as a male or female. Readers are requested to take note of this gender transmigration also.

For example, if a practitioner has been a cruel husband in the current life, then in the next life it is likely that he is born as a female to undergo the same kind of suffering which he inflicted on his wife in the current life. Similarly, if a woman has committed adultery in the current life, then she may take up birth as a male in the next life with his wife committing adultery in the same manner. Thus, he is paid back with the same mental torture in accordance with his karma of past life.

In case, the accumulated karma is strong, like a person dying with excessive sexual desires then he may be born as a street dog, etc.

What I have written above is to give a general idea about the transmigration of the soul. However, this has profound implications with respect to the population density on the planet. This might be pertaining to any species including humans.

As readers might be aware, the population density on Earth was not at the current levels, a few thousand years ago. At least we are aware of this based on the recorded historical evidence. So, where has the extra population come from all of

a sudden, during the last few thousand years? Here, readers are requested to recall that they should be taking up human birth only after passing through millions of past lives in different animal wombs. Therefore, this theory of transmigration accounts for such a phenomenon.

If we go by the above theory of transmigration, it stands to logic that more and more souls have started transmigrating from the stage of the animal kingdom to human beings. This phenomenon can also occur in a reverse manner.

For example, when we notice the fertility rate going down and a decrease in the human population on the planet, then it is in accordance with this theory of transmigration only. That means, more and more souls are now taking up birth in the animal wombs.

This is called involution! It is exactly opposite to that of the evolutionary theory of Darwin.

A similar phenomenon, pertaining to the increase or decrease in sex ratio occurs, in accordance with this theory only.

Sometimes, nature also does the ecological balance by creating pandemics or natural disasters. Human beings need to understand that nothing goes on forever in a one-way direction.

We have been hearing the news about the colonization of other planets etc., in recent times. It is quite possible that the technological level may go up to that stage soon. But, then there are other issues pertaining to climate change, population decrease, etc. which will pop up creating hurdles for mankind in their quest to proceed in a unidirectional manner.

Governments around the world may be forced to pass laws to protect the environment. Usage of technology indiscriminately in any form may get restricted. Some readers may wonder, as to what will happen to all the high technology, which has been developed over the years. In all probability, the usage of technology will be restricted in a structured manner, as the things unfold. Not all technology might be required to get banned in one go!

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As the usage of technologies indiscriminately gets restricted; only a few advanced technologies required for military use might be retained by the Governments. This is quite obvious, given the nature of mankind, which has never been in peace on this planet. However, a situation may arise later wherein even the advanced military technologies may get banned. This is inevitable. Further, this entire cycle may start once again with inventions and discoveries like; gun powder, etc. That is the fate of mankind in a nutshell.

If we go by the ancient Sanskrit texts, this phenomenon has indeed been witnessed by mankind.

Man's transmigration of the soul from animal to human wombs and vice versa is a part of the overall game plan of God or nature on the planet.

This phenomenon is also applicable to animal and plant kingdom as well! Some new souls will keep transmigrating into different species. Similarly, new souls transmigrate from the plant kingdom to be born in the animal wombs of the lower animal kingdom. Thus, the phenomenon continues from lower animals to higher animals and vice versa.

By now, readers would have realized how this theory of transmigration of soul accounts for fluctuations in the population density of various species, from time to time.

The most important thing to understand is, that everything is happening in accordance with the theory of transmigration of souls. Hence, the need to lead an ecologically friendly life on the planet! However, humans are not destined to live in this way either. That is the irony.

Humans have been living on this planet since ancient times undergoing such fluctuations in population density. It may be a different story if historical evidence has not been maintained. But it does not mean that this theory is not valid necessarily. Otherwise, how else you account for it? Modern science may be giving reasons like; increase in stress levels due to a modern lifestyle leading to falling in fertility rate, etc. But, that is only one way of explaining it in isolation, without factoring in the entire game plan of nature in a

comprehensive manner. I have only tried to articulate my views humbly. Of course, it is up to the readers to believe it or not.

This theory of transmigration of souls has a profound impact on human society as well. I mean, it teaches a lesson to mankind not to get too attached passionately over human relationships. Perhaps this is the most crucial lesson to learn for mankind, to break through the veil of illusion spun by the supreme cosmic power of God.

A person born as a male in a family may not necessarily transmigrate to a far off place on the other side of the planet. Usually, the next birth takes place within the family itself. A person born as a son might have been the husband of his own mother, in one of the past lives. A person born as a daughter might have been the mother-in-law for her own mother, in one of the past lives.

It may sound shocking to the readers to read the above paragraph. But then, that is the way things happen in accordance with the theory of transmigration of the soul. Readers are requested to keep it in mind that God is not bound by human relationships like human beings. Hence the need to exercise dispassion in life!

The greatest of the sages and saints in human history were not fools to renounce the worldly life and to lead the life of an ascetic. In fact, they were the smartest people born on Earth. Unfortunately in modern times; to be smart means to be rich! What a great fall from the grace of God! It is simply pathetic!

Even if you look at the theory of transmigration with a normal common sense; it sounds very logical that transmigration occurs within the immediate neighborhood like; family or village or community, etc. God or nature may not indulge in executing complex transmigration for the souls. I mean a person who died in India, may not necessarily be born in a far off place like Alaska or Siberia. There is no requirement for such complex transmigration. As readers agree with me nature follows the path of least effort.

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However, this may not be sacrosanct either. That means, there is no stipulated restriction for nature not to transmigrate the souls to distant places if the karma dictates so. I am only trying to convey the general idea.

Thus, everything is illusionary in nature. Neither the ecological system of the planet, fluctuation in population of the species, human relationships, technological advancement, or anything else if there is any; has any absolute existence with mathematical certainty.

The modern scientific thought process has been changing constantly for the last two thousand years at least. From the ideas of Aristotle, Copernicus, Galileo, Newton, Albert Einstein, and the current theories being speculated; science has never been the same. And definitely, there is no guarantee that it will remain so!

If readers have observed it carefully, you will notice that the scientific description of the universe has been more mechanical in nature during the time of Newton. This has later become mathematical in nature during the time of Albert Einstein. Perhaps a new paradigm shift may be just around the corner. The new direction for science could be psychological in nature!

Thus, at last, we arrive at the final dimension of mind-space. This impending shift in the direction of the modern thought process is this book all about!

The great escape

We have discussed above how the sensual impressions are colored by egoism and get accumulated as karmas. They are imprinted in the sheath of knowledge or *Annamaya kosha*; also known as the subconscious mind. This is the second layer of illusion spun around the human soul. Here, the human intellect is co-located with the egoism. Every thought, word, or deed is deemed to be karma when colored with egoism. These karmas are of varying strength; as per their intensity of experience by the concerned person.

For example, when a person views a program on the television; the sensual impressions may not get imprinted too strongly; in case the program is not interesting enough. In a few days' time, the sensual impressions will become weaker and die down. At best, the concerned person may remember them on a few occasions. That means, they usually flash in the mind as a memory and die down slowly. If it is too weak then they may not even flash as a memory. However, if they are strong enough then they are retained in the memory for a very long time. Everything depends on how much impact the television program had on the concerned person.

The same story is applicable in every sphere of life. All external events experienced by the person, enter the subconscious mind as karmas through the medium of the ten sense organs. That means, they are accumulated through the

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five sense organs of knowledge (eyes, ears, nose, tongue, and skin) and also by the experiences undergone through five sense organs of action (hands, legs, mouth, genitals, and anus). These ten sensual impressions pertain to the activity of sight, hearing, smell, taste, touch, grasping, walking, speech, procreation, and excretory function.

However, karmas are accumulated by a person only while they are in the waking state. That means, karmas are not accumulated during sleep and dream states. This is very important to remember. However, if a person keeps on remembering a dream which was experienced earlier; then the act of remembering the dream becomes fresh karma. But the actual contents of the dream-like; killing someone or doing something else, will not get accumulated as karma even if remembered by the person time and again.

Sometimes, karmas are very strongly imprinted on the subconscious mind. For example, a person has actually killed someone while in the waking state. This is strong karma, whose consequences will have to be borne by the person in the future, either in the current life or the afterlife or some other time in future lives.

However, there is a catch here! I have already said in the above paragraph, that it all depends on the impact of the event on the mind of a person. For example, a person while performing his duty as a doctor or soldier while operating (in both the cases the activity is called operation only) happened to kill someone. Now, it all depends upon the impact of the event on the mind. If adequate dispassion has been exercised by the person; then it will not bind the person under the karmic law.

All readers must be familiar with how we all keep killing so many insects, etc. during the normal course of our lives. We don't even realize that we have killed any insect or ant while walking or driving, etc. Therefore, these karmas are too weak to cause any significant effect on the future destiny of the person. But there is an issue here. Some may question it by saying, that fire burns us even if we touch it accidentally. Yes

of course, because that is the nature of the fire element. Definitely, the burning sensation is going to impact our minds. But in the case of killing the ants or insects accidentally, the karma is not that strong; although it amounts to the act of killing someone. The life of the ant or insect is also designed that way in any case. Therefore, it needs to be understood from this perspective.

However, if the impact of karma is strong on a person, then it will definitely bear fruit one day and manifest as destiny. Such karmas that are destined to manifest in the future are called *prarabdha* karma. All other karmas, which are not that strong enough to manifest as reality are classified as *sanchit* karma. However, some of the karmas out of this later stock; may flash as memory either causing severe sorrow or joy depending on the kind of karma.

That means, many people may not experience the actual physical events but undergo a lot of mental sorrow or joy due to the impact of such karma. If they are less strong, then the intensity of emotions will also be proportionate. If they are weak then they all-flash as memory; sometimes as a negative or positive memory. If they are too weak then a person may not even remember the events like; watching a boring television show or not paying attention to the television show while it was beaming the signal.

All human beings are usually subjected to the above karmic law. In certain cases, those who are on the path of yoga and exercise adequate dispassion while undergoing the karmas; are not bound by them much. However, a little bit of karma may get accumulated sometime even in such cases; although weak in general.

Each accumulated karma acts as a seed or cause for the future destiny of the human being. The unfolding destiny once again becomes the cause or seed for yet further destiny. Thus the wheel of causation goes on and on, eternally.

It is this karmic law, which is binding all the human beings under the spell of Maya or the cosmic illusion. They are subjected to the never-ending cycle of birth and death.

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Every human being is born with a mixture of three qualities in the mind. This is a universal phenomenon. Not even the Gods and goddesses are spared from this phenomenon by the supreme cosmic power. They are called *Gunas* in Sanskrit. They are *rajas* (dynamic), *tamas* (lethargic), and *sattva* (calm and serene). All karmas performed by a person pertaining to either of these three qualities or a combination.

The quality of *rajas* makes a person creative and passionate. The quality of *tamas* makes a person destructive and imbecile. The quality of *sattva* makes a person calm and serene. Such a person, usually accumulates good religious merits, in the form of donating to charity, feeding the poor, undertaking the pilgrimage, visiting temples or religious places of worship, worshipping the Gods and goddesses, etc.

After undergoing countless lives in accordance with the law of karma, the human being evolves into a state of equilibrium. That means some sort of balance is achieved among the three qualities or *gunas* in the mind. Such a person usually becomes a saint cum sinner, along with some kind of mix up between the two characters.

This state of equilibrium of the mind has a broad range of the spectrum. Readers are requested to remember, that all such issues can't be measured with mathematical precision. It means that in general, the soul starts entering into such a state of equilibrium. However, it is not sacrosanct that it may remain in such a state forever. It may be subjected to the law of transmigration and evolution of the soul, as described in one of the above chapters. Similarly, involution is also possible.

However, such a state of equilibrium is the most suitable one for yoga practice. That means, it is easier to escape from the binding power of Maya or the cosmic illusion from such a state. But, it is only from a theoretical point of view! Practically, it may not be that easy.

Invariably, a human being meets his or her spiritual Guru after reaching such a state. From the time the person comes

in contact with a Guru; the yoga practice begins.

In such a state of equilibrium between the qualities or *gunas*; a person usually accumulates both bad karma and good karmas in equal proportion. As a result, he or she doesn't drift too far on any path of the wrong side or right side of history.

If readers recall what I have said earlier in one of the above chapters; a soul takes up birth as a human being during the course of evolution after undergoing through millions of births over eons of time; sometimes in animal wombs and sometimes in human wombs. That means the cosmic power which originated from God has been in creative mode ever since. Readers are requested to kindly remember the chapter on 'The sequence of creation' written above.

After the state of equilibrium is attained by the soul in the form of balance between the three qualities; it is now in a state of 'no good for God'. This means the soul is no longer interested in playing the game with God. In such a situation, usually, the divine grace falls upon the person by way of some kind of recall notice. That means the cosmic energy which was in a creative mode till now, is instigated to go into a destructive mode. This is usually done by the grace of a spiritual Guru.

