

BASIC COURSE BOOK



One God, One World, One Family

Magic Diamond of Group

Spiritual Enlightenment in Scientific Way

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Let's pause for few moments and ponder over the question - **What do you really wish in life?**

Obviously, the most basic wishes that you arrive at would be:

- * Love, care & trust
- * joy
- * peace
- * holistic health & well-being
- * personal independence & freedom
- * inner powers - power to face, power to discern, power to judge, power to tolerate, power to adjust, power to cooperate, etc.
- * good relations with all including relatives, friends, neighbours & colleagues
- * clarity, direction and sense of purpose in life
- * self-realization

You can clearly see that needs such as professional and financial security can be correlated with some of the most basic underlying needs mentioned above.

You will agree that most of life's challenges and problems are there because the above needs are not being fulfilled.

The offered course would enable us to get answers to following pivotal questions:

- Is it possible to free myself from all fears? And if so, how?
- What are the universal laws governing my life, if any?
- How can I raise my self-esteem and enjoy true freedom?
- Is there a method to overcome my challenges/problems, all by myself?
- What's the knowledge about the functioning of ourselves, nature and this entire universe?
Can we access this wisdom?
- Does God exist? What is the real meaning of God-realization?

Science of Spirituality & Spirituality of Science

At a superficial level, the two streams of knowledge – Science & Spirituality may appear to be contradicting -

***Science** involves systematic study, based on evidence and is driven by reasoning and logic.*

*Whereas, **Spirituality** involves the study of metaphysical energies, based on realization and is driven by faith.*

However, science and spirituality are two sides of the same coin. Both the streams aim to find the ultimate truths so as to improve human living. Thus, the integration of modern science and ancient spirituality will enable us to widen the scope of knowledge and to give it a new dimension. Thus, the present course book is an attempt in this direction.



Magic Diamond is a Research Group of Science and Spiritual Scholars, doing comprehensive research on Human consciousness, Supreme consciousness, Aether element, Wheel of Life, Universal Laws and Structure & Function of Universe. The aim of this foundation is to bring about spiritual enlightenment in a scientific way that would enable to answer all the mysteries of life and to emerge the divine qualities within us for establishing Godly New World Order based on virtues and morals.



Everything from 'I' (Self) to every entity in the universe to the Supreme being (God) is nothing but energy. The secret is that whatever I have in life right from the body, food, clothing, house, vehicles, relations, society, country to the universe is because my energy is matching with the energy each possesses. So, what is coming in my life or what is going away from my life is as per my energy level. Due to some reason, if my energy level depletes then all the good things which match with original/ higher energy level start to move far away from me and vice versa i.e. if my energy level increases then all the good things which match with final/ higher energy level begin to move towards me. So, let us learn to explore this secret – the real art of living a blissful life by knowing how to enhance our energy and thus attract all things that will give us tremendous unlimited happiness.



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Basic Course Lesson 1: Journey Towards True Self

“Discovering True Self is the Gateway to Enlightenment”

1.1. Introduction of Self – Who am I?

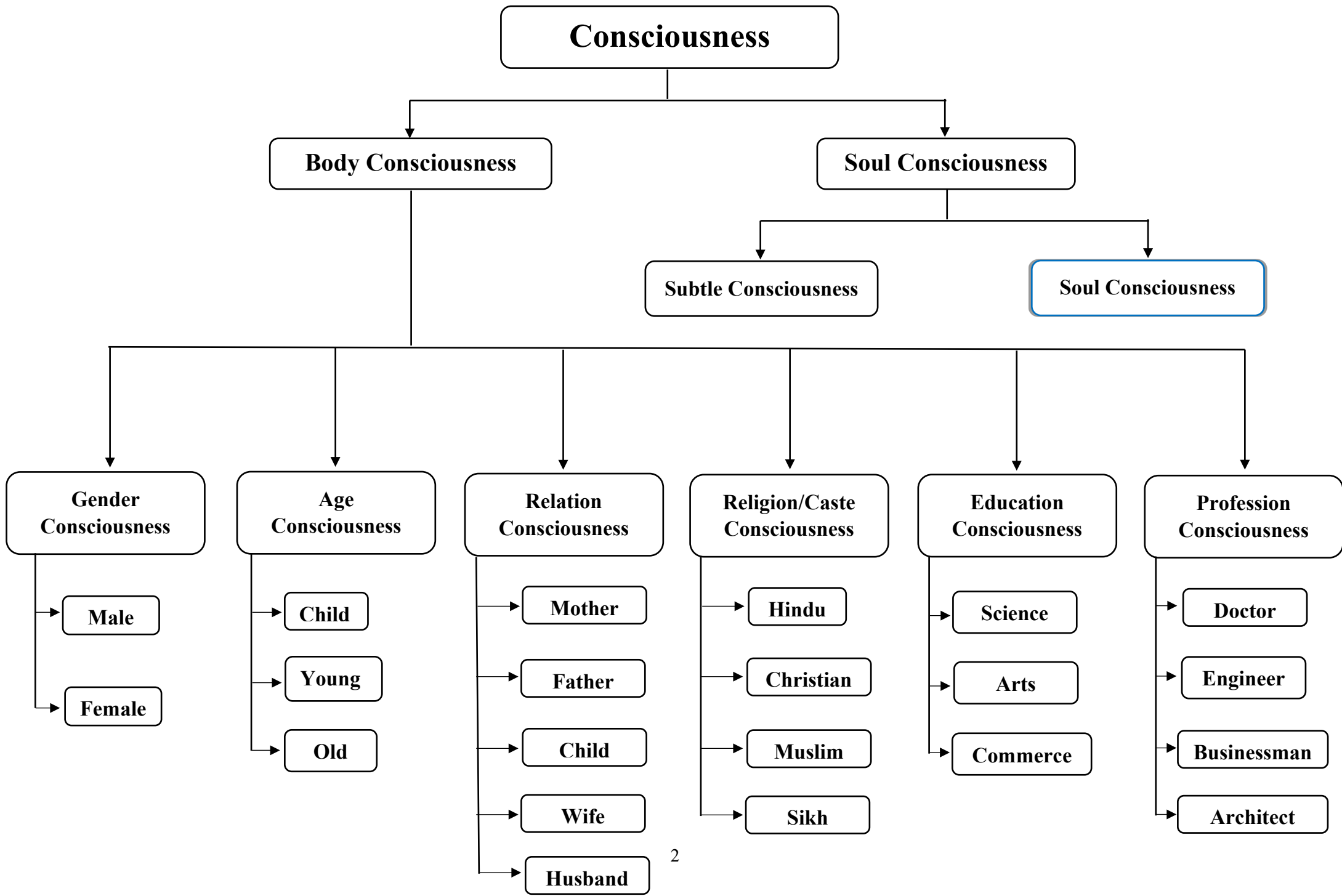


- Today, everybody in the world wishes to live a happy and contented life. Every person intuitively knows that he got this life only for experiencing bliss and happiness. However, the most vital and interesting question is – who is it that actually desires all this happiness?
“I want!” means exactly who wants?
- When I look into a mirror, what am I looking at? Is that me?
I say, ‘My head,’ ‘My feet,’ ‘My body,’. I don’t say, ‘I the head,’ ‘I the body,’...
So, this signifies that there is some ‘I’ which is different from the body and it is the one that owns the entire body.
Keeping aside all that we say as “mine”, I am left with only the owner – “I”.
This “I” is precisely what needs to be realized and this is Self Realization.
- When I introduce myself to others, how do I let them know who I am?
I may start with my name, gender, age, occupation, family, religion etc. However, the physical body and all the associated labels are subject to change with time.
Ask yourself – Is there a still deeper aspect to my identity that is unaffected by the world around me?

