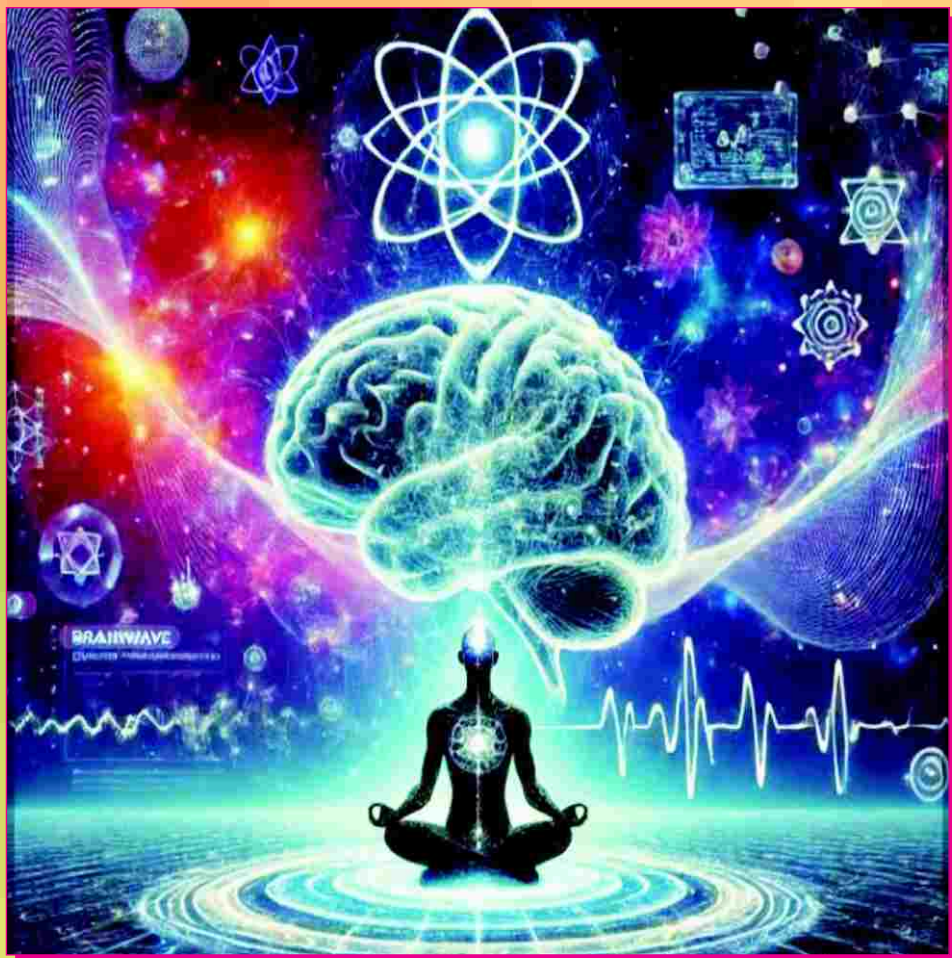


THE INNER UNIVERSE



Author
A. UDAYA BHASKAR
Kriya Yoga



DJWAL KHUL
HIMALAYAN MASTER

THE INNER UNIVERSE

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(Kriya Yogi)

The Inner Universe

34 th Book	:	30 th June, 2025
Author	:	Audury Udaya Bhaskar (Kriya Yogi)
Occasion	:	Master R.K.'s 11 th Aaradhana 30th June, 2025
For Book Details	:	agastyaspiritual.org
Rate	:	Rs.100/-
D.T.P. & Printing	:	Cherukupalli Aruna Prasad New Nallakunta, Hyderabad Cell : 9966953476, 8919138512

I bless that the complete grace of the Himalayan Masters may be bestowed upon all these mentioned here and their family members, my family who are supporting me, and all my dear ones.

The Soulmates who contributed their content for the Publication of this book are:

1. Sri Ram Kumar Allu (U.A.E.)
2. Sri Mallikarjuna Edam (India)
3. Dr. Prasanth Kumar (U.A.E.)
4. Smt . Nima Sriram (U.S. Dallas)

- Audury Udaya Bhaskar
Kriya Yogi

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FOREWORD

Dr. G. Venkata Subbarao

Retd. Principal,
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These reflections flow from the sacred stillness of the Himalayas, where the breath of the Supreme Divine whispers through the silence, guided by the eternal presence of **Mahavatar Babaji**.

Since the earliest dawn of humanity, religion has shaped the way we think, live, and connect. But often, it has become more about form than feeling, more about rules than realization. What if, beyond the rituals, all religions were simply different doors leading to the same space - the sanctuary within?

This book is not a call to follow a path, but an invitation to look within. It draws threads from many traditions - the discipline of Hindu Sadhana, the mindfulness of Buddhist meditation, and the sacred messages from the Bible and the Qur'an. At their heart, they speak of one truth: the human body is not just flesh and blood - it is a living temple, a marvel of divine engineering.

To know how breath moves, is to know how life flows.

To observe the breath, is to meet the unseen force that keeps us alive.

This is not just science - it is sacred science.

- ❖ Light is the messenger of the Divine.
- ❖ Truth is the purest prayer.
- ❖ The Sky is the silent witness.
- ❖ The Sun - the ancient flame that nourishes all life.
- ❖ What lies beyond the sky is Infinite.
- ❖ What lies beneath is the play of opposites - the dance of Duality.

Every being, from the smallest insect to the highest saint, seeks three eternal gifts:

To exist. To awaken. To rejoice.

Swami Sri Yukteswar spoke of a universe woven from Soul (consciousness), Mind (energy), and Body (matter) - and through this sacred thread runs the river we call Life.

This is not just a book. It is a breath, a pause, a remembering.

May it awaken your inner knowing - one breath at a time.

Here, I would like to introduce Sri Uday Bhaskar Garu, the author of this book. He is a dedicated Kriya Yoga practitioner, blessed by Mahavatar Babaji very recently he visited on call of maha avatarguha (Babaji Cave-Ranikhet), blessings he got once again Baba Parampara, Baba vibrations also you can find at Zaheerabad, Lahiri Mahasaya

Ashram is there (Herba valley Eco Farms, Shekapur) and Amma, and other divine saints and goddesses like Jagan Matha Gayatri Devi. He has guided thousands of devotees in Hyderabad for over four decades.

So far, he has authored this great book It invites readers to explore their inner world by simply observing their breath. Guru Aduri Bhaskar Garu has generously offered Kriya Yoga initiations to many seekers, often without expecting anything in return - something that is usually quite expensive and rare. We are truly blessed to have such a spiritual master living among us in New Nallakunta, Hyderabad.

Wishing you all the best on your journey toward divine blessings and spiritual growth.

With regards,

- Dr. Goteti Venkata Subbarao

Retd. Principal

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A devoted follower of Amma (great Guruji) and
Bhagavan Ramana Maharshi,
New Nallakunta, Hyderabad.

HIMALAYAN MASTER'S MESSAGE

Science of Prana (Secret of Breath)

Preface

These words are come from the HIMAYALAS with the Swayambhuvu Mahavatar Babaji along with the Supreme Divine.

Religion has a strong hold in the Minds of Men. From the beginning of the world. It has been handed down from generation to generation in Uncertain Terms and has continued and still continues to govern their deeds and behaviour. To motive for all religious believes or dogmas, is the attainment of Salvation.

This work is actually a synthesis of the Hindu way of Sadhana & the Buddist way of Sadhana & the inner meaning of prayers Bible & Qur'an. All the religion scriptures aim to impart the knowledge of the human body inner science (i.e., how the human body's was created and existing in this universe). That is the real purpose of life.

Light is God.

Truth is God.

Sky is God.

Sun is the Universal God.

Above the Sky is the Reality.

Below the Sky is the Duality.

All creatures, from the highest in the lowest in the link of creation, are eager to realize three things: Existence, Consciousness and Bliss.

Swami Sri Yakteswar explains the Universal evolution of consciousness energy and matter (i.e., Soul, Mind, Body). The entire spectrum of experience that we call "Life".

In the beginning was the word, and the word was with God,
and the word was God. - (John Bible)

In him was life, and the life was the light of men.

And the light shineth in darkness and the darkness
comprehended it not. - (John Bible)

Union with God through love, the attraction, which is
constantly drawing man toward the Kingdom of God. "That was
the true light, which lighteth every man that cometh into the world".
- (John Bible).

The Most ancient faith Sanatana Dharma keeps faith in
Dharmo Rakshati Rakshitaha. All the religions prophets and
ancient Masters beyond the distinction of gender nationality. Past,
present and future from the unbroken heritage of noble thought
and selfless deeds.

My Master Sri Yukteswar recognized long back that a
Synthesis of the spiritual heritage of the East with the science
and technology of the West would do much to elevate the material,
psychological and spiritual suffering of the modern world.

Entering into the zone of silence entering into the circle of
invisible light, which leads you to the mergence of your soul with
that infinite supernal. The real silence is beyond awareness. To
obtain that nectar of nest which the soul craves for is the only
main objective and soul aim of the traverse with which your birth
has undertaken. Maitreya means the spiritual friend, philosopher
and guide, you first come across the astral form of your own Guru
and he guides you every minute, either through his voice or through
his silent gestures but the message shall reach your soul and it
acts without any pre-conditions.

Guru comes three sets of great Maitreyas (Forms)

1. Manouvouka among the human beings with a name and a form, even in physical absence. They come as friends, philosophers, guides whose names you may not remember or may not know, it does not matter. Once you have entered into that nameless Infinite Sky of bliss beyond joy in pure Meditation. You do not remember your own name at that juncture.

2. Siddhouka: Several unnamed siddhas come before you and to tackle the problems of inward nature in your inner cosmos. Then comes the third stage.

3. Divyouka, even angels the multitudinous forms of several Gods with names, Forms that your collective human mind has called for, given shape to appear before you. Amongst them whom you think is the dearest and nearest God, he will appear in that form again the same Guru Tattwa. The spirit of this Gurudom is equal in the forms of Manouvouka, Siddhouka or Diviyouka. Here you should never misconstrued these three stages as different. They are in fact are linked by one God or Guru Tattwa of the philosophy of light. That's why it is SARVANTARYAMI. It is Omni present that itself comes before you as a form of light is your Guru. Not only that when you sit for the meditation he may send some of those representatives of the Spiritual World. Whose faces you have not seen before.

By the compassion of Babaji to preserve that Supernal serenity with a mind of the most compassionate benign grace, this Prana Vidya has been divulged to the seekers of spirituality.

I would like to express my gratitude to the Himalayan Masters (Astrol Souls) of 19th & 20th century, like Swamy Rama.

* * *

MEDITATION THERAPY Guidelines

1. Meditation is a leader among all the known methods of therapy.
If one is Physically sick then Naval Centre or Solar Plexus (Manipura Chakra) is the focal point for meditation.
2. If one is very emotional then he can concentrate on the heart centre (Anahat Chakra).
3. If one is intellectual or analyze then the space between eye brow (Ajna Chakra) is the proper focus.
4. If one is creatively inclined, the hollow of the Throat (Visudhhi Chakra) is the concentration point.

These focal points for meditation should not be choosen for oneself, however they should be given by one's spritual guide.

- *Swami Rama (The Quiet Mind)*

Meditation is the ending of thought - *J. Krishnamurthy*

Meditation (Yoga) starts where Science ends. - *Swami Rama*

Meditation is the Action of Silence. - *J. Krishnamurthy*

When this concentrition of abiding in fire becomes firm, one is not affected by hunger or thirst and has developed a meditative stabilisation; But still has not generated actual calm abiding.

- *Tsong-Ka-Pa-The Yoga of Tibet*



SCIENTIFIC STUDIES ON ASANA'S & KRIYA'S

Sarvangasana (Schoulder Stand): not only is the flow of venous blood from the lower extremities to the heart but also there is an increase of blood flow to the neck. Including the region of Thyroid Gland.

- *Yogameemamsa*

Fifteen Minutes of practice of Shavasana (Corpse posture) lowered the heart rate an average of about 10 beats per minute.

- *Dr. James Funder Burk, Ph.D. - Science Studies Yoga*

Immediate effect of Pranayama and Kapalabhati on urinary output.

- *Bhole M.V.1977*

360 and 500ml of Water was sucked into the stomach; 45 and 90 ml in urinary bladder. 0-250 ml. into colon during the practice of uddiyana and madhya nauli respectively. Rate of suction was more in Madhyama nauli than in Uddiyana.

- *Bhole M.V.1971*

Intra-vaginal Pressure Changes during uddiyana in standing and central nauli.

- *IV National Conference on Sexology*

Jabalpur, India, Bhole M.V, Feb. 1982

Kapalabhati increased pulse rate 7 beats per minute: while blood sugar decreased by 13mg 100ml.

- *Bhole M.V.1982. Yoga Mimamsa, Lonvila*

ALZHEIMERIC DISEASE

Reduced production of a special chemical brain cells used to communicate (one known as actylcholine is most frequently cited) and break down in a person's immune system.

- *Page 259, The Readers Digest*

Kundalini is the vagusnerve of the human Body.

- *Dr. Vasant G.Rele*



KUNDALINI & HEALTH

Muladhara Chakra	- Prostate or Pernum
Swadhisthana Chakra	- Urogenital system
Manipura Chakra	- Digestive System
Anahata Chakra	- Cardic or circulatory system
Visuddhi Chakra	- Respiratory system
Ajna Chakra	- Autonomic nervoes system & harmones.
Sahasrara	- Entire nervous system.

- Dr. Hirroshi Motoyama Tehories of the Chakras

A chakra is the hub of a complex network. It is a centre from which thoughts. Emotions, Energy and Physiological Responses spring.

- Swami Ajaya, Ph.D., Dawn Magazine

All of nature exists as a vast oscillatory specturum. that sound shape & Matter and imparts structure was unargubly demonstrated by the Swiss scientist Hans Jenny in 1960's.

Plotinus who is regarded as the founder of neoplatonism said all music based upon melody and rhythm. Is the earthly representation of heavenly music.

Pythagoras belived that we are constantly in contact with the music of spheres which find our inner ears from the movement of Birth.

- Yoga International

You led your mind to a state where is no sound. The place of sound less sound.

- Swami Rama

Meditation is the Action of Silence.

- J.Krishna Murthy

The consciousness correlated with the alpha waves: which are even slower than alpha is characterized by a dream like or "Reverie" state during which one is immersed in a world of Images. It has long been known that these dream like states (Called Hypnogenic Experiences) play some part in scientific and artistic creation. The Chemist Kekulé, who discovered the ring structure of benzene was doing lightly when he observed the atoms dancing before his eyes, They fell into rows. Twisting like snakes, and when one of these snakes "Seized hold of its own tail". He awoke in flash and working from this image developed the ring structure of Benzene.

- Dr. Rudolph Ballentine, M.D. *Yoga and Psychotherapy*

* * *

SPONTANEOUS KUNDALINI SYMPTOMS

1. Lapsing easily into meditation. 2. Dizziness 3. Sudden crying spells. 4. Pressure or pain along spine 5. Pain along the right or left side of the chest 6. Pressure in the eyes 7. Pressure with forehead 8. Pressure in the top of the Head 9. Spasmodic Breathing 10. A feeling of energy 11. Sound inside the Head 12. Respiration slowed, dangerously low.

- Swami Sivananda *Radha Kundalini Yoga for the West*

The power of self-healing is buried in the tomb of every human life. By uncovering the potentials of that power one can heal oneself.

- Swami Rama

My master sat under a Banyan Tree; and soon the abscesses began to disappear from him and then appear on the tree. After ten minutes they also disappeared from the tree.

- Swami Rama, *Living on the Himalayan Masters*

* * *

Intuitive Diagnosis of Chakras

In this method of Diagnosis the doctor does not concentrate on the patients Chakras. But he concentrate on his own. Then the doctor will learn about Chakra. When the doctor who is completely selfless and compassionate tries this method. He never fails.

- *Swami Rama, Page No.173, Path of Fire & Light, Vol-II*

The energy of force from Col.E. Stebany's hands activated. The enzymes both quantitatively and qualitatively comparable to the activity created by a Magnetic field of 8,000 to 13,000 gauss. This is very significant activity considering that we live in a magnetic field of about 0.5 Gauss.

- *Jeanne P. Rindge, Healers and the Healing Process*

ETHICAL PRINCIPLES OF REKI

1. Just for Today do not worry. 2. Just for today do not anger.
3. Honour your parents. Teachers and elders. 4. Earn your living
Honestly 5. Show gratitude to everything. - *Dh. Mikao Usui*

If you want to heal the body, you must first heal the mind.

- *Plato, 427-347 B.C.*

* * *

VAGUS NERVE-I



In the human body, Sri Anjaneya's power works through the VAGUS NERVE.

The tail of Vayuputra: Those who practice Nauli are recognized by Yogis as yoga practitioners. The indigestion state in our body is like a main entrance for all illnesses.

From 20 years of age, indigestion is the main cause of mental and physical health deterioration. When the digestive system is disturbed, gas increases. This increases pressure on all organs. To overcome this condition, Yogis used to practice the Nauli technique.

This practice is dangerous for those over 30 years old. Therefore, as an alternative Yogis would meditate on the Vagus Nerve. This also gives results similar to Nauli.

Both practices stimulate the VAGUS-DIAPHRAGM. In 1945 at Poona Medical College, Dr. VASANT G. RELE presented a yogi who split a hanging hair in two with an arrow from six feet away in front of scientists.

All yogis who showed exceptional abilities in history were vagus practitioners. Prana Vidya-Sanjivini-Vagus are all the same. Friends, I am saying this from my own practice experience. This practice will turn your life into gold. You will become long-lived.

Some advanced yoga practitioners consider Vayuputra's tail as the vagus nerve.

1. Taking a cold water bath after a hot water bath can stimulate the VAGUS nerve.
2. Heart beat, its rate, digestion and immune system are all under the control of vagus nerves.
3. Indigestion is the main cause of illness.

Every religion belongs to a way of life, they are established on the foundations of their past experiences (RELIGION & MYTHOLOGY). Their goal is mental control, and there are no higher or lower among them. The knowledge of human life belongs to the world, not limited to any particular caste or religion.

The power of a being is known as **Kundalini**. This is also called **Seshudu (the cosmic serpent)**. The sage Patanjali, creator of the **Yoga Sutras**, is said to be an incarnation of Adi Sesha. The great sages tell us that he wrote the **Ayurveda Samhita** for physical well-being, Panini's grammatical commentary for linguistic refinement, and the Yoga Darshana for mental control.

Sri Shankara Bhagavatpada bestowed great blessing upon spiritual seekers through Soundarya Lahari. Experienced

practitioners explain that through praise of the Divine Mother, he beautifully revealed the glory of SriVidya, methods of worship, secrets of mantra activation, relationship between SriChakra and the six body chakras, knowledge of the six chakras, and philosophical inquiries that lead to non-dualism, unity with Brahman, and direct spiritual experience. Therefore, the goal of Soundarya Lahari is social welfare through mental expansion. One who practices Pranavidya while using gold bhasma, honey, lentil sweets, and the three sweet substances will attain complete personality development. A person who has achieved complete personality development will perfectly possess the blessings of Lakshmi (ECONOMY), Saraswati (KNOWLEDGE), and radiance and dynamism (DYNAMISM). Bindu refers to the six chakras from Muladhara upward. The Shiva principle that exists between these chakras and the thousand-petaled lotus (Sahasrara) is called Nada. The union of Nada and Bindu is the goal of the spiritual practitioner.

Only when a person casts away all illusory constructs (ILLUSIONS) does one become the complete Brahman.

Sundarakanda Practice (VAGUS NERVE) In this verse, Soundarya Lahari concludes by expressing gratitude to the Kundalini energy. It states that the Divine Mother is praised using the speech she herself has given. Speech is the sixth sense, or formed by the combination of the five senses. With the help of the SINUS CAVITIES in the nose (the sense organ of Muladhara), perfect sound is produced, combining the movements of the tongue (the sense organ of Svadhisthana), with the intellect belonging to Manipura, the sense of touch belonging to Anahata between the lips, with the tongue and palate; with the air in the lungs belonging to the Vishuddhi Chakra, the vibrations of the vocal cords, and the hearing power of the ears - all these

combined create speech. This speech itself is Kundalini energy. Therefore, they offered Aarati (ritual offering of light) to Kundalini using Kundalini itself - fire to fire, water to water.

They imagined that having some control over the central nerve in our body is the Kundalini power. From Manipura to Ajna the practice of Prana is essentially the practice of the vagus nerve.

Robert Ejenson and others, psychologists at Southern Illinois University in Carbondale, America, have proven that a nerve extending from the brain stem to the internal organs stimulates cognitive power.

This nerve is called “Vagus”. Their discovery can help in quick recovery from heart attacks and paralysis caused by physical reasons. It’s well known that when a person is anxious, hormones like adrenaline are released in larger amounts and mix with the blood.

Since these hormones enter the brain, they can only explain immediate intense responses. However, it is the vagus nerve that stores these responses as long-term memories. The vagus is like a two-way road-it takes commands from the brain and coordinates processes like heartbeats. At the same time, it informs the brain about what is happening in the organs. The brain decides what to remember, what to forget, and determines the release of hormones. Clinical experiments on patients in 1999 revealed that artificial implants that stimulate the vagus nerve can increase cognitive power lost due to urinary-type diseases, as modern science tells us.

But yogis have been using Kundalini energy for healing diseases for many thousands of years. Agni-Sara Kriyas, Nauli-deep breathing. Kundalini-meditation, Surya Namaskars, and Tratakam all strengthen the vagus nerve.

Soundarya Lahari Practical Application: A practitioner who knows Kundalini knowledge can use their intellect like the most powerful computer in the world.

By meditating on...

Muladhara : CIVIL, MILITARY, AGRICULTURE, DRAWING.

Svadhithana: Poetry, Musical Instruments, MILITARY & POLICE.

Manipura : Administration, Industries.

Anahata : Medicine, drugs.

Vishuddhi : Fine Arts, Music, Teaching ability, Politics.