This process is popularly known as 'awakening' in loose terminology worldwide. This is also popularly called the awakening of *kundalini* energy. A variety of techniques have been developed in India since ancient times to affect this process in a human body. There are several independent yoga systems and tantric systems by which this process of involution of the soul can begin.

I happen to be a *Shaktipat* Grand Guru in the lineage of the monks of the *Shaktipat* Order. *Shaktipat* means the descent of energy. In this process, the *Kundalini* energy is directly awakened by a Guru by exercising free will. It can be done even remotely from any distance. The person develops reactions in the body, mind, and intellect; either instantly or later upon the initiation by *Shaktipat*. I have written a separate

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book on my personal experiences during the awakening of *Kundalini* energy. The book was published in the year 2014 under the title 'The Power Unknown to God'. Readers, who are interested in the subject further, can read it for further information. It is available for free download on the internet in several languages of the world.

However, I have restricted myself in giving *Shaktipat* initiation to people directly nowadays; since I have already given the authorization to do so to some of my students. They are now *Shaktipat* Gurus actively engaged in spreading the message of *Shaktipat* far and wide. Readers, who are interested, can find their list at the end of this book. They can contact any one of them for receiving free *Shaktipat* initiation into *Kundalini* yoga even from a distance. I have also included the details of various other ashrams of the *Shaktipat* Order I could trace, at the end of this book.

After the *Kundalini* energy is awakened in a person, the cosmic power starts neutralizing the accumulated karmas. The impact is felt clearly and experienced by the practitioners in the form of reactions called *kriyas*; inside their body, mind, and intellect. After *Shaktipat* initiation, the return journey of the soul back to its source; that is God, begins. This is also called the process of self-realization or *moksha* or salvation or nirvana, etc. in several cultures around the world.

In a normal human being, the mind is continuously in a state of turbulence; akin to the waves of an ocean splashing the shores. As long as a human mind is in waking state, this process goes on and on. Only on a few occasions in a day, the mind becomes a little calm and serene. This state is usually experienced early in the morning upon waking up. Sometimes, this state is also experienced when a person is sitting amidst quiet surroundings or even it could be experienced under other conditions as well. It depends entirely upon the mind since its nature is very unstable in an ordinary person. It is difficult to say exactly under which circumstances the mind becomes calm. Sometimes, we see people taking a few deep breaths also so as to calm down the

mind.

In this connection, I would like to inform all readers that breath is a function of the mind and vice versa. If readers recall, I have written in one of the chapters that the life force manifests from the sheath of the mind. That means it is the mind-stuff which becomes grosser and manifests as the life force, operating inside a human body. Here, I am restricting the meaning of the term 'life force' to that force which makes the motion of the lungs possible; resulting in the process of breathing. Therefore, when the mind becomes calm; the breathing process also slows down since it is merely a function of the mind.

The above statement has very serious implications in our understanding of the cosmos itself, as we shall see in the subsequent paragraphs. However, before venturing into the relevant explanation, I would like to write about a few special occasions when the mind becomes calm to an extra high degree than in the normal course of life.

When some near and dear one suddenly dies, or when someone meets his or her paramour after a very long time and hugs, etc. this state of calmness is experienced by the person temporarily, perhaps in a state of shock either way. However, this state doesn't last and soon the mind is thrown into the turbulence of the routine life.

The reason for the turbulence of the mind is the stock of accumulated karmas in the subconscious mind. As a result, they keep surfacing to the level of the conscious mind and throw it into a state of turbulence. All kinds of human emotions to which the mind is subjected to are due to this stock of accumulated karmas only. Even the reason for experiencing various dreams is this stock of accumulated karmas.

If the stock of these accumulated karmas can be deleted or eliminated or neutralized; the mind starts entering into the state of stillness. The state of something is not something to be achieved by training the mind, etc. akin to building up muscles in a gymnasium. It is supposed to be its natural state.

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In that state of stillness, absolute calmness and bliss are experienced.

When the mind becomes still; the motion of the lungs slows down. As a result, the breathing process slows down. As we all know, the motion of the lungs in a human body is the primary motion. It is akin to the motion of a piston inside the combustion chamber of a car engine when the fuel is burnt. In a car engine; all the motions of various parts of the engine, begin from the motion of the piston. This primary motion is translated into various functions of the engine, by a complex network of machinery. Similarly, the motion of lungs in a human body is translated into several other life forces, operating various systems in the body.

Therefore, along with the motion of the lungs, all biological processes inside the human body also slow down, including the process of aging. As the biological processes slow down, the idea of time slows down for a person. Hence, this is the implication of mind entering into a state of stillness.

In a scenario, when the mind becomes absolutely still, the breathing process also comes to a standstill. As a result, the life forces operating inside the human body come to a halt. As a consequence, the idea of time is lost to the person. This effect of time dilation must have been experienced by many readers. When someone is watching an interesting show on television or reading a book or doing something else like; spending time in the company of their paramour, etc. time appears to fly.

This state of stillness of the mind is the terminal objective of all yoga systems and tantric systems. All yoga systems and tantric methods follow a systematic method to begin this process. However, readers are requested to kindly remember that it is the stock of accumulated karmas, which is preventing the mind to enter into this state of calmness. Therefore, all yoga systems are geared to affect this process of neutralizing the karmas in some way or the other.

The beginning of that process is what we call; awakening

of *kundalini* energy. It is called by different names in different yoga systems. Popularly it is known as the awakening of *kundalini* energy. In each yoga system or tantric system, a unique method is used to awaken the *kundalini* energy. Once, the *kundalini* energy is awakened, the process of burning down or neutralization of karmas begins.

After a person is given *Shaktipat* initiation into *kundalini* yoga; the *kundalini* energy is awakened by the Guru and this process of burning down of karmas begins. However, there is nothing left for the practitioners to do. The person needs to remain in a state of witness, without mentally interfering in the process of burning down of karmas.

I have given *Shaktipat* initiation to hundreds of people personally. Some of my students themselves have now become *Shaktipat* Gurus and are engaged in giving *Shaktipat* initiation. I happened to compile the experiences of my students and also their frequently asked questions, along with my answers.

All the literature pertaining to the above subject has been published by me in multiple volumes. If readers are interested in knowing the intricacies of this process further; they can read those books. That literature is practical in nature and not theoretical that too, in the form of questions and answers. Hence, it may be helpful to many people in clearing the cobwebs pertaining to the above subject.

The series of volumes of the book has been published under the title “Secrets of *Shaktipat* and *Kundalini* Yoga.” All books are available for free download on the internet, on the website of the Online *Shaktipat* Ashram of my venerable Guru; www.sahajananda-ashram.com

As the karmas get cleaned, the mind naturally starts settling down in the state of stillness. Peace of mind and happiness is the direct outcome of this process. However, as a person starts entering into the deeper states of stillness called the state of thoughtlessness or Samadhi; many beautiful things start happening to the mind. For example, the mind itself starts getting transformed on a permanent basis. This

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means the transformation of the mind results in the transformation of the external life itself for good.

Here, readers are requested to kindly remember what I have written earlier in one of the chapters.

What a personal experience is what is there inside his or her mind. It is a reflection of the contents of the mind.

Therefore, when the stock of karmas starts getting cleaned up, then there is nothing much left to experience either. As the karmas are cleaned up, so do the various complexities of the life of the concerned person start to disappear miraculously! Life starts becoming simpler, happier, and joyful leaving plenty of free time. However, life will not come to an end so soon or anything like that. Therefore, there is no need to get scared that all the muck which a human being is dearly holding onto; in the form of relationships, properties, etc. will vanish. Nothing of that sort will happen! Similarly, there is no need to worry that one might have to quit everything and become a mendicant or *sadhu*. Therefore, there is absolutely no reason to get scared to practice yoga. Whatever happens to a person will happen in a very harmonious way.

Hence, this escaping from the binding power of Maya or the cosmic illusion; is the greatest escape of anyone from anything.

The centre of the cosmos

A human being experiences only his or her Self always and everywhere. The person experiences what he or she is made of! The person experiences what is there inside him or herself. The person experiences the accumulated stock of sensual impressions inside the subconscious mind. The sensual impressions have a mechanism in place to be experienced by the person. That mechanism is called the cerebrospinal system. This mechanism is also part of a bio-structure known as the human body. The accumulated sensual impressions are projected on the psyche of the person; thus creating a sort of psychedelic world for the person.

However, for this entire phenomenon to be experienced; the complex anatomy of the human body has been created along with a parallel creation outside the body. That parallel creation is what we call the external world. It is also called 'nature.' However, this parallel creation is not a separate entity as such. It exists as a sort of medium for the person, to experience the accumulated sensual impressions. Therefore, it is more akin to the reflection in a mirror.

There are five sense organs which have been provided in

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the human body through which the external world is experienced by the human being. They are called the organs of knowledge. By the word knowledge; it is the knowledge of the external world that is continuously recorded on the psyche of the person, which we are referring to here. These five organs are; eyes, ears, nose, tongue, and skin. These organs continuously receive inputs in a passive manner.

In addition to the above mentioned five methods to receive the sensual impressions; there are five more methods through which a human being receives the inputs of the experience called 'life.' For this purpose; another five organs have been provided in the human body. However, the person doesn't receive the inputs directly in a passive manner like the above-mentioned organs. Here the organs need to come into action. That is why they are called organs of action. These five organs are; legs, hands, mouth, genitals, and the anus.

In the above chapter, we have already discussed them in detail. We have discussed the sequence of creation by which a human being is born on the planet. We have also discussed that a human being is the miniature model of God as proclaimed by the ancient Sanskrit texts. However, I have repeated the above paragraphs to recapitulate once again what we have discussed so far. Otherwise, there is a possibility that all readers may not be able to follow the narration of the book. It is to cater to such average readers that I have written some of the details again; even at the cost of repetition. I hope those intelligent readers who may be feeling bored understand my effort.

Earlier, I have also talked about the concept of God being akin to a circle without any center and circumference. Similarly, I have talked about the human being; as the miniature model of God; however with the center located within the self and infinite circumference. This statement has profound implications in our understanding of the cosmos. Further, it has serious implications on our understanding of modern science.

All readers are familiar with modern science in general.

About two thousand years ago, during the time of Aristotle, it was believed that Earth is the center of the Universe. Later, these ideas have undergone a revolutionary change during the time of Copernicus, about 500 years ago. Mankind has started realizing that the Earth is not at the center of the Universe. With the advent of Telescope, it has been observed that our planet is a speck in our solar system itself; let alone our Galaxy or the observable Universe.

The march of modern science has begun in a different direction altogether. It has gone off in outbound mode. That means the exploration of science has been restricted to the world which is being reflected as a human being. It is akin to studying your face in the mirror.

However, there is no problem with this approach either! Science has started studying the superficial appearance of the cosmos; which is nothing but the reflection of the self. The study of the inside region or what lies beneath the superficial appearance of the cosmos has been left to philosophers to ponder. There is no argument on this either! We can assume that science and philosophy might have emerged simply as two fields but studying the same entity known as the cosmos. That means if science is dealing with the external appearance of the cosmos; philosophy deals with the internal nature or what is beneath the external.

The problem lies in believing that science is everything. The problem lies in the exclusion of the internal. The problem lies in limiting the study to only the external or superficial. The problem lies in searching for a grand unified theory of the cosmos in the exclusion of one side of the coin.

This approach will finally lead us back to the internal journey one day, in any case! The explanation of the cosmos got to include both the internal and the external in a comprehensive manner. I mean the study of the cosmos as an object, got to factor in, the study of the subject too! That means if the human mind is the subject studying the cosmos; then the same mind itself needs to be studied as yet another object. However, it can be argued that how a person can

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study his own face in the absence of a mirror. This means no matter what you do; one can never see one's face without the aid of a mirror. Therefore, one can argue that since the cosmos is visible it can be studied; but not the mind.

Here, I would like to take the attention of the readers to what was written in one of the above chapters regarding the structure of human anatomy. The first thing created after the energy has manifested from God in the form of illusion is; intellect along with egoism. This was followed by the conscious mind and the body (both subtle and gross). By subtle I mean; the system of life force operating inside the body. By gross I mean; the flesh, blood, and bones. Therefore, the same order now needs to be reversed if we have to study what lies beneath the external.

What modern science has been studying so far is outside the conscious mind. The system of life forces operating inside and the gross body! Further, the external world made of elements outside the human body! The subconscious mind has been left out for philosophy. So far so good! There is not much of a problem with this approach so far.

However, the crucial thing here is; to understand that there is no difference between the gross human body and the external world outside. Both are made of the same five elements; although modern science accepts only four. They are the earth element as solids, the water element as liquids, the fire element as heat and light, and the air element as gases. The fifth element known as the elusive ether called *Akash* in ancient texts has not been accepted by modern science so far.