What happens to your awareness of self during your interactions with different people in your daily life? Have you ever noticed - whether it remains the same or keeps changing?

What are different kinds of consciousness (self-awareness) that we usually have?

Let's have a look.



- **Is it only now that we are experiencing a kind of identity-crisis? Or has this been explored earlier too?**

Many great saints and sages have written scriptures (and spiritual books) and have conducted many spiritual discourses to solve the Mystery of Who I Am? However, because of not getting a clear simple answer to the question, we kept on creating new identities of ourselves, consequently going farther away from our true Self.

- **Has Science or other streams of knowledge explored the question of our true identity?**

Yes, this mystery has also eluded scientists, philosophers, great thinkers and many other intellectuals. As humans, at any point in time, we experience thoughts, feelings, emotions, creativity, intuition and make judgments. All of these have collectively been termed as *consciousness*. Conventional Science used to suggest that brain produced *consciousness*. This view point hasn't been working out very well. Now many scientists are beginning to ponder that the source of consciousness is beyond matter. In the field of science, in order to understand human consciousness, many theories have been put forth and immense research has been carried out. However, *still many core questions related to consciousness remain unanswered.*

- **Is there any practical evidence which suggests that I am not this body?**

We hear about numerous incidents of OBE (Out of Body Experience), NDE (Near Death Experience) and PLR (Past Life Regression). If I am a physical being, a physical body, how can these phenomena be explained?

Certainly, there is a metaphysical being who lives beyond physical body. This is real me - an eternal, metaphysical being.

- **What is my true identity?**

In today's world, majority of the people consider themselves as their body which is made up of 5 elements, little does man realize the truth that in the body made up of matter dwells a sentient and immortal entity, the eternal spark of life and light called the soul. ***In reality, we are not this mortal physical body but a point of metaphysical light energy i.e. Consciousness Quantum Spiritual Energy (CQSE) or soul (Aatma), which is very subtle and immortal and cannot be seen with these eyes or even by a microscope.***

- **Can you explain the soul-body functioning briefly through a simple day-to-day example?**

Sure. Just as a person who speaks through a phone is an entity different from that of the telephone – he himself being a living person who has the characteristics of feeling, thinking, willing and making effort.

Similarly, the Soul in the body which uses the word “I” is different from the body which has eyes, ears, nose etc as its components. I am not the eyes, the ears or the mouth but I see with my eyes, speak through the mouth, hear with the ears and am their master. I have got the

physical body to do actions and to experience the result of my actions. I am the doer and the one who experiences. When I the soul leaves a body, it is known as death and when I the soul enters a new body, it is known as birth.



Different terms for Soul are Aatma/Spirit/Consciousness Quantum Spiritual Energy (CQSE)/Life Force/Conscious Energy/Being/Observer.

1.2. Location of Soul - Where am I Located?

Now that I have understood myself to be a metaphysical entity (soul), next obvious question to address is: **where am I seated in the body?** In my heart? In the naval region? In the brain? Or in the spinal cord?

Let's try to find out the answer.

▪ Do our spiritual and cultural practices provide any clue regarding this?

The laying of hands on the forehead is symbolic of awakening the mental faculties of the person being touched. Faith healers are able to hypnotize and awaken merely by touching the forehead. In religious practices the significance lies in the giver being of a more enlightened state and transferring this enlightenment to the receiver.

In *Hinduism*, this means to awaken the Third Eye and in *Kabbalism* to awaken the Eye of Horus. Many Asian cultures adorn themselves with jewellery and bindi exactly where the Third Eye is understood to be. This signifies a married/unmarried state and a commitment. Also, Tilak (a mark) is applied at the forehead after worshipping in Hindu tradition.

In *Catholicism*, the laying of hands on the forehead signifies that the Holy Spirit is present and communal worship carried out.

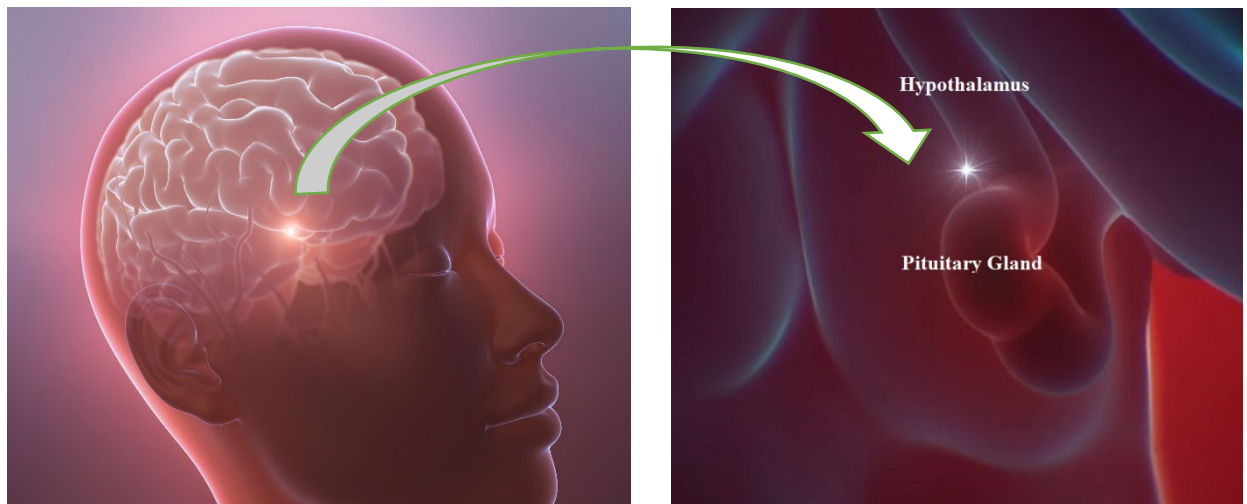
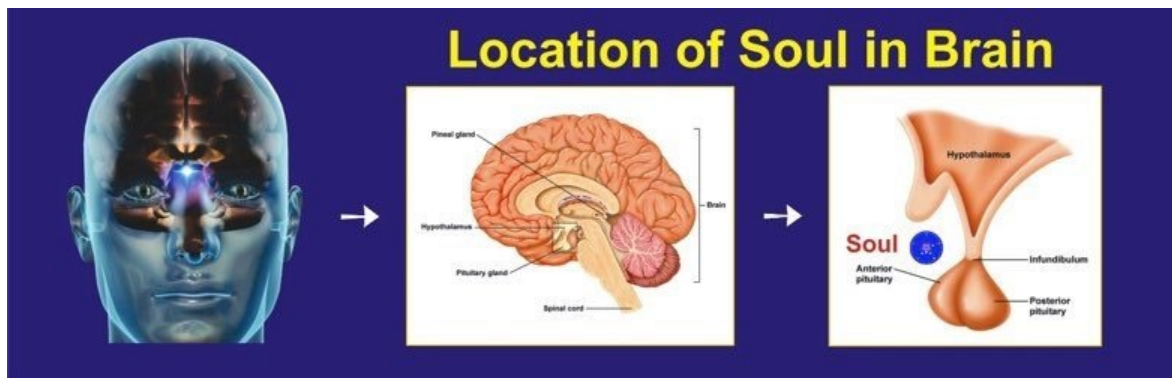
In terms of *Chakras* (Energy centres) of the subtle body, the third eye (*ajya*) chakra and the crown (*sahasrar*) chakra are associated with higher consciousness. Both of these energy centres are located near brain.