Ajna : Characteristics of Scientists.

The vagus nerve stimulates these related centers in the brain.

Through this, the petals of the Chakras are enhanced in the Vagus Nerve; as I explained in previous verses, the centers (Karnikas) are located in the central nervous system of the spine.

Similarly, Muladhara controls the bone tissue, Svadhithana the fat tissue, Manipura the muscle tissue, Anahata the blood tissue, Vishuddhi the skin tissue, Ajna the narrow tissue within bones, and Sahasrara the reproductive tissue-all through the vagus nerve (Kundalini). When the internal powers in your body are under your control, there is no need to depend on external powers. This is the perspective of a yogi.

The union of Shiva and Shakti is beyond Nada-Bindu art. Bindu refers to the set of Chakras from Muladhara upward. The Shiva principle located in the centers (karnikas) between the chakras is called Nada. For the practitioner, Nada is the most subtle sound in the body-the sound of blood circulation. Through progression in practice, the practitioner can hear this Nada.

Normally, the ringing sound in the ears is called tinnitus. Therefore, find out from an experienced person whether the sound in your ear is a disease or Nada.

“What Sri Bhagavatpada is saying is ‘Dharana-Parijnana-Mukti’ - stabilize the image in your true form and attain self-realization filled with complete sovereignty. Break the bondage tied with worldly attachments and make your human birth successful through effort”.

Vagus nerve meditation

Vagus nerve meditation, also known as vagal nerve stimulation through meditation, involves techniques like deep breathing and mindfulness practices to calm the nervous system and reduce stress by stimulating the vagus nerve, which plays a crucial role in regulating the body's stress response.

What is the Vagus Nerve?

- The vagus nerve is a long nerve that runs from the brain stem down to the abdomen playing a vital role in regulating the body's stress response, heart rate, digestion, and more.
- It's a key part of the parasympathetic nervous system, which is responsible for the “rest and digest” response, helping to calm the body and mind.
- Low vagal tone, or a less active vagus nerve is associated with heightened stress reactivity, a reduced ability to cope with stress, and chronic stress.

How Meditation Stimulates the Vagus Nerve:

Deep Breathing: Slow, deep breaths, especially with longer exhales, can stimulate the vagus nerve and activate the relaxation response.

Mindfulness and Body Awareness: Paying attention to the present moment and the sensations in the body can help to calm the nervous system and reduce stress.

Gentle Movement and Stretching: Practices like yoga and gentle stretching can also help to stimulate the vagus nerve and promote relaxation.

Smiling and Gentle Massages: Smiling and gently massaging the sides of the face. Jaw, ears and neck can also stimulate the vagus nerve.

Benefits of Vagus Nerve Meditation:

Reduced Stress and Anxiety: By stimulating the vagus nerve, meditation can help to calm the nervous system and reduce stress and anxiety.

Improved Digestion: The vagus nerve plays a role in regulating digestion, so stimulating it can help to improve digestive health.

Better Sleep: Meditation can help to regulate the nervous system and promote relaxation, which can lead to better sleep.

Improved Mood: By reducing stress and promoting relaxation, meditation can help to improve mood and overall well-being.

How to Practice Vagus Nerve Meditation:

Find a Comfortable Position: Sit or lie down in a comfortable position where you can relax your body.

Focus on Your Breath: Pay attention to the sensation of your breath as it enters and leaves your body.

Repeat: Continue this pattern of gentle, slow inhales and sighing exhales for several rounds focusing on the breath and the feeling of your body.

Vocalize: As you exhale, try humming on the sound “Mmmm” or “Oooo” to further stimulate the vagus nerve.

Sighing breath: Inhale halfway through your nose, pause then inhale fully to fill your lungs and pause again. Exhale with a long, slow sigh from your mouth.

Body Scan:

- As you breathe, gently scan your body, noticing any areas of tension or discomfort.
- Without judgment, allow your attention to rest on each part of your body, gently softening any areas of tension.
- You can also try placing your hands on your belly and heart to feel the connection between your hands and your body.

Mindfulness:

- If your mind wanders, simply acknowledge the thought and gently redirect your attention back to your breath.
- Observe the rising and falling of your belly with each breath, or the vibration of your vocalization,
- Allow yourself to be present in this moment. cultivating a sense of calm and relaxation.

Ending:

- Take a few more deep breaths, savoring the feeling of calm and relaxation.
- Gently bring your awareness back to the room, noticing the sounds and sensations around you.
- You can open your eyes when you feel ready.
- Remember to practice this meditation regularly to deepen your connection with your body and nervous system.

Here's a vagus nerve meditation script focusing on breathwork and gentle vocalizations to stimulate the vagus nerve and promote relaxation.

Preparation:

- Find a comfortable position, either sitting or lying down, ensuring your spine is aligned.
- Close your eyes or gently lower your gaze.
- Take a few moments to connect with your body, noticing any sensations without judgment.

Breathwork:

Inhale: Gently inhale through your nose, allowing your belly to rise.

Exhale: Exhale slowly through your mouth, making a soft, sighing sound (like a “whooo” or “ahhh”).

Repeat:

- **Try Deep Breathing:** Practice slow, deep breaths, with longer exhales than inhales.
- **Engage in Mindfulness:** Pay attention to the present moment and the sensations in your body.
- **Consider Guided Meditations:** There are many guided meditations available that focus on stimulating the vagus nerve.
- **Be Consistent:** Regular practice of vagus nerve meditation can help to improve your overall health and well-being.

* * *

VAGUS NERVE-II

THE VAGUS NERVE, ITS SOURCE AND FUNCTIONS The vagus or Pneumogastric, the tenth cranial nerve as we know, is connected with hind-brain. It arises with other cranial nerves (the ninth and eleventh) from the grey matter in the floor of the fourth ventricle. Here it is attached by eight or ten filaments to the medulla oblongata in the groove between the olive and restiform bodies. At the level of the Jugular foramen at the base of the skull the Vagus nerve presents a well marked swelling called the ganglion of the root of the Vagus (Jugular ganglion). This ganglion sends a branch to a plexus which is situated at the base of the skull and is known as the carotid plexus (Visuddhi chakra). A little lower down, it presents another swelling called the ganglion of the trunk of the Vagus, ganglion nocosum, and further downwards the nerve passes vertically along the spinal column through the neck, chest and abdomen, where it ends into a plexus and forms connection with the solar plexus.

On its course downwards and before it ends, it sends branches to the prevertebral plexuses of the sympathetic portion of autonomic nervous system. In the neck, it sends a branch to the pharyngeal plexus (Visuddhi-chakra), in the thorax it sends branches to the deep and superficial cardiac plexuses (Anahata-chakra), in the abdomen it forms connections with the plexuses of the coeliac-axis (Manipura-chakra), and then ends in a plexus known as the solar plexus (Kundali-chakra) which is the downward extension of the Manipura-chakra. The Vagus also has filamentous connections with the renal, hepatic splenic and pancreatic plexuses.

The vagus is the only nerve which is composed of motor and sensory fibres, both efferent, i.e., outgoing and afferent, i.e. incoming. The efferent or inhibitory are anabolic in action while the afferent or acceleratory are katabolic in action.

The efferent fibres, which exercise a restraining influence over the action of larynx, pharynx, lungs and heart, start from the medulla oblongata and are always, according to the manuals of Yoga, kept in action by the divine fluid (the cerebro-spinal fluid) which is secreted by the moon in the brain- very likely referring to the lateral ventricles from their resemblance to the shape of the crescent moon. These fibres originate from the cells of the ganglion nodosum, but as they enter the bulb, the fibres bifurcate. The ascending branches are short and arborise with the efferent fibres of the bulb above. The descending branches go downwards from the centre of the Vagus nerve and form connections with fibres of the sympathetic in the Solar plexus. The afferent fibres of the Vagus have their source in the Solar plexus, and its two semilunar ganglia called the abdominal brain, and reach the vagal centre in the medulla.

From this description of the arrangements of the fibres of the Vagus, it will be seen that the stimulation of the Vagal centre either directly or indirectly activates both sets of fibres. It will stimulate the inhibitory action of the efferent fibres and put under restraint the functions of the organs supplied by them, such as those of the heart. The lungs and the larynx simultaneously with the phenomenon it will stimulate the accelerating action of the afferent fibres and excite the functions of the organs supplied by them such as those of the stomach and the intestine and also cause dilatation of the blood vessels of the abdominal viscera with consequent increase in the secretion of the digestive glands in the abdominal cavity. The depression of the Vagal centre will produce just the opposite effect in the functions of the organs supplied by the afferent and efferent fibres. Thus there will be a see saw action, as the Vagal centre is stimulated or depressed. From the facts just mentioned, it could be seen that to ensure perfect inhibition of the functions of organs in the thoracic and abdominal cavities, one must stimulate and depress the efferent and afferent sections, respectively, of the Vagus at their

source. Normally the activities of the Vagus are automatic and unconscious. If, however, it is possible to bring it under control of the will, one could then achieve everything that is said about the “awakened Kundalini”, in the foregoing pages. Is it possible to establish voluntary control over the sources of the afferent and efferent fibres of the Vagus? It is the Yogic literature, methods are suggested to secure such a control. It is further suggested that If they are pursued practically and rigidly, a student of Yoga attains to the powers of performing the so-called miracles, and when he utilises these powers, he enables himself to force open the door of Liberation (Moksha).

Through an impulse along the afferent nerves from the larynx, the lungs and the mucous membrane of the nose, it is possible to stimulate reflexly the Vagal centre. In an earlier part of this book, while dealing with the object and technique of the Pranayama, it has been shown how these organs are made use of by a Yogi to influence the Vagal centre. The greatest difficulty is, however, experienced in controlling the afferent fibres of the Vagus, which have their centre in the Solar plexus and from where the afferent fibres pass upwards in the body of the Vagus.

The part of the Vagus (Kundalini) is described as lying curled up and dormant, breathing rhythmically. It is called in yogic literature the “sleeping Kundalini”. A student of Yoga is advised to rouse this sleeping Kundalini forcibly by catching her tail by various processes of Pranayama and Pranayama with Bandha and Mudra (vide infra). By a constant practice of these process, both the Vagal centres, upper and lower are made susceptible to the commands of the will; thus a Yogi establishes a voluntary control over them, so as to stop the activity of such organs as are ruled by the autonomic nervous system.

The Vagus nerve may thus be divided into three parts.

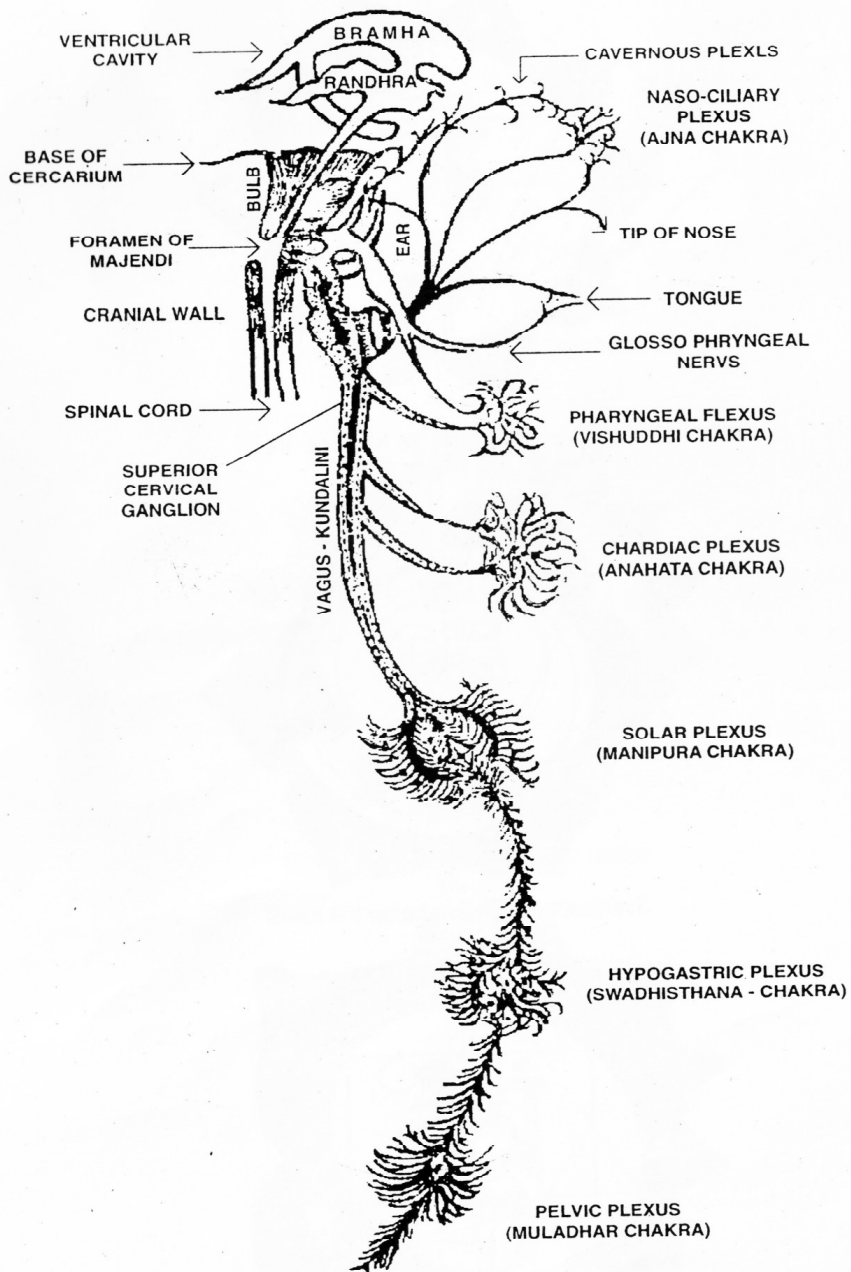
The first portion in the medulla is composed of efferent fibres and is situated at the lower part of the fourth ventricle of the brain, and corresponds with the mouth of the sleeping Kundalini.

The second portion, from below the base of the skull down to its connection with the solar plexus, is composed of afferent and efferent fibres. It is curved in shape and corresponds with the body of the Kundalini.

The third and the last portion, composed mainly of afferent fibres, connects the hypogastric (Swadhishtana) and pelvic (Muladhara) plexuses with the body of the Kundalini through the intermediary solar plexus. This is said to be the tail of the Kundalini (see fig.)

It will thus be seen that the description of the Vagus and its connections with the important plexuses of the sympathetic, runs parallel with the description of the Kundalini and her connection with the Chakras. These plexuses of the sympathetic system send communicating branches to the posterior nerve-roots of the spinal cord (Sushumna-nadi) which in its turn is connected by centripetal fibres to the brain (Brahma-randhra-chakra) the seat of all knowledge. These anatomical connections complete a cycle. This completion of a cycle may brought about at any level of the body corresponding to the situation of the plexuses of the sympathetic system, and a desire to control any of the plexuses by means of the Vagus may bring about inhibition in the functions of the organ supplied by that particular plexus.

* * *



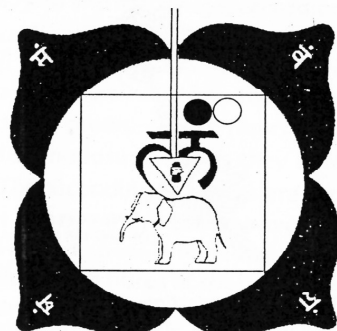
Plan showing the origin, connections and the arrangement of the Afferent and Efferent Fibres of the Vagus Nerve.



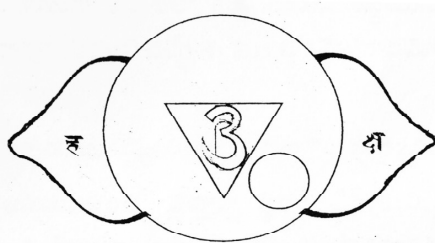
Manipura Chakra at the navel centre



Svadhisthana Chakra below the navel



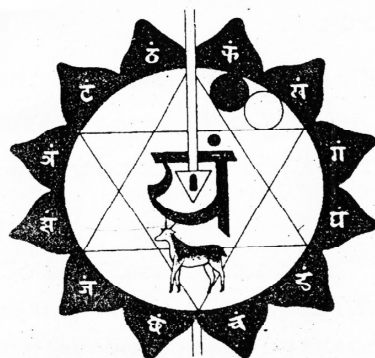
Muladhara, the base chakra



Ajna chakra between the eyebrows



Visuddha chakra at the throat centre



Anahata at the heart centre

SIDDHA AGASTYAR

Agastyar, has become a figure of mythology. He is surrounded by various legends of several ages. References to him are found in the literature of both the Dravidian Tamil and also in the Rig Vedic culture of northern India. In the Rig Veda, Agastyar is referred to as one of the seven great Rishis of the Vedic period. Several Vedic hymns are ascribed to him.

According to Vedic legends, once upon a time both Mitra, the God of Love and Harmony, and Varuna, the god of the seas, had a contest for the love of a heavenly damsel Urvashi. They could do no more than deposit their fertile seed: Mitra in a pot and Varuna in the sea. In time, Agastyar was born from the pot and Vasistha, one of the reputed seven great Rishis, started his life from the sea. Agastyar being from this divine parentage, became known also as “Maitra-Varuni” and “Ourvasiya”. He is known in Sanskrit as Kalasaja, Kalasisuta, Kumbhayoni, Kumbhasambhava, Kumbamuni and Ghatodbhava denoting his origin from the seed of Mitra.

The correct interpretation of such legends is still being awaited. There are many indications that Agastyar existed as a real historical person. He had a wife, Lopamudrai by name, as well as a sister and a son, Sagaren. His wife demonstrated affection for him. He is renowned for combining domesticity with a life of austerity.

Agastyar's Ashrams

Agastyar is now one of the most famous of holy men in India. He is considered to be a great sage and ascetic yogi and the oldest teacher of ancient times. Though less than five feet tall, he was a fighter, a famous hunter and an archer, who triumphed over barbarous enemies, and whom like Hercules of ancient Greece, none could approach in eating and drinking.

During the third stage, there are many stories about him at Pothigai, known also as the Pothigal Hills, one of the southern most promontories of the Western Ghats, in the Pandya country. During his residence in the very center of Tamil Nadu, he is credited with having founded the first Tamil Academy or Sangam, and having presided over it, besides writing an extensive Tamil Grammar and many other works on medicine, pharmacy, alchemy, botany, yoga, moral and natural philosophy, the education of youth, religious rites and ceremonies, exorcism, prayer, mysticism and even magic.

According to tradition, in two more stages of migration, he crosses the seas to the Indonesian Islands. Here he is said to have visited Barhinadvipa (Borneo), Kusa Dvipa, and Varaha Dvipa. Here too he appears to have taken up his abode in the Maha Malaya Hill in Malaya Dvipa (now known as Malaysia). In the fifth stage he crosses over to the mainland and enters Siam (Thailand) and Cambodia. It was here, near the end of his journey eastwards, that he was obliged to marry a local beauty, Yasomati by name, and leave by her a royal progeny among whom King Yasovarman was an outstanding personage.

The most famous ashram site, in the Tirunelveli district near the Courtrallam waterfalls in the Pothigai mountains is where he is reported to be living to this day. Babaji was initiated into Kriya Kundalini Pranayama here by Agastya. (with the grace of Mouna Swami and Babaji. I had a darshan Agastya Cave in 2012).

Agastya's contributions to science

There are hundreds of ancient treatises from various areas of science ascribed to Agastya. These include medicine, chemistry, pharmacy, astronomy and surgery. As a physician, Agastya occupies the same eminence amongst the Tamils as Hippocrates does

amongst the Greeks, and it is remarkable that there are some very curious coincidences between the doctrines of the former and those of the latter, especially as regards the prognosis and diagnosis of diseases, the critical days, and premonitory symptoms of death. The existence of seminal animalcules, which was discovered by Ludwig Hamm in Europe only in 1677 A.D., is mentioned by Agastyar in one of his medical works, entitled Kurunadichutram.

Below is a list of manuscripts attributed to Agastyar, as mentioned in a 160 year old bibliography of Siddha medical literature. All together 25 manuscripts some among them...

1. Vytia Vaghadum Ayrit Anyouroo (Vaidya Vahadam 1500) : A medical work by Reeshe Agastier: it is written in Tamool poetry, and consists of 1500 verses.

2. Tunmundrie Vaghadum (Dhanvanthari Vahadam) : A medical work, originally written by Tunmundrie in Sanskrit, and translated into Tamool verse by Agastier. It consists of 2000 verses. The Hindoo practioners hold it in high veneration, for the particular account in gives of many diseases, and the valuable receipts it contains. (Manuscripts available at Palayamkottai).

3. Deekshavedy (Deeksha Vithi) : A work which treats of magic and enchantment, on the use and virtues of the rosary, and on the education of youth: it consists of 200 verses, and was written by Agastyar (Manuscripts available in Tanjore and Madras).

4. Pernool (Peru Nul) : A medical work, written by Agastyar, in high Tamool. It consists of 10000 verses, and treats fully of all diseases, regimen (Manuscripts available at Palayamkottai).

5. Agastyar Vytia Ernoot Unjie (Aghastier Vaidyam 205) : A work on medicine and chemistry, written by Agastyar in Tamool verse, and consisting of 2-5 verses (Manuscripts available at Palani).

6. Agastyar Vytia Moon-noor (Agastyar Vaidyam 300): A work on pharmacy, written by Agastyar, in Tamool verse, and consisting of 300 stanzas. (Manuscripts available at Palayamkottai and printed).

7. Agastyar Dundakum Nooroo (100 verses). (Agastyar Thandaham 100): These are various works of Agastyar on chemistry and physics. They also treat of theology, and of the best means of strengthening the human frame. (Manuscripts available at Tanjore and Madras).