Four, out of the five elements accepted by modern science, are common to both the gross human body and nature. Even common sense points out to the fact that the mind-stuff must be made of some sort of matter particles only; although science has not discovered them so far. Further, the same train of logic leads us to the human intellect as well. The very human intellect along with egoism itself must have been made of certain matter particles, which modern science has still not discovered so far.

All readers must be familiar with our grandmamma stories as well as what modern science has to say; how the kind of food we take impacts our mind, intellect, and egoism. Some people are made to eat chillies, so as to boost their egoism a bit. Similarly, we know how the consumption of alcohol impacts egoism. Of course, there is truth in this! We all know how the meat-eating carnivorous animals behave and the grass eating herbivorous animals behave. Therefore, the solid food we eat and the liquids we drink impact the mind. Similarly, the warmth and cold impact on our minds! Further, the gases we inhale impact our minds. Therefore, what is strange in the fact that mind and intellect must have been made out of matter particles only? I mean the human mind; intellect and egoism were not created out of thin air or space or out of nowhere. They are very much part of the cosmos or nature. They can't be excluded from any grand unified theory of the forces of nature; which modern science is attempting to unify. They are; the weak force, strong force, the electromagnetic force, and the gravitational force.

If these fundamental particles which form the human mind, intellect, and egoism; are to be ever discovered by modern science, then the study needs to be focused by the mind of a scientist on to his own mind itself; which has been left out for philosophers to ponder till now. Here is the big meeting point of science and philosophy at last. Further, any grand unified theory should logically account for everything; both the subject and the object. However, for this to be accomplished; we need a laboratory wherein both the experiments can be conducted. That means experiments need to be conducted both within the physical laboratory as well as within the mind as an internal laboratory.

Let us now go back to the days of Aristotle when it was believed that the Earth was at the center of the universe. Aristotle was not that ancient after all when we consider the long history of mankind spanning millennia. However, since historical evidence is available in recorded form from that period onwards; we can take this period for general reference

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purposes.

What was Aristotle referring to by the idea of Earth being at the center of the Universe? Is it our existence as the human race being at the center of the cosmos or the planet Earth? If he meant the planet Earth then we all know what happened thereafter. If it had been about our existence as the human race, then the idea has profound implications. However, we are aware in general what Aristotle meant when he said the cosmos revolves around the Earth; including the Sun, Moon, planets, and all the fixed stars. But, I have a reason why I am taking the attention of the readers to the days of Aristotle.

I have described the structure of the cosmos, the sequence of creation, etc. in the above chapters as explained in ancient Sanskrit texts. If we have to account for the human mind, intellect, and egoism as being part of the cosmos like any other ordinary matter articles; then something is missing fundamentally in our approach.

Let us now take another closer look at what Aristotle meant by saying everything revolves around the Earth. In this connection, I would like to remind the readers that Aristotle has been both a scientist of his time, as well as a philosopher. Rather, there was hardly any difference between science and philosophy during the time of Aristotle.

Perhaps, Aristotle was lucky enough not to encounter the highly technical and mathematical nature of the cosmos during his time. He was a philosopher following the simple principle of 'self-evident' nature of the cosmos rather than the modern-day uncertainty principle of Heisenberg. Readers who are familiar with modern science must be aware of what happened after the discovery of Heisenberg's uncertainty principle. In this age of high technology and artificial intelligence we are still struggling in dark; trying to reconcile the two pillars of modern science; the Theory of Relativity proposed by Albert Einstein and Quantum mechanics. They both do not agree with each other at the fundamental level, I suppose!

Let me now take the readers back to the ideas of

Aristotle's 'self-evident' nature of the cosmos.

When Aristotle said everything revolves around us; the Sun, the Moon, planets, and the fixed stars, it is actually fitting the bill for many things. It is definitely a big yes for the astrology!

What if we go by this simple principle of the self-evident nature of the cosmos; and are happy and content. I mean mankind has been living perfectly alright since eons of time spanning countless millennia. I request the readers to kindly recall what I have described above regarding the problem of formulating a grand unified theory of everything. Against this backdrop, I also request the readers to recall the sequence of creation of a human being by the God or the manifestation of God as human; the miniature model of the cosmos.

So! Let us start our so-called rational approach to everything; in yet another direction.

I wish to humbly submit to all readers, that I am not trying to criticize or say anything against modern science. I am making it very clear right from the beginning so that readers do not misunderstand me. I am not a scientist or philosopher or scholar. I am only trying to reconcile the ancient truths with the modern thought process from a yoga point of view.

As a human being what I perceive and experience; is the truth for me.

We may be looking at a faraway star system in the space which is light years away from us. The nearest star system to us is supposed to be the Alpha Centauri; in which the light will take about 4.3 years to reach. Readers are familiar that there are about 400 billion star systems in our Milky Way galaxy alone. Further, there are about 200 billion such galaxies in the observable universe. Nowadays, science has started speculating on the concept of multiple universes in the cosmos and we are still counting. As readers can easily guess all this data is based on mathematics alone. That means our idea of the cosmos is mathematical in nature.

This mathematical model of the cosmos may be perfectly working alright for explaining the cosmos, in away. But

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readers are requested to kindly note what has been written above regarding the human mind, intellect, and egoism being part of the same cosmos. Can this mathematical model be applied to the realm of mind-stuff to fathom its depth? Readers are familiar with what the mind-stuff is all about; its emotions, centers of the sense organs, centers of the five elements of nature, centers of the organs of action, etc.

All the above stuff has to be accounted for while explaining the cosmos. Otherwise, it will be like explaining it in isolation. The observer and the observed or the subject and the object both have to be accounted for while dealing with a grand unified theory.

From this perspective, there is indeed some merit in what Aristotle has said more than two thousand years ago. The self-evident nature of the cosmos is a lot simpler to understand! Yes indeed, when we look at the skies everything appears to be revolving around us; the Sun, the Moon, the planets, and the fixed stars. Yes, the stars appear fixed in the sky. Please recall the chapter on the structure of the cosmos where I have written that we don't even know if those stars are still there or not. If a star is to break up into pieces right now; we will not come to know of it for millions of years. Therefore, is it prudent to bother about such an unknown phenomenon or be content with the self-evident fixed nature of the star system?

Modern science has been constructed based on the concept of "how" for everything. It explains how the light reaches our eyes. It does not factor in the concept of "why" as explained by ancient Sanskrit text. If this is factored in; the idea that we all live in a world of illusion has profound implications on what modern science has been saying.

Perhaps we may need to go about explaining the cosmos from another direction. This means we won't bother how the light is reaching our eyes. We may start analyzing why the light is reaching us. Then the truth shall dawn; that there has never been anything in the first place.

Stretching this train of logic, we are only one step away

from drawing the final conclusion; isn't a human being the center of the cosmos? Perhaps a fit enough status for the miniature model of the God!

Let us now do a little bit of discussion on one of the hottest topics nowadays. It is regarding the search for extraterrestrial intelligence.

What I am writing in this chapter is purely my speculation and I humbly submit that I am neither a scientist nor a scholar in any way. I have only articulated my humble views on the subject. Hence, I request the intelligent readers who may happen to be experts in their search for extraterrestrial intelligence or SETI to kindly pardon me for being so naïve on this subject.

Earlier I have mentioned that all sound bodies are basically energy centres. I have also mentioned that divinity or God pervades everything. Further, I have also mentioned that neither the divinity or God nor the cosmic power is divisible into parts. However, ancient Sanskrit texts have said that each sound body is linked with a God or Goddess or celestials. Further, sound bodies have also been linked with the five elements of matter. This is for the ease of our understanding that we are discussing it in this way by dividing the divinity or the supreme cosmic power. In any case, the creation of the universe itself has been done in this manner. It is the same scenario with human beings and other creatures as well. As long as our minds are in a state of dualism; all of this will be true. The divinity or God not only pervades all human beings and creatures but also the celestials and other beings as well. From this perspective; there is no difference between the Earthlings and non-terrestrials.

Hence, it is my humble speculation that celestials got to exist with sound bodies or at a different vibration of the energy. That means, only Earthlings have gross bodies.

We need to think of ourselves as Earthlings or terrestrials rather than humans in order to comprehend the existence of celestials (Non-terrestrials). Just like, when we identify ourselves with our bodies we recognise other human bodies.

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When we identify ourselves with our family members we recognise other families. When we identify ourselves with our village we recognise neighbouring villages. When we start identifying ourselves with specific geographical region then only, we start recognising other geographical regions. For example, identification with a district, state/province, country, continent, etc.!

In a similar manner, we got to identify ourselves as humans on the planet Earth so that we can start identifying the animals or birds. That means before we start to identify aliens or celestials we need to identify ourselves as Earthlings/Terrestrials rather than merely as humans. That means we need to accept the entire flora and fauna on our planet as part of our own family. This has two dimensions. Firstly, it is possible due to love/compassion. It is the power of this idea known as love and compassion which brings about the unification; of course from the earthly or materialistic point of view.

The capability to recognise other alien civilizations or their existence per se is possible only with this frame of mind. Perhaps, it might even amount to a very private business. It means, only those human minds which are in this state, might be able to comprehend the existence of such alien civilizations. Perhaps, they may even be able to communicate with them. It may not be possible across the board for everyone to communicate with aliens or celestials. A typical example can be found with our own terrestrial creatures. We all are aware that we cannot usually communicate with animals or the plant kingdom. However, we do find certain people who do that. Animals do respond to humans! Don't they? Plants do respond to external stimuli. At least it is a proven fact by modern science. It is just another story that we have not developed the necessary communication techniques for communicating with animals and plants. Perhaps even the inert matter might respond when the correct technique is applied.

Similarly, animals and plants also respond to hatred. That

means human emotions. As we all are aware, the human mind is composed of nine categories of emotions. Every man has a mix of the emotions right from birth. Just like a human mind exists with a mix of emotions so do the non-terrestrials. They could be called either celestials or even the sub-terrestrials. When our minds become sensitive enough to these matters, we might be able to communicate with such celestial/sub-terrestrial beings. However, their bodies may not be made of the same elements as us. Possibly they might be possessing energy bodies. Therefore, it might be possible through the medium of sound bodies to communicate with them.

Today, we find that other planets are not habited by aliens. Who knows? They might be there at a different frequency level and it might be possible to communicate with them through sound bodies. Similarly, they must be having the same kind of emotions as humans but with a different mix of the ratio of the nine emotions.

All Sanskrit texts have been harping on the fact, that there are more planes of existence besides our Earthly existence. Aliens may not be communicating with humans because of non-compatibility in the mind-stuff. Similarly, they may not be in a situation to interfere with matter too due to non-compatibility of their bodies.

Hence, the concept of the human being at the centre of cosmos needs to be understood in this perspective. It depends upon the various above mentioned parameters. The concept itself has no validity. It is akin to a frog claiming the centre of the well in which it dwells, as the centre of the universe. It realizes the futility of its search when someone takes it by force and drops it in an ocean.

The Illusion of space-time

Every point on a linear dimension is simply a dot. However, this dot tends to become imaginary in nature as we try to define its precise existence. Otherwise, when it is related to the overall linear quantity or length then its general position may be determined in terms of its distance from the point of origin of the linear dimension. Again here also the same problem is encountered when the point of origin of linear dimension has to be precisely fixed. This concept regarding fixing the precise location of a point will become clearer later when we discuss the other ideas regarding size, distance, time, etc. Hence, readers are requested to kindly bear with this for a while.

When we talk of the size of a thing the most important aspect is the idea which is used to convey the idea of size. Let's say a certain thing is of the size of one meter in width. But what does that one meter mean? It has no absolute existence. This is simply a meaningless word. How has anyone arrived at the idea of a certain length to be named as the meter? It is simply a random idea picked up long ago. Nowadays, we all simply go by the length of a meter bar kept in a Paris laboratory or somewhere else. We have taken it for granted that it is the standard tool to be used for measuring all kinds of distances.

Further, the idea of a meter is subdivided into numerous smaller and smaller distances. There is no end to the train of logic. We may enter the subatomic scale soon. Then what will happen after that? Although there may not be any matter particles in existence still, the idea can be stretched to any limit. For example, we can say the size of one billionth of a meter and so on. That's why I said that the point tends to become imaginary in nature as we try to define its precise existence. Just like the idea of a meter length has no absolute existence; its subparts too in terms of centimeters or millimeters etc. have no absolute existence.

Therefore, when we talk of a point on a linear dimension where do we begin? The size of a point tends to become imaginary in nature. As a result, its precise existence is simply a ghost idea. However, when we try to relate it to a certain length, then we say that it is a certain distance from the point of origin. But how do we convey this idea? For example, we can say that the dot or point on your linear scale of one meter is at a distance of 10 centimeters from the point of origin. But this is subjected to the condition that we have decided to measure every distance in terms of meter and its subparts.