- **What does scientific research suggest about location of consciousness in a human body?**

Scientists have been carrying out extensive research in the brain to locate the seat of consciousness. Though they haven't been able to pin-point the exact location of soul (conscious being) inside the brain, their search is on.

If we liken soul in a body to driver in a car, we observe that the driver sits at the seat where the control system (steering wheel, brake, etc.) is located. Based on this analogy, we may infer that the soul resides in the brain where the body's control system is located.

In reality, the soul is located in the centre of the brain, between the Hypothalamus and the Pituitary gland and it is from here, that it operates the body and performs every action.



Soul is located between Hypothalamus and Pituitary Gland

1.3. Sacred Geometrical Structure of Soul – What am I made up of?

We need certain basic things because we are made up them. For eg, we need water in order to quench our thirst because our physical body is made up large percentage of water. Similarly, I the soul is made up of love, joy, peace etc. and that is the reason why today everyone is in search of it. Thus, I the soul am made up of 16 basic virtues and powers.

Just as eyes, nose, ears, mouth, hands and legs are bodily organs for performing actions, these basic virtues and powers are soul's organs, crucial for its functioning.

The divine sacred geometry of the soul is represented by a 'Pentagonal Star' comprising of 16 energy points as given chart below.

▪ **What do the 16 energy points of soul represent?**

❖ 3 Points act as soul's operating system:

- * **Mind (Conscious Mind):** The Mind defines all thoughts and actions within our awareness.
- * **Intellect (Subconscious Mind):** The Intellect is also called as the all-knowing mind because within it are archived memories of all past births and based on the deeds of our past lives, our present and future life are determined.
- * **Impression (Unconscious Mind):** The Impression stores within itself all past experiences, habits and resolves.

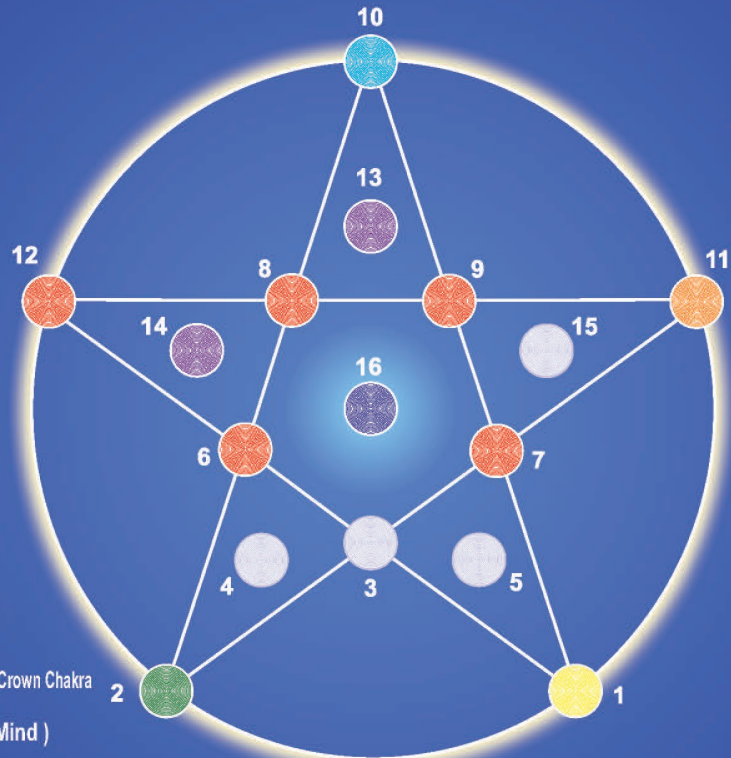
The soul creates consciousness through the operating system of Mind, Intellect and Impressions.

❖ Remaining 13 energy points represent basic virtues, divine powers, special qualities and nature's elements.

Each of these aether energy points has a unique energy color code and has been numbered (for reference).

SACRED GEOMETRY OF SOUL

- 1 Joy** (Fire Element) Solar Plexus Chakra
- 2 Love** (Air Element) Heart Chakra
- 3 Determination**
- 4 Politeness**
- 5 Introvertness & Power of Truth**
- 6 Power to Face**
- 7 Power to Discriminate**
- 8 Power to Co-operate**
- 9 Power to Tolerate**
- 10 Peace** (Sky Element) Throat Chakra
- 11 Purity** (Water Element) Sacral Chakra
- 12 Power** (Earth Element) Root Chakra
- 13 Bliss** - (Power to Pack up, Satisfaction, Angelic State) Crown Chakra
- 14 Mind** - Power to Withdraw (Conscious Mind)
- 15 Impressions** - Power to Adjust (Unconscious Mind)
- 16 Intellect** - Knowledge, Aether Element, Power to Decide, (Subconscious Mind) Third Eye Chakra



Soul's 16 Energy Point

Category of Energy Points	Name of Energy Points	Number	Energy Color Code
3 Main Faculties/Operating System	Mind	14	Violet
	Intellect	16	Indigo
	Impression	15	White
7 Basic Virtues	Peace	10	Sky Blue
	Purity	11	Orange
	Joy	1	Yellow
	Love	2	Green
	Power	12	Red
	Bliss	13	Violet
	Knowledge	16	Indigo
8 Powers	Power to Discriminate	7	Red
	Power to Co-operate	8	Red
	Power to Tolerate	9	Red
	Power to Pack-up	13	Red
	Power to Withdraw	14	Red
	Power to Adjust	15	Red
	Power to Decide	16	Red
3 Special Qualities	Determination	3	White
	Humility	4	White
	Introvertness (Power of Truth)	5	White
3 Mind	Conscious mind	14	Violet
	Subconscious mind	16	Indigo
	Umconscious mind	15	White
6 elements of nature governed by 6 energies of the soul	Sky	10	Sky Blue
	Air	2	Green
	Fire	1	Yellow
	Water	11	Orange
	Earth	12	Red
	Aether	16	Indigo
7 Chakras	Root Chakra	12	Red
	Sacral Chakra	11	Orange
	Solar Plexus Chakra	1	Yellow
	Heart Chakra	2	Green
	Throat Chakra	10	Sky Blue
	Third Eye Chakra	16	Indigo
	Crown Chakra	13	Violet

Is there any correlation among soul's virtues, vices, chakras, senses and the elements?

Yes, as given in the following table.