Agastyar is said to have twelve disciples to whom he taught different arts and sciences, and who were afterwards employed by him in instructing the people. The names of these disciples are Tolkappiyanar, Adankotasiriyannar, Turalingannar, Sempucheannar, Vaiyabiganar, Vippiyanar, Panambaranar, Kazharambanar, Avinayanar, Kakkypandiniyar, Nattattannar and Vamanar, but few particulars are known about them. Other prominent disciples included Thiruvalluvar, the author of the perennial classic of Thirukural, and Babaji Nagaraj, the fountain head of Kriya Yoga Siddhantam in the modern age. Their influence on the world today is immeasurable, and will be discussed in subsequent chapters.

Anyway it was Agastyar who propagated an integral, harmonious culture. The immortal message and spiritual technology of Kriya Yoga, which he taught to Babaji, may be the master key to the cultural integration which is now needed in the modern world, where telecommunications and computer technology have created an inter dependent “global village”. May the name of this great sage inspire us to righteous and harmonious action in these troubled times! May integral institutions flourish!



THE HUMAN BRAIN - THE ROYAL GLAND

CHAPTER-1 - CREATION

Human beings are more than just a physical body. There are three dimensions namely, the Soul, the body and the brain, which combine to create human existence.

Before proceeding further, we would like to emphasise on the meaning of some terms which are used throughout this Chapter Human Brain so that readers can perceive and assimilate the scientific content detailed in this content.

MOPEL denotes the Maximum Outer Primordial Empty space limit, which is the outermost region of space, where the first sparks for life energy originated.

OGD refers to the Outer galactic disk which contains many galaxies. Milky Way is the galaxy that contains our solar system.

IVS refers to the Intergalactic vortex spirals formed between the OGD and the Milky Way in space. Mercury particles were formed in these vortex spirals.

Paramathma refers to the transcendental Supreme One, who is omniscient, omnipotent and omnipresent. **AdiSakthi** refers to the universal mother. **The Royal gland** refers to the pituitary gland in the brain. **Central gland** refers to the thymus gland in the human body.

When all three dimensions, namely MOPEL, OGD and Milky Way conjoin, Paramathma, the Supreme One comes to existence. When the Soul, body and brain unify, a human being comes to existence.

The human brain is nothing but the magnetic force or magnetic energy formed in MOPEL. The Intergalactic vortex spirals formed between the OGD and Milky Way in space, conceives the human body. The mercury particles formed in the Milky Way constitute the Soul atom or the space molecule in the mid-brain of humans.

To conjoin is the work of Paramathma, but it is AdiSakthi who is the reason for the birth. The human body is formed out of the magnificent energy in the Intergalactic vortex spirals. This is the reason for the similar spiral energy revolutions in the body. It is the Soul atom which creates the human body. However, the Soul atoms are actually formed in space.

The human brain is the manifestation of MOPEL. The highest form of magnetic energy formed due to the extreme pressure in MOPEL is the basic reason behind the formation of the brain. The magnetic energy in MOPEL is the beginning and the end. The human brain is also the reason behind the functioning of planet Earth.

The human brain is also known as the head. The head protects the brain. The kinetic energy inside the head constitutes the brain. The Soul atom resides in the brain. However, its kinetic energy is derived from the magnetic waves.

The human brain is considered superior to all living species, and the reason behind this is the magnetic energy in MOPEL. The highest form in evolution is the human being, and only they are capable of receiving the purest form of energy formed in MOPEL.

Before studying about the different facets of the human brain, it is essential to know about its birth. The basic foundation of the human brain is the energy formed in MOPEL. The place of birth of the brain is also the MOPEL. If the source of energy is understood, the basic foundation will reveal itself. The primary source will reveal the beginning and also establish its complete evolution.

If the parts of the brain are to be studied in detail, it is essential to understand its primary source. The human brain is formed out of the magnetic energy in MOPEL. The mercury particles formed in the Milky Way come together to constitute the space molecule which manifests as the **Soul atom and creates the human body**. The mercury particles formed in the Milky Way uses its intelligence to

create the different parts of the human body. Thus, the human body created from the mercury particles in space is actually a manifestation of the OGD (Outer galactic disk).

The Intergalactic vortex spirals (IVS) formed in the outer limits of the OGD (Outer galactic disk) is the primary reason for the formation of mercury particles. Therefore, the basis for the human body is the IVS. The human body functions on the basis of seven Intergalactic vortex spirals. However, numerous such spirals are found throughout the human body and it is because of this that the various parts of the human body are able to function systematically and yield the desired results.

The pressure of the magnetic waves in MOPEL causes the vortex spirals, and it is therefore considered the primary source of energy. The mercury particles in the Milky Way use their intelligence and experience and **first create the human brain**. The human brain is not only the primary reason for evolution of humanity, but also forms the basis for movement or evolution of planet Earth and all other planets in the galaxy.

The brain is the basis for wisdom, intelligence, thoughts and entire functioning of the human body. Therefore, it can be also referred to as the 'Sacred'. Since the human brain derives and emanates divinity or spiritual energy from its original source, it is also referred to as the 'divine'. Since divinity is nothing but the magnetic energy formed in MOPEL, the brain is also known as the 'divine'. Divinity is responsible for the thinking capacity in humans. Divinity is also responsible for evolution.

The energy in MOPEL is the basis and foundation for everything. The human brain is a manifestation of the magnanimous power, competence and efficiency of this sublime energy. The representations of God and Goddess known to humans are nothing but a representation of this magnificent life energy in MOPEL.

Therefore, the brain which is a representation of the magnetic energy in MOPEL in totality can be also referred to as the 'divine' or simply, MOPEL. The sublime and intense magnetic waves form the basis for the functioning of the brain.

The mercury particles which are nothing but space molecules used its intelligence to form the brain. In order to understand the properties of a product, it is essential to know and understand its primary source. Similarly, in order to know the intricacies of the human brain contained in the instrument called the body, it is essential to thoroughly understand its primary source of creation.

If one is able to grasp and assimilate the fact that the primary source of energy for formation of the human brain comes from MOPEL only, everything else fall in place. It must be reiterated that the basic source is the magnetic waves found in MOPEL.

The human brain is also known as 'God Almighty'. The reason behind this is the energy found in MOPEL. The human brain also denotes the beginning and the end of MOPEL. The pressure found in MOPEL is also created inside the brain of a human. The magnetic waves formed in MOPEL can be experienced in the brain. The beginning of evolution formed from the intelligence found in MOPEL can also be sensed and experienced in the brain.

Since the basis for evolution is the energy found in MOPEL, it must be thoroughly understood that it is the brain which is responsible for functioning of the body and Soul. If the primary source of evolution is well understood, the rest of the transition will be clear and smooth. If one is able to thoroughly understand and believe that the grounding principle behind formation of the human brain is nothing but the magnetic energy found in MOPEL, the reason behind its evolution will also be apparent.

* * *

CHAPTER-2

There is very high level of intelligence and wisdom embedded in the T life of a human being. The intelligence found in MOPEL is the reason behind formation of the human body and its functioning. The body functions with the help of the fuel. Fuel is responsible for several activities. Different types of fuel are required for different types of activities.

The source of the fuel is MOPEL. The pure and sublime magnetic energy found in MOPEL is the highest form of fuel. This absolute and transcendental magnetic energy formed on its own in MOPEL transforms as the intelligence in the Soul particles. The superior intelligence found in the mercury particles is nothing but this supreme magnetic energy found in MOPEL. The brain is designed to function based on the magnetic energy found in MOPEL. This infinite magnetic energy capable of governing and establishing the functioning of the OGD and the Milky Way also governs the functioning of the human brain. Therefore, the competence and magnitude of working of the brain must be well understood.

The structure of the brain is different for every human being. Now, why is that?

Every Soul particle derives the sublime magnetic energy from MOPEL to create the brain. Hence, from the time that the Soul takes up a human body, the brain functions with the help of this purest form of magnetic energy. However, as the consequence of numerous births that the Soul takes over several aeons (referred to as yugas throughout the rest of the book), memories are stored in the space time geometry in the brain and this eventually alters the intensity of energy in the brain. When the brain is pure and sublime, it will be able to function with extraordinary level of intelligence. However, when impurities get into the brain, it cannot receive the highest form of magnetic energy.

The Soul atom is a space molecule composed of millions of mercury particles. Each and every mercury particle is formed out of infinite magnetic energy. Thus, the body which is formed out of the mercury particles has exemplary energy and intelligence. The formation of the brain is similar to the formation of the Soul particle or mercury particle.

A single Soul particle by itself is ingenious and has the highest level of intelligence to create the entire human body. How does the body take shape?

Two liberated Soul particles, one each from the father and mother come together inside the womb of the mother. Thereafter, both these mercury particles conjoin, dissolve and transform into energy. At this juncture, the womb (uterus) of the mother attains the state of MOPEL.

In this void space created when the two Soul particles completely merge and dissolve, high intensity magnetic waves are produced. Due to the presence of the intense magnetic energy, the uterus turns into a replica of MOPEL. The uterus itself transforms into a pure and sublime state like MOPEL

The magnetic waves formed when the uterus attains the state of MOPEL become the primary source for formation of the brain in the foetus. The revolutionary spirals formed inside the uterus resemble the state of OGD. This enables the formation of the body.

To summarise, the void space created when the two Soul particles from the father and mother combine and dissolve gives rise to the state of MOPEL. The intense magnetic energy formed when the two Soul particles conjoin and dissolve creates a state of MOPEL inside the uterus. Thereafter, the magnetic waves turn into revolutionary spirals and create the body.

At the instance when the uterus attains the state of MOPEL, the eyes of the foetus and the basic structure of the brain takes

shape. The Intergalactic vortex spirals formed in the outer limits of the OGD (Outer galactic disk) is created in the uterus as well, and it is because of this that each part of the human body is formed.

When the pure and sublime magnetic energy from MOPEL and vortex spirals from OGD are formed inside the uterus, the state of motherhood comes into being. It is hence quite natural that nausea and giddiness engulfs the mother at this stage.

The brain and body of the foetus comes into existence through the.. intelligence that the Soul particles derive from MOPEL and OGD. Every human body is formed as such. The brain is the source of energy required for functioning of the body. The Intergalactic vortex spirals are formed by the magnetic energy in MOPEL. Similarly, it is through the magnetic energy in the brain that different organs of the body are formed.

The brain is the primary source and grounding principle behind formation of the body. The brain gets the energy from its intense magnetic waves. If the origin and primary source behind formation of the brain is understood, the zenith of its intelligence can easily be comprehended. Its significance and purpose can also be established.

The basic principle of Ishvara, or the 'Supreme One' or God Almighty is the magnetic energy in MOPEL. Therefore, it is important to confront and comprehend the splendour and veracity of the magnetic energy found in MOPEL. When the magnetic energy found in MOPEL can conceive the state of the Supreme One, or God Almighty, the efficacy of the human brain brought to existence from such a state must not be undermined or under estimated.

If the primary source behind formation of the brain can be well comprehended, its ability to conceive and bring to existence can be easily understood. At the time of formation of the foetus, the extreme pressure formed by the intense magnetic waves in MOPEL gives rise to the structure called the brain. If the entire structure of the

brain is studied, it can be understood how magnetic waves are formed in MOPEL and how their density increases because of extreme pressure.

The structure of the brain is similar to MOPEL. The very first magnetic nerve formed in the brain is the 'sushumna nadi'. This nerve acts as a channel for transfer of energy to the Sun, or Ishvara, and also to rest of the body. The first organ to be formed in the foetus is the eyes. The nerve that is created by the eyes is known as 'sushumna nadi'.

The magnetic waves formed in MOPEL transform into fine threads and revolve as spirals. Similarly, the 'sushumna nadi' takes the form of a nerve and starts to grow. On the frontiers of MOPEL, OGD is formed wherein numerous magnetic threads or strands come together and entangle. Similarly, in the structure called the brain too, numerous nerves are formed and entangle with each other. Immediately, an intense revolutionary spiral comes to being. This foremost spiral is known as the 'Royal Gland'. The first vortex spiral formed in the OGD transforms as the primary gland.

The magnetic waves transform into fine long threads, get entangled and gives rise to vortex spirals. Eventually, the mercury particles are formed in these vortex spirals. Similarly, once the organ called the brain comes to being, the Royal gland and the 'sushumna nadi' and other nerves are formed to complete the structure of the brain.

If the reason behind formation of every part of the brain is thoroughly understood, the primary source can easily be comprehended. Its functioning will be established. The organ called brain contains within itself the state of MOPEL, OGD and as well as the Milky Way. Paramathma and AdiSakthi are also manifested in the brain. Further, the planets and the extended cosmos are also manifested in the brain.

The primary source of energy of the brain is the magnetic energy found in MOPEL. The by-product of the first magnetic thread is the 'sushumna nadi'. The first revolutionary spiral formed is the Royal gland. This knowledge by itself is the highest form of wisdom. Since the Soul particles of the father and mother are the reason behind creation of the above, the eyes which are home to the two Soul particles are formed.

The two Soul particles use their intelligence and experience to create the various organs in the body. Their first creation is the eyes and they reside within them to continue their work.

The brain is the replica of the Supreme One, or the God Almighty. It is the consolidation of the entire divine energy found in the cosmos. Divinity by itself denotes the state found in MOPEL. The magnetic energy found in MOPEL is the primary reason behind the formation and functioning of the brain.

It is essential to thoroughly understand the basic grounding principle behind formation of the organ called the brain. When every human being realises that his brain is equivalent to the state of MOPEL, he gains superior knowledge and wisdom. It is only when the primary source is thoroughly understood, will the conception activities of the brain become clear. The significance of the brain will be evident when the void state of MOPEL and the state of OGD is well understood.

Since the Sun and other planets are formed in the cosmos, the intelligence found in the brain will be able to fully comprehend their creation and stance. It will be apparently visible in each of its creations as well. Eventually, the creation and evolution of planet Earth will also be replicated by the brain. It is only the human brain that has the intelligence to decipher the activities in the cosmos, right from the MOPEL to the underworld, and carry out its functions accordingly. If the brain can be comprehended fully, everything else will fall in place.

When the functioning and fuel of the brain is interpreted and decoded, true wisdom will dawn.

The answer to the question “Who am I?” is to know your brain. When the brain is fully deciphered, wisdom in totality will transpire. Further, you will derive the knowledge to operate your brain, to control it and also alter some facets of it. When the functions of the brain are clear, it will be possible to alter ones thoughts, and also decipher the working of another person’s brain. One will get the intelligence and wisdom to know the past, present and future, and also visualise the events happening in any corner of the world.

In the following chapters, we will learn how such an exemplary organ known as the brain transcends from the first level and develops further.

* * *

CHAPTER-3

The human body grows step by step in the womb (uterus) of the mother. The first step is the basic foundation of the brain. As soon as the eyes are formed, the 'sushumna nadi' is formed. Since it is the first nerve to be formed in the construction of the human body, it is considered superior. We have seen that the magnetic energy in MOPEL transform into long magnetic threads and begin the evolution. Similarly, this first nerve called 'sushumna nadi' is responsible for construction of the human body.

Divinity is nothing but the intense, magnificent magnetic energy. This magnetic energy which is the basis for the beginning of evolution creates the brain and infuses the superior and intense magnetic waves into it. The property of the magnetic energy is mercury. The void found in MOPEL and the extreme pressure formed there causes this supreme mercury energy to transform as magnetic waves.

When the foetus starts to develop, the brain is formed. However, it will be devoid of anything. Thereafter, pressure is formed inside this vacuum and generates magnetic waves. When the two Soul particles of the father and mother conjoin, a void state is created, and consequently extreme pressure is formed. Since it is the woman who carries the uterus wherein creation begins, she is regarded as a divine being.

The state of MOPEL is created within the uterus. When the foetus starts to develop, intense magnetic waves are formed, and creation begins. These magnetic waves are formed due to pressure inside the uterus. These waves are made up of pure and sublime mercury particles. When these mercury particles or magnetic energy melts and fills the womb, the uterus sends a signal indicating the pressure and vigour of the occurrences inside it. It is then that the mother is able to experience the state of motherhood.

The superior mercury energy is called as love. Motherhood therefore implies love. It is only the woman who is blessed to

experience the veracity of the intense magnetic waves in her womb. This magnetic energy which is love and love alone provides the required energy to the mother to carry and deliver the child.

Motherhood should be experienced in three ways. When a man and woman copulate, Soul energy gets depleted. However, a liberated Soul particle will enter the body. The first sign is when one liberated Soul particle gets into the body and reaches the uterus. However, a woman will be able to experience this only when she is in a highly evolved state, which is when her Soul energy is very intense.

When a Soul particle gets released from a human being, the particle leaves the body and resides just above the head in the person's own light channel. It will continue to transfer energy from space to the body. Now, what is this light channel? Every human being has an invisible channel of light emanating from his Soul atom that travels upwards. When Soul particles are released during the lifespan of a person, they are stored in this light channel. When a person dies and takes another birth, the same light channel prevails, and again the Soul particles released in the next birth are also stored here. When all the Soul particles are released and stored in this light channel, the Soul gets liberated.

However, in order to develop a foetus, the released Soul particle must re-enter the body. A released particle has the potential to travel anywhere, even till the underworld. The Soul particle enters the womb after transcending several stages. For several people in this Kaliyuga, the released Soul particle refuses to re-enter the body. The reason behind this is the acidic toxic waste. Acidic toxic waste is the by-product of potent energy reactions between the mineral-wealth molecules (mercury, gold, copper, silver and iron).

It is only the woman who will be able to perceive and experience the energy of her Soul particle that tries to form the foetus within her womb. The first sign of experiencing motherhood is to be able to perceive the path of travel of the Soul particle.

The second way of experiencing motherhood happens when the two Soul particles in the womb conjoin, dissolve and a state of MOPEL is formed inside the uterus. When a pregnant woman is able to perceive the highest state of MOPEL within her, she attains true happiness. Those surrounding her will also be able to perceive the love emanating from the intense magnetic energy within her. Abundance of love turns into supreme bliss.

The third way of experience motherhood is when the mother delivers the baby. To be able to conceive a body wherein a Soul can reside and carry out its duties will stimulate happiness and bliss.

A pregnant woman will be able to perceive and experience the state of MOPEL, OGD and the entire cosmos. That is why womanhood is highly exalted. If a woman is conscious of her state from the time she conceives a child, she will be able to experience all the different dimensions in space. Abundant, unconditional love can emanate only from a mother. Further, it is because that the planet that we reside in is able to clearly perceive all these three stages, it is also known as mother Earth. Planet Earth attracts several Souls from space, nurtures them and also helps in liberation. A woman replicates that exact state of mother Earth..

At the instance when the intense magnetic waves of MOPEL are formed in the womb of a mother, creation begins. The primary source of energy of the brain is the superior magnetic energy found in MOPEL. This superior magnetic energy comprises of four mineral resources (mercury, gold, silver and copper). The mineral known as Iron will also be added thereafter. Based on these five mineral resources, several others are formed. However, the superior magnetic waves comprise of all different kinds of mineral wealth. The amalgamation of all these mineral resources which is difficult to be segregated, eventually transforms as the highly potent magnetic energy in MOPEL.

It is only when such a state is created in the head of a foetus does the organ called brain is formed. It must be well understood that the human brain comprises of all the different types of mineral resources. It also acts as the fuel for its functioning. To perceive and understand that the brain is formed with the help of the rich mineral resources carrying potent magnetic energy is itself sound knowledge. The potent magnetic waves has within it all the mineral resources found on Earth. The fuel which is the basis for functioning is nothing but the magnetic waves found in MOPEL.

The brain is formed out of this potent energy only. The eyes and the 'sushumna nadi' which are first formed are good examples. The energy present in the eyes and its several layers are nothing but the energy found in MOPEL. The fuel for the functioning of the eyes is also derived from the energy in MOPEL.

The magnetic energy in MOPEL which comprise of all the mineral resources is the source of energy for functioning of the eyes. In Kaliyuga, several human beings have poor vision and also affected by several other problems in the eyes. The reason behind this is that the eyes fail to establish contact with MOPEL. The soaring sky above us consists of the entire cosmos and also MOPEL. When a person looks up at the sky with eyes wide open, his eyes will receive the magnetic energy found in MOPEL. When the eyes get adequate supply of this potent magnetic energy, they will be healthy.

Every organ in the head is formed based on the different states of being in the cosmos, and beyond. The eyes are the most superior organ formed out of the pristine magnetic energy in MOPEL. It is the only organ which functions through the most superior fuel. Thereafter, the magnetic waves transform as long threads, entangle and form spirals to conceive the 'sushumna nadi' which is the basic nerve centre.

It is only after the 'sushumna nadi' is formed in the head of the foetus, will the other nerves be formed. Several nerves are formed and connected with the help of energy found in OGD. The second

phase of development in the brain is the nervous system. The nervous system in the brain resembles the vortex spirals found in the Milky Way.

When the potent magnetic energy in the eyes and the fusion of the 'sushumna nadi' and other nerves combine and form revolutionary spirals, mercury particles known as electrons are conceived. This is similar to the mercury particles formed in the intergalactic vortex spirals.

Now, what are electrons? The brain is composed of millions of neurons (nerve cells) and each neuron is made of thousands of microtubules. Electrons are the fundamental building blocks of microtubules, making it the smallest quantum state in the brain (heat molecule), apart from the Soul atom (space molecule). Electron is the seat of knowledge, consciousness and is also called the mind and captures the Soul particles.

The eyes represent the potent magnetic energy found in MOPEL. The 'sushumna nadi' and the entire nervous system created subsequently represent the energy in OGD. These give rise to the revolutionary spirals from which are formed the electrons. This must be thoroughly understood.

We have seen that mercury particles are formed in the Milky Way. Similarly, electrons are formed in the brain. The electrons which are nothing but heat molecules combine together to form the body. The Sun, known as Ishvara is formed when mercury particles combine and consolidate. Similarly, the electrons consolidate to form the body. The state of being of the planets is also represented in the construction of the body.

It is the brain which is the source of creation of everything. The potent energy in MOPEL is the cause of all creation. This must be well understood and established. We will learn how the brain formed from the potent magnetic energy in MOPEL expands and develops further.