There is no universal standard to measure time, distance, and weight. For example: let's analyze the subject of "time" according to modern western tradition! Once the planet revolves around itself, it is called a day. A day has two halves, bright half (day) and dark half (night)! The day is now divided into 24 parts, each part being called an "hour". An hour is divided into 60 parts where each part is called a "minute". A minute is divided into 60 parts and each part is called a "second".

When the earth goes around the sun once, it is called a year. A year is divided into 12 parts and each part is called a "month". In the same way, divide a month into 30 parts and call it one day! This means that there should be 360 days a year calculated in this way. But the most familiar figure to all readers is the 365 days year! I will analyze this later. Let us first analyze the 360 days logic described above!

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There is no issue, when the time it takes for the earth to revolve around the sun, is called a year! No issue even when it is divided into 12 parts i.e. months! And, there is no issue when dividing each “month” into 30 parts i.e. days. So far so good! Similarly, it is also correct to divide a day into 24 hours, an hour into 60 minutes, and a minute into a second.

But how does one keep a track of the “moment”? So, “clock” came to be invented. One arm in it was considered to represent the minute. One round of this arm on the clock’s face would be considered as one minute. Similarly, another arm would represent the hour. And, one round of this arm on the clock’s face was considered as 12 hours.

However, a year is not measured in this way! Because in 360 days the earth does not exactly complete one full round of the sun! It is argued, that the reason for this is, that the orbit of the earth around the sun is not perfectly circular. Thus, it is said that it takes a little more than 365 days to orbit the sun once. With this the whole method of calculating time according to the solar system became confusing. And 366 days are assigned to a year once every four years for the coming year to bring this chaos under control. In English, it is called the “leap” year. That is the month of February has 29 days in a “leap” year, rather than the usual 28 days. Also 30 days for some months and 31 days for some months. For example, if there are 30 days in June, there are 31 days in July. Nothing at all seems to be in a systematic way. This method has been practiced since the Christian era. The historical details of the pre-Christian era have to be calculated according to the solar system.

Readers may question, would it not suffice if the actual “second” is measured correctly?. Would it not suffice to fix the arm in the clock so that there are 360 days in a year! But even that did not solve the problem. To do so, we would have to change all the clocks in the world right now. Moreover, modern science says that the speed at which the earth revolves around the sun is never the same.

Is there any universal standard for the time of the actual

“second”? Does that mean that the “second” is the same for everyone living in this vast universe, not just humans? I think readers will clearly understand how meaningless and irrational this idea is.

On what basis does anyone say that the actual time it takes for the earth to revolve around the sun is called a “year”? Why not choose another astronomical process, to measure time. For example, according to the lunar calendar, the moon takes 30 days to go around the earth once and this period is called a “month”. Also, once every 15 days, we have the full moon (full moon) or no full moon (new moon). Why not consider this astronomical process which every human being can witness?

Why can’t the lunar calendar (the size of the moon seen every day) be taken into account? Doing so will completely solve the whole problem! That means after every 14 days there is a full moon on the 15th day and a new moon on the 30th day! Would it not be good enough to consider 30 days as a month and 12 months as a year! The digit of the moon that appears every day is predictable! At least there will be no confusion in knowing the time. Apart from that it also has another use. The exact average time for all the celestial processes taking place in this universe can be ascertained. This means that if someone else lives on any planet far away in this universe, it would be easy for them to estimate the time in our world and it would be enough to compare the time of their world with our time!

Similarly, to measure a “second” of time, it is sufficient to do it with a normally occurring physical process, rather than with a man-made contraption. At least the word time will have real meaning. That is, “time” can be compared to something moving. That is, any movement in the world is equal to energy. Modern science agrees. As well as the ancient Sanskrit sciences agree. Take for example any one movement that usually happens constantly in the human body. The process of moving the eyelids (closing and opening of the eyelids) is said to take place in a third of a second according

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to modern science. This means that once the eyelids are closed and multiplied by three, the time taken is almost equal to one second!

However, if time begins to be measured in this way, all that is going on in the modern world today will have to come to an end. But it should not be overlooked that for many thousands of years human civilizations have also been able to survive on this planet without clocks. Historical texts say that mankind in the world was able to measure time in any way they wanted and live life without any problems as per social conditions. So, there is no standard for a modern machine like a watch! The machine can be made in any way. This means that we can measure time in a way that is to our liking and convenience.

Also, there is no standard for measuring “distance”. For example, a kilometer distance is said to be a thousand meters. But there is no standard as such to measure a meter distance. I mean it is not universal in character in any way. In today’s modern world all measurements are based on a scale that is one meter long. But by what standard is it said that the meter scale should be the same length? That is, it was chosen to this scale to be called meter in English. Most of the countries in the world are using these scales. Similarly, a meter distance is divided by a hundred centimeters or a thousand millimeters. There is no authenticity to this either! That is, there is no rule anywhere that a meter distance should be divided into just a hundred parts and each part should be called a centimeter. This is nothing but a natural process of convenience. It is only a confusion created in the name of modern science!

However, if anyone had taken a natural approach, this problem would probably not have been like this! For example, let’s try to measure distance with any organ in the human body! But there is a problem here that not all human bodies are the same size so body parts are not the same size. This means that if any distance is measured by one person with any of his limbs, then that measured distance does not apply to another person. Because both limbs may not be the

same size! Someone, for example, measures the distance with his fingers!

However, I urge all readers here to note one thing.

Every human being has the illusion of distance stored in his or her brain. For example, if a short person takes 'X' number of steps to walk a distance of one hundred meters. A taller person would take fewer steps to cover the same distance. This means that a tall person would take fewer steps to cross the same distance.

That is, when the concept of "distance" is retained on the brain, there is a difference between a short person and a tall person. It depends on the size of the organ.

However, I am not discussing here which of the two can walk faster. I am only analyzing the illusion that is created in our minds.

Here is another thing I want to remind all readers here!

The world is experienced by each individual through the medium of the five senses and sensory organs. So, the world that an individual experiences will be different from the personal experiences of another person; due to the difference in the sensory organs. So, the concept of "time and distance" is retained differently for each person. However, no one cares much about this as there is not much difference in the anatomy of human beings.

But modern science uses external devices to measure time and distance. This makes the illusory world of human beings even more illusory. It is like watching a movie inside a movie. This makes it even harder for one to realize that the world is illusory.

The imperfect world

The world around us which we experience is simply an illusionary thing that finally leads us to misery. That means, it ultimately turns to be the cause of unhappiness. It appears as if it is a beautiful thing so that we get trapped. It, later on, reveals its true nature when it becomes a cause for misery. This is the inevitable bitter truth. One may try all sorts of ways to escape from this truth! Let anyone try and bang his or her head in any corner of the world in order to prove this truth otherwise! But, in the end, this is the bitter truth. I wish this could have been a little easier. I wish God could have been a little more merciful. Unfortunately, even God's mercy is bitter sometimes. Perhaps, it even turns out to be cruel in nature as I pointed out in my previous book.

Then what is the solution?

Escape and evade from this illusionary world. Don't be caught in this inevitable misery. Slip from its clutches like a fish. Definitely, the illusionary world will try to trap anyone with all its skill. And it is indeed quite skillful. After all, this is the very divine power from whose spell we need to free ourselves. Readers might point out by asking as to what is the need for escaping from it since it is the very merciful divine power. Further, they might point out by saying that it is indeed futile to try since the divinity is all-powerful.

I will answer the second question first and the first question later.

Here is my humble submission.

Divinity is merciful definitely. It is precisely the same reason why a practitioner has a chance to escape from it although it is all-powerful. That means the divinity is merciful enough to shower its grace upon you so that you escape from its cruel grasp. Otherwise, it is not possible for any human being to overcome the grip of the all-powerful Maya (illusion) of the Almighty. It is only when we seek the grace that it showers its grace by freeing us! But, usually people do not seek grace in this fashion. They rather try to find a solution within the parameters of Maya. Hence, they seek wealth, fame, health, family betterment, freedom from the miseries of the world, etc. In a nutshell, they try to fight the Maya by trying to find a way out from its unpleasant experiences. Unfortunately, they fail to realize that it is a trap being laid by Maya itself.

It is something akin to a loan shark trying to shower his blessings upon you. Since you are in financial problems, he appears to you like an angel at that point in time. It is only later when he tries to extract his pound of flesh, that you realize it has been a trap. The illusionary world of the divinity (since the illusion has been the handiwork of the divinity itself) is exactly like the loan shark. You seek the materialistic benefits you might get from it. But then you land up in the trap too.

Yes, as you all pointed out unlike the loan shark, the divinity is merciful too. But that mercy has a different meaning. Seek that mercy. That means, pray to the loan shark that he does not shower his fake blessings on you.

It is only with this frame of mind that one can escape from the illusionary divine grace. I hope readers are not confused as to what I am trying to say. Do not seek any materialistic pleasures. Similarly, do not seek any miseries either. The divinity might grant you anything you seek so that you are trapped into the illusion. What you need to do is to

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pray to the divinity to leave you alone. And you shall discover that you have been that very divinity yourself, all the time. There is nothing more powerful than you. Yes, what you said is right. Divinity is all-powerful. That means it is you who is that all-powerful being.

Next coming to your first question! Why the divinity's grace is cruel? It is thus so that you seek its true blessings. Otherwise, it is normal for any ordinary human to get swayed by the power of illusion and run after all sorts of worldly pleasures.

Let me narrate an example to drive home the idea of illusion!

There were two persons standing in a desert on a hot afternoon. One happens to be an illiterate farmer from a village. The other person happens to be a scientist. Suddenly the villager shouts in a joy saying "Water!" The scientist says "Sorry, but it is a mirage". The villager retorts by saying "What do you mean a mirage?"

The scientist responds as if to educate him by telling him that it is an optical illusion. The villager becomes curious and asks him what he meant by an optical illusion. The scientist is now no longer that much interested in educating him any further due to obvious reasons. The scientist now tells him not to bother about it anymore.

The villager says how he can ignore a beautiful pool of water especially when both of them are running short of water to drink. The scientist tells him that he cannot say anything further on the subject. But tells the villager to just believe him since he happens to be knowledgeable than the former. The villager says how he can believe him just like that. As a last resort, the scientist tells him to go and have a look at the place and return after getting convinced that there is no water there. The villager refuses to say that he doesn't need to, as he has adequate water in his vessel. The scientist now refuses to say anything further seeing the futility of the argument.

The villager is still restless and persists. He asks the

scientist whether he agrees at last that there is water in the distance or not. Now, the scientist has two options left with him. One option is to ignore him and move on. The other is to drag him by his collar forcefully to the place of the alleged pool of water. This last process is called *Shaktipat*. Of course at last the knowledge starts dawning on the illiterate villager that it is only an illusion.

On one such next occasion, the same villager happens to be standing in the same desert with some other scientist friend who has just arrived on another scientific mission. Both of them happen to notice the mirage flashing like a pool of water. The scientist takes the initiative this time. He starts explaining to him how the optical illusion is formed. The villager is now quiet and patiently waits for his scientist friend to finish his long explanation which is full of scientific terminology. The villager questions him at last as to what is the use of all that scientific blabber which he just finished. The scientist gets surprised and realizes his own foolishness in trying to explain the phenomenon of optical illusion, in a language which the villager simply can't understand. However, he asks him whether he knows that there is no water there which, is appearing like a pool of water. The villager replies that he is aware. That awareness of the individual about the reality of the optical illusion is called "science" or the knowledge absolute! The scientist is also aware of the same fact although he has not yet verified the fact. However, he too arrived at the same conclusion by a different means which, he thought is the actual "science" or knowledge absolute or rational conclusion. However, the knowledge possessed by the scientist before the physical verification is called "nescience" or ignorance since it is yet to be verified.

In the former example, the scientist had four options initially to convince the villager. One is called "the path of knowledge" when he tried to explain the optical illusion. The second one is called "the path of dispassion" when he tried to tell him to simply ignore the mirage. The third one is called

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“the path of devotion” when he urged the villager to trust what he is saying. The fourth method is called “the path of meditation” when he told him to physically go and see it for himself.

Let me recall an anecdote from the ancient Sanskrit texts which I read a long time ago. Now, I don’t remember the exact name of the text. However, the essence of the story is what is important. It drives home an important lesson for mankind.

Once upon a time, there were eleven blind men who were trying to explain how an elephant looks like. They were all touching the elephant at different places of its body. All eleven of them were trying to explain their individual experiences. They were all telling the truth based on their practical experience. No argument can contradict their experience as such because it happened to be the truth. However, every one of us agrees that their experiences were not wholesome. As a result the wholesome picture of an elephant, regarding its overall shape and size never emerged. Further, all eleven of them ended up quarrelling among themselves regarding the ultimate truth concerning how an elephant looks like.