Correlation of Virtues, Elements, Chakra, Senses and Vices

Virtues	Elements	Chakra	Senses	Vices
Power	Earth	Root Chakra	Skin	Lust
Purity	Water	Sacral Chakra	Mouth	Anger
Joy	Fire	Solar Plexus Chakra	Eyes	Greed
Love	Air	Heart Chakra	Nose	Attachment
Peace	Sky	Throat Chakra	Ears	Ego

1.4. Interaction of Soul and Body – How do I Function?

Having understood my real identity as a conscient being, a conscious observer (soul), now let's look at my functioning. I the soul am incorporeal (metaphysical) whereas my body is physical. **How do I operate my body and perform various functions through it?**

- **Body = Robot**
- **Brain = Supercomputer**
- **Soul = Programmer**

The Soul gives power to trillions of cells of our body with subtle energy centers. Soul gives program to DNA via *morphogenetic field* to build organs of body. Also, it carries information for next birth of Human body. The energy from the soul travels to the physical body via subtle body.



The subtle body is an aetheric body that consists of -

- NADIS: Ida – Pingla – Sushmna & Many Subtle Nadis,
- CHAKRAS,
- KUNDALINI &
- 5 SUBTLE SHEATHS/KOSHAS
- All of these are connected to the soul's 16 energies.

The three main Nadis - Ida, Pingla and Sushumna carry energy from the soul to the 13 Chakras (7 major chakras and 6 minor chakras). From these chakras many other nadis carry energy to the rest of the body.

This entire process of energy transfer from soul to the subtle body and then to physical body happens in a very small fraction of a second. The time lag is so short that it's not at all detectable. It's as instantaneous as pressing a key on a computer keyboard and seeing the effect on the computer screen.

- On completion of an act by the physical body, nadis carry the return energy from the body to the mind. The mind creates feelings or emotions over it, such as love, joy or fear, etc. After a couple of repetitions, it becomes a habit and gets stored in the Impression. In this way, the soul drives the physical body on an energy level.
- In this manner the soul regulates the subtle and physical body. An increase or decrease in the energy of virtues and powers impacts the nadis... chakras... sheaths... subtle body... physical body and as a result of which physical... mental... financial... familial... and societal changes occur in our lives.

1.5. Benefits of Knowing Self – What difference will it make in my Life?



In the world, there is a lot of importance given to the belief that the consciousness with which you are living influences the world as well as your life and accordingly happiness and sadness come into your life. There are 2 types of consciousness, one is body consciousness and other is soul consciousness.

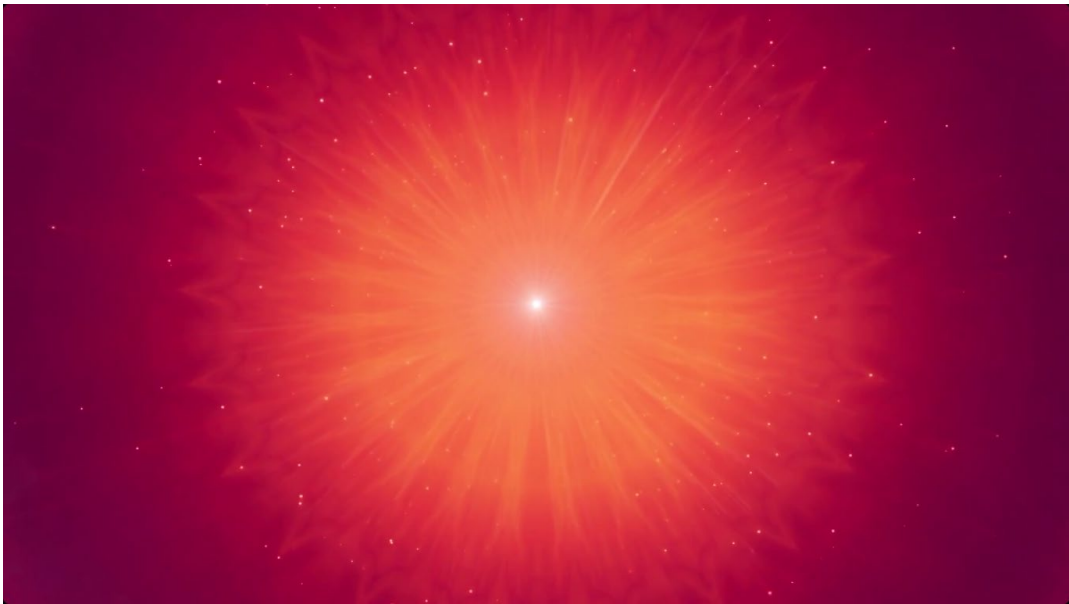
Body consciousness means considering yourself to be *prakruti* (nature's 5 elements). Due to considering yourself to be nature, you start experiencing all the sadness related to nature and your life gets filled with sadness. In contrast to this, if you come into your true form, that is you are a conscient soul and always be in this state, then you will always be bestowed with bliss in life.

Our entire life we have had questions and fears for which we have not found any satisfactory answers. The wise scientists and sages in history have always hinted that all answers lie within us. With the knowledge of the self we can access this great wisdom and change our life.



- **Free ourselves from all fears** – The biggest fear that has gripped most of the human race is the fear of death. The knowledge of the self makes me realize that I am indeed an eternal, immortal being. Death in reality is when I the immortal soul leave this body. I only change bodies, the body dies but I keep on living. This knowledge also relieves the self from other unexplained fears like the fear of water or heights etc. The reason behind these phobias is that the soul carries the impressions of events of the previous births in it. The bigger the event and bigger the emotional state during that event it will have a deeper impression on the soul. If for example, in some birth I had drowned and experienced great fear at that time, then in this birth I may experience fear of water bodies. This understanding helps me overcome all fears in life.
- **I now know the answer for “Why me?”** – The soul carries with it the good and bad karma of past lives. Every action is like a seed sown and the fruit of that plant will be given to me in time. However, the fruit may not necessarily be in this same birth but may come to me in another birth as well. Everything that we are facing today in our life is only the fruit of our own actions. This clarity helps me deal with my situation and makes me realize the importance of making good actions today.
- **Accept myself and others whole heartedly** – The nature that I have today has been developed over births. This clarity helps me understand and accept myself better. I now understand that actions when done over a period of time become my habits and habits that I have for a long period of time become my nature. This makes me realize that I have the power to change myself. Just like I have had a special unique journey over many births, in the same way all souls have had their own unique journey which has shaped their nature. This helps me accept others for who they are and live in harmony with them.
- **No more living in labels** – We have lived with many labels that either others have given to us or we have given to ourselves like “you are unworthy of my love” “You are not intelligent” “I am not good enough” etc. With the knowledge of the self I realize that originally, I am a perfect being full of virtues and powers and therefore no longer need to live in labels. The more I connect and establish a relation with my real self I will be able to access and revive my original qualities and powers. I no longer will seek for happiness and love from others but will instead be an embodiment of these virtues and give them to others.