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CHAPTER-4

If the formation of the brain, its primary source of energy and its growth and development in the body is thoroughly understood, its functionalities will also become clear. The next step in the formation of the brain is to study its growth and development in the head of the foetus.

The brain which is formed out of the potent energy from MOPEL has within itself the energy of the OGD, Milky Way and the entire cosmos. Each time an organ is formed in the head, an organ in the body also comes to existence.

The formation of the brain will be based on the five sensory organs. This applies to the body as well. When the foremost sensory organ called the eyes are formed, a correspondent organ in the body begins to take shape. When the ears are formed, a corresponding organ in the body is formed. Similarly, organs in the body corresponding to the nose and mouth start to grow and develop in par with the growth of the brain.

The brain that is formed out of the potent energy in MOPEL, functions based on five basic elements namely, earth, water, air, heat and space. Their equivalent minerals are mercury, gold, silver, copper and iron.

The eyes which are formed out of the potent energy in MOPEL have the property of mercury. The eye which is the foremost organ is formed with the help of Soul particles which are nothing but mercury particles. A corresponding organ in the body will also be formed simultaneously. Once the eyes are formed, the inner layers of the ears will begin to form and grow. The ears are formed with the help of heat energy and when this begins to take shape, a corresponding organ in the body starts to develop. Air is the element which plays an important role in the formation of the nose. Simultaneously, a corresponding organ in the body will form and develop. When the mouth is formed, a corresponding organ in the body which has the property of water will begin to take shape.

The element called earth plays a vital role in the formation of the outer skin of the body. Simultaneously, the sense of touch and a corresponding organ in the body will come to existence.

The five basic elements and five mineral wealth molecules play a vital role in the formation of the five sensory organs. When the brain uses the respective resource to form an organ in the head, a corresponding organ in the body formed with the help of the same resource starts to grow and develop.

The eyes are formed with the help of mercury molecules, the ears are formed with the help of the mineral gold which has the property of heat, the nose is formed with the help of silver molecules having the property of air, the mouth is formed with the help of the copper molecules having the property of water, and outer skin of the body is formed with the help of the mineral which has the property of earth.

A human brain comprises of superior mineral resources. These mineral resources found in the brain are all pure and unadulterated. Therefore, when the head, the brain within it and the corresponding organ in the body begin to grow, all the ancillary molecules of the five major mineral resources come together to protect the body and help in its complete growth and development.

When the foremost sensory organ called the eyes is formed, the reproductive organ is formed in the body. The gender of the foetus is decided at this juncture, and in accordance the respective genital organs are formed. The male, female genital organs in the pelvic region are the first organs to be formed in the body, equivalent to the eyes.

Every stage in the growth of the brain is based on the five sensory organs and the five mineral molecules. When the two Soul particles of the father and mother reach the womb of the mother, they conjoin, dissolve and eventually, the uterus attains the state of MOPEL. Thereafter, they form the eyes and get seated in the centre of the eyes. Thus, the basic principle or foundation behind the organ called the brain is the eyes.

Once the two Soul particles are comfortable in their home which are the eyes, their first duty is to enhance their primary source of energy, decide the gender of the body that it is about to create and commence its core activities. It will first decide if the body has to have the property of a male or female. Based on this important fact, the rest of the organs in the body will be formed. Therefore, the foremost duty of the eyes is to decide the gender of the body.

The first creation of the brain is the eyes, which are made up of the potent magnetic energy found in MOPEL, known as the mercury particles. The corresponding organ in the body is the reproductive system and the respective genital organs. Since the first creation of the eyes is the reproductive system, the reproductive system will also represent and exhibit the high potent energy found in MOPEL.

The brain forms the organs in the body only with the help of the five sensory organs. However, it also creates electrons to aid in creation. At the instance the eyes are formed with the help of the potent magnetic energy or mercury particles, several electrons also start to develop. It is with the help of the electrons that the reproductive system is formed. The electrons use its intelligence and acts as a bridge between the two.

Subsequent to the formation of the eyes, the next sensory organ to take shape is the ears made up of the mineral molecule called gold. While the Soul particle of the mother forms one ear, the other ear is formed by the Soul particle of the father. The ability to perceive sound is formed at this instance. Subsequently, several electrons comprising of the same mineral molecules are formed. Once the electrons rich in the mineral gold are formed, they assemble together and unify to form the equivalent organ in the body. The intestine which aids in digesting the food consumed and pass on the nourishment to the body is formed with the help of heat molecules and the mineral called gold. The brain keeps itself fertile, uses its energy to produce the electrons, and with the electrons acting as a bridge, it forms the organs in the body.

It must be emphasised that the electrons are also made up of five mineral molecules. The eyes and the ears are the substratum for the brain. The organs which are formed with the help of these two sensory organs are the basic foundation for the body. When this aspect is observed closely and correlated, several unique aspects can be well comprehended.

The brain thereafter forms the nose with the help of the air molecule and the mineral known as silver. The two nostrils subsequently create several electrons with the help of the potent energy of the Soul particles of the father and mother. These electrons rich in the mineral silver multiply and uses its intelligence to form an organ in the body called the lungs.

The mercury molecules transform to gold molecules and then as silver mineral molecules and create the electrons constituting the respective mineral resource. Thereafter, with the electrons as the bridge, organs in the body are formed. Subsequent to air, water molecules are formed. The combined energy constitutes the brain. The unification of the two Soul particles leads to formation of the brain. The sensory organ mouth is formed with the help of the water molecules. Subsequently, electrons comprising of the water molecules are formed. Copper is its basic mineral. Using this, the organ called the heart is formed. This vital organ which purifies blood functions with the help of the mineral copper. It is formed with the help of the organ mouth in the head.

The last development is the sense of touch formed with the help of the earth molecules. The skin which is the outer covering of the entire body is the final creation of the brain. It is formed with the help of the mineral iron. The Royal gland in the brain is the most superior organ to be formed with the help of the mineral iron.

Each of the mineral molecules forms two different organs simultaneously. However, several other corresponding organs in the body also begin to form and develop. The two Soul particles of the father and mother use all possible resources, right from the MOPEL

to the underworld to form the human body. When each sensory organ in the head is completely developed, several smaller organs also take form to collaborate in the duty of creation. Simultaneously, electrons rich in the respective mineral multiply, and with the aid of the electrons, the internal organs grow and develop completely. Further, every organ that is formed has the potential to form ancillary organs to assist in its duties. Thus, the source of energy of the fully developed body is the brain.

The internal organs work in coherence to develop themselves. In a similar manner, electrons in the brain also multiply and grow. The potent magnetic energy in MOPEL is the basis for everything. It is from this superior magnetic energy that all other forms of energy transpire.

The potent magnetic energy found in MOPEL transforms into mercury particles. When the mercury particle burns out its property of the mercury, it transforms into a gold particle. When the mercury particle exhausts its property of the mineral gold, it gets transformed into a silver particle. When the mercury particle exhausts its mineral silver, it transforms to a copper particle. Finally, when the mercury particle exhausts its property of copper, it transforms and sustains as an iron particle. When the mineral molecule iron is also exhausted, the particle becomes toxic.

Every mercury particle will comprise of all the other mineral molecules as well. Each one has a unique efficacy. Accordingly, it has the expertise to create several other organs. It is further able to supply adequate mineral resources to the respective organs. This helps the organs to create many more ancillary organs to support its functioning.

When the duty of the brain is complete, the body also gets fully developed. It is then time for the Soul atom (Space molecule) to enter.

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CHAPTER-5

The head is the most significant part of the human body. It is the divine will that the formation of the brain is elaborated in such detail at this point of time. When we talk about the divine grace of the Supreme One, or God Almighty, it refers to the potent magnetic energy found in MOPEL.

The mercury formed in MOPEL is the most superior mineral. By the time it travels through different stages and reaches the head, it undergoes several changes. When it enters the brain and takes the form of an organ, it loses most of its properties. Yet, it uses its intelligence to carry out its duties.

Humanity in this Kaliyuga is immersed in complete ignorance. The wedlock of a man and a woman was regarded very sacred by our ancestors. The holy matrimony was meant to give a command to the Soul or Athma and pray for a potent Soul particle to enter their body and conceive a child. Instead of being ignorant of the purpose behind any traditional custom or observance, it is always advisable to understand the purpose of such marital rites in order to reap the rich benefits.

When two different bodies copulate, another body is conceived. When this outcome is analysed in depth, the veracity of the primary source of energy can be understood better. The Rishis (enlightened masters) in the earlier days understood the significance of matrimony and stressed on the importance of commanding the Athma or the Soul. It was the practise in the earlier days that when nuptial ceremony was conducted, bringing about the union of a man or woman in holy matrimony, the divine was invoked and prayed for potent Soul particles to help in conceiving another body. When such command was passed, instantly highly potent Soul particles of the man and woman will travel down and linger at the base of the head. When the energy

of the two Soul particles engulfs the body when the married partners come in union, the particles enter the womb (uterus) and begin the process of creating a body.

It uses the intelligence from MOPEL to carry out its duties. The brain made up of potent mercury energy begins to form. When each sensory organ takes shape, corresponding electrons are formed in the brain. Further, using the energy of the electrons, other molecular elements are formed and with its help, several organs in the body begin to form.

The eyes create the first organ in the body, namely the reproductive system. The ears create the intestine. The nose forms the lungs. The mouth forms the heart. The outer skin of the body creates the Royal gland. This must be thoroughly understood.

Each organ will create its own ancillary organ. With the help of the energy of the Soul particles, the primary organ is formed in the head. The ancillary organs are formed in the body. Each of the ancillary organs forms additional organs to complete the complete structure of the body.

Every organ of the body will realize that the purpose of the body is to liberate the Soul or Athma. The brain is the basis for this. The brain can also be referred to as an instrument governing the total functioning of the body. The infinite knowledge and experience of the Soul particles constitute the brain. It reflects its intelligence in the electrons.

The brain is also the seat of knowledge and intelligence. However, its superiority lies in the wisdom that is obtained from the potent magnetic energy in MOPEL. It is from wisdom that knowledge transpires. The brain also forms a skull to protect from any injury. This protective covering of the brain is the most sophisticated creation of the brain. In order to gain complete knowledge of the brain, it is essential to learn about its skull. Every organ needs an outer protective covering in order to safeguard itself. The first such outer covering to

be developed is the skull of the brain. It is because of the skull that the internal organs are able to function independently.

Although a foetus is conceived in the womb (uterus) of the mother, a specific time frame is required to completely grow and develop. It must be mentioned that it is the skull which takes more time to fully develop. The basic reason behind this is the sun's energy received by the Soul particles. The sunlight is constituted of several mineral resources. The types of mineral resources that reach Earth depends on the time duration, referred to as Nazhigai in Tamil language. A 24-hour full day has 60 Nazhigai. So, one Nazhigai is equivalent to 24 minutes.

Each type of mineral resource yields various kinds of fuel. The organs which function with the help of these fuels are formed based on the respective mineral energy found in the fuels.

In order for an organ to take shape, energy will be used as fuel. The source of this energy is the Sun, and it reaches Earth at different time intervals. The fuel for the cranium or the brain case is found in abundance in the mineral energy which reaches the Earth before sunrise.

The fuel for the Soul derived 48 minutes before sunrise is transformed as the energy for the cranium or brain case. Therefore it is quite natural that infants stay awake at this time, in order to receive this abundant energy. This energy is composed of a derivative of the mineral calcium. A major quantity of this calcium is derived from the mineral silver.

During sunrise, it is the mercury mineral energy that will be found in abundance. However, prior to this time, the calcium mineral energy surrounds in the atmosphere. Similarly, 48 minutes before sunset the calcium mineral energy reaches the Earth. However, this energy will be a derivative of the mineral gold.

It is to be noted that there are two types of calcium mineral energy; one is derived from the mineral silver, and the other from the mineral gold. This calcium mineral energy serves as the fuel for two types of functionalities - namely the fuel for the skull as well as for the bones in the body. In Kaliyuga, this calcium energy is mindlessly dissipated. This calcium energy is responsible for the rise in Earth's temperature.

The calcium mineral energy composed of heat molecules also has elements of magnetic energy. The calcium mineral energy derived from the mineral silver will have abundant magnetic energy. However, the calcium mineral energy derived from the mineral gold will have heat or thermal energy in abundance.

The calcium mineral energy derived from silver is used as the energy for the skull. This will pave the way for the brain to grow and function well. The agility and activities of the brain will be determined by the cranium or the brain case. Performance will be based on the fuel. The brain is the seat of the Soul atom. It is a superior organ with consists of numerous cells. The brain is the seat of the sensory organs and is also the source of intelligence. Therefore, its functionalities and performance will be governed under a protective environment.

If the Soul atom which receives potent, pristine energy has to function effortlessly and expeditiously, its crust must be lofty and stable. If the skull is sound and solid, the Soul atom will be well protected within the brain. Further, Soul particles will easily travel in the brain. The navigation of the Single atom in the pineal gland will depend on the strength of the brain skull.

An infant with a strong skull will possess a high level of intelligence.

This is because in order for the Soul energy which is the source of intelligence to fully engulf the brain, its protective covering must be solid and strong.

It must be well understood that when the skull is strong enough, knowledge and intelligence will transpire in abundance, and the brain will also be fertile and productive. This will also help in the proper construction of the human body.

In order to have a thorough understanding of the structure called brain, the source of its pristine energy and its protective shell must be studied in detail. If the skull is weak, the electro-magnetic waves received by the Soul atom will be quickly exhausted. This can be avoided if the skull is strong enough. Then, the magnetic energy from the Soul atom will also be able to travel to the rest of the body.

If the two derivatives of the mineral calcium are absorbed in abundance, the brain will become fertile and productive. This is the universal law. Although this might be difficult to assimilate through one's intelligence, it is advisable to try to understand its significance, for better results.

It can be seen that infants stay awake at this time to receive this energy. It is essential for the child to absorb this energy in all its growth phases. Until 18 years of age, it is of utmost importance that the brain receives this energy in abundance. Such children will have ample energy and are also highly intelligent.

The interior parts of the brain will reveal many incredible facts. Let us learn about them.

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CHAPTER-6

It is through Cognitive perception, the different states of the brain is explained at this juncture. Understanding its activities will enhance one's knowledge. When one is able to comprehend and realize its primary source of energy, wisdom will dawn. It is essential to know that the human body indeed has a shield for protection, and that shield is nothing but the brain skull.

The brain uses its primary source of energy to make a beginning and progresses towards the end. Thereafter, with the end as the beginning, it travels to come back to its starting point, thus transforming the beginning as the end.

The eyes which are formed with the help of the primary source of energy of the brain should transfer the potent energy to the reproductive system, and from the reproductive system, it should come back to the eyes.

It is essential to understand the beginning and the end. These two organs namely, the eyes and the reproductive system are the basic foundation of the human body. Every organ will form its ancillary organs using its own energy resource. The ancillary organs further form smaller organs to complete the structure of the human body.

Now that the basis of the brain is established, let us go deeper to fully understand its competence and expertise. When the brain skull takes shape, the Soul particles will expand its activities. The skull which is the defensive covering will support the expansion activities of the Soul particles in all possible ways.

If the stages of growth of the sensory organs in the region of the brain, and its extended activities in forming the corresponding organs in the body are well understood, the efficacy and splendour of the Soul particles will be more evident. The wisdom to revere the Soul will also transpire.

All the five sensory organs are within the region of the brain. The sensory organs function with the help of five types of mineral energy. No organ can function without energy. And energy will not manifest if the organs are not well developed.

When the Soul particles disseminate potent mercury mineral energy, the eyes will form and grow. Only when the eyes are full developed, will the energy transform as heat energy and form the ears. It is only when the mercury mineral energy reaches its zenith, will the transformation of heat or thermal energy take place. It is only when the eyes are well formed, will the ears grow properly.

The foremost energy which materializes when the two Soul particles combine and react is the most superior form of magnetic energy. It is important to know how this energy will culminate. The significant organ in the brain region is the eyes. How do the eyes form?

The Soul particle will utilise its primary source of mercury mineral energy to form the eyes. However, before the eyes take its complete form, it permits the formation of other organs. When the layers of the eyes are formed, other organs also begin to grow.

A close look at the eyes will reveal its three parts or layers. The white layer known as the sclera will form first, denoting 'maya'. It is worth mentioning to the readers here that maya, karma and ego are the three impurities which block the neurons and obstruct the blood flow in the last three outer spiral circles of Kaliyuga in the mid brain. At the instance the white layer of the eyes is formed, the mercury mineral energy gets transformed as heat or thermal energy.

The two eyes take form in two different ways. This implies that the outer and the inner regions of the eyes grow differently. The periphery of the inner region determines the outer portion of the eyes, and the periphery of the outer region determines the inner portion of

the eyes. When the white portion of the eyes called the sclera begins to form with the help of mercury mineral energy, the inner layer of the eyes also starts to grow. When the entire white portion is developed, the centre portion called the iris is formed. At this junction, the basic infrastructure of the ears is formed.

When the iris is well formed, the ears will also develop fully. The iris constitutes of several colours. Although the Soul particles are all the same, their properties are distinct. The Soul particle forms the white portion of the eyes (sclera). Thereafter, the mercury mineral energy is transformed as heat energy. This heat energy exhibits different properties depending on the intensity of heat.

It is only when the mercury mineral energy is fully utilised, it transforms as heat energy and forms the ears. This is a predetermined order. However, the electrons generated out of magnetic energy will exhibit the properties of heat energy. It will also have the potential to form ancillary organs. Accordingly, when the white layer (sclera) of the eyes is formed, the electrons thus generated will provide the substratum for the formation of the ears. Although the ears are formed only after the eyes are fully developed, the basic infrastructure will be laid by the electrons generated.

The black circular opening in the iris called the pupil allows light in.

The iris surrounding it will display several colours. The human eyes are the basis for everything. The eyes constituting of three layers functions based on the innermost layer. The combination of several mineral energy molecules is the reason behind the differently coloured iris.

When the Soul particle uses all of its magnetic properties to form the eyes, heat energy begins to generate and accumulate. The attributes of this heat energy must be under a certain limit. At times,

some molecules exhibit excess heat. At this juncture, the iris loses its potency and thus its density also decreases. Sometimes, the iris is of the colour grey or light blue. The reason behind this is the heat energy.

When the Soul particles get ready to take its seat in the centre of the eyes, they can create friction by rubbing against each other, thus generating heat waves which play an important role in the formation of the body. This heat energy will differ from person to person, but again will not exceed its limits. When the heat waves generated exceeds its limits, the eyes will lose its dark state, and take up different colours. If the potency of the Soul particles is high, the friction created when they collide and the heat energy thus generated will also be high. Thus the eyes which are of lighter shades of black will have more heat energy.

How does this transformation take place? The iris is formed in three different ways. First, the potency of the Soul particles. Second, the prevailing temperature in the regions on planet Earth. Third, the friction created during collision of the Soul particles. When two potent Soul particles conjoin to conceive a body, intense magnetic energy is generated. Subsequently, powerful heat waves are also formed. When the heat waves are intense, the iris in the eyes takes a dark black colour. Otherwise, it turns grey.

When heat increases, the effulgence inside is also on the rise. Therefore, the electrons and other ancillary electrons get burnt up quickly. The burnt electrons then harden and firmly coat on the inner layers of the eyes. This also affects the colour of the eyes. All this takes place right in the beginning when the foetus begins to form.

The potent Soul particles of the ancestors could lead to this condition. Alternately, when the temperature on planet Earth is very high or very low, the colour of the eyes will differ. When a child is

conceived in a region where the temperature is very high, due to environmental changes, it develops several electrons, and then due to the intense heat they burn up and depending on the energy generated, the eyes take up a particular colour.

If a child is conceived in a region where cold climate prevails, since it cannot obtain heat energy from external resources, it transforms its own energy into heat energy and forms the organ called eyes. At this instance also, when excess heat is generated, the electrons thus formed will have intense heat energy and therefore, the iris undergoes a change in colour.

When heat is generated, several electrons are also formed. Since they tend to ignite themselves, they lead to the formation of numerous electrons. When the external environment and atmospheric conditions is not consistent, some changes in the growth of the foetus inside the womb (uterus) will be inevitable. The first visible change is the layers of the eyes.

The third reason is when the Soul particles of the father and mother collide and conjoin. The intensity of the heat thus generated will play a vital role. Every cell will ignite itself and form several other cells using the energy thus generated. It is only through collision that the cells ignite and burn out.

The cells formed under excess heat will perform differently. The internal layers of the eyes will determine the external appearance of the eyes. The colour depends on the heat generated. The potency of the cells is reason behind several internal changes.

We will learn how each and every cell is formed and how a group of cells can form an organ. The human body is by itself a federation of cells. The prime cell is the Soul particle of the father and mother. One cell by itself cannot form a body. This is because collision is the primary reason for the production of many other cells.

For collision to happen, two cells are needed. When two cells collide, the energy confined within them will be brought out effortlessly. Each time, a distinct energy is generated leading to production of different types of cells. Their performance also varies.

If it is understood how the Soul particles forming the eyes keep multiplying through collision, leading to the shape and structure of the body, and how the Soul atom enters the body when the last organ is fully developed, the complete evolution of the cell can be determined.

If the cells are studied in depth, their performance can be easily understood. It is imperative to know that the energy confined within each cell is brought out when they collide and burn out. The property of the energy thus generated will vary. The working of the organ called brain is exemplary. The brain which can govern the Soul is a congregation of cells. It is essential to explore further to decipher its capabilities.

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CHAPTER-7

The human brain is a congregation of cells. The body is its creation. The cells are formed in the Milky Way. However, their primary source of energy is the potent magnetic energy found in MOPEL. The inherent nature of mercury mineral within each cell is used for creation. The energy, potential and size of each cell will vary. Their distinct feature leads to generation of thermal energy of different intensity.

Although each and every cell has varied energy and potential, their ability to create is the same. Each cell will only be able to create another cell. However, their energy may differ. A single mercury particle formed in the Milky Way manifests as the Soul particle of the mother or father to conceive a body. However, it is only depending on its vigour will it be able to produce other molecular particles.