It is generally the same story everywhere when we try to comprehend the divinity. Further adding to our problem of comprehending the divinity, God is not an Earthly being like an elephant. Even if God was to incarnate directly as an Earthly being, like it happened many times in the past among several cultures, still we will be viewing him as any other Earthly being. Just think about it for a moment! Many people saw the divine incarnations like; Krishna, Buddha, Jesus, Prophet when they manifested on this planet. We all know that only a very few had understood them to be the divinity. And the same thing will happen even now! Even if the Almighty appears right now in front of us, none of us are going to admit the fact that the being is none other than the divinity. Therefore, there’s no wonder that people didn’t realize the divine incarnations when they manifested as

humans.

Today, when we try to understand their teachings, definitely we do rightly understand them but like those good old blind men who were trying to comprehend the elephant. Just like the blind men in front of an elephant, most of us are indeed blind in front of a thing or being like the divinity or the Almighty. We don't get the wholesome picture as revealed by the divine incarnations themselves.

For the sake of further and better understanding this lesson of the blind men, let us assume that one of the blind men happened to get the vision and saw the big picture of the elephant. Even if he tries to explain it to the others, it is doubtful how much they are going to accept. Let us further assume that the man who saw the wholesome elephant has left the place and another blind man gets the vision. When this second man tried to explain the big picture of the elephant, maybe there was a minor variation in the explanation, since he happened to see the elephant from a different angle than the previous man. Then the quarrel starts among the other nine men! A section of them supports the first man and the others supporting the second man.

It will be a totally different story as to what would have happened, if both the men, who saw the big picture of the elephant, remained there and participated in the debate. Definitely, there would not have been any quarrel among the two gentlemen who actually saw the big picture of the elephant as such. But, definitely, the other nine blind men would have still politicized the issue so much so that still the quarrel would have continued. Perhaps, this is the reason why the two gentlemen did not remain there to avoid being dragged into politics. This is pure humor, please!

Divinity has manifested on this planet at different times and in different regions based on the prevailing social conditions at each time and place. But generations of mankind have slipped into endless battles and you all know how much blood has been shed in the name of religion. This is the legacy that mankind is still trying to uphold. Do not

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quarrel about the truth of light just because you have managed to peep into the sunlight from some dark corner of the room. When you open the main door and walk into the open sunshine, the sheer brilliance of the light shall consume you forever.

This is the lesson of the big picture versus minor details.

It is like the magical portal through whose frame one needs to pass into the world of light. All that needs to be done is to find the door.

Besides being the inheritors of the legacy of bloodshed over religion, mankind has been fortunate enough to inherit the great ancient texts. They all describe the big picture generally in the same tone! At least, hold to the idea of the big picture until you get the opportunity to find the main door. All of you would have studied or heard and even experienced at least some of the truths proclaimed in the great texts. But do not indulge in futile debates just because you have managed to peep into the light. Recall the story of the big picture always! Is the above story fitting the bill completely? If so, then find that door which alone will lead you to that big picture or ultimate vision of the divinity.

The language of the cosmos

As I have written in the above chapters, the sound is the primordial form of energy. That means all matter in the cosmos is basically sound at the fundamental level. This theory is being speculated by even modern science. The proposed String Theory is speculating on this concept. This theory is backed by all the ancient Sanskrit texts also wherein, it is mentioned that the creation of the universe began from the primordial sound body 'Om'.

I have already explained in one of the chapters above, 'The sequence of creation' as to how the sound manifests from the un-manifested form. In this connection, I have also written that; the all-pervading divinity is never separate from the cosmic energy.

Readers are requested to kindly keep the above two paragraphs in mind while reading this chapter.

The creation manifests in two ways from the primordial sound body 'Om' as per the ancient Sanskrit texts. One is called the world of sounds (*shabdaprapancha*) and the other is called the world of things (*arthaprapancha*). Both are created in a sequence parallel to each other.

The world of sound bodies acts as the blueprint for the architecture of the universe. It is akin to the construction of a

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mega structure. First, the blueprint is prepared and then it is followed by the construction.

Here, readers are requested not to mix up the above two ways of manifestation of the creation with the terms microcosm and macrocosm as explained in earlier chapters. Let me clarify this once more!

Creation itself is at two levels. One is at the individual level of a human being and the other is at the collective level of mankind. What I am writing now is the creation of two parallel worlds, either at the individual level or at the collective level. The phenomenon is the same in both cases. Readers need not wonder as to how so many worlds or universes are created at the rate of one per each human being. Everything is psychedelic in nature. That means simply illusionary in nature! That is why I have written this book to explain that energy or 'E is Illusion' at the fundamental level.

It is only the gross manifestation of the energy as various elements in nature and also various physical forces like electricity or magnetism or heat, etc. which is experienced by us. Therefore, there is no wonder in this phenomenon as such. I request the readers not to form any opinions straight away without reading this full chapter.

So far, we have discussed that everything springs from the primordial sound body 'Om' whether it is at an individual level or at the collective level. Please also remember that this entire theory is based on the concept that a human being is the miniature model of God or the cosmos.

The primordial sound body 'Om' is broken up into 50 letters of the Sanskrit alphabet. Each letter of the Sanskrit alphabet is a seed or *beej* mantra. The entire science of mantra is a permutation and combination of the fifty letters of the Sanskrit alphabet. It is my humble opinion that this could be related to the proposed 'strings' as per the modern 'String Theory'.

We have discussed earlier in one of the chapters on 'The sequence of creation' as to how the '*tanmatras*' or the '*tattvas*' or the essences of the five elements originate in the sheath of

mind. All these five '*tanmatras*' or the essences of elements are linked with the cerebrospinal system.

Readers must be aware of how the entire cerebrospinal system has been divided into seven primary chakras or the energy centres. Each of these energy centres starting from the root chakra has been linked with one of the *tatvas* or the essence of the elements. However, simultaneously each chakra of the energy centre is also associated with a set of letters of the Sanskrit alphabet.

Here is the most crucial thing to understand. Who has distributed these letters? Is it a divine act? Why can't the letters of any other language also be distributed in a similar manner? Is it a random distribution? If not, then the implications are very serious. That means each letter of the Sanskrit alphabet has been distributed deliberately in accordance with the description of the creation of the universe.

Let us first study one of the chakras so as to understand this phenomenon. If readers are further interested they will find a massive amount of literature available on the subject nowadays on the internet.

However, I am only writing about the first chakra here in support of the overall plot of this book. If the basic concept is understood by the readers, then the same can be applied to all other chakras as well. Therefore, there is no need to discuss all the chakras here.

The root chakra is located exactly halfway between the anus and the genital region in a human body. This is called *Muladbara* chakra or the first chakra of the cerebrospinal system. This chakra is basically one of the energy centres and is meshed with the psyche of the human being.

All chakras are supposed to be in the form of lotus flowers.

The root chakra lotus consists of four petals. The petals are red in colour. Perhaps, the pattern of energy is shaped in the form of a petal and there are four such patterns. Further, the red colour may be indicating the associated frequency like

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the red colour in the electromagnetic spectrum.

On each of the petals, is a letter from the Sanskrit alphabet. The colour of these letters is golden! The sound of the letters is *Va*, *Sha*, *Sha*, and *Sa*. When it is said that the letters are located on the petals, perhaps it is the sound body of the Sanskrit letter that is somehow integrated with the energy pattern.

In any case, sound as such is also energy. Therefore, a particular letter of the Sanskrit alphabet or the particular sound of the letter has a certain energy pattern associated with it.

The entire lotus flower is supposed to be an energy centre. So, it can be easily understood that it is structured based on various energy patterns in the form of petals, letters, the colour of the petals, or colour of letters. In this case, all the letters are supposed to be indicative of a certain frequency level.

Inside the flower, is a region that is supposed to be in the form of a four-sided cube, surrounded by eight spears! As per yoga texts, the square is a symbol indicating the earth element. The spears represent various directions.

Therefore, this region is supposed to represent the “earth quality” or the principle of solidity in the matter!

Further, the colour of this region is yellow as per yoga texts. Readers must be familiar with the frequency of energy associated with the yellow colour in the electromagnetic spectrum. Hence, this yellow colour might be indicating some sort of energy pattern. As per yoga texts, yellow represents the earth element. Furthermore, the colour yellow also represents the sense of smell as per yoga texts! The entire yellow region is represented by a letter “*lam*” from the Sanskrit alphabet! Or the sound body represents this yellow region.

Inside the flower, there is also an inverted triangle. The inverted triangle represents the female genital organ or energy, as per the cult of the *shāktās* or energy worshippers in India. So, the inverted triangle itself must be a pattern of the

energy, since energy as such, is always represented by an inverted triangle. Further, inside the triangle is another sound or Sanskrit letter “*klīm*.” The triangle is also filled with the red colour. The sound *klīm* is supposed to represent sexual energy or creative energy. The colour red is associated with passion or lust.

Above the triangle is a Shiva *linga* or a phallus in black colour (as it looks in shape). As per the followers of *Shaivism* in India, the Almighty is worshipped in the form of a phallus.

Kundalini or the supreme cosmic energy is supposed to be in a coiled form around the phallus. It is supposed to be of three and a half coils and in the form of a serpent with its mouth covering the top of the phallus!

The readers can now well imagine on what a microcosmic level this energy exists yet how all-powerful it is.

First of all, the energy centre itself is invisible and cannot even be detected with sophisticated modern instruments. The entire structure of the lotus-shaped energy centre is made of super-fine energy patterns. It is like constructing a machine with energy patterns, as the material or it can be compared with a model constructed out of superfine energy patterns! Furthermore, each energy pattern is conscious and is pervaded by the Supreme Brahman, or the universal soul, or God! Hence, there is a local God or Goddess associated with each energy pattern.

Let me further elaborate on this.

Energy can never exist separately from the spirit or the Divinity or God at any point. However, different qualities are attributed to energy based on its specific function in the cosmos or in its miniature version of the human body. Hence, God is also attributed to every energy pattern. This is what is meant by a local God or Goddess in an energy centre. Otherwise, the Divinity as such cannot be broken into various Gods. Without this theoretical breakup of the Supreme Divinity, it is not possible to explain or understand the highly complex nature of the Divinity rationally.

Kundalini energy itself exists inside this complex structure

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in an even finer form than the energy which exists inside the lotus-shaped energy centre. I hope readers can now easily imagine the microcosmic nature of the energy in the human body!

It is this supreme cosmic energy that, after having created a human being, continues to project and sustain a world of illusion on the psyche of the person! Somehow, the various energy patterns on the cerebrospinal system (which I have described above) are integrated into the beam of illusion that is projected out into infinity, thereby creating the illusionary world a person experiences.

A few local gods and goddesses along with a few other objects are also located inside this chakra structure, as per yoga texts! I will not go into further details of this chakra since it will be of no use!

Readers are now requested to link the above anatomy of the root chakra with the chapter on 'The sequence of creation'. It is clearly evident that the splitting of the primordial sound body 'Om' into 50 letters of the Sanskrit alphabet; runs parallel to the manifestation of the five elements of nature. Further, they have also been linked with the ten organs of the senses.

Here is the crucial link between the two parallel worlds of sounds and things. The distribution of the letters of Sanskrit alphabet is after all not random as it appears by the above explanation. However, why only Sanskrit letters? Who has done it? I humbly submit that there is no point in pondering over these questions in the first place. It is akin to asking whether the seed is first or the tree? It is sufficient if readers understand that it is the evolutionary outcome of the human thought process over aeons of time.

The important issue to note here is; whether it is fitting the overall explanation regarding the creation of cosmos or not.

The question of 'why' is answered at last. Maybe one-day modern science will be able to explain the question of 'how' pertaining to this subject. As I have already written above, the

modern proposed String Theory is already pointing in this direction.

Further, chanting of various mantras by practitioners since ancient times gives credence to this theory. Even in modern times, many yoga practitioners who chant the mantras have been reporting the beneficial aspects of chanting of these mantras. That means the accumulation or release of the energy, by resorting to the mental repetition of the mantras, appears to be logical.

All readers are familiar with how a person builds muscles in a gymnasium. A person picks up a weight and does the exercise by constantly repeating the motion. It is the same phenomenon with a mantra also. The only difference is that it is mental instead of physical. What a person does with the physical weights; the same thing is done by the use of a sound body inside the mind. Here, the sound body of mantra is acting as the tool and the mind is acting as the gymnasium.

Hence, only this sort of experimentation with mantras will give the required insight into this subject. That means one has to practice and realize it. It can't be comprehended by merely studying the subject. All knowledge is based on direct experience.

If it is true that by chanting a particular seed mantra or a single letter of the Sanskrit alphabet; the energy level is raised pertaining to the letter of the alphabet or if it activates the associated root chakra; then it stands to logic that it as good as any other science.

From this perspective, it points to a doubt that the Sanskrit language as such, is more akin to a set of standard mathematical formulae. That means, it is a kind of universal scientific formulae based on sound bodies. However, it may have been adopted as a language by scholars. It is akin to the mathematical equations of modern theoretical physics. Hence, there is really nothing strange as such in this phenomenon.