Basic Course Lesson 2: Knowing Supreme Soul (GOD)



*Supreme Soul/ Supreme Consciousness Energy/Universal Energy/Universal
Consciousness/ God/ Unified Field*

2.1. Introduction: Why should we know God?

- The mystery about God has lingered for centuries. Some people debunk all notions of God. However, all the major pillars of our society, such as science, religion, spirituality, philosophy, art etc. have acknowledged the existence of God in some way or another. If not by the name of God per se then in varied other forms, such as guidance or intuition or strength received in the time of crisis or as superlative thinking or consciousness which gave birth to various discoveries and inventions.
- Since ages man has used various ways and means to know and understand God in true form. But have we been completely successful in that effort? Most importantly, why man wants to know God? What difference will that make in his life?
- Many theoretical physicists believed that underlying multiplicity of universe there is a unified description of nature i.e. Unified field from which entire universe is manifesting. The term Unified Field Theory was coined by Albert Einstein and he had spent around 35 years of his life on research of Unified field theory. The concept of Unified Field had been discussed by Greek Philosophers Plato, Aristotle and other scientists in previous centuries under the title of Theory of Everything (ToE) or Final Theory, Ultimate Theory or all-encompassing Master Theory. This Unified Field that has been immensely researched is nothing but the Supreme Consciousness Energy Field or God.

Let us explore the truth about the Divine entity by placing the Divine absolutely separate from and above the human game. This would allow seekers to take a fresh look at the 'God' factor.

2.2. Different saints and spiritual gurus' understanding about God

- What do holy saints, yogis and spiritual gurus say about God?

Adi Shankaracharya: "*Brabma Satyam Jagan Mithya*". Meaning: God alone is real (eternal), the world is unreal (ever changing).

Sant Kabir: "*Dukh Mein Sumiran Sab Kare, Sukh Mein Kare Na Koye, Jo Sukh Mein Simran Kare, Toh Dukh Kabe Ko Hoye*". Meaning: "During suffering, everyone prays to the Lord, but when experiencing happiness, we forget to thank God. If one were to pray to God even during the good times, can the bad times ever trouble one?"

Mother Teresa: "In the silence and purity of the heart, God speaks. If you face God in prayer and silence, God will speak to you."

Yogananda Paramhansa: "God is the Eternal Consciousness. God is love. He is Sat-Chit-Ananda — ever-existing, ever-conscious, ever-new Bliss. Every human being is seeking that kind of experience. Cultivate His acquaintance. It is possible to know God just as well as you know your dearest friend."

Sai Baba of Shirdi: "Everyone's God is One" (*sabka maalik ek*). All gods are one. There is no difference between a Hindu and a Muslim. Mosque and temple are the same.

Sadhu Vaswani: "I am so made as to rejoice in the many and behold the beauty of the One in the many. Hence my affinity to many religions. In all of them I see revelations of the One Spirit."

Meher Baba: "The happiness of God-realization is the Goal of all Creation. The happiness of God-realization is self-sustained, eternally fresh and unfailing, boundless and indescribable; and it is for this happiness that the world has sprung into existence."

Sri Chinmoy: "Love of God is the beginning of human wisdom. Surrender to God's Will is the flowering of divine wisdom."

Osho: "You realize God when you lose your 'I'. This is why I say that love itself is knowing God. God can only be known in love because in love the 'I' disappears. You will never find love where 'I' exists. Love is only there when 'I' is not."

Sadhguru Jaggi Vasudev (Founder, Isha Foundation): "The word 'Shiva' literally means 'that which is not.' 'That which is' is physical manifestation; 'that which is not' is that which is beyond the physical. "

Sri Prabhupada (Founder-acharya, ISKCON): "This human form of life is meant for developing love for God. When you love God, you love everyone and everything."

Sri Sri Ravi Shankar (Founder, Art of Living): " You are never outside God. There is nothing beyond the Divine. Even if you wish to, you cannot ever be outside or separate from God. That from which you are born, That in which you exist and sustain yourself, and That in which you ultimately dissolve back into is God."

Who is God in reality?

God is believed to be the Almighty (all-powerful), the Supreme, the All-knowing Creator, the All-loving, All-wise, Truth, Eternal and Blissful – one who is highest-on-high.

▪ **Who is the one possessing all these attributes whom we can call as God?**

The **spiritual gurus** possess wisdom, divine powers and special healing or blessing abilities. However, they attain these special powers through worshipping some deities / God or through following disciplines / guidelines set by their gurus or scriptures. **Can they be called as God?**

The **religion founding fathers** or preceptors or God's messengers certainly had wisdom, divine powers and special healing or blessing abilities. However, they made spiritual efforts before attaining the state of enlightenment. **Can we call them as God?**

Most **Hindu deities** (Shri Krishna, Shri Ram, Hanuman, Ganesh, ...) have been depicted as worshipping some higher deity or Incorporeal God. Similarly, female Hindu deities (Durga, Kali, Vaishno Devi, ...) are depicted as originating from Shiv (*Shiv Shaktis*). Also, there are many such deities. **Can there be so many Gods?**

The **subtle Trinity deities** –are remembered as deities responsible for creation, sustenance and destruction (rejuvenation) respectively. However, none of them alone have got full authority of carrying out these three divine acts. God must have the highest authority and powers all within Him alone. God – Generator, Operator, Destructor.

Let us now consider the **Incorporeal Supreme Being** with no body - physical or subtle of His own. He is remembered as *Par-Brahm* meaning One who is beyond physical or subtle existence.

As we have learnt in Lesson 1, I am not a physical or subtle body. I am an eternal, metaphysical being. So **how can my creator be a bodily being?** He too must be Incorporeal.

2.3. GOD Is One – Universal Light

Presently, varied beliefs exist about God. Due to this, people know and understand God in their own way. The real form of God has to be one that is universally accepted. As per different religions or faiths, following are the common beliefs about GOD –

- **HINDUISM** - “In the effulgent lotus of the heart dwells Brahma - the light of lights.” (Mundaka Upanishad). Also, GOD Shiv has been considered as insubstantial and worshipped in the form of Jyotirlingam or Pindi or *Shivlingam*, meaning a symbol of Shiv or symbol of light.
- **ISLAM** - “Allah is the light of the heavens and the earth.” (Holy Quran).
- **CHRISTIANITY** - “I have come into the world as light.” (Holy Bible). Jesus Christ has said and described God as '*light*'.
- **BUDDHISM** - “The Radiance of Buddha shines Ceaselessly.” (Dhammapada).
- **JUDAISM** - “The Lord is my light; whom shall I fear?” (Psalms).
- **SIKHISM** - “GOD, being Truth, is the light of all.” (Adi Granth).
- **TAOISM** - “Following the light, the sage takes care of all.” (Lao Tzu).
- **NATIVE AMERICAN FAITHS** - “The light of Wakan-Tanka is upon my people.” (Song of Kablaya).
- **AFRICAN FAITHS** - “GOD is sun beaming light everywhere.” (Tribal African).
- **BAHA'I** - “As the sun ripens the fruits of the earth, and gives life and warmth to all living beings, so shines the Sun of Truth on all souls, filling them with the fire of Divine love and understanding.”
- **BRAHMA KUMARIS** – “I am the immortal, changeless blissful point of light, dwelling eternally in the world of light” (Gyan Murli).