Each mercuric cell is composed of the five types of molecular elements. However, the ability to create will differ. The number of cells constituting heat molecules will be different. The number of cells constituting water, earth and air molecules will also differ. One mercuric particle has the potential to form several million electrons containing heat molecules. Each electron constituting of heat molecules has the potential to produce cells constituting of several millions of air molecular particles. Similarly, the cells which have the property of air molecules can produce several millions of cells constituting water molecules. They subsequently produce cells comprising of earth molecules. The growth and multiplication of cells manifest as the human body.

The molecular particles are formed out of extreme pressure in the potent magnetic waves. However, each mercury particle will have constituents of heat, air, water and earth molecular particles. How is this possible? An in-depth analysis is required. What occurs when the mercury particles are formed?

First and foremost, the magnetic waves collide with each other thus generating heat energy. When heat is formed, action begins. All the magnetic waves swiftly move to different locations. This leads to formation of air. When air is formed, heat reduces and coolness prevails. Thus, the magnetic waves take the property of water molecules too. This is how each mercury molecule adapts the basic concepts of the other molecular elements. The magnetic waves which form and spread widely take up the properties of heat, air and water molecular elements. When they finally take up the property of earth molecules, they transform into mercury particles.

The formless magnetic waves take the form of a solid mercury particle due to the presence of earth molecules. The earth molecules are densely packed and rigid by nature. The magnetic waves which form and collide generate heat, thus beginning motion. Then through the spiralling air molecules, they take up the property of water molecules and finally transform into a solid cell.

This is how every mercury particle is constituted of all other molecular elements. When the potent magnetic waves collide with each other, the heat that is foremost generated is nothing but AdiSakthi. It is only when the magnetic waves generate heat, will action or motion begin. Then, the magnetic waves begin to spread all over. Since this motion is created by heat energy, it transforms as the foremost form of kinetic energy.

It must be understood that motion leads to formation of air. The collision of magnetic waves generates heat. Its motion and kinetic energy lead to formation of air. The air molecules then form spirals in motion. It is the air molecules which can consolidate the energy in one location. This leads to cool energy. When the heat and coldness combine and wrap around themselves, the water molecules penetrate the magnetic waves. All four types of molecular energy particles penetrate the spiralling magnetic waves.

The magnetic waves formed in MOPEL take the form of a mercury particle only after the four types of mineral energy particles

penetrate them. It hence must be understood that the five basic molecular elements and four mineral energy molecules are discretely formed and constitute the magnetic waves formed in MOPEL.

The human brain begins creation using the four types of mineral energy molecules. Every cell forms other cells using the energy embedded within its own self. It hence must be noted that the speciality of human brain is the presence of the four types of mineral energy molecules. These four types of mineral energy molecules divide further giving rise to several other forms of energy for executing other activities. The mercury mineral energy molecules constitutes of other mineral energy molecules as well.

Similarly, each mineral energy molecules constitutes of various other mineral energy molecules. It is these mineral energy molecules that take up the form of cells.

The mineral called gold which collides against each other in the Milky Way absorbs several other mineral energy molecules before transforming to a mercury particle. Similarly, each mineral energy molecules forms several other forms of mineral energy molecules. The organ called brain consists of several cell particles. Each one of them functions based on different types of mineral energy molecules that they possess.

The sunlight emanates a distinct superior mineral energy once every 24 minutes. Their constituents are however based on these four types of primary mineral energy molecules only. The function of the brain is dependent on the cells. Each cell functions on the basis of the mineral energy molecules that they contain.

The brain is formed of several cells exhibiting varied forms of energy. The reason for this is the fuel known as the mineral energy. In addition to the mineral energy molecules namely, mercury, gold, silver and copper, other mineral energy molecules that are formed out of these four basic minerals together lead to the formation of cells.

The collision of cells generates heat which combines with the mineral energy molecules to form the brain and its ancillary organs. This activity is a continuous process. The brain region constitutes of 60 different forms of mineral energy molecules. There are many other subsidiary mineral energy molecules as well. Each mineral energy molecule takes the form of a cell to perform superior tasks.

The origin of the mineral energy molecules was explained in detail in order to better understand the process and working of the brain. If the brain is a congregation of cells, the cells are a congregation of mineral molecules. There are several operations taking place within the brain. Each cell performs differently. The mineral molecules nested inside the cells act as a fuel to kick start its functions. The mineral energy molecules found in the eyes are different from those in the ears. The organs that they form will also constitute of varied mineral molecules.

Reference to cells implies mineral energy molecules. The organs are a congregation of cells. The body is a congregation of organs. This must be well understood.

The most significant aspect of the human brain is ‘realization’. Human beings are able to perform the activities carried out by other living beings. Yet, **‘realization’ is most superior aspect of the human being.** It is through realization that wisdom and intelligence soar, and performance also accelerates.

Prior to studying about the brain in depth, it must be thoroughly understood that the brain is nothing but a congregation of several types of cells. Several human beings are ignorant of this fact, and fail to understand the primary source of their intelligence. Any aspect of work can be accomplished if the origin is well understood.

Let us learn a little more about the cells in the brain. It is essential to know how the cells are formed. If this can be consciously understood, several superior aspects will come to light. Wisdom, which is a representation of the mercuric magnetic field transforms

into cells with thermal energy denoting intelligence, which together culminate as 'realization' at the end. If the magnetic energy is the beginning, the end is total 'realization'. When both these aspects combine, completion is attained. 'Soul liberation' is encompassed within this. The functioning of the brain must lead to realization as well.

The human brain is considered as a superior organ because it can lead to 'realization'. If a human being is able to infer that liberation alone is the sole purpose of the Soul, it is because of the unique aspect of the brain. The sense of 'realization' is the most superior aspect of the brain. Knowledge about the cells is different from actually realizing it.

We will continue to learn about the features and functions of each and every cell in the human brain. In the cells, it is the four types of mineral resources within them that play a major role. It is essentially to separately study the special features of the cells formed out of each of the different mineral molecules.

Each cell will possess a distinct state of consciousness. Each of the mineral energy molecules have distinct properties, and taste different as well. Since they carry out their functions using separate forms of energy, they produce various forms of sensations. When the mercury mineral energy is immense, love and compassion will overflow. This truth must be carefully noted. We will also learn about the sensations produced when the other forms of mineral energy are on the rise.

The aspect called 'mind' is nothing but the activities of the cells in the brain constituting of different types of mineral energy molecules. We will continue to learn the different activities of the cells in relation to their properties. It is essential to thoroughly learn about the origin of activities performed by the human brain.

* * *

CHAPTER-8

The Royal gland helps in understanding the working of the brain. Let us now learn how it aids in functioning of the body. If the Royal gland is considered as a manifestation of the Sun, the glands surrounding it represent the planets created by the Sun. The six planets created by the Sun are represented by the six glands in the brain surrounding the Royal gland. These glands play a vital role in functioning of the body. The three glands on the right of the Royal gland and three on its left operate individually as well as collectively. The structure and operation of the brain can be equalled to the universe. The activities in the brain reflect in the body. Just as how the movement of the Earth reflects activity in the Sun, the function of the body is a reflection of the operation of the brain.

We learnt how the three glands surrounding the Royal gland represent the planets Mercury, Venus and the Moon. Let us now learn about the other three glands. Similar to the three planets orbiting far away from the Sun which continue to supply energy to planet Earth, these three glands which function independently provide the necessary energy to the body.

The Soul atom (space molecule) receives the energy transmitted by the planets Mars, Jupiter and Saturn. Let us see how the Royal gland segregates this energy. These three glands are located a little farther away from the Royal gland. The distance between the Sun and Mars will be reflected in the distance between the Royal gland and the gland on its left. Since this gland is located far away from the Royal gland and also because it is the first among the three glands on the left, heat energy would be more than magnetic energy.

Just as how the vortex spiral of planet Mars will receive and transmit the energy from the planet, the Royal gland will receive the energy from the Soul atom, and transfer it to the Mars gland. In the cosmos, the six planets are positioned on the right and left side of

planet Earth. This is reflected in the brain wherein the six glands are located on the right and left side of the Royal gland. Three of these glands will be located a little farther away, within the brain.

There are two hemispheres in the brain namely, cerebrum and cerebellum. **The Royal gland is located in the cerebrum.** The glands on its left namely, Mars, Jupiter and Saturn are located in the cerebellum. Since these three planets are located far away from the Sun, in order to receive the energy transmitted by them, the corresponding glands in the body are also located farther away from the Royal gland. These three glands control the functions of the cerebellum. They are also known as copper gland, gold gland and iron gland.

The copper gland will store the energy from planet Mars. Further, it produces molecular particles to increase the mineral content in the blood. This copper gland or the Mars gland also produces the red blood corpuscles in the blood which increases the heat energy.

The mercury gland located on the right of the Royal gland supplies energy to the nerve fibers. The Venus gland aids in multiplication of cells. The gland representing the Moon supplies the divine energy of elixir to increase the white blood corpuscles in the blood.

The copper gland representing planet Mars will function similar to Moon. It will aid in the increasing the cells in the blood utilising the divine nectar, elixir. The gland that stores the gold mineral energy transmitted by planet Jupiter will aid in multiplication of electrons. The last gland which receives energy from planet Saturn will supply the necessary heat energy to the nerve fibers to aid in its functioning.

The first gland on the right and the last gland on the left will perform similar functions. The middle gland located in the cerebrum and the middle gland located in the cerebellum performs similar functions. The third gland in the cerebrum representing the Moon

and the first gland on the left namely the Mars gland, perform similar functions. It is essential to understand this relationship.

The blood plays a vital role in transferring energy to the organs in the body. We learnt that the glands located in the middle are responsible for the proliferation of cells in the blood. They are the Moon and the Mars glands which are located in the third and fourth position around the Royal gland. The Moon gland in the cerebrum and the Mars gland located in the cerebellum have the potential to receive the divine energy of elixir. These two glands play a vital role in producing blood and increasing the mineral molecules in it.

It is to be noted that these two glands are together known as the central gland. There are two such similar glands located at the centre in the body which play a vital role in increasing the blood.

The cerebrum functions with the help of energy from planets Mercury, Venus and the Moon. The cerebellum functions with help of energy from planets Mars, Jupiter and Saturn. The energy from each planet is stored separately. What is the role of the Royal gland in this set up?

The Royal gland will receive the acidic toxic waste eliminated, due to the collision of cells. It also receives the divine elixir. With the help of the energy from the Single atom, it will eliminate the acidic toxic waste. Again, with the help of the energy it receives from the Single atom, the Royal gland distributes the divine elixir to the cells in the brain. Although the Royal gland is located at the centre in the cerebrum, it can comprehensively handle the functions of the cerebellum too.

Although the planets are located at various distances away from the Sun, they receive their total energy only from the Sun. The six glands receive energy from the Royal gland in a similar manner. Although the glands in the cerebrum and the cerebellum perform

similar functions, there is a slight difference. The operation in the cerebrum will be more vigorous.

The cerebrum controls the five senses. The sense of sight, hearing, smell, taste and touch are controlled by the glands located in the cerebrum. The glands in the cerebellum will collectively help in carrying out the functions. The six glands are responsible for the functioning of the five senses, but cerebellum takes precedence. It has the capacity to share only the relevant information with the cerebrum.

In a 24-hour day, the Sun rays will emit 60 different forms of energy. The Royal gland has the potential to receive all this energy in totality and segregate them all through the 60 Nazhigai's. It works on the basis of colours. The mineral molecules emitted by the planets take different colours before they reach the glands.

Although the glands in the cerebrum and cerebellum perform similar activities, they supply energy based on the colours. The phenomenal task of the cerebellum is to destroy and discard the acidic toxic waste from the membranes of the eyes and the outer nest shell layer of the Soul atom (ONSL).

We will continue to learn about the functions of the cerebrum and cerebellum and how they differ. The significant activities of the glands must be understood. The connectivity between the organs and the energy transfer between them influences the operation of the brain. We will continue to learn how the Royal gland operates.

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CHAPTER-9

The human brain is highly protected. Since the brain is the home to the Soul atom (space molecule, home to the billions of cells formed by the soul particles, provides fuel for the functioning of the body, it is a treasure that is well guarded. Therefore, no external force can damage the brain or interfere with its functions.

In spite of the brain being shielded from any harm or injury, acidic toxic waste matter forms inside it. The reasons behind this are the soul particles. The mineral resources that they supply are the sole reason for the toxic residues to form and accumulate. The toxins that are formed by way of consumption of food damages only the organs in the body. They will not harm the Royal gland. Even the electrons in the brain will receive alternate fuel as food, but the food for the glands is only the energy that is supplied by the Soul atom (space molecule). It hence must be understood that the Soul atom is responsible for the acidic toxic residues and the impediment that is eventually created.

The Royal gland and the other glands in the brain will provide fuel for the operations. Inside the brain, the Soul atom is seated in the centre. The Single atom and the other glands will be located around it. Although there are several other organs inside the brain, the glands play the primary role and are responsible for the smooth transfer of the fuel. Also, the brain comprises of cells that can govern all the five senses. There are several types of atoms in the brain. Each of the atoms known as electrons carries out distinct functions.

One category of cells will protect the eyes and govern its functioning. Another category of cells will ensure that the ears function well. Similarly, different categories of cells govern the functioning of the nose and the mouth. The glands and the energy that they supply influence the cells to carry out various functions.

All the activities carried out inside the brain are based on the energy supplied by the glands. How do the cells receive the energy from the glands? How do the Soul particles receive the energy? How do the electrons receive the energy? Answers to these questions will help one understand why acidic toxic residues are formed and how every cell is affected by it.

The Royal gland receives the energy from the Soul atom (space molecule) and distributes to the other glands. All the six glands' which receive this energy will transfer it to the glands in the body. At the same time, the glands also supply energy to the other organs in the brain and the cells that govern those organs. It is essential to understand where the glands are located and what activities they perform.

We learnt in the earlier chapters how the Royal gland segregates the energy that it receives and transfers to the six glands. We will now learn how the six glands utilize their energy. All the six glands receive the mineral resource energy from the planets. The Mercury gland is known as the primary gland. Among the four mineral resources present in the sunlight, mercury is the primary mineral. Hence, the Mercury gland which receives the potent mineral mercury is considered the most significant.

The Soul atom (space molecule) and the Single atom are located at close quarters. The Mercury gland is located between this region and the Royal gland, but not in a straight line. The Mercury gland located in between will not be able to directly receive energy from the Single atom. It can receive energy only from the Royal gland.

The Royal gland spins around itself like planet Earth. However, it swirls internally only. This internal rotation facilitates segregation and transfer of energy to all the six glands. Mercury is the most potent mineral in the sunlight. The Mercury gland which receives this energy is located above the Royal gland.

The Mercury gland alone is located above the Royal gland. This is due to the potent fuel that it receives. Since it receives the most potent mercury mineral energy, the acid toxic wastes will be completely absent. The toxic residues formed by the mercury mineral will also be expelled immediately with the help of the mercury mineral itself. Therefore, the pathway between the Royal gland and the Mercury gland will be free from toxic residues.

This is the reason that when the Royal gland is unable to receive the sunlight, it will get its fuel from the Mercury gland. The Mercury gland known as the primary gland will utilise the mercury mineral energy it receives to protect the eyes. Since the toxic waste generated is very less, it will return the surplus fuel back to the Royal gland.

The Mercury gland is positioned right above the Royal gland so that it can effortlessly transfer its surplus energy back to the Royal gland. Using its potent mercury mineral energy, the Mercury gland controls the functions of the eyes and its layers. It also supplies energy to the electrons.

The Single atom (AdiSakthi) will encircle the Soul atom (space molecule). The Sathyayuga electrons will encircle the Single atom. These are not connected by nerve fibers or blood. These Sathyayuga electrons will make use of the mercury molecules present within it to receive fuel from the Mercury gland. Accordingly, all the atoms which contain mercury molecules in its core will be able to effortlessly receive the mercury mineral energy from the Mercury gland. It must be understood that it is the molecules that are involved in energy transfer.

The main reason that the Mercury gland is known as the primary gland is because it receives enormous energy and nourishes all the atoms formed by the mineral mercury, and finally returns the surplus energy back to the Royal gland. The Royal gland in-fact gets back most of the surplus energy only from the Mercury gland.

How is energy transferred from the Mercury gland to the organs? The Mercury gland will directly transfer the mercury mineral energy to the reproductive gland in the body. The functions of the reproductive gland are different for the male and female,

It must be noted that it is the reproductive gland that receives most of the fuel known as mineral energy from the Mercury gland. The reproductive gland will draw in abundant energy during a specific period of time. All the glands in the human body will continually receive the fuel as energy. However, the reproductive gland will receive fuel from the Mercury gland for its functioning only for a time period of one-fourth of the total lifespan of a person.

Since the fuel from the primary Mercury gland constitutes of the potent mercury mineral energy, toxic waste will not be generated. Therefore, transfer of energy will always be smooth and without any hurdle. However, since the reproductive gland uses the potent fuel to create another human body, it will function for a specific period of time only. It is only the potent fuel supplied by the Mercury gland that helps the reproductive glands function and conceive another body.

The body can be properly formed only when the fuel is received continually without any interruption. Once the activity of creation is complete, the reproductive gland will refrain from accepting the fuel from the Mercury gland. Consequently, the organs that are governed by the Mercury gland will cease to function and become inactive. When the reproductive gland refuses to accept fuel called energy from the Mercury gland, it will travel upwards and go back to the Mercury gland itself.

From the time the reproductive gland avoids the fuel from the Mercury gland, the potent fuel from the Mercury gland will be sent back to the Royal gland. The Royal gland will then transform this potent fuel into other forms of energy and transfer it to the other

glands. Alternately, it will send it back to the Single atom. When the Royal gland sends back the surplus potent mercury mineral energy back to the Single atom, the fuel known as energy will elevate the person to a much higher level of consciousness. The energy will also be distributed to the people in the surrounding. At this stage, the person is extolled and worshipped as a Guru (enlightened master) and a divine soul.

The Mercury gland will distribute its energy to various cells in the body. However, it is only the reproductive gland that receives most of the energy as fuel. Therefore, from the instant that the reproductive gland ceases to function, majority of the fuel from the Mercury gland will be sent back to the Royal gland.

All the other glands will comprehensively utilize the energy supplied by the Royal gland. Since the energy is continuously transferred, the toxic residues will also begin to accumulate. Since the other glands surrounding the Royal gland continuously receive the energy as fuel, they are inevitably prone to acidic toxic residues to a large extent. Therefore, there is a slack in the transfer of energy and consequently, the organs also begin to dysfunction.

It must be understood that the dissolution of the brain occurs primarily because of the five glands surrounding the Royal gland, and not due to the Mercury gland. This is why the mercury gland is positioned above the Royal gland.

The Venus gland is located very close to the Royal gland on its right. Although it is very small, its functions are significant. However, its fuel is less intense than mercury mineral energy. Further, it will produce a small amount of acidic toxic residues too.

The Venus gland will receive the silver mineral energy as fuel. It also governs the functions of the nose. Further, it will supply its fuel to the atoms in the brain which contain silver molecules within its

core. It will also supply energy to its corresponding gland in the body. However, the Venus gland gradually accumulates the acidic toxic residues which transform into salt deposits inside the walls of the nerve fibers, thus curbing the free flow of energy. Therefore, it will be quite difficult to return the surplus energy back to the Royal gland. However, if pure oxygen expelled by the trees is inhaled continuously, the Venus gland will function efficiently.

The Venus gland has the potential to eliminate its toxins when there is continuous supply of pure oxygen. Since oxygen is made up of air molecules, it has the ability to remove the toxic residues. Although it may not be able to return the surplus energy back to the Royal gland, obstructions due to accumulation of toxic waste will not arise. What is the state of the other glands? Where are they located? How do they attempt to remove their toxic residues? How will this influence the functioning of the organs in the body? Let us continue to learn. The Mercury gland and the Venus gland are alone capable of removing the toxins. The other glands function differently.

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CHAPTER-10

The organ known as the brain has the potential to control the functions of the body. The primary reason is the fuel that it receives. There can be no activity without fuel. This is the law of nature. The magnetic waves that are first formed in MOPEL are the most splendid fuel. In this magnificent universe comprising of numerous galaxies, the energy that was first conceived serves as the primary fuel for all the operations. Therefore, it must be thoroughly understood that fuel is nothing but the energy that first originated.

Since the planet Sun, and all the other galaxies in the cosmos cannot be formed without fuel known as energy, the magnetic waves is considered the primary and most significant fuel. The planet Sun alone has the potential to attract the mercury particles formed in the Milky Way. The other planets will not be able to draw in the mercury particles.

The heat energy emanating from the Sun alone has the potential to attract the mercury particles rich in magnetic energy. Further, it helps in transforming them to fuel in order to kick start the movement or operation. Since it receives the energy present in the cosmos as fuel, it is able to nourish the other planets as well.

The brain also functions in a similar manner. The Soul atom of every human being will be seated inside its outer nest shell layer (ONSL). It is only when the electrons attract and imprison the soul particles, will the molecules inside the soul particles detach themselves. The molecules buried inside each particle or atom serves as the fuel for each atom.

The molecules have immense potential to draw in the fuel which is nothing but the mineral resource energy. The molecules which receive the fuel are solely responsible for all operations. The brain receives the fuel for its functioning from the Soul atom (space

molecule). The Soul atom (space molecules) which is a cluster of mercury particles can be classified into three.

The first category of soul particles will discard the molecules buried within them, transform into a pristine state and leave the brain to reside in space. The second category of soul particles will be buried inside the outer nest shell layer (ONSL) and with the help of their molecules they will receive and distribute energy. The third category of soul particles are the ones buried inside the electrons located in a spiral circle at the centre of the brain.

The first category of soul particles which linger overhead have the ability to attract and draw in the sunlight. They have the potential to transform the mineral resources present in the sunlight into magnetic waves, and give to the Soul atom (space molecule). Since they are devoid of molecules, they have the capacity to convert the energy into fuel and immediately transfer to the brain.