All readers agree that if there is one language; then one can go on developing any number of languages based on that! It

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is akin to developing any number of scripts from a language. For example, the English language has 26 letters. One can go on writing them in any number of ways. It is not necessary that the first letter of the English alphabet 'A' is written exactly in the same shape as 'A' only. It can be tweaked and written in the form any other symbol at random; like a geometric figure or any other form, etc. However, the pronunciation of the letter or the sound body remains constant.

In a similar manner, if there is one language in the cosmos, the same can be expressed in many ways or languages. Here, the sound body is tweaked and changed along with the letters of the alphabet. However, the idea behind it remains constant.

For example, the idea of 'mother' can be expressed in any number of languages, although in the original language it has a specific sound body. Therefore, when we ask the question of whether the Sanskrit language is universal in character; it has to be understood from this perspective.

As things stand now, based on the current levels of science; it has still not been established if there is any such language. If science ever finds it out in future, then it will be more akin to mathematical formulae or the periodic table of chemistry. That means it may be like any other pure science rather than a language. However, for this to happen science may have to undergo a paradigm shift. At present, it is mathematical in nature. This may likely to be psychedelic in nature based on the sound bodies.

In such a scenario, there may not be any differentiation between science and language. They both will be the same. From this perspective, the science of mantra can be treated indeed as the blueprint for cosmos.

If readers recall from the 'Foreword' written by me at the beginning of this book; my Guru has directed me to write this book by asking me to focus on the theme or plot; does God has any language? But if God wishes to speak to someone then the communication could happen in any language of the

humans. All languages have the same human thought process or emotion behind it. In any case, God meets the human being exactly in the same way he is sought.

Let me recall the famous verse from an ancient Sanskrit text, Gita! Lord Krishna says; who so ever approaches me in what so ever direction, I shall bless them exactly in the same manner.

Hence, the language of human beings is not a barrier to communicating with God or seeking divine grace. It doesn't need much of an imagination to understand that God has no exclusive language either for self or for any other human being.

However, the ancient Sanskrit language as we know it; maybe universal in character because it is the science of mantra or the sound, as well as the science of the things or the cosmos. In fact, it is the primordial cosmic power that appears to exist in 50 different forms of sound bodies.

However, readers are requested to understand that the science of mantra or the Sanskrit language or the world of things is, as materialistic in nature as anything else known to mankind. That means this is not related to spiritualism in any manner. It is also illusionary in nature.

It is my humble submission to all readers, to not to venture into such kind of literature. It may be useful for you; if you wish to write a book or deliver a lecture. Otherwise, it will not bring any permanent peace or happiness in your mind. At the best, it may give you intellectual amusement and boost your ego while you bask in the glory of being an academic scholar.

Some readers may question the validity of this theory by saying that science has universal truth behind it whereas; all talk about spiritualism has no rational basis. We all know that the very pillars of modern science; theory of relativity and quantum mechanics are not in harmony with each other. From the time of Aristotle to Albert Einstein, science has never been the same. So many cosmological constants had to be inserted by scientists while discovering various

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mathematical equations. They have no idea why a particular number has fitted their equations. Theories pertaining to cosmos are purely speculative. Knowledge of certain subjects like neuroscience, etc. is pathetically very little, even in this age of so-called hi-tech. Therefore, I leave it upon the readers to decide how they wish to chart their way through this mist of illusion.

Science has been ever-changing constantly for the last two thousand years. There is no guarantee that it will not undergo a paradigm shift once again. Perhaps, even the modern-day high school kids may agree with this assessment.

Hence, I wish to humbly submit to all readers that; it is futile to pursue something which is not permanent. Perhaps, human life is too precious to waste on such trivial things like materialistic pursuits. It may be all right up to a point to pursue the materialistic things so as to earn ones bread. But it may not merit a passionate approach, since there is no end to the gratification of the human senses.

It is my humble opinion, that the idea of every nation or Government or the raj dharma should be, to lead the people to focus their attention on the inner journey rather than the unending materialistic pursuits.

The illusion of a perfect society

I wish to submit to readers that I am not a political scientist and my knowledge of the subject pertaining to political and social science is zero. However, I am trying to articulate my views on the subject with a different intention. It is purely from the spiritual point of view, that I am trying to convey an idea in support of the overall plot of this book.

A system of governance has always been in place in every society since the dawn of human civilization. Even primitive societies inhabiting in remote regions of the planet had some kind of functional system of governance in place. The main reason for writing about it is to analyze, as to ‘what is the perfect system of governance’.

Readers might be familiar with various kinds of governance in vogue since ancient times. History tells that the system of monarchy was in vogue for the most part of the history known to us. However, it is not clear how long it dates back to, in the history of mankind.

A general look at it reveals that it must have been a widely accepted system of governance among mankind. A royal family was entrusted with the full responsibility to take care of society. Perhaps the society must have been ordained by God that way; although nothing is perfect in nature. It is like any other form of orderliness ordained by God like family, village, community, etc. It is just an ordinary function in society or kingdom or modern-day nation-states.

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Many other forms of governance came into practice in modern times. All readers must be familiar with terms like democracy, communism, Nazism, fascism, fundamentalism, etc. The ideas pertaining to some systems didn't become popular. The question is; what is the perfect form of governance? Is there anything like a perfect system in the first place?

All readers must be familiar with the kind of bloodshed that spilled on this planet, in the name of a perfect system of governance. Everyone agrees in general that every system has its own merits and demerits. Therefore, it is all about a certain stage in the evolution of mankind. Nowadays, the majority of nations may be practicing democracy. But nothing lasts forever! It could be all cyclical in nature. Maybe one day, mankind may start supporting yet another new form of governance or may even go back to the good old days of the monarchical system.

There is nothing known as a perfect system of governance! It is as illusionary as any other materialistic pursuit. It is sad to see so many young men and women whose lives had been terminated in various forms of violence supporting a specific cause.

The same can be said true of various other social systems like; caste, racism, slavery, etc. Everything has been a part of the society ordained by God from time to time. In recent times, we all are aware that mankind has evolved over many such, so-called social evils. However, are we happier today as a race any better than the past? Hence, my point of view is that; it is the focus of society on spiritual growth that matters.

What is the ultimate aim of a nation-state? Is it economic development? If so till what stage? Can anyone quantify the upper limit? Or is it expansionism? Or is it cultural conquest? Or is it political dominance? There are no clear answers to anything. The question will always arise as to 'then what?'. In any case, no one has ever attained such kind of above mentioned grand global objectives. History has taught us many lessons since the dawn of modern empire states.

Everything had to come to a halt at a certain stage.

Therefore, history will keep repeating itself, in some way or the other, if not exactly. In the meantime, millions would have perished. Millions of precious human lives would have been laid to waste.

Hence, the ideal aim of every nation-state should be to lead the people on the path of their salvation. I am not trying to say that we should leave everything aside like, economic development or national security, etc. However, the main focus of a race should be towards the inner world.

For example, we can't even maintain our bodies if we don't perform certain karmas like; eating, drinking, bathing, exercising, etc. Further, we may need medicines, clothes, shelter, etc. to sustain ourselves. Further, we may need to accumulate wealth to some extent in order to take care of the children and the aged. Obviously, one needs to cater to all this.

However, there is a limit to everything; although there is nothing known as a perfect limit. In our pursuit of materialistic life, some kind of balance needs to be maintained. That means the balance between our materialistic life and inner life. Perhaps, the realization that everything is illusory in nature will propel mankind towards achieving the above-mentioned balance.

Is there any limit to the pursuit of sensual pleasures? Is there any limit to the pursuit of wealth accumulation? Is there any limit to the pursuit of fame? Is there any limit to the pursuit of power? All readers are familiar with the kind of dangers involved in the above grand objectives. In India, there has always been a tradition in contrast to the present day scenario. That is; to be smart means pursuing God. In modern times it has become contrary; to be smart means to be rich!

This is a typical example of 'fall from grace' of God.

Therefore, how to steer mankind through the mess of materialistic pursuits? Perhaps, one way is to restore some kind of balance first. That means one should not (this applies

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to nation-states as well) go overboard in the pursuit of anything. Thereafter, mankind itself will figure out a way to pursue God. The conditions should be made conducive for mankind to pursue the divine.

All readers must be aware of, how great inventions and discoveries are made by scientists. No one knows the secrets until they are unraveled. No one knows how to go about doing it either. All that can be done is, to create the necessary infrastructure in terms of laboratories and libraries. Give a chance to the human mind to create or destroy (depending upon the kind of experiments being made). However, without a suitable environment, it may be a farfetched idea to expect everyone to come out with a revelation all of a sudden. Hence, the need is to create suitable conditions in a nation-state or society so that the general focus of the population can be turned inward. Perhaps, encouraging traits such as tolerance may go a long way in this direction.

All readers may perhaps agree, that a hungry man can't be taught spiritualism. Similarly, it could be difficult to teach about God to a super-wealthy person. The spiritual growth usually takes place under conditions of some kind of balance. That is the reason earlier I have written about the awakening of *kundalini* energy in a human body under certain conditions.

However, this so-called balance itself is an elusive thing. That means if a person tries to achieve this balance first before deciding to undertake the path of the spiritual journey; then he or she may never be able to start it. Perhaps, the divine power itself will start guiding a person, as he or she starts taking forward the first steps towards the divine. This is akin to a person walking towards a blazing fire, to escape from the misery of cold. As each step is taken forward, the warmth of the fire starts entering the person; thus driving away from the misery.

This is a big lesson to be learned. Start walking towards God! There is no need to take any leap of faith either! Just a baby step will suffice in the beginning. However, I would like to give an example here so as to illustrate the point in a more

practical way. If you wish to break a wall you can't attempt doing it with a small knife or an iron nail. You may ultimately be able to manage to chip away the wall and bring it down one day! But, this is only in theory. All readers can appreciate the amount of time and labor it takes. You need to use a large-sized tool to make it happen in a decent time. This is the practical way of doing it.

Similarly, the difference between idealism and pragmatism is also very thin. Every person ends up with a dead-end at some stage or the other. Therefore, there is nothing known as a perfect method of doing anything either. Balance is the name of the game of life. This is the game you play with none other than, God. This is a game of being a sinner and a saint simultaneously. This is a game of rising above the concepts of virtue and sin. This is the game wherein the divine grace is at stake. Play it and you win it! Perhaps, God will be too happy to lose!

Saints and sinners

One of the biggest confusion that prevails on the path of spiritualism pertains to the idea of being a saint or sinner. I will first make a general statement on the subject before discussing it further. The popular saying is that; it is easier to obtain *moksha* or salvation for a sinner than a saint. In any case, there is no differentiation between a sinner and a saint from the perspective of the divine. The idea of being a sinner or a saint is purely a human construct. It is simply as illusionary in nature, like any other thing we have discussed so far in the above chapters.

As long as we all live under the spell of Maya or the cosmic illusion, this sort of differentiation between the two concepts will always be there. The ideas pertaining to right and wrong; the good and the bad; morality and immorality; God and devil, etc. are simply superficial! These ideas simply pertain to the realm of human intellect.

Similarly, these ideas are further extended to the level of mind. The emotions such as courage and fear, compassion and cruelty, pleasantness and disgust, love and hatred, etc., all pertain to the realm of the psyche or mind.

The above-mentioned opposites are further extended to the physical world as well. The phenomenon of heat and cold; sweet and bitter; pleasure and pain; fragrance and stench, music and cacophony, etc., are all superficial again.

They pertain to the realm of the physical world of senses.

Thus, we have discussed the composition of a human being broadly under three categories, as mentioned above. They are intellect, mind, and body! All ideas are of the intellect, passions pertain to the mind and physical experience is that of the body.

A saint or sinner is no different from any other ordinary human being. It is simply a classification done based on two words. It is akin to calling a color as green or blue. There is no difference as such between the two colors. Both are simple colors. They may be beautiful or ugly depending on the thing being colored with them! Similarly, a saint and sinner are both human beings. Divinity is pervading them both in equal measure. However, it is based on their way of thinking, passions, and physical likes; that they are being classified as saints and sinners. The point to note here is that; their sensual impressions are colored by the sense of egoism or the feeling that they are the doers. That means, it is a sort of false identity attributed to their intellect or mind or body. Hence, such sensual impressions become causes or karmas for their future destiny.

In contrast to the saints and sinners; a yogi or *yogini* belongs to a different category altogether. I have already explained in one of the above chapters how the mind is made of three *Gunas* or qualities. Every human mind is composed of a certain mixture of the three *Gunas*. Saints and sinners are no exception either. That means a human soul which, pretends to be a saint in the world is also colored by a certain ratio of all three *Gunas*. It can't happen that such a saintly person is purely made of the *sattva Guna* or calm nature. Similarly, a soul that is branded as a sinner may also possess some quantity of *sattva Guna*. That means a sinner can't be purely sinful. Hence, it all depends on the percentage of the *Gunas* or the qualities with which the mind has been created for the person. However, readers are requested to remember that this composition of *Gunas*, is due to the accumulated karmas from the past by the person.