The Universal Light

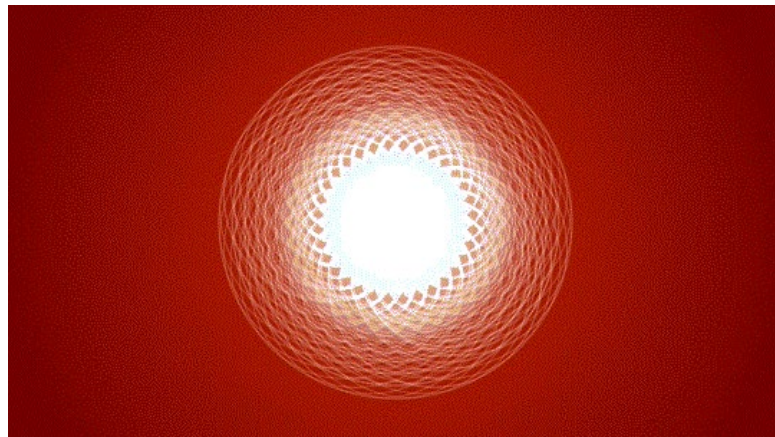
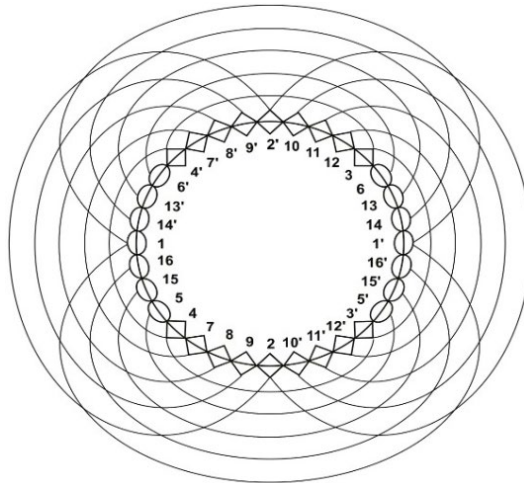
Thus, most religions and faiths consider GOD as 'The Universal Light'.

2.4. Divine Sacred Geometry of GOD – How does GOD look?

The Supreme Being of universe has Novel Divine Conscious Sacred Geometry with circle like geometry and having 32 energy points on its periphery (as shown in the following figure).

- **What do these energy points symbolize?**

Out of these 32 energy points, 18 are God's supreme functions and 14 are God's qualities. These energy points are the sources of unlimited and infinite energies governing universe.



Novel Divine Conscious Sacred Geometry

2.5. Supreme Qualities & Energies – What is GOD made up of?



Key Points about Supreme Conscious Energy:

God is energy. No belief system, no one religion can claim ownership of the Supreme Being, because that energy is not for holding, owning, controlling or capturing. It is an eternal almighty energy.

- God is independent of matter and all other souls; a separate and distinct entity.
- God is a Being, a point of light - that never was and never will be a human being.
- God is gender-neutral - or in fact, male and female in one.
- God is ocean of all virtues. Virtues flow from this Source of all Virtue – the Supreme Energy. Being in the 'company' of this Supreme Energy allows you to bathe in an ocean of virtues and find solutions to life's questions.
- Sometimes the Supreme Soul is referred to as the Parent of all souls. This means everyone is aligned to, and can link with, this Source. You are free to have a connection with the Supreme as and when you wish. There are no fixed rules of dialogue - just an open, willing, true heart.
- God simply encourages you to 'link' your mind to that point of spiritual power. The simple method asks you to 'remember' and allow space and time for that Being to guide you, if that is what you want. That's all. Once you 'link', you will experience a beam of energy entering your being, seemingly coming from an unending reservoir of peace, love, happiness, courage, bliss and more.

- **Supreme Qualities of God:**

Each of the 32 energy points of God has its unique importance. Given below are the 32 Qualities of God which are linked with 32 energy points.

1. **(1) Ocean of Love** (Pyar ka Sagar): God's love is unconditional and unlimited. His love showers on the whole creation equally.
2. **(1') Bestower of Peace** (Shanti ke Data): God calms our mind and soothes our heart, thereby making us experience true peace.
3. **(2) Truth, the Sentient Being, the Embodiment of Bliss** (Sat-Chit-Anand Swaroop): God is Absolute non-changing truth, Consciousness (Living reality) and Bliss (Fulfilling absolute happiness).
4. **(2') Destroys or Rejuvenates the devilish world** (aasuri srishti ka vinash ya parivartan karte hain): When there is extreme ignorance and suffering in the world, God transforms the devilish world into deity world. He instills divine virtues and powers in humans and thus rejuvenates the whole creation.
5. **(3) Liberates from the claws of death** (kaal ke panje se chhudate hain): There is a fear of death in every living being due to lack of self-realization. God helps us realize the immortal self thereby transcending death.
6. **(3') Bestower of Happiness** (Sukh ke Data): God is Creator and so the creation (we human beings) finds immense happiness in His company. When one remembers God with true love, heart gets filled with joy and a sense of completeness prevails.
7. **(4) Creator of Trinity for Creation, Preservation and Rejuvenation** (Brahma, Vishnu, Shankar ke rachayita Trimurti): God facilitates creation, sustenance and rejuvenation of the universe. He gets these tasks accomplished through three deities (powers) - Brahma, Vishnu and Shankar respectively. These deities are God's creations.
8. **(4') Seed of Human World Tree** (Manushya srishti roopi vriksh ke Beej roop): If the human population is likened to a tree, God is its seed. God is the ultimate source of the whole creation. He is the eternal parent of all the human souls.
9. **(5) Takes the boat of life across** (jeevan naiya ko paar lagate hain): We face various challenges and testing circumstances in our life. God helps us cross them with ease.
10. **(5') Bestower of Salvation** (Sadgati ke Data): When condition of a person or the world becomes so hopeless that no way out is visible, the only one capable of salvaging is God.
11. **(6) Knower of beginning, middle and end of the Cycle** (srishti chakra ke aadi-madhy-ant ke gyata): Humans who are caught up in the birth-death cycle can't know the three aspects of time. God, who is free from birth and death, knows the beginning, middle and end of Time cycle.
12. **(6') Remover of Sorrow and Bestower of Happiness** (Dukh-harta sukh-karta): Most people, when they experience suffering, remember God consciously or unconsciously. This is so because we know from our experience that God removes sorrow and bestows happiness.
13. **(7) Ocean of Peace** (Shanti ke Sagar): God stays stabilized in eternal silence. He never experiences any upheaval because He is an unbiased observer of the World drama. He is an unlimited reservoir of peace like an ocean.
14. **(7') Knower of the deep Philosophy of Karma** (karm ki guhya gati ke gyata): God is Akarta (non-doer) - one who is beyond effect of Karma. He knows the deep philosophy of Karma.