The un-liberated soul particles seated inside the outer nest shell layer (ONSL) will contain all the ten molecules within them. These molecules which are nothing but mineral resources will help draw in the energy from the sunlight. The Soul atom (space molecule) will gradually transfer the energy thus received to the Single atom (AdiSakthi). The Single atom will then divide the energy into two types of molecules and send to the Royal gland.

The Royal gland which receives the mineral resource energy in molten state will segregate and transfer to the other glands. The glands will distribute this energy to the atoms in the brain. The molecules which are present within these atoms will draw in the energy and nourish the other organs, thus ensuring that the operations carry on smoothly. The sunlight is converted into fuel in molten state, then transform into molecules, and then again reach the soul particles in molten state, and again transform into molecules, blend with all

the other molecules contained inside in the atoms located in the brain and the body, and thus serves as the highest form of fuel for all operations. The organs in the body also function in a similar manner.

The glands in the brain are alone capable of receiving and transferring the energy as fuel. Since all the other organs are made up of a constellation of atoms, they will receive the necessary energy for their functioning. All the organs that form and grow are nothing but a constellation of atoms. The molecules contained within the atoms are alone capable of movement.

All the atoms will not contain the ten molecules. Since the soul particles or the mercury particles are formed in space, they will alone have the capacity to accommodate the ten molecules. It is essential to understand how each molecule will divide into two and function.

All the atoms formed by the Soul atom (space molecule) are known as electrons. The electrons can also be classified into various categories depending on their molecules. The electrons which are formed by the Soul atom constituting the five molecules will carry within them only one type of molecule. Every mineral resource will transform into a molecule. Amongst the electrons formed by the Soul atom, one category will contain the mineral mercury alone in the form of two molecules. Another category of electrons will carry the mineral gold as two molecules. Similarly, the minerals silver and copper will also take the form of molecules which can function independently.

Although every electron is of the same shape and size, since their mineral constituent varies, their activities will also differ. The molecules contained inside the electrons will help determine the category of electrons and the activities that they perform. Understanding the activities of the molecules made up of different mineral resources will help determine how their acidic toxic residues are formed and cause obstructions.

It is the molecules contained within the electrons that receive the energy from the glands and make the organs function. Although the Mercury gland in the brain that draws the energy from planet Mercury nourishes the electrons in the brain, only the electrons which contain the mercury molecules will be able to draw and receive this energy.

Accordingly, the electrons carrying only the molecules of the mineral silver will receive energy only from the Venus gland. While the Mercury gland is situated above the Royal gland, the Venus gland is located close to the Royal gland on its right. Their functions also differ.

The Moon gland alone is capable of supplying energy to all the molecules. This is because, akin to the Royal gland, the Moon gland receives energy from all the planets directly from the Single atom and partly from the Royal gland.

Although the Moon gland has tremendous capabilities, it is always contained within the Royal gland. The location of the Moon gland and the Royal gland is one and the same. Since the Moon gland seen below the Royal gland cannot function independently, it is seated within the Royal gland. Among the six glands formed by the Royal gland, the Moon gland alone is located within it. The other glands are situated separately. The Moon gland is directly connected to the Single atom in order to receive the electric energy separately.

The Moon gland has tremendous potential similar to the Royal gland. It has the capacity to transform the four types of mineral resources and send to all the different molecules. The energy known as fuel generated by the Moon gland will be accepted by all the electrons. This is because amongst the two molecules inside the electrons, one will receive magnetic energy and the other will receive electric energy.

It must be understood that the primary reason that the mineral resources take the form of molecules and plant themselves inside the electrons is to engage in transfer of energy. When the gland that receives fuel from the Royal gland emits magnetic energy, one of the twin molecules present inside each and every electron will receive that energy. The other twin molecule will receive the heat energy from the Moon gland.

Accordingly, the twin molecules embedded inside each and every electron will receive the magnetic energy and heat energy to function. The Mercury gland and the Venus gland located on the right will supply the magnetic energy. The Moon gland will supply the heat energy.

The glands situated on the left will constitute of heat energy. Therefore, how will they receive magnetic energy? Which gland will supply supply the the energy as fuel to them? What types of molecules will be contained in those glands. Let's try to find out answers to these questions.

When it comes to receiving energy, transforming them to fuel or segregating and distributing the energy, the performance of the Moon gland will be similar to the Royal gland. However, excessive acidic toxic waste will be generated by the Moon gland. Since it constitutes of heat energy, the quantum of toxic residues is found to be very high.

The Moon gland will function as part of the Royal gland. It swirls inside the Royal gland. There is a hub inside the Royal gland where adverse reaction takes place. It must be understood that the Royal gland will remain stationary and not rotate. It is the Moon gland that revolves around the Royal gland similar to how it revolves around planet Earth. There are two nerve fibers connecting the Royal gland with the Single atom. Similarly. two nerve fibers connect the Royal gland to the Moon gland. Two separate nerve fibers will also extend

from the Moon gland to the Single Atom. The Moon gland is very mystical and mysterious. Its functions cannot be deciphered that easily.

Among the six glands formed by the Royal gland, the Moon gland is the most eminent of all. Since it is very important and significant, the Royal gland shelters the Moon gland within itself. Although its activities are similar to the Royal gland, it does not have the ability to function independently.

Since the Moon gland is located within the Royal gland, and since it draws only the electric energy, it generates and accumulates acid toxic residues to a large extent. It must be understood that the Moon gland is largely responsible for the dysfunction of the brain, for obstruction in energy transfer and ultimately the dissolution of the brain.

If the ultimate truth that the Moon gland is totally responsible for the dissolution for the brain is well understood and assimilated, everything else will fall in place. The Royal gland plays a vital role in the creation of the brain. The other five glands play a significant role in the operation of the brain. The Moon gland will however become the primary reason for the dissolution of the brain. This is because the Moon gland generates acidic toxic residues to a large extent.

If the activities of the Moon gland are studied in detail, the reason behind dissolution of the brain will also become clear.

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CHAPTER-11

Every human being must know how the creation, operation and destruction of the brain transpire. Even if one is unable to realize his Soul, he must use his intelligence to discern the principle of the brain. The brain is the only organ that can create a human body. It can operate it, protect it and also destroy it.

If human life has to be prosperous, the primary source has to be identified and set right. The human brain is the primary source. If the growth of the brain is hampered, the body will not function efficiently. If the brain is fertile, it will also be possible to attain the state of the Divine. If the art of controlling the brain efficiently can be mastered, destruction will not strike the brain. Human life can also be protected from any calamity. Diseases will not manifest. Man will not age. He will also not die a miserable death.

If human beings who take birth attain a deathless state, they will attain liberation. If one sincerely studies the function of the human brain, attaining a deathless state is very much possible. The brain handles umpteen functions. Human beings must use their intelligence to discard the toxic residues and obstructions from the brain.

The function of the brain and its source of fuel for its operations must be carefully studied. At the outset, if a person can master the art of filtering out the impurities and try to receive only the pure and sublime energy, the brain will function efficiently. Destruction can also be avoided.

The organ called brain is responsible for various factors. If the eyes, ears, nose and mouth have to function well, the brain needs to function efficiently. Every organ in the body is controlled by the brain, but the attributes of the fuel necessary for the functioning is different for each organ. The duty of the brain is to analyse and formulate a method to receive pure and sublime energy at all times.

Since every human being must have taken several births, the efficacy of his brain would be supreme. The Soul would have also learnt a good deal from all the past life experiences. Through its experiences, it would have formulated a method to attain higher states of consciousness and hence will possess a sharp intellect. This ability to perceive and understand is only possible by the brain.

The Royal gland is the core of the brain's activity. The Royal gland has the potential to segregate and uniformly distribute the mineral energy that it receives. It also has the immaculate ability to filter the impurities and convert them into usable energy. However, what do we see in this Kaliyuga?

Human beings are unable to eradicate the accumulated toxic residues, leading to deterioration and destruction of the brain. If the reason for accumulation of toxic residues is properly understood, it will be possible to save every human brain from destruction. The sunlight which is the primary source of energy carries the same mineral resources in all the four yugas. They become polluted only when they near the Earth's surface.

The generation of acidic toxic waste is always a concurrent activity. But, why do they increase in this Kaliyuga? The congestion of energy is the primary reason. Although the Royal gland distributes all the mineral energy that it receives, it is not optimally used. Thus, the inert energy gives rise to residual waste which keeps increasing.

The state of planet Earth and the human brain is one and the same. Since the energy is not optimally used, its congestion leads to residues which cannot be eradicated, thus causing destruction at the end.

The congestion of energy on planet Earth also leads to generation of residual waste matter. The congestion of energy in the brain also leads to generation of residual waste, although in a different

form. The function of the brain is to optimally utilise the fuel that it receives and periodically discard its residues. Although the operation of the brain is generally understood, the method of eradicating the residual waste is still widely unknown. This is why destruction is also becoming unavoidable.

How is it possible to remove the residues accumulated in the human brain! Energy transmitted from different planets merges with of the Earth. The vortex spiral is formed around the Karman line, or the space originator line. Each vortex spiral will supply distinct forms of energy. They will merge with the energy from the vortex spiral of the Sun and reach Earth, and also the human brain.

The different forms of energy received by the brain are a conglomeration of the different mineral strands. Hence, the residues are the inert energy that must be eradicated. If efforts are put in to remove the residues, the brain can be protected, or else, destruction is ineludible.

Why do the residual wastes of the mineral resources increase at the end of Kaliyuga! How do we eradicate them? The human brain carries out three main functions.

First, it supplies the necessary energy to the organs in the body for their functioning.

Second, it produces heat to burn the fuel and appropriately segregates and distributes the energy.

Thirdly, it supplies the necessary energy to the cells in the brain to protect the Soul particles, and also aid in releasing them.

When these three activities happen systematically, the residues in the brain will be discarded. If the organs in the body have to function efficiently, the impurities in the energy supplied must be removed, or the residual waste generated during the operations must be expelled.

The food consumed must be free from toxic substances. The elimination of waste after digestion of food must also be regular. However, human beings act otherwise. The food that is consumed contains a huge dosage of toxic substance. Further, after digestion, the waste is also not expelled properly. The residual waste can be eradicated in three ways.

Food rich in nutrients must be consumed. All plants are rich in different minerals. It is essential to identify them and consume the required minerals. Also, one must gaze at the Sun during sunrise to receive the potent electromagnetic waves which are free of any toxins.

The first method to remove the residues is to refrain from absorbing any. If the foods from plants are consumed before they lose their nutrients, residual waste will not form. Similarly, if one gazes at the Sun God at dawn with eyes wide open, and try to receive the pristine energy through the eyes, it will be possible to obtain toxic free fuel known as energy

The best way to prevent the onset of the catastrophic disease known as Brain Cancer is to try to obtain pure energy as food, free from any kind of impurities.

The second method is to learn to remove the residues if they are merged along with the mineral energy. If chemical toxins are found in the food consumed, physical activity is the only way to eradicate them.

If fruits and vegetables are consumed soon after they are plucked, the body will be able to receive all its nutrients. If not, one may not fully benefit from the rich nutrient content of the fruits or vegetables, but there will be no residual waste. However, if cooked food is not consumed immediately, waste matter will build up. Human beings in this Kaliyuga do not consume food soon after it is cooked. Further, they refrigerate cooked food for a long time before

consumption. This will lead to increase in residual matter. When such residues accumulate, cancerous tumours begin to form.

Cells are of different types and they absorb different forms of energy as food. At the same time, there are cells which absorb the residual waste too. If these cells multiply, deadly diseases will manifest. Therefore, care must be taken while consuming food.

Residues get into the body in two different ways. One is through the food consumed. The second is the residues present in the sunlight. The sunlight which falls on Earth during its rotation will always contain residues. Residues will be generated once every six Nazhigais, that is every 2.40 hours. The residues generated by each mineral will group together and reach Earth after every 2.40 hours. If one carefully refrains from receiving the residues which generate during specific durations, the brain will be fertile and rich.

The third method is to try to remove the toxic residues already imbibed by the brain and the body. There are three way to eradicate the residual waste that has already been absorbed.

The first approach is through physical activity. If chemically contaminated food is consumed by the body, they can be discarded by strenuous physical activities.

The second approach is through speech. It is important to understand that residues can also be eliminated when one talks or listens. It can be generally observed that people who converse a lot look tired and drained after a while. They are indeed losing their energy, but it is the toxic residues that are first expelled. Although the much required pure energy will also be expelled, it will be compensated immediately.

Although speech is a form of communication to share good energy. it is essential to understand that it is also an instrument which helps in discarding the residues that accumulate every day.

The third approach is the most superior. It refers to removing residual waste through one's thoughts. The residues that are imbibed through food that is consumed everyday can be removed through physical activity and spoken words. However, the residues present in the food that the Soul atom (space molecule) receives in the form of sunlight are absorbed primarily by the electrons in the brain. Therefore, they have to be removed by thoughts arising from the electrons.

It is essential to master the art of completely avoid imbibing toxic residues in any form. One has to also master the art of eradicating the residual matter that has already been absorbed. The acidic toxic residues which reach the brain through sunlight can be removed only through one's thoughts. The acidic residues produced by the mineral resources can be eradicated only by the Divine energy known as the mineral resources. This is the ultimate, supreme Truth that must be thoroughly understood.

The acidic toxic residues which get into the brain through the sunlight will become the primary reason for the catastrophic disease called Brain Cancer to manifest. Therefore, they can be eradicated only by the rays of the Sun. The sub-divisions of mineral resources namely, zinc and lead which are generated during sunrise and sunset respectively, are alone capable of expelling the acidic toxic residues.

It is a universal law that when one prays and worships the Divine through one's thoughts, he will be able to receive pure and sublime energy free from any toxins. Further, the potent energy that is received when one prays to the Divine during sunrise and sunset will immensely help in eradicating the acidic toxic residues. Awareness of this simple truth can prevent the brain from destruction.

If the brain functions efficiently, it will attain higher levels of consciousness. Pure and sublime energy free from any residual

waste will pave the way for the change in Yuga. If the catastrophic disease namely Brain Cancer has to be prevented, human beings must necessarily offer prayers and worship the Sun God, who is the benefactor of wisdom, during sunrise and sunset. Thoughts of the Divine during this time will also help.

When a person keeps his thoughts on the Divine and receives the omnipotent energy with one-pointedness, all the glands in the brain will become fertile and function efficiently. Further, the nerve fibers and the blood will become clear and healthy. Single pointed attention through one's thoughts is essential if the residual waste has to be eradicated, obstacles removed and for pure and sublime energy to overflow. Gradually, one must arrive at a state of thoughtlessness too.

Human beings who conceive different opinions through various thought forms are said to be caught in the clutches of 'maya' (artificial worldly substitutes). The eyes see undesirable things and the ears hear unpleasant sound in various forms. Such consistent occurrences pave the way to imbibe unwanted residual matter.

If the human brain has to be protected from destruction, there must be some restraint when it comes to imbibing light and sound. It is essential to understand that the residues of the electromagnetic strands will expel by themselves in the absence of thoughts. A thoughtless state by itself is an indication that the residues are non-existent. This must be clearly understood.

When thoughts are disseminated continuously, it can be equalled to eradication of acidic residues. The toxic mineral molecules present in blood carry several thought imprints. If they are all expelled, pure and sublime energy will easily engulf the brain and body.

As per the law of nature, the toxic residues are expelled in the absence of thoughts, words and actions. However, physical activity

will discard the residues to a great extent. Incidentally, it is important to know that physical activity is essential in order to discard the residues in the body. In order to remove the residues present in the cells in the brain, a quiet mind and Divine grace in the form of sunlight is extremely essential.

The human brain is the home of the Soul atom. In order to prevent the destruction of the Soul particles, humanity must pay heed to the important matters discussed in this chapter. We will continue to learn how to protect the Royal gland and its surrounding six glands, and how destruction can be prevented.

* * *

CHAPTER-12

Every Soul has an organ called the brain. Plants have brains. Worms and insects have brains. So do the animals and birds. When we talk about brain, two characteristics emerge. First, it is home to the Soul atom (space molecule) also known as the Aathma. Second, it is the origin of the intellect. The electromagnetic energy is the fuel for the brain.

If electric energy and magnetic energy is generated in equal proportions, each one will attract the other. When knowledge and wisdom manifest together, living beings will also exhibit various qualities. When intelligence diminishes, there is a decline in consciousness as well. When intelligence increases, the highest form of knowledge called wisdom will manifest. Even small animals possess a sense of realization based on the level of their intelligence. If a living thing is found to grow, it implies that it receives electromagnetic energy as food. However, depending on the energy that they receive, the characteristics of living beings differ.

Intellect and wisdom is determined by the quantum of electromagnetic energy, otherwise known as the sunlight. The human brain alone receives a large quantity of the electromagnetic energy. The brain receives the magnetic energy based on the capacity of the Soul atom, and receives the electric energy based on the multiplication of the electrons. The mercury particles known as the Soul particles produce the electrons based on the energy that they receive.

Although the Soul atom (space molecule) and the Single atom (AdiSakthi) are present in all living beings, the Royal gland and the other glands would differ among living beings. It is only the human brain which possesses a gland pertaining to each planet. The brain which has the ability to control functions of all the six glands is known as the human brain with the sixth sense.

All other animals possess five or lesser number of glands. Therefore, their intellect is low. All the six glands systematically function in the human brain alone. However, if a human being goes beyond this and masters the skill of controlling the functions of the seventh gland namely the Royal gland, he will attain a supreme state.

When a human being learns to control the functions of the Royal gland, his seventh sense will begin to manifest. When a human being masters the skill of controlling the functions of the Single atom in his lifetime, his eighth sense will blossom.

If a human being thoroughly studies all the sixty types of energy present in the sunlight and masters the skill of segregating and distributing them, he will be considered as a supreme being who has acquired the ninth sense. If he attains the Supreme One, God Almighty which is nothing but the Sun, merges with its tremendous energy, comprehends its potential and masters the art of drawing and utilising its incredible energy, he will attain a state equal to the Divine.

If a human being is able to acquire all the ten forms of intelligence which is said to be zenith of wisdom wherein he can effortlessly obtain the energy from the core of the Sun, the God Almighty, he will worshipped like a God in this world. A human being can be considered to possess the sixth sense only when he acquires the ability to control the functions of all the six glands. Therefore, if he can master the skill of controlling the functions of the Royal gland, the Single atom and the Soul atom, absolute wisdom and divinity will dawn.

Intelligence refers to the activities of the glands. If this is clear, the significance of the glands will be well understood. The human brain functions with the help of the energy from the glands. Therefore, change in activities of the brain is also due to the glands.

Human beings display various characteristics. Human beings with high or low intelligence must understand that the primary reason for this is the energy supplied by the glands. In order for cognitive ability to blossom in human beings, he must receive sufficient energy from all the glands.

Living organisms with a single sense function with the help of the energy from the Saturn gland. Only one gland will function. The Single atom and the Royal gland will be contained inside the Soul atom. The plant species which function with the help of the salty flavour, and the soil, water and air which contain the property of salt are a representation of the single gland.

The species which live in water bodies are said to possess two senses, or two levels of intelligence. They function with the help of the Saturn gland and the Venus gland. Since they form two glands and have the ability to divide the energy from the sunlight into two categories, they are said to possess two levels of intellect.

The reptiles are said to possess three senses or three levels of intelligence. They function with the help of energy from the Saturn gland, Venus gland and the Mars gland.

Animals that are said to possess four senses function with the help of four glands. Similarly, if five glands function, the living species is considered to possess five levels of intelligence and when six glands function efficiently and uniformly distribute their energy, the living being is considered to possess six senses or six levels of intelligence. The human brain alone is capable of controlling the functions of all the six glands.

The Moon gland contained inside the Royal gland which helps in discarding the acidic toxic residues is known as the sixth level of intelligence of the human brain. The sixth sense which is referred to

as the mind or ability to think or perceive manifests only when the toxic residues of all the glands are eliminated. Therefore, the Moon gland is the most special feature of the human brain.

In order to prevent the destruction of the brain and the onset of the catastrophic disease, it is essential for the Moon gland to function efficiently. If the Moon gland is allowed to function seamlessly, it will systematically destroy and eradicate the impure residues. It is essential to learn how the Moon gland will separate the acidic toxic residues from the Royal gland, burn and convert them into to usable energy.

The Moon gland is located beneath the Royal gland. It is located inside the Royal gland and rotates on its axis. While it spins around its axis, it segregates the energy received by the Royal gland and separates the impure energy. It thereafter converts the impure residues to usable form of energy.

The mind from which thoughts arise is the activity of the Moon gland. Every human being can determine the functioning of his Moon gland based on the thoughts that arise. If evil thoughts crop up consistently, it implies that the Moon gland does not function effectively. If the Moon gland does not regularly cleanse and purify the acidic toxic residues, the toxins will take the form of evil thoughts. Further, they will transform into impure words and misdeeds. If this is set right, humanity will flourish and prosper.

Since this is the Kaliyuga, the sunlight that reaches planet Earth contain enormous amount of residual waste matter. However, the Moon gland works very hard to separate and discard the acidic residues. However, in order convert them into usable energy it requires an enormous amount of the acidic residues known as zinc and lead.

Since most of mankind fail to worship the Sun during sunrise and sunset; fail to focus their thoughts in space by way of offering water to the Sun; and thus fail to receive the important acidic residues namely zinc and lead, all the acidic toxic residues of minerals that the Moon gland receives mixes in blood and causes all the glands and organs in the body to malfunction.

Every day during sunrise, energy from all the mineral resources will be found in abundance. Further, the acidic residue that is capable to eradicating the toxic waste will also be found in abundance. If sufficient energy from the sunlight is drawn in by means of earth and water; air and heat, the Royal gland will receive abundant energy every day. The energy to eradicate the toxic residues will also increase manifold.

It is the Moon gland located inside the Royal gland that has the ability to absorb the acidic residues. If the toxic residues are purified, the thoughts that arise will also be pure and noble. Love and Divine grace will shine forth.