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Readers may be wondering, why it is easier to obtain *moksba* or salvation for a sinner in comparison to a saint. The reason is very simple. A person needs to be a yogi first in order to attain the state of *moksba* or self-realization; that the Self is divine in nature. However, this process is not attained by a human being by any amount of yoga practice to start with. As per the ancient texts, it entirely depends upon the divine will of God. But, there is a state known as Samadhi or the state of thoughtlessness, which a human being can aspire to reach. It is from the state of thoughtlessness that the final journey begins for self-realization.

In order to reach the state of thoughtlessness; all karmas or sensual impressions accumulated by a human being have to get neutralized first. This process of neutralization of karmas is again at the mercy of the divine or the supreme cosmic power; which has manifested itself as the accumulated stock of karmas. That means the cosmic power needs to unwind itself within a human being. This process of involution or destruction of karmas can only begin after the awakening of *kundalini* energy in a person. That means, simply nothing will happen as long as, the *kundalini* energy is not awakened in a human body!

The dormant *kundalini* energy is awakened in a human body by the grace of a Guru. A variety of yoga and tantric techniques have been developed in India since ancient times for awakening the *kundalini* energy. In some cases, accidental awakening occurs due to the irregular yoga and tantric practices done by a person. But this could be dangerous. It is akin to self-treatment. It is not the proper way of doing a thing. All readers are aware that if a person is sick; he or she needs to go to a doctor. That is the proper way. Self-treatment may lead to serious medical complications.

Similarly, *kundalini* energy needs to be awakened by a qualified spiritual master or Guru only. Otherwise, anything may happen if it is awakened accidentally without any supervision.

I have deliberately written the above paragraph even at the

cost of repetition of the topic in this book. This has been done to warn the readers not to resort to any practices on their own, without the supervision of a Guru.

As already mentioned earlier, I happen to be a part of the lineage of the *Shaktipat* Gurus. In my path, the *kundalini* energy is awakened by using a technique called *Shaktipat*, as mentioned in one of the chapters above. However, this technique works on a person only when there is a balance between the three *Gunas*.

In the case of a person who happens to be a sinner, the karmas accumulated are more *tamasic* in nature. That means the quality of *tamas* is predominant in the person. As a result, the mental condition is not ripe for performing *Shaktipat* on such a person. Then, what is the solution? Usually, the person is advised and made to start accumulating the *sattvic* karmas, so as to balance the mind. That means, for every sin, he or she has committed till now; a virtuous deed has to be performed so that the mind reaches the state of equilibrium. However, the society around the person will also get benefitted from such virtuous acts.

In the case of a saint; there is a real problem. The person would have accumulated much good karma which is *sattvic* in nature. That means, he or she would have performed many pious deeds. From a materialistic point of view, they may be very noble actions done by the person. Society would have got immensely benefitted by the noble deeds and thoughts of such a person. Further, the person would have undertaken many other religious activities like; worship of the Gods and Goddesses; construction of temples or other religious places of worship; the practice of celibacy; the practice of asceticism, etc. As a result of all this; the mental condition is not suitable for performing *Shaktipat* on such a person.

As I have already mentioned above, I happen to be a *Shaktipat* practitioner, and I am writing this purely from a technical point of view. I request the readers to kindly excuse me for not articulating my views on such religious merits accumulated by a saintly person. From the point of yoga

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practice; they don't have any impact. I mean, they can't free a person from karmas. That means yoga doesn't give a damn whether a person is a saint or sinner. From the point of spiritual growth or to attain the state of thoughtlessness, all kinds of karmas are simply akin to trash.

Therefore, this mental condition of a saint has to be factored in; for giving *Shaktipat* initiation into *kundalini* yoga. That means, for every virtuous act done by the person; an opposite sinful act has to be done. This will obviously cause harm to society. Usually, God doesn't sanction such kind of disharmony in society just for the sake of a person's spiritual salvation.

The spiritual brilliance of a person is strictly a private business. However, it has a limited impact on society. If it is for the general good of mankind, then it is fine. That means if something good happens to mankind by the virtuous acts of a sinner who is now seeking to restore the balance of *Gunas*; then it is a happy situation for all. However, it is not the same for a saint. That is the reason, why it is a problem for the saint.

I would like to give a small example to readers here to elaborate further on this. If a person happened to save the life of someone due to some strange circumstances; it doesn't give any right for him to take away the life later. This is the logic.

Then, what is the solution for a saint? If we go by logic and purely from a technical point of view; then there is a solution. That means the concerned person has to enjoy the consequences for all his religious merits accumulated. The person needs to exhaust some of them in order to balance out the three *Gunas*. Till that time, *Shaktipat* may not work on such a person. Because of this; the delay is inevitable for the salvation of such a person.

I have written such a long narrative above; regarding saints and sinners to articulate one of the basic truths to readers. There is nothing great being a saint! Similarly, there is nothing condemnable being a sinner!

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It is more of an obstacle to be a saint rather than a sinner on the path of spiritualism. It means that for an average sinner like me; my accumulated sins are easier to get neutralized than the virtuous deeds. In any case, my stock of accumulated virtuous deeds must have been very little from my past lives. (This is purely humor please).

Hence, it is a caution to all the saints of the world from the ancient yoga texts; not to go overboard with the accumulation of their religious merits. In case adequate dispassion is exercised by them while performing the pious deeds; then such actions will not get accumulated as fresh karmas. Otherwise, their actions will become fresh karmas which they need to clean up at later stages.

The ascetic of desire

As a continuation of the previous chapter, I would also like to discuss the concept of practicing celibacy and asceticism. However, I am covering this topic under this chapter separately so as to drive home further, some important lessons on being a saint. I beg pardon from all the saintly readers if they happen to get offended by the succeeding paragraphs in this chapter. It is not at all my intention to criticize the age-old glorious traditions of practicing celibacy and asceticism.

My humble salutations to all those monks of the ancient order of *Sanyasis* or mendicants! I bow down with reverence to that glorious tradition of wearing saffron clothes by such noble souls.

My own Guru, His Holiness Swami Sahajananda Tirtha also belongs to such a venerable lineage of monks. Most of the monks of my lineage of *Shaktipat* Order are also *Sanyasis* who practiced severe austerities.

The practice of celibacy and asceticism has always been treated as the bedrock of spiritual journey. These great traditions are also usually found among several cultures around the world. Society in general always had the highest regard for the celibates and ascetics. However, this entire concept needs to be understood in a comprehensive manner rather in small pieces.

It is my humble submission that all persons practicing celibacy and asceticism are not necessarily classified as yogis. A yogi is of a different category altogether. Readers would have realized by now what it takes to be a yogi.

There are two kinds of yogis.

The majority of them generally renounce worldly life, wear saffron clothes, and live away from mainstream society in remote places. They focus on clearing their minds of all sensual impressions so that they may achieve the state of *samādhi*, a state of thoughtlessness.

Their asceticism and practice of yoga generate powerful vibrations that impact the world in a very positive way. These vibrations generate peace and harmony among the human race, the animal kingdom, and also within the ecosystem. In a nutshell, the world benefits from their yoga practice in a very subtle and intangible manner.

They have managed to quit the external world, and focus entirely on their internal world. They struggle to bring their minds to the state of thoughtlessness, which is the terminal objective in all yoga systems. However, quite a few yogis have failed in this struggle due to the attractions of worldly life and the non-resolution of their minds. As a result, they had to return back to their normal regular lifestyle thus causing themselves severe spiritual injury.

For a fallen yogi, there is no prescribed and known immediate remedial measure in terms of a yoga technique or religious practice. Taking into account the ancient Sanskrit scriptures as the authority—whether it appears rational or irrational—it takes a long time before a fallen yogi can return to his or her original path of yoga.

Fearing this, some yogis prefer to remain in mainstream society and practice yoga. This might appear to be mentally comforting since there is no danger of falling down from the yogic path.

However, it is merely a question of how one looks at it.

In the former path, the yogi only falls down due to the weak resolve of his or her mind, as a result of which he or she

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becomes prey to the attraction of worldly things. However, the person availed a fair chance when he or she quit the external worldly life, donned saffron clothes, and lived away from mainstream society. It should have been easier for the person to progress in yoga.

In the latter case, a yogi refuses to leave mainstream society. However, the person now has the greatest challenge to face—that is to not become prey to the attractions readily available. However, the greatest advantage here is that the yogi yet again avails a fair chance. The person gets a chance to square off all his or her merits and demerits accumulated in the past. This is done by physically experiencing the consequences of past deeds without any emotional attachment. In the former case where the yogi was living away from mainstream society as a recluse; the person could only square off his deeds through the practice of yoga.

However, even in the case where the yogi is experiencing the consequences of his or her deeds physically by living amidst mainstream society, the person is deemed to be practicing yoga only. That means leading a normal life in a dispassionate manner also amounts to the practice of yoga.

So, when it comes to the practice of yoga, it makes no difference whether the yogi is living away from or amidst mainstream society. It is the permanently altered state of mind, which matters. The means employed are not relevant.

That is why I have said that it all depends upon how one looks at it.

Both methods have their own advantages and disadvantages. So, one cannot really say which is the better way of yogic life.

Perhaps, destiny itself decides the way of life for a yogi.

Further, as I said above all persons wearing saffron clothes and practicing celibacy and asceticism need not be necessarily yogis. Similarly, there are no such compulsory requirements for the practice of yoga.

Personally, I have always been a follower of the second category of yoga practitioners. Perhaps it is my destiny that

had driven me on this path. However, it has always been my inner desire that I should settle down amidst quiet surroundings after my retirement to practice yoga.

In the above context, I would like to narrate a few incidents from my personal life to elaborate further on this subject of practicing asceticism.

A few years ago I happened to visit a popular holiday resort near the city of Kozhikode (previously called Calicut) in the State of Kerala in India. I was on an official tour and hence it was more of a paid holiday. The name of the place was “The Raviz Kadavu Resort and Spa” located on the outskirts of the city. It is supposed to be popular for its excellent *Ayurvedic* health treatment.

It was a five-star hotel located along the banks of one of the famed backwaters of Kerala called Chaliyar River. However, I was always in doubt whether it is a river or backwater of the Arabian Sea. I always felt that probably it is a combination of the two because I didn’t find any flow of the water in it. It was totally lush green all around. Both the banks of the backwaters were beautiful indeed with thick groves of coconut trees and other vegetation. As I was standing on the ‘open to sky’ balcony of my room I could see one end of the water body merging into beautiful mountains in the far distance. The color of the backwaters was also somewhat bluish-green.

The scenic beauty of the place was undoubtedly breathtaking. The entire resort was located amidst quiet surroundings. Hence, there was no noise pollution in the air. Further, the air was also fresh to breathe since the place was surrounded by lush green thick vegetation. I was to live there for about a week. It was like a dream coming true for me to practice meditation amidst such serene surroundings. Those were the initial days when I started to write this book. I considered myself to be lucky to go on such a trip and that too free of cost. Of course, I had to pay for the services in the Spa since they were not part of the tour package. However, the *Ayurvedic* Spa was also located amidst beautiful

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surroundings with rooms fully ‘open to view’ of the backwaters of the Arabian Sea.

On the first day, I was sitting in the ‘open to sky’ private balcony to meditate. For a few minutes, I sat there among the calm and serene surroundings; appreciating the scenic beauty of the place. After a few minutes, I closed my eyes and slowly started lapsing into deep meditation. The meditation session was good and lasted for about two hours or so. At the end of the session, I opened my eyes slowly and continued to sit there for some more time; with the scenic beauty of the place also sinking back into my eyes slowly. Finally, the session was over and I got up from my seat. I was lost in a few deep thoughts as I was pacing around on the balcony.

The first question which had arisen in my mind was; where has all this beauty gone while I was in the blissful state of meditation? In fact, all that scenic beauty simply vanished as soon as I closed my eyes. It was like a curtain of darkness that descended suddenly in front of my eyes. Thereafter, it didn’t matter where I was sitting. In fact, I had undergone much more intense and blissful sessions of meditation amidst the busy streets of city life.

A few years before this tour (In the year 2011) I happened to visit the capital city of New Delhi for a duration of about two months on another official tour. However, at that time I was staying in some Government accommodation next to one of the busy roads. The room was not adequately soundproofed. As a result, the air was filled with both kinds of pollution; noise and dust. However, I remember enjoying deep sessions of meditation during that period. In fact, the most intense and deep sessions of meditation which I ever experienced in my life; and that too over a period of two months at a stretch; was next to that busy road of New Delhi.