15. **(8) Sustains the Deity World** (daivi srishti ka paalan karte hain): Self-realized souls inhabit the Deity World (golden age). It's through their elevated consciousness that God sustains the golden-aged world.
16. **(8') Establishes the Golden Age** (satyug ki sthapan karte hain): When there is extreme irreligiousness and human values' degradation in the world, God intervenes and lays down the foundation for establishing Golden Age. He achieves this through raising spiritual consciousness of human beings.
17. **(9) Incorporeal** (nirakar): God has no form - gross or subtle.
18. **(9') Resident of the Brahm Element** (Brahm lok ke vasi): God's abode is the place of sweet silence. He resides in the sixth element or Brahm element - that is pure self-luminous aether.
19. **(10) Storehouse of all virtues** (guno ke bhandar): God has an unlimited stock of all virtues. He is the ocean of virtues.
20. **(10') Ocean of the Nectar of Knowledge** (gyan amrit ke sagar): God is Omniscient. He knows everything.
21. **(11) Bestower of Divine Vision** (divya drishti ke vidhata): God grants divine vision to needy souls/devotees in order to reinforce their faith.
22. **(11') Makes the stone intellects into divine intellects** (patthar buddhi ko paras karte hain): When one's intellect becomes stone-like, the person fails to realize the truth about self and God. God transforms one's intellect to a divine one enabling him/her to have self-realization and God-realization.
23. **(12) Point of Light and Embodiment of Light** (bindu roop - jyoti swaroop): God is a point of spiritual light. He doesn't have any subtle or physical form.
24. **(12') Makes human beings into elevated deities** (nar se Shri Narayan banate hain): God transforms human beings so that they acquire divine virtues and powers. They become deities as a result of the raised spiritual consciousness.
25. **(13) Ocean of Bliss** (Anand ke Sagar): God has infinite Bliss (fulfilling absolute happiness).
26. **(13') Bestower of Liberation and Liberation-in-Life** (mukti va jeevan mukti ke data): When human beings get caught up in karmic bondages with fellow beings and with nature, they fail to free themselves. On realizing this, they call out to God, the Liberator, for help. God answers this request and grants liberation (being without body and free from bondages) or liberation-in-life (remaining in body yet free).
27. **(14) Beyond happiness and Sorrow** (sukh-dukh se nyare): God never gets attached to the effect of karma. As a result, He experiences neither happiness nor sorrow. He stays beyond in a state of Bliss.
28. **(14') Timeless form** (akal moorat): God is beyond time, therefore without change or death.
29. **(15) Highest on high Father, Teacher and Preceptor** (Param Pita, Param Shikshak va Sadguru): God is Supreme Father of all souls. He is Supreme Teacher and also Supreme Preceptor (Sadguru). There is no father, teacher or guru above Him. He is Highest on High, the Supreme.

30. **(15') Purifier** (Patit-pawan): When karmic bondage and ignorance (avidya) overpowers a human being, they can't return to their original pure state by themselves. God, who is everpure, is capable of purifying the souls thereby restoring their original purity.
31. **(16) Above birth and death** (janm-maran se nyare): God is beyond birth and death. He exists in the supreme abode (param dham) eternally.
32. **(16') Bestower of Divine Intellect** (divya buddhi ke data): As human beings come into cycle of birth and death, their intellects get impure due to karmic bondage. In order to embark on a journey of self-realization and God-realization, souls need divinity in their intellect. God grants this, thus facilitating their spiritual progress.

- **Universal Energies:**

- **What is the Source of all the fundamental forces and the energies?**

The Supreme Being is the seed of existence of all the particles and forces of universe.

The 32 energy points on the periphery are joined pair wise by which all the 16 energies required to operate this universe are produced.

- Gravitational Energy (1-1')
- Nuclear Energy (2-2')
- Aether Energy (3-3')
- Potential Energy (4-4')
- Kinetic Energy (5-5')
- Magnetic energy (6-6')
- Mechanical Energy (7-7')
- Electromagnetic Energy (8-8')
- Thermal Energy (9-9')
- Sound Energy (10-10')
- Elastic Potential Energy (11-11')
- Electrical Energy (12-12')
- Mechanical Work (13-13')
- Electrostatic Energy (14-14')
- Chemical energy (15-15')
- Surface Energy (16-16')

For Example: Gravitational Energy -

It is known to all that gravitational energy binds all objects of universe from micro to macro level to run the universe.

Both the Spiritual energies of God - Ocean of Love (Potential energy) and Bestower of Peace (Kinetic energy) meet to produce gravitational energy for universe.

Similarly, all the remaining 30 energy points create 15 energies to operate this universe. Entire universe gets supply of infinite powers from this Infinite Power House every second!!

2.6. Location of GOD - Where is GOD's Abode?

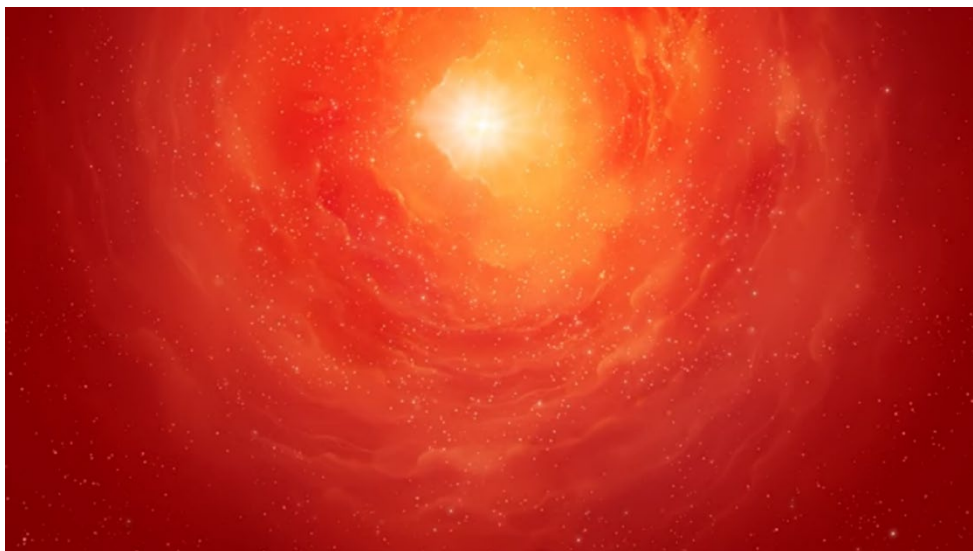
There are many who believe that God is omnipresent because His presence can be felt everywhere.

- Many maintain that God dwells in hearts filled with pure intention, truth and love.
- Per Islam: “God exists and lives on the 7th sky, where four most powerful angels are holding his throne. Nobody has such powerful eyes, which can see his sight. But the people, who will be in heaven after Judgment day, would see God (Allah). God will give their eyes such power to see”

▪ Where is God's abode in reality?

GOD resides in the highest dimension of the universe with high aether level and with infinite pure silence. This God's Abode is known by various names, such as:

- Soul world
- Home of eternal light
- Home of Peace
- Sweet silence home
- *Paramdhaam* (Supreme home)
- Incorporeal world
- *Nirvaan* (beyond sound)
- *Mool Vatan* (the original everlasting residence).



2.7. Interaction of GOD and Soul – How does GOD operate universe?

God's radiance spreads in the whole of creation. All living beings and matter receive Divine energy from the Source and use it for their physical existence and functioning.

During the deep dreamless stage of our sleep (*sushupti*), when our inner and outer minds are at rest, we souls receive Divine energy from God, thus getting charged and healed.