The Mercury gland is located a little above the Royal gland. It is visible to the naked eye. The Venus gland is also located at close quarters to the Royal gland. This gland is also visible to the naked eye. Since the Moon gland is located within the Royal gland, it will not be visible.

The Mars and the Jupiter glands are tiny glands located at entrance and middle of the cerebellum region of the brain. Although they are visible to the naked eye, they are very tiny. The Saturn gland will not be visible to the naked eye. However, it has immense potential to draw and distribute its energy. Its presence can be felt by way of upsurge in emotional vibrations.

It must be understood that the Mercury along with the Venus gland and Mars along with the Jupiter gland are visible glands located in the two different hemispheres of the brain. Further, the Moon gland and the Saturn gland are invisible.

If the human brain has to be prevented from destruction, the residues must be removed systematically. If the onset of the catastrophic disease has to be prevented, it is essential to humbly pray to the Moon gland by way of pure thoughts requesting it to function seamlessly.

Worship of the Sun and the Divine will ensure that one imbibes pure and noble thoughts all the time. This will ensure complete eradication of the residual matter. If the Moon is praised and worshipped on a full moon day, the Moon gland will convert all the acidic toxic residues that it receives into usable energy and allow it to mix in the blood. It will also enhance its own energy.

It is very important to seamlessly connect to every planet, their respective vortex spirals and the energy that they generate, by way of thoughts. This will help in cleansing the brain. Worship of the Sun and the planets ensures that the brain receives sufficient pure and pristine energy. They also help in removing the toxic residues.

If the human brain and the Soul particles have to be protected from destruction, the Moon gland must function efficiently. It is essential that everyone realizes this important factor. The thoughts known as mind must emerge from pure energy, completely free from toxins. It is only then actions would be fruitful and yield the desired results. When deeds are virtuous, Sathyayuga will blossom.

The transformation of the Yuga lies in the purity of thoughts. However a thoughtless, sublime state will ensure that even the Moon gland dries up or shrinks. This will pave the way for the Sathyayuga

to blossom. What will happen if each of the glands fade away or shrink?

If the glands were not formed, human beings would have led the life of animals, without knowledge or intelligence. However, if the glands that were formed in the human brain dry up, become inactive and shrink, the Royal gland will directly take over the functions. Further, it will also be possible to establish connectivity with the Single atom. Dysfunction of the glands due to the blockages created by toxic residues is one phenomenon. Dysfunction of the glands when they receive pure energy consistently is yet another state.

It is important to understand that when the glands receive pure and sublime energy, free of toxins for their functioning, they will gradually shrink and dry up. Even when the Royal gland becomes inactive and shrinks, the Single atom will supply the necessary energy.

When one is able to realize the potential of the Single atom, and master the art of renouncing its energy as well, then the life force energy from the Soul atom will engulf the entire body. The body will attain a 'kayakalpa' state, meaning to transcend any degenerative condition and reverse the natural process of ageing. Further, it brings the physical and energetic, or subtle bodies back into balance. Attaining a 'light body' will also be possible, thereby enabling immortality and eternal life.

Wisdom is learning to master the art of handling the Moon gland. Absolute wisdom lies in deactivating the Moon gland. Mankind must work very hard to manipulate the instrument called the mind and attain an absolute state of thoughtlessness.

Transformation of the Yuga lies in destroying the residual matter.

Wisdom will transpire effortlessly if the energy in the Moon gland dries up or depletes. When the Royal gland is able to completely suppress the Moon gland within itself, an upsurge in one's energy levels can be observed. Thereafter, when the Royal gland merges its energy with the Single atom and deactivates, a human being will attain a Divine state.

The human life begins with a very important purpose. The liberation of the Soul is its prime motive. It is essential to understand that the Soul atom struggles to liberate itself. It is the Soul atom which is in captivity, and it is indeed the Soul atom which tries to liberate itself. When the Soul atom releases from the Paramathma, it carries within itself several molecular particles. When the Soul atom releases all its particles, it immediately gets liberated and goes back to the Paramathma.

Please remember that the only reason we learnt about the supreme organ called the brain is to emphasize the significance of liberating the Soul atom (space molecule). If human beings in this Kaliyuga acquire the knowledge about the glands contained in their own brain, they will learn how to control their functions and how to eliminate the residues that are thus formed.

Birth as a human is a precious gift. If it is understood that being born as a human being is no small privilege, efforts will be put in to liberate the Soul. No other living being will attempt to liberate its Soul. This is because it carries a lot of toxic residues. It is only the human brain that has the ability to receive the potent fuel for its functioning, free from any toxins. Again, it is only the human brain that can segregate the fuel called energy that it receives, filter and purify the residues and distribute the pristine energy to the organs.

When a person attains liberation during his lifetime on Earth, his Soul atom (space molecule) will begin to perform with great vigour.

When the life force energy increases, all the Soul particles will get liberated and go back to the glands. If there is any obstruction during transfer of the life force energy from the glands to the organs in the body, it will be known as "Kali. If there is any impairment in the life force energy reaching the cells in the brain, it is referred to as the zenith or peak of 'Kali' and destruction due to Ego.

When the life force energy reaches the cells in the brain, and when it finds that all the Soul particles have been liberated, it will attempt to go back to the Soul atom. Instead, if it reaches the Royal gland, that energy is known as the Divine energy or Supreme energy. Since the Royal gland gets back its own energy, it will shrink all the other glands. When the glands become completely dry, they will fade away.

It is only the Royal gland that has this unique potential. When the six glands dry up, the Royal gland will send all its energy to the Single atom, and change its stance as well. When the Royal gland dries up, the Single atom will become brighter. The Single atom that shines bright is an indication that a human being can also attain a divine state. Human Brain

The sections in this book on creation, operation and dissolution of the brain paved the way to enhance one's knowledge about the brain. The destruction of the brain explained about the incidents that will occur towards the end of Kaliyuga. The last two chapters answer questions on how to win over 'Kali' and how to blossom as beings in Sathyayuga. We also learnt how to transform the destruction of the brain into construction, and how mankind can support in the change of the Yuga that will occur soon enough. In addition, we learnt how to attain the Supreme, Divine state as well.

Ascent from destruction to construction will save the world. Understanding the potential of the brain will help in realizing the Soul.

Let us spread Love all around. Let constructive thoughts blossom and let

liberation of the Soul be the only objective. It will then help human beings lead a prosperous life and sustain the Divine energy that will shine forth.

May all Souls attain Liberation!!

May the Divine energy increase manifold!!

May you be blessed!!

* * *

THE ROYAL PATH OF REALIZATION

INTRODUCTION TO YOGA

Yoga is an evolution quickening science meant to attain self realization, all through enabling one to lead a balanced life with the optimum possible balanced physical, mental and spiritual development. Yoga leads one to emancipation. It is an age old collection of useful techniques meant to influence spiritual powers in us as well as the powers latent in nature. The term yoga is a derivation of the Sanskrit root 'yuj' meaning "yoke together". Yes indeed! It is the science to yoke individual soul with the universal soul. This age old path is meant to attain or to merge in eternal Bliss consciousness "Sat" "Chit" "Ananda" by putting an end to the triple suffering - spiritual - mental and physical by uniting the three folded man (body, mind-spirit) with the triune 'Om' - 'Tat' - 'Sat'.

**"Yedalma tatvena tu bhramba tatvam
Deepopa me neha yukta Prapasyeth
Ajam Dhruvam Sarvy tatve visudham
Jatva devam uchyathe Sarvapasai"**

2:15, Svetha Satharo Upanishad

The principle behind the yogic theory and practices is that by realizing one's divinity or the self one ultimately merges or unites with the Almighty.

Every one has a physical body, Astral body and ideational body encasing the soul or the image of the individualized speck of spirit. As these three bodies are inter connected a balanced development of all the three is essential for a seeker. To be a successful yogi one has to be a rationalist with logically reasoning mind. Reason, Knowledge, Wisdom, feeling, devotion, faith, intuition concentration, contemplation, determination and will are all essential at various stages of a seekers progress. Creative thinking, creative out look and positive action should be cultivated. Yogi is and should be above and beyond, Race, Religion and Rituals.

The oldest authoritative book available in the path of yoga is yoga sutra of Patanjali.

Another off shoot of Yoga is Hatha Yoga. Yogic techniques meant for brain and nerve rejuvenation are believed to be capable of healing various disease and it is claimed mastery of these techniques enables one to exhibit magnificent magical feats or miracles. Influence of this method can even be traced in the tantric Practices too. Pantanjali compiled various yogic practices and mixed them with Sankya and gave an interpretation for them in the light of Sankya.

So now we can conclude that Yoga is a collection of efficient techniques or practices than a particular philosophic concept.

Mind is an unbridled horse. One coming to this path initially is bound to control or discipline his mind. Hatha Yogic Asanas helps one to attain a healthy mind and body is a fact to be reckoned. One gets acquainted with meditation postures of Asanas with the intention to remain quite long comfortably without any physical strain or stress, WITH AN ERECT SPINE 'Sthira Sukam Asanam' [Yoga - Sutra]. 'Padmasana', 'Vajrasana', 'Veerasana', 'Swastikasana', 'Sidhasana', 'Sukhasana' and 'Guptasana' are all meditation postures and hence one should get acquainted to one of these Asanas for better results in Meditation. One practices Dharana or contemplation to bridle mind and to improve concentration.

To control life force or Prana, all yogic sects practice variations of a yogic Kriya or technique. Sathavidya Kriya yoga. Tantric techniques which gives absolute conscious natural control over life - force is the only correct method. Many do have a false notion that 'pranayama' in some sort of breath control method but cessation of breath is phenomenon experienced when you master of Hatha Yoga are effective in attaining the secular ends, but they cannot give

conscious natural control over life force and hence it is incapable in assisting one to attain Pratyahara or withdrawal of sense perceptions for any length of time and hence is inimportant in Raja Yoga. Rolling of Rosaries, Repeating of Mantras, or Japa or singing of devotional hymns or bhajans are all paths meant to attain this end i.e., control over life force but unfortunately only the subconscious realm of the mind is controlled or activated but the real `I' remains just a spectator, that too, in an unconscious trance stage. Life force control is real pranayama and without mastering pranayama, one cannot attain prathyahara or conscious withdrawal of sense perception. Until and unless one attains Prathyahara one cannot further progress in the path of realization. Meditation is the single pointed concentrated effort of a seeker to merge or unite with the spirit of God within. Samadhi is a stage of DHYANA or Meditation - a state of Bliss or satchit-Anand in which the knower, knowledge and the known become one or unite or merge. Through various stages of Savikalpa Samadhis one progresses to 'Nirvikalpa' Samadhi or 'Kaivalya' or 'Mukthi' or Nirvana or Salvation. Then, one gets eternal release from the wheel of birth and death and the law of cause and effect- karaniya niyama.

“Iswara sarva bhutanam Hridesa Arjuna thishtathi

Sarvam sarveshu bhuteshu thi shatantham Paramesvaram

Vinasyathya vinasyantham ya pasyathi sa pasyathi” - Geetha

“Dear Arjuna Lord God lives in the heart of all living beings. This does not perish even when the body perishes. This remains equally constant in each and every one. Whoever beholds this, is known as the one who had attained or enlightened”.

Yoga : karmasu kaousalam” - Geetha

The Karma or the only Action to be performed by a yogi is meant for the eradication of root causes for the mental activities. The aim

of all yogic actions should always be for keeping the mind in pure and perfect condition where one could behold God, to unite with God with in. The path to attain this end is Yoga-the path of Truth.

FUNDAMENTAL QUEST

Who am I? What is my relation to the supreme power? What is my relation to the World-Where I live? Whither am I? or Quovais Well these are the fundamental questions which have to be resolved by every thinking human being. A little thought will show that which is meant by “I” **cannot be the perishable body** with the sense perceptions. It has to be something which directs the senses and uses the body as a tool. This something is the soul or speck of God within “Jeeva” which is eternal. It is the same in all beings. It can be realized by a person in perfect Samadhi i.e., Nirvikalpa state.

‘Satchitananda’ is one’s natural state. This Bliss or Ananda is not found in external or material objects.

Pleasure and Bliss are not the same thing. Though we aim at Bliss we imagine that pleasure and happiness to be Bliss or Ananda. **Seeking Ananda being universal, this should be the root cause behind all actions and the essential object sought by all.**

Ananda

Ananda is not pleasure or happiness. In Ananda there is no excitation. It is the consciousness of our natural calmness or stillness. There is a positive and a negative character in Bliss.

God is Bliss (Ananda). God is immortal. **God is conscious of His Blissful immortal eternal existence.** Everyone seeks eternal Bliss (Ananda) eternal existence or immortality-(Sat) and conscious existence (Chith) i.e. we are all seeking Blissful conscious eternal existence i.e. Sat-Chit-Ananda and that is the name of God

consciousness. THE NEGATIVE CHARACTER IS THE ABSENCE OF PLEASURE PAIN CONSCIOUSNESS. POSITIVE ONE IS THE TRANSCENDING EXPANSION OF one's consciousness and calmness as and when you are either filled with the universal consciousness or just have a taste of it. It is the natural pure state of the spirit. It will be constant in success or failure or ill health or disease. ANANDA INFECT IS A SUPERIOR STATE OF INDIFFERENCE TO PAIN OR TO PLEASURE. Here all actions are caused by the desire for attainment of eternal Bliss or Sat-Chith-Ananda for God eliminating pain for ever. Every one is trying to attain Ananda or Bliss by fulfilling desire but stops at pleasure and soon his desires never is fulfilled and is thrown into the clutches of eternal pain and misery.

God becomes useful only when he is known or if He can be known or tangible. Vague ideas of God would not satisfy any one. Then God remains always beyond one's reach. **God or Bliss or Sat-Chit-Anand is an inner experience. Intuition the direct grasp of truth is where God or Bliss is realized. When we attain it an inward conscious expansion is felt and universal consciousness descends on us.**

God manifests or is seen in our Hearts as Ananda or Bliss in Meditation. God is Ananda and we seek Sat-Chit-Ananda to realize God. There is a flaming light beyond everything-wisdom and Bliss-in which we can merge. How may we do it? Well, we may progressively hitchup our sense of values, go on diminishing ourselves (the ego), working ceaselessly for the descent of 'Grace out of compassion' upon us in it's own good time in a spirit of absolute devotion, faith and surrender. Intense self experience only can eradicate the doubts or ignorance for ever. To attain this end the mind has to be freed of inhibitions, conscious and unconscious from scripture teachings and environment - in our intensive eternal quest for the absolute Sat-Chit-Anand or eternal Bliss.

Though the unity of God and Man is fundamental. He is realized through His Gace in the temple of God i.e. our body. God lives for ever in the cave of the heart, the hidden God is the eternal light beyond darkness, is life, beauty and strength. Find Him there and then you will be able to see Him every where, even in joy and sorrow. Make your life His hit and you will find Him one day in all His beauty.

THE WORD (Pranava)

“God is light and in him is no darkness” (1 John:15)

“And behold the glory of the God of Israel came from the east his voice was like a noise of many waters and the earth shineth with In glory” (Ezek 43:2). And his voice as the sound of many waters” (Rev. 1:15) Ganga-snana-sound of a water fall or rearing of the sea experienced in Nadhanusanthana or pranava meditation. So it is clear even that God of Bible too is light and sound which can be seen or heard as many in the past saw and heard. God is tangible. He is experienceable. To exponents God, it is through light and sound.

“I am alpha and omega, the beginning and the end, the first and the last” (Rev. 22:13). In the beginning was the word and the word was with God and the word was God. The same was with God in the beginning. All things were made by him and without him was not anything made that was made (John1:1,2,3), so it is clear in the act of creation God took the form of trinity. The cosmic spirit or universal mind not affected or disturbed but behind the creation is the father or God or **‘Sat’** or the **eternal truth**. The intelligence of God in and beyond creation but not disturbed by the creation is **‘Tat’** the son Christ consciousness or cosmic intelligence.

The actual action of God in creation is inflect ‘Om’, ‘Haum’, ‘Aum’, ‘Amen’, ‘Amin’ or Holy ghost or Cosmic Vibration. All the three are vital parts of the same but the different characteristics, though the

fame each one have different functions and with the evolution of trinity in duality the creation started. The third part of the trinity is again divided into three parts depending on the particular activities - i.e. creation, sustenance and destruction. The unitary aspect of God beyond manifestation is denoted by 'Sat' (immortality). The eternal essence, truth or spirit. But in manifestation, God is inaction and is light and sound (word) and God is seen or experienced as light and sound. Thought is powerful and causes vibration. Cosmic thought caused cosmic vibration. Cosmic Vibration caused cosmic light and cosmic sound. (Light and sound are caused by different rates of vibration). Necessary ingredient in and of creation is nothing but light and sound of differing vibration. We being created beings our approach back to God has to be through the creative vibratory force i.e. light and sound. 'Truth' is the natural eternal existence of God. His realization too is attained by the truth of His existence in creation i.e. his creative action the third aspect or 'Om' or the word. Love divine is the mother of faith and devotion. 'Om'-Tat-Sat or Holy Ghost-son-father is God in reverse order.

In the body this cosmic intelligent energy is placed in the spiritual eye seen in meditation. Vibration has sound and the cosmic sound of 'Om' pranavas manifestation of the vibratory intelligence is experienced in body in the sound of 'Om' heard during deep meditation or inner silence. In temples the beating of drums, the blowing of conch shells and the ringing of bells are sounds made to imitate the cosmic sounds, emanating from the vibratory motion of the elements of creation. The consciousness existing beyond creation is called the Father. His pure reflected consciousness in creation is kutashta chaitanya, the vibration which structures all creation is called Holy Ghost. Meaning Holy Vibration. The whole universe is the physical body of God and Krishna consciousness is his intelligence

manifested within this body. This physical body of ours is a miniature universe. Our consciousness is a miniature consciousness. If one could expand one's consciousness, then he can attain that Krishna consciousness which is manifested in the universe.

Higher rate of vibration is light and when the rate of vibration is lowered it becomes sound. Every action causes vibration (light and sound). Cosmic action causes cosmic sound. This cosmic sound is eternal in character as the cosmic creation and sustenance and destruction, the eternal action goes on infinitely. Every sound and vibrations can be heard if tuned to them properly. Until and unless one learns the art of tuning to this cosmic vibratory sound, we cannot come in contact with God. This sound or vibration is called Holy Ghost. The word ghost means vibration or spirit or shadow. It is called holy because of its holy character or action or evolution. This holy ghost is the comforter which leads you in the holy path, through which you reach the goal of self realization. Patanjali in his yoga sutra says 'Om' Pranava is God. (Tasya Vachaka Pranava Yogasutra 1:27).

Nadha Anusandhana (Following internal Sound) - Pranava Dhyana

Nadha Anusandhana following the internal pranava dhvani sounds of plex centers - chakras which is dhyana-meditation propagated by kabeerpanthies and part of kriya sadhana. Kalady Sankaran in his considered last work - Yoga Tharavali acclaims he attained or realized the external **Truth** through Nadha Anusandhana Dhyana. Don't forget realization is the fruit of meditation. None attains without proper meditation. Meditation is not mentation. A thorn (Manthra) is removed by another thorn real meditation is the fruit of thoughtless stage or internal calmness or stillness. Through depth in pranayama or breath awareness one is led to ripple-less mind or thought-less stage and one is led to the threshold of spirit within.

Though there are 9 Pranavas in Nadha Anusandhana we use Kleem the Pranava of linga chakra er pralaya and that is the thorn.

Be in meditation posture or you can even sit on a chair. But the spine has to be kept erect while the gaze of the eyes in between the eye brows (Anja). Place a table before you, where you can rest your elbows comfortably and with thumbs close the ear flaps (Thragi) let the other fingers rest on your temple. With concentration fixing the gaze at Anja go on chanting pranava-Kleem without any other thoughts placing attention on the internal sounds heard in the right ear if you are a right handed person. Many sounds will be heard, breathing-diaphragm movement-gushing of blood-heart beat etc. Then the chakra plex) sounds-Bumble bee-Krishna's flute-Drum-Bheri-Gong of the bell-harp and ultimately the roaring of sea or water fall and finally the Orchestral symphony. Our aim is the roaring of sea or the sound of water fall and that is internal Baptism or Ganga-snana. Where your past actions are washed off i.e. at vishudhi (cervical) centre.

When you wash off all past actions then the orchestral symphony or heavenly music will be heard along with complete opening of the third eye-here the hallow around the Blue sphere, at the centre with silver spot and the silver spot will expand and a five cornered silver star will be seen through which you cruise to heaven on earth-and there are 8 more third eyes in the first 3rd eye (Shiva nethra) all together there are 9 third eyes, at this stage you regain Eden stage or Deva stage of limited creation-sustenance-then the destruction capability and that is Mukthi or salvation and then you are a new entry in heaven or vaikunta but don't forget there are millions who regained Eden stage thousands of years before you and they are still evolving to Devahood. Nadhanu sandhana Meditation is a must preliminary meditation-then ultimately you graduates into

Nischinthana Dhayana (following the internal light). Kaladi Sankara in his 'Yoga Taravali' affirms he attained or realized by practicing 'Nadanu sandhana Dhyana'.

Prana-Yama

In yoga any spiritual progress is possible only after the mastery of Prana-Yama. Japasadhana where mantras are coupled with breath (kinetic force of mantras is breath otherwise it is corpse). It is conscious control of life-energy or the flow of life current in the body and sushumna at your will. The foundation of self realization rests primarily on the mastery of this vital kriya yogic step.

Breath is the silver cord that binds soul to body. Once that cord is torn, the soul comes into its own and you are directed, guided to the Kingdom of God or Salvation. Can we apply cent-percent concentration for any length of time on any object? Until and unless one masters the art of 'consciously dying-daily' at one's will one can never concentrate and without proper concentration, one cannot attain self-realization. Excitement induces irregular flow of breath where as concentration automatically brings about rhythmic smooth flow of breath. As thought and breath are closely connected just an act of will to pay conscious attention to the flow of breath regulates one's breathing order producing corresponding results on his thought. Stilling of breath stills the thoughts, Yoga Chitha Vritti Nirodha (Yoga Sutra). CESSATION OF MENTAL ACTIVITY IS YOGA. Mental activity is closely connected with the flow of breath.