I started reflecting back on the meditation session I just finished beside the backwaters of Kerala State. The realization started occurring to me in a moment as a flash; that it doesn’t matter where you sit to meditate. After you close your eyes, you simply shut the doors on the external

world; however beautiful or ugly it is! Till then the desire to practice yoga by the seaside or riverside or in the mountain caves or forest retreats etc is illusionary in nature. The illusion lasts till you close your eyes to meditate!

On another occasion, I was visiting the city of Kochi in Kerala State; again on another official tour. However, this time I was staying in one of the hotels within the limits of the city. I was looking forward to doing lots of personal shopping on this trip. I heard of a big shopping mall located in the city. It is called Lulu shopping mall. It was supposed to be one of the biggest shopping malls in India at that time; although I have no idea if it still retains that distinction. Since I had pre-planned to do shopping at this place; I had chosen the Marriott Court Yard hotel located on the same campus. That means, both the hotel and the shopping mall were co-located.

On one of the days during my tour, I had a full day at my disposal due to some holiday for the Government establishments. It was one of the most opportune moments for me to do the shopping. I was all alone on the tour staying in a hotel just next to the shopping mall with a full day at my disposal.

That means I was not under any kind of mental constraints. Moreover, I was looking forward to this shopping spree for several days. On that day, I lazily got up from the bed and after eating a late buffet breakfast; I started walking towards the shopping mall. Somehow I am not in the habit of using any debit or credit cards or any other form of the electronic payment system. I always preferred to use my debit card only as a kind of withdrawal form to draw cash from the ATMs like the good old days. I just refuse to use the technology in certain matters; without any reason of course. It is just happened to be my inclination in certain matters. That is all about it! This is in spite of the fact that high denomination currency notes were still not in common use during those days. As a result of all this, I ended up carrying a large pouch of cash for my shopping needs.

As I walked inside the huge shopping mall it was a

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pleasant surprise for me. The main reason was not because of the massive shopping arcade inside the building complex! It was the variety of items available there for buying. Certain kinds of items like imported fruits and vegetables surprised me the most. For example, if you wish to buy banana fruit; there was a variety of imported bananas from different regions of the planet available there in one place. This impressed me the most. This is just a small example I have written. It is the same story everywhere throughout the shopping mall.

The shopping mall was huge with multiple floors of course. There were escalators connecting every floor. I started walking inside the mall on the ground floor first. After that, I have started walking around every floor until I reached the top floor. I had not made any purchases until now. I thought of going around the shopping mall first before buying anything.

There were food courts on the top floor. I didn't feel like eating anything since I just finished my breakfast. Then I have started descending down to the first floor of the mall. After coming down I once again started on my second round of the tour of the shopping mall. I have reached the top floor again without buying anything. I was feeling somewhat different totally at this stage. I can't really express my feelings at that time. It was just some sort of vacuum kind of feeling inside my mind.

Then I have mentally decided on buying a few items finally. For this; I had to go to the ground floor once again. Thus, I descended back to the ground floor and started off on my third round of the tour.

I started passing in front of some of the shops which stored the items I wanted to buy a few minutes back. I had really no idea what was happening to me inside. I simply passed in front of them without buying anything. Finally, I ended up reaching the top floor for the third time in the day without buying even a pin. By now, I have realized what was happening inside my mind.

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I simply lost interest in buying anything at all. Moreover, my mind has started prodding me from inside saying; whatever I need is available all over the country. Hence, there was no need to buy the stuff at this shopping mall compulsorily. Finally, I descended back to the ground floor and walked out of the shopping mall without any regret of whatsoever.

I have learned a few valuable lessons from my stay in the State of Kerala. Most importantly it was during those days of my stay in Kerala that I have started writing this book.

It doesn't matter where you live for practicing yoga! It doesn't matter whether you live by the seaside or riverside or lakeside! It doesn't matter whether you retreat into remote forests or mountain caves or live amidst the luxurious surroundings. It doesn't matter whether you practice celibacy or asceticism! Calming down the mind is a different story altogether! Just do it by hook or crook! That is all it matters! That is how you reach the portal of salvation or self-realization or *moksha* or *Samadhi* or state of thoughtlessness!

It is the final battle with the last dimension of mind space! It is the battle of an ascetic of desire!

Final Word

The substratum within the depths of each creature is pure divinity or an absolute stillness or freedom from the limitations imposed on the psyche.

However, each human being experiences his or her own accumulated sensual impressions within their subconscious mind. It is akin to seeing their self reflected back. The external thing from where this reflection is being thrown back can be called infinity or void or space-time or anything else. Who has created these sensual impressions? They were imprinted on the subconscious mind when the person had undergone through those experiences earlier. But how did he or she experience them in the beginning, when the nature of mind is supposed to be in a state of absolute calmness or the substratum is supposed to be pure divinity. This is akin to asking whether the seed is first or tree is first. This is a pointless debate because this will take us into the antiquity of time since the evolution of the individual human soul or spirit began its journey. The transmigration of the soul or spirit must have been going on since the beginning of creation.

Next, I would like to say a few words on the power of self-surrender to the divinity before concluding my book. It is no longer sustained by the fuel of egoism. It just sustains on its own. Where does the power come from in order to sustain

the will for self-surrender? It doesn't come from anywhere since the application of free will is no longer being exercised.

Let me narrate an interesting anecdote from the ancient Sanskrit scriptures so that the power which emanates from the act of self-surrender can be better understood.

At the end of the Great War known as Mahabharata in ancient India; there comes a time when *Ashwathama* fighting on the opposing side of the victorious *Pandava* princes releases a very special type of divine missile called *NarayanAstra* in Sanskrit duly invoked by the mantras. The missile was released against the five *Pandava* princes in order to destroy them. The missile was so powerful that there was no other counter weapon to it. In fact, if anyone tried to resist and use any counterforce, it acquired more and more power. In such a situation, Pandava princes were left totally helpless. Finally Lord Krishna; popularly accepted as the divine incarnation in India; reveals the secret to counter the weapon. The act of self-surrender to the divine missile! As the *Pandava* princes kneeled and bowed down with their heads prostrated and hands folded in salutation; the divine missile lost all the power to harm them and thus it was neutralized. Such is the power which emanates from the act of self-surrender if done properly.

Glossary

Ajna chakra The energy centre located between the two eye brows in a human body.

Anāhata chakra The energy centre located at the heart region on spine.

Anāhata sound The sound produced without any thing being struck and could be heard by a person internally.

Anandamaya kôsha The sheath of bliss! It is the first layer formed on the individual soul or spirit in the form of cosmic illusion. The primordial energy is at its most subtle and fundamental form at this stage.

Annāmaya kôsha The sheath of food! It is the fifth and last layer formed on the individual spirit in the form of gross human body.

Ashram The yogic retreat. It is the residence of a Guru or the venerable teacher under whose direct supervision yoga is practiced by people.

Brahman The Supreme Divinity pervading all cosmos and beyond or the God or The Almighty etc.,

Buddhi It is a form of the cosmic energy called the “intellect” in a person or the discriminating faculty along with which egoism is co-located.

Chit The mind stuff in a person. It is the seat of all senses where application of free will is exercised by a person.

Chitshakthi It is a form of the cosmic energy called psychic

energy functioning in the mind.

Chakra An energy centre in the cerebrospinal system.

Guṇās The three qualities of the mind stuff.

Kāraṇa śharīra The enslaved individual soul or the spirit surrounded by the cosmic illusion. It is called the casual body.

Kriya It is the involuntary reaction in body, mind and external daily life which manifests so as to clean the mind of a person of all its sensual impressions.

Kundalini The supreme primordial cosmic energy which manifests in the form of universe. This energy is located at the base of cerebrospinal system in every human being halfway between anus and the genital region.

Manômaya kôsha It is the third sheath formed over the individual soul or spirit. It is the seat of all senses where application of free will is exercised.

Māya Cosmic illusion or the cosmic energy in its most fundamental form!

Mañipura chakra It is the energy centre located at navel region on the cerebrospinal system in a human body.

Mañidveepa It is the abode of the supreme primordial cosmic energy. It is called the “islet of gems” and is surrounded by the “ocean of bliss”! It is located far away from the myriad of countless world systems very deep inside the vast and infinite cosmos as per the Sanskrit texts.

Mantra It is a sacred Sanskrit syllable or a word or a sentence or a group of sentences which could run into any amount of text.

Mūlādhāra chakra The energy centre located at the base of cerebrospinal system half way between anus and the genital region.

Om It is the sacred Sanskrit syllable or sound or mantra representing the very form of the primordial cosmic energy!

Prāṇamaya kôsha It is the fourth sheath covered around the individual soul or spirit. It is called the “sheath of life force”!

Prakṛiti It is basically the energy in grosser form or cosmos or the nature.

Prāṇ It is a form of the cosmic energy or the kinetic energy

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pervading the entire cosmos. It is also the life force pervading the “sheath of life force” in a human body.

Rajas One of the three qualities of the mind due to which creativity manifests in all forms.

Sāttvic One of the three qualities of the mind due to which the function of maintenance or sustenance manifests in all forms.

Samādhi It is a state of thoughtlessness. It is the terminal objective of all *yōga* practice before self-realization can occur!

Shaivism It is the philosophy of the followers of Lord Shiva, one of the three Gods of Hindus who are together known as the Trinity.

Shaktipāt The descent of energy! It is a technique used by the “Order of *Shaktipāt*” monks to initiate a practitioner into *Sidha Mahā* yoga system.

Shakti The primordial cosmic energy!

Svādhīsthāna chakra It is the energy centre located near the root of genital region in the cerebrospinal system.

Sūkshma sharīra The subtle body comprising of all sheaths other than the gross physical body! It is this body which quits the physical body after its death to reincarnate once again.

Tāmas One of the three qualities of the mind due to which destruction manifests in all forms.

Tāntric A practitioner of *tantra*! A form of yoga system!

Vijnānamaya kōsha The second sheath formed over the casual body. Intellect and egoism are co-located in this sheath. It is also the home for all sensual impressions both conscious and subconscious.

Yōgini The lady practitioner of any yoga system!

Ashrams of the Shaktipāt Order

(Traceable & Autonomous)

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28. Om Kar *Sāadhan* Ashram, Anand, Gujarat, India

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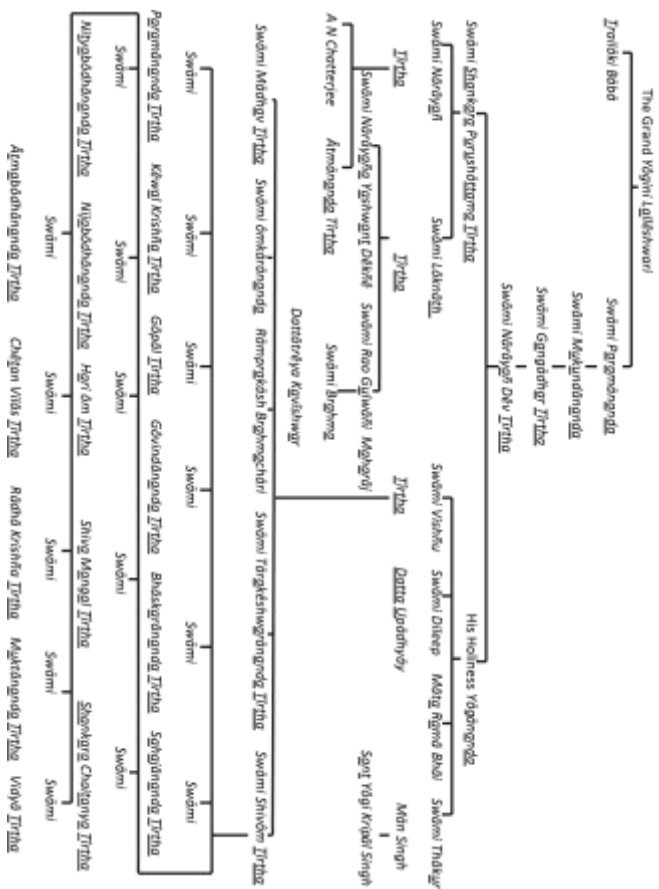
30. Vishnu Tirth Sidha Mahayog Samstanam, Shivom Kuti Ashram, Near Kaleshwar Mandir, Bhahadurpur Road, Amalner Post, Jalgaon District, Maharashtra, India, PIN – 425401

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Monks of the Shakthipāth Order (Traceable History)



About the author

The author is an alumnus of some of the prestigious institutions of India like Sainik School Korukonda, National Defence Academy, and Indian Military Academy. At the age of fifteen, he was attracted to the mighty Himalayan ranges and the source of the river Ganga, due to his passion for adventure in rock climbing and mountaineering. His long journey of more than two thousand kilometres led to a different journey altogether, after he encountered his Himalayan master on board the same train as a young boy! Unknown to the young lad, his journey had already been scripted long before it began! The author happens to be a Grand Guru in the lineage of the *Shaktipat* Order! Some of his disciples are *Shaktipat* Gurus spreading the message of *Shaktipat* all over the world.