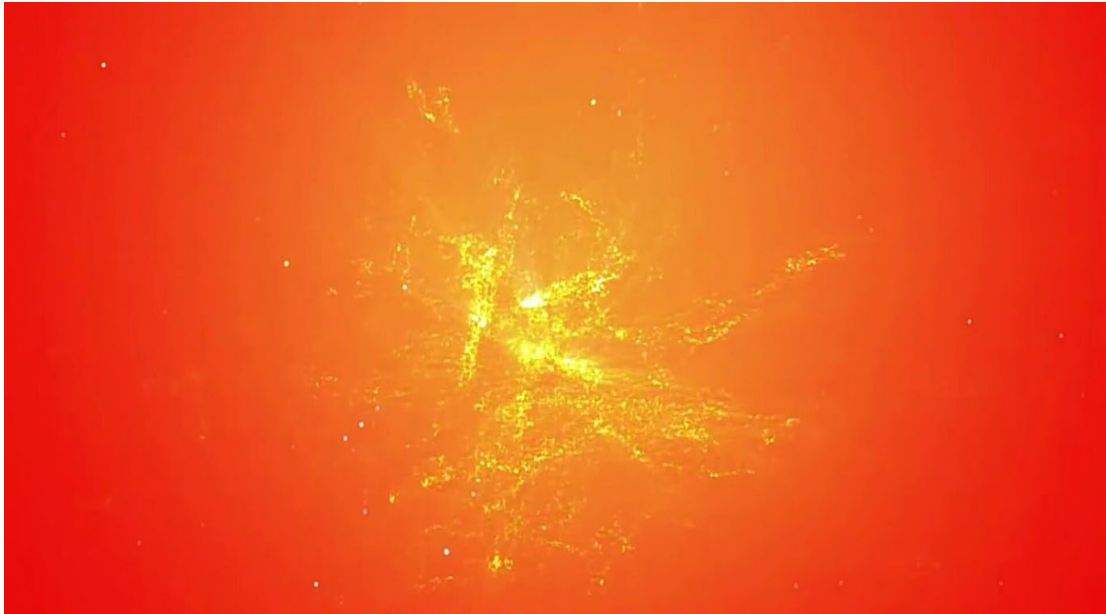
Our pure intentions, prayers and remembrances filled with true love for God and humanity reach Him. We all experience God's response either immediately or in due time as appropriate. The invisible communication that happens between a soul and God can be better understood by learning about the sixth element called Aether (Brahm tatva).

God's Love, Peace, Purity, Bliss, Joy, Power and Knowledge create 16 types of Aether energies, which, in turn, create all forces and energies of the universe (as mentioned in section 2.5).

Let us explore in more detail about this interesting thing called Aether in the next lesson.

Basic Course Lesson 3: Secret of Aether

Vital Force/ Life Force/ Dark Energy/ Quantum Vacuum/Cosmic Energy



3.1. Introduction

▪ What is Aether?

- Aether is a very special energy of God - pure, subtle and active energy.
- It also has got consciousness like souls. We can say that it is the soul (life) of nature.
- The true nature of aether cannot be conceived by the human intellect since it cannot be perceived by human senses.
- Aether energy is known as Life Force or Vital Force. It's also known as quantum vacuum in scientific language.

▪ Is Aether the basic unit of nature?

- Yes, as aether gives birth to 5 elements of nature: Earth, Water, Fire, Air and Sky.
- Aether is the Sixth element (*Brahma Tatva*) of the cosmic (soul) world.

▪ Where is Aether found?

- Aether is spread everywhere in the entire universe (is omnipresent). It extends right from our body to the end of the universe.
- Aether is present in everything but in different proportions. Due to its varied proportion, every object has its unique existence – structure, colour and other properties.

▪ **Does matter really exist?**

- In reality, if elements are minutely observed, it will be found that they are filled completely with Aether energy. When there is transformation in the elements, it is actually transformation in the Aether energy. This implies that there is no existence of matter.
- Physicist Daniel Winter stated that the entire universe, the material world is created from one non-material substance, the Aether.
- The Aether is a kind of super conductive fluid that flows right through all physical objects.

▪ **What lies in outer space?**

- The empty space of the universe is not empty at all. It contains a spiritual energy that modern day science has rediscovered as the Aether.
- Universe is filled with Aether.

▪ **Has any renowned scientist talked about Aether?**

- Nobel Prize-winning Austrian physicist Erwin Schrodinger said: "what we observe as material bodies and forces are nothing but shapes and variations in the structure of space itself, i.e. Aether".
- Albert Einstein said: "To deny aether is ultimately to assume that empty space has no physical quality whatsoever. The fundamental facts of quantum mechanics do not harmonize with this view." Youtube video: <https://youtu.be/yCm6eLP9zRw> (Einstein 1920 - does the Aether exist?).
- Scientist Nikola Tesla believed in the existence of the Aether. According to him it could be harnessed for free energy that could be the salvation of humankind. He said that all attempts to explain the working of the universe will be futile without recognizing the existence of the aether.

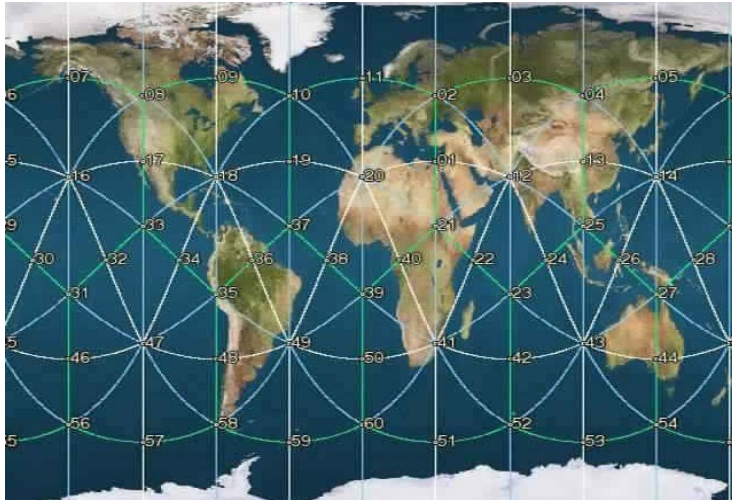
3.2. History

▪ **What did our ancestors know about Aether?**

- Aether has been known for thousands of years to many ancient civilizations.
- They also knew that there is an energy grid or matrix that encompasses earth. The energy lines of this grid are called as ley lines.
- Old civilizations realized that the Aether receiving capacity of the earth had got reduced. Hence, they constructed many sculptures such as Pyramids, Easter Islands, Mayan culture pyramids, pagodas, temples, stones structures etc. at various locations on earth, depicting the precise location of the Earth's energy lines.
- They believed that it helped to heal the Earth. As per Feng-shui, building these structures is like acupuncture to the earth. It regulates the flow of *Chi*, the invisible Aetheric life force.
- The Great Pyramid at the Giza plateau, the pyramid of Khufu is the most important one because it is situated exactly on the north pole of the Earth grid matrix. The reason why the

ancients chose the Giza plateau for the location of the Great Pyramid is because this location has the world's strongest Aether vortex.

- As time is passing, the Aether receiving capacity of the earth's core is continuously reducing due to which the natural disasters are increasing on earth.



3.3. Types of Aether

Since Aether is a pure form