Tech. No.1

Practice for 5 to 10 minutes. Gradually decrease the breathing rounds per minute. After inhalation add a retention period of short and convenient duration. Make the breathings soundless. Watch the breath throughout with attention. Imagine that with inhalation that the

universal spiritual energy is coming into you and enlightening you and with exhalation imagine that your self too goes out with exhalation. The complete one breath round consists of (inhalation-retention-exhalation). Number of breath should be brought down to 7 rounds per minute in the beginning and later on as you advance to 3 rounds per minute. Below 3 rounds should not be attempted at as it may lead to trance stage. Try to maintain an equally proportioned inhalation and exhalation with a short pause.

Tech. No.2

With inhalation mentally say a long '**OM or oaum**' as oooooom - after a few seconds or short-pause, with exhalation mentally say a long Rama. Gradually the breath automatically becomes cyclic and equally proportioned. It calms the mental activities too.(with inhalation a long **OM** and exhalation with **Sree Rama Jaya Rarna Jaya Jaya Rama**).

In this technique the aid of sound is utilized to control the breath. Sound is powerful and have connection to higher energy. 'Ra' means the masculine energy and 'Ma' means the lunar energy or the feminine energy. These are the corresponding sounds made by the 'Ida' and 'Pingla' the two nerves found at the either side of Spinal cord (sushumna). By mentally chanting Rama you are interfering in the flow of currents through the 'Ida' and 'Ppingala' the inhalation and exhalation is automatically made proportionate whereby the flow of life current through ida and pingala ceases and the current flows through the sushumna and gradually the flow will be reversed and attains breathless stillness.

For success you must be consciously attending to the mental chanting and it's meaning and on the flow of breath.

Tech. No.3

Inhale gradually and exhale gradually thrice without an internal retention. Then remain without breathing as long as possible without any dis-comfort.

Then as the breath comes in naturally, mentally concentrate on the incoming breath and say mentally a long saw starting with the flow and ending with the end of inhalation. Then wait for the breath to take its own course. When it starts to flow out mentally make the long sound “Hum (EE... ..M)” ending with the Exhalation. You should never interfere or use force in the natural flow of breath. Don’t ever try to be a party to the act of breathing just be a spectator. When the breath flows in wardly repeat once saw now without-ward flow of breath say inwardly once only Ha...M/EEM. The word must begin with the inward or out-ward flow and end with the completion of the flow.

Between the inhalation and exhalation if breath remains inside or outside during the duration of cessation of breath enjoy the calmness. Throughout the practice you must act as an outsider just be a spectator watching the act of breathing but you are not part of the actual act. This must be your attitude. This is very important for successful application of the technique. Through out the practice be relaxed. Don’t ever concentrate on the heart beat or other external or internal disturbances. Your concentration must be on the natural flow of breath i.e. in-out-cessation. Gradually the number of rounds will be automatically reduced naturally increasing the period of internal or external cessation. Ultimately the breath will cease. Stilling the heart and switching off sense organs and elevating you to super conscious state. As the external and internal disturbances do not affect your consciousness you can concentrate on God or any other

subject. When you want to switch on the flow of life force in the body again inhale gradually and exhale without a retention and remain as long as you can without discomfort. Repeat thrice. Then forget SOHUM. Meditate with this calmness. During sleep the number of heart-beat is reduced, number of breathing per minute lowers, the physical activities, stops or reduces, the sense perception is withdrawn and the sense organs Switched off while these changes occurs you lose consciousness. You are not aware of these changes and meanwhile you are refreshed and recharged, from the cosmic battery through the medulla. In practice too same process is repeated but you remain conscious throughout the practice, you are elevated to super conscious state. During sleep various stages are felt. They are Nidra (Semi Waking Stage) - Swapna (Dream Stage) - Susupti (Deep Sleep) Turiya. In deep sleep stage you remain for less than 2 hours. Rest of the time you are in dream stage or semi waking stage. Turiya is a stage not experienced in sleep Turiya is experienced in super conscious (Ananda) bliss stage experienced during the pinacie of “Pranayama”. Reactivization, regeneration, revitalization is done only in deep sleep (Susupti) on further deeper stages only. Half an hour deep Soham is equal to slightly more than 8 hours deep sleep.

Meditation

Modern psychology divides humanity into two main groups. Introvert or contemplative and extrovert or active. Yogic psychology too recognizes these differences in peoples approach to life but since it aims at synthesis rather than analysis, it sees their gradual integration. To the yogi, the introvert is one whose attention is focused inwards to the soul, for whom formal meditation is attractive as a more scientific means for or deepening that contact. The extrovert is one whose contact with the material world is strong and vivid. But their contact with the soul is limited and often unconscious. Life after

life our souls create bodies and personalities through which both modes can be developed and perfected. The evolutionary aim is their ultimate integration i.e. synthesis of meditation with service practicing truth.

Meditation is an inner action by which one discovers the inner-space. It is the art of conscious single pointed application of 'will' and concentration for any length of time to know God. Thought is a powerful energy if it is directed and intensely reinforced by conscious intention. Meditation in its phases are Concentration, Reflection, Reception, Visualization and transmission. Aspirational prayer too at times is elevated to the lower stage of meditation. In Meditation the lowest center in action is heart or Dorsal-Plux whereas in prayer the highest center in action is Lumbar (solar) plux and there lies the glaring difference between prayer and meditation. During meditation your consciousness is lifted to superconscious state and ultimately to Union with God. In Meditation you lose your individuality and is filled with calmness, joy and bliss. Even an attempt at showers soothing effects on the mental and physical plane. For a yogi it is a lengthy and regular affair throughout his Sadhana.

Meditation of yoga is possible only after the mastery of Pranayama (control of life force) and pratyahara (withdrawal of sense perception) cessation of breath and heart and reversal of the flow of life force. Be still and know that you are God (Psal 46:10) (you can be still only by stilling the heart). Then yogi single pointedly apply the concentration and will to know God, that is listening to Pranava or Aum or Amen or the word inaction and ultimately unites with God. This advanced meditation is effectively applied only by an advanced seeker.

A beginner should meditate on God head or qualities of God or Aum for long time.

We could spend time better with God regulanty of meditation is the first step. Next is concentration. Finally we must be able to hold on to the presence of God even after the meditation and even whole engaged in our worldly duties. Resist negativism and cultivate right attitude. Do your duties to please God and Crave the love divine. No one gets contentment, because we try to appease our craving for love through material pleasures and possession and unfortunately the mission link in our life being God or paraamba or paraalaitha.

Cry into the night with such longing and hunger for God that God must respond. Be positive and cheerful. Cultivate the soul qualities of optimism and joy. Try to live in and by faith so that we will be filled with faith. Always depend on God surrender our will and self to the will of God. We must learn absolute Surrender to God.

God is calmness and silence. Remember to seek God in the caves of silence and calmness with love and devotion. The sure Path of enlightenment is the path of meditation.

Before Meditation prepare the mind fitting abode for the God.

Contact with God is filled with treasures and powers. Do not beg anything from God. Demand as your birth right.

Yogic meditation reduces the nervous tension and soothes the brain. Meditation is the vehicle by which you cross samsara and attain Mukthi by dissolving mind in the self.

Mind has three parts - subconscious, conscious and super-conscious. Subconscious is the Recorder of our past experience either of the birth or of all past births. Subconscious a very powerful. Conscious mind is the active mind in the waking stage. Higher-Super conscious mind is part of the real over self. Intution is of this mind. The position of eye too has direct connection to the mind in action. When the gaze is upturned superconscious mind comes into the

picture where when it is on level the conscious mind in the director. In an ordinary human-being superconscious the all powerful over self is forced to remain in the back seat. Meditation is the scientific method by which one can freely enter into the three parts of mind. By meditation you master your mind. As you advance in the path you must be able to change consciousness as easily as you change the gear of your car that is instantly done and at will you must be able to penetrate into subconscious, superconscious and return to the conscious mind with minimum effort.

Remove all tensions and calm the mind. After meditation remain in the posture enjoying the calmness and joy for at least ten minutes with double concentration-Anja-Heart for development of intuition. Inhale, retain and exhale all the while - keeping the ratio 1:1:1, do this breathing for three to five minutes before meditation. It will calm your mind and release body of tension, breath awareness is best technique. Don't forget meditation is not mentation and that is part of Dharana.

Tech. No.1

Concentrate with gaze on the dot on the wall without winking all the while the mind placed at heart center for 5 minutes.

Tech. No.2

Watch the flow of incoming and outgoing breath. Very effective for developing concentration. It can be practiced by lying on a blanket, with closed eyes and relaxed body. During the exercise if the concentration is lost as soon as you realize it every time bring back the concentration to the object of concentration. Gradually you will master the art and the faculty will be developed to the optimum.

During this practice be a silent witness a spectator. Do not force the natural flow of breath or the heart beat.

Practice Meditation on many different subjects such as Virtue, energy, quality or an idea, a phrase, a problem, a symbol and ultimately the self. Visualize your relationships in a ring of golden threads through which light and love flow freely.

Tech. No.3

Imagine a closed flower bud. See the stem and the green leaves visualize it. Imagine it opening very slowly, revealing more and more petals gradually. As it opens in beauty with colour and the soft texture of the petals. Feel it imagine the rich fragrance of the flower. Now concentrate simultaneously on their beautiful colour and the fragrance.

If done with intention and concentration it will awaken the inner qualities.

Tech. No.4

Visualize a symbol on a great master such as Budha, Krishna or Jesus or a Prophet or a Golden Sun radiating it's light in all direction.

Think of the value, principle & meaning. Think how it could be implemented, transplanted in ourself and in the world. Then radiate them.

Tech. No.5

Visualize and see a Golden spherical light at the point of concentration. Visualize and feel it. Then see a blue globe inside the golden sphere. Visualize and feel it. Then at the heart of it blue sphere see and feel and visualize a pentagonal silver star.

If you see any light at the point of concentration try to unite with it, feel that you and the light are one. This technique is used for the easy and quick opening of the SPIRITUAL EYE.

Tech. No.6

Meditate on the idea that your mind is the sum total of all human minds, your heart is the aggregate of all hearts. Your life accumulated life of all creates, your love the sum of all the love all beings. Feel this is practiced for COSMIC EXPANSION.

Tech. No.7

Keep the mind positively blank for a minute. Then feel and Visualize the physical creation, it's activities and it's connection with God & starting from you, your house, village, state, universe the vegetable kingdom, animal kingdom, the bad kingdom of the Air, fish Kingdom of the sea and the solar system of the milky way. Visualize and feel them. Feel the creation, who created them all and you being one, as you are part of Goddess they too are.

The repeat the process but this time feel and visualize that everything is created of light as God too is nothing but sun total of life.

Then the process must be repeated with feeling and vision that everything actually exists only in the thought plane really nothing exists. It is all a drama and in reality only God exists and you are part of God. If practiced properly it will take about 20-25 minutes to complete the process.

Then remain in the posture for 5-10 minutes with devotion and love and joy and then meditate on the word or God head.

Tech. No.8

Visualise a hollow tube of light from the brain center to medulla. Visualise the medulla in connected to the spiritual eye in the forehead by a curved tube of Light and again is connected to the thousand petalled lotus in the brain by a hollow tube. Now go up and down

through this tube of light by changing Om or concerned Pranava while reaching the flux centers.

Self Healing

Sadhana is spiritual healing or **self healing** - Elemental balancing is real healing. Humanbeing a constituent of elements. Earth, Water, Fire, Air are the four concrete elements and Ether more subtle constitute the physical body where as Thought- Psychon-Soundon and Lighton are parts of astral body-soul body and part of spiritual body. Humanbeing has three bodies - physical, mental and spiritual bodies. Imbalance in subtle bodies causes imbalance in physical body too. Disease starts not in mental body (Astral) but a step behind in spiritual body an encasement of the individualized speck of life which ultimately manifest in your physical body after many years. The root cause has to be plucked off in its infancy itself - you and your life violating Nature's laws causes disease. Sadhana's main object itself is nothing but to mould healthy spiritual, mental and physical bodies. Sadhana is drugless treatment in the hands of spiritual scientist-sadhakas-seekers of eternal Truth. Parasakthi-kriya is a sound spiritual evolution quickening science. Here you are utilizing the spiritual energy used by **supreme steller Goddess Devi Para or Farah or Stella Mary or Isis** (ref: Helana P.Blovasky's 'Is-is Unveil' - Goddess isis=is-is or Am-Am=Eternal Now) - Her energy or Shakthi is Para-shakthi Eternal Devi Pare is the first creation or reflection of the creator-svayambhu and she is his only daughter (son) and is Svayambhu itself or the others side of the same coin and is the supreme Deity and head of the spiritual Hierarchy and she is the creator sustainer and destructor of mega stellar systems - Milky ways. When you utilize Devi Para's step downed Devic energy for healing you may become a miracle healer if ever you can tune in with Her Devic energy, none can invoke Her

but can plead and out of compassion she may act, if you are a devotee in it's true sense then on your right itself if you are a spiritual giant. **So practice Truth learn to live in Eternal. Now, moment to moment** deeply rooted in Devi Parae.

Healing Technique

Close your eyes and imaging your limbs become heavy, don't go to sleep. Remain fully conscious. This state is called Alpha stage.

Once you attained this stage you should whilst in this state and make it a habit to associate things i.e. associate a less prominent with more prominent event. In this way less important events are remembered because of their connection with prominent events. If you continue it for a length of time, memory power becomes automatic-whether it is a text book, a movie or events.

The power of five senses are extremely limited. Un heard by the most people. Whole universe is sending forth music the sound of 'Aum' or the Holy comforter emanating from all creation. "They seeing see not, and hearing hear not, neither do they understand". Thus Jesus referred to the limitness of the nature of sense perception. Cultivate the power of mind. When you develop spiritually your sense perceptions too will increase infinitely. Even the vibrations thoughts may be seen by you. You may read even other's thoughts. But it would not influence your attitude to them, as you understand them, don't judge them, as God knowing all thoughts good and bad; yet he loves all his children, when you are balanced, calm and at peace within, you love every one. Evil thoughts of others should not disturb you.

Yogic Cleansing Technique

A yogic higher mental method for cleaning or to tune the different sheaths.

Relax Visualize you -your soul - and the Mastor forming a triangle. Call down a stream of pure white light and pour it through the bodies and clean all obstacles or fear or emotion.

(Then link with the ego and reason out and call the light of intuition and guidance-in the case of materialized obstructions in the path due to realized fear).

After the last stage link up with Masters or Avatars. Then send a violet light through the link up and all through the bodies.

The Nature of Time

Time a strange phenomenon, space, time and cause and effect are all closely related to mental ability. Interval between two thoughts is time. Gap between cause and effect is time or space. Mind is the mother of all actions. Before you act you think of it, past experiences stored in the memory of the mind is behind your instinctive action also. So cause and effect is caused by the mind itself. Each one shapes time to suit his own mind. But in this world it is difficult to live without time. There is time to sow, to grow to reap and to die, well, this is chronological. But there is psychological time Time is an eternal flow. Time is an imagination, it is the interval between what is and what will be. The beginning moving towards the end is time. In reality is there an interval or space between cause and effect. **Today is created by the yesterday and the tomorrow is created by today.** It is nothing but a continuous movement or flow.

Time is relative. It has no existence of its own. An husband anxiously waiting before the labour room will feel that the time is moving slow. Another man enjoying a fine movie will not even notice the passing of time. In a short dream one experiences events of many years. **Time is relative depending upon the state of mind, time either drags or flashes off.**

Knowledge and Experience

Knowledge is the continuation of time as it is nothing but experience. Time is continuation of experience as memory. Time is a continuous action. Time is continuation is nothing but a guess, guess is nothing but ignorance. Experience is of the mind. Mind is the canvas where time exists. Mind is the past as thought exists always in the past. Knowledge is too of the past and knowledge has existence only in connection with time, experience too is always of the past. Past in connection with present is moving towards the future and within a short while future becomes past. These are all nothing but mental activity or thought. Thought cannot know the timeless. It is a state of existence where there is no thought and time (So reflective meditation cannot lead one to ultimate Realization).

Life becomes worth while only when this thoughtlessness is attained. There ends knowledge and wisdom or intuition descends. Intuition is of beyond time and space, life under time is misery and when life transcends time which is timelessness-there one merges in eternal Bliss or 'Ananthananda'

"There should be time no longer" - (Rev: 10:6)

Living in the past is a failure method and a violation of spiritual law. Jesus said "Behold, now is the accepted time. Now is the day of salvation" i.e. **Now is eternal presence**. Lot's wife looked back and was turned into a pillar of salt. The thieves of time are the past and the future. Man should bless the past and forget it, if it keeps him in bondage and bless the future knowing it has in store for him endless joys, **but live fully in the Now-the eternal presence**.

There is a higher law than the law of cause and effect, that is the law of Grace or forgiveness. That is the law which frees man from the law of cause and effect or the law of consequence "under

grace and not under law". **On this plan man reaps what he has not sown. The gifts of God are simply poured upon him.** "All that the divine Kingdom affords is his". This stage of bliss awaits the man who has overcome the material thought world (Time, mind and space).

Even death could be overcome by stamping the sub-conscious mind with the conviction of eternal Youth and eternal life. The subconscious being simply power without direction, carries all orders. When working under the direction of the super consciousness (God within-Krishnatva) then the resurrection of the body will be accomplished.

Past is gone. Present is here future is not yet. Past is no more and is on existent. **Present is the only reality.** Past and future are the creations of the mind. When the mind is stilled there is no past or future but eternal now or the eternal presence.

Mind is closely connected with breath when the mind is stilled breath too is stilled and when the breath is stilled the mind too is stilled. The one merges in "Bliss" or "Ananda Ananda". This is the External Present tense.

"I AM THAT I AM - Eternal Now - Goddess 'Is-is' or Paramba.

Be still and know that I am God.

* * *

CONCLUDE

“Deho devalaya: Prokto Jivo deva SanaTana”

- Uttara Gita 4-27

The Sanatana Jiva that resides in the body is God.

One should get rid of ignorance and realize I am that with the aid of Sadhana. The body is nourished with Food and Life-Force. Even though the body is temporary it helps one to realize the Universal Spirit.

So our body is the temple and the indweller is God. So that this book is useful to elders as well as youngstars. Temple structure is a great science. All God structures are symbolic. Gayatri, Kundalini, Prana Shakti, Vagus Nerve all are same. Granapati face showing importance of Pranyama and Head showing importance of human brain.

Human beings who study this book must deeply contemplate and understand the happenings taking place internally as externally. You will find answers to the questions such as who am I, what is called as God Almighty, what are the duties of the divine Dieties are and how a man can rise as a star.

Human life will be in existence until the Soul atom resides in the body. Planets, the Sun exists outside. The brain receives its fuel from the Soul atom residing with it. Similarly, the Sun supplies its energy to all the other planets.

If the functions of the brain are studied in depth, it can be understood that all human beings are equal. The Soul atom present in a man and a woman is the same.

The change in the structure of the human body differentiates one person from another. But the Soul atom is the same for all and the brain in its home for everyone. If this book is studied with complete awareness, every gland in the brain and the body will begin to converse with you.

This book carries a lot of information unknown to man kind. It is my wish that a large section of the world's population study and benefit from it, to understand the true purpose of human life on this planet.

May the grace of Mahavtar Babaji, Agastya Bhagavan and Himalayan Masters grace be with you to liberate from the never ending cycle of birth and death.

Finally, my salutations to the Souls living in the human form!

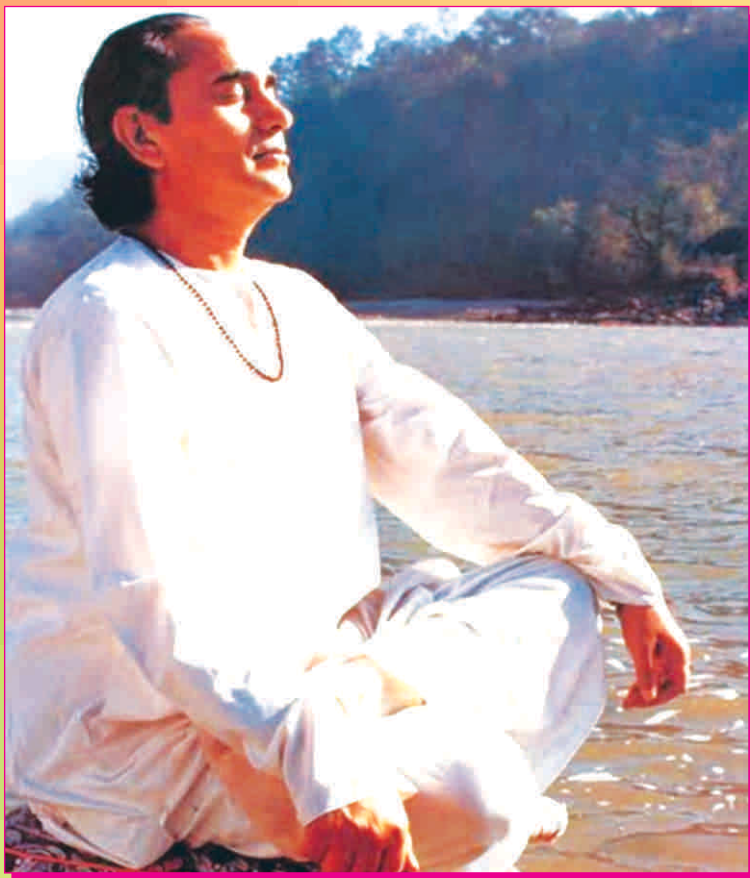
My Padabhi Vandanamulu to Himalayan Masters.

- by

Adury Udaya Bhaskar

(Kriya Yogi)

* * *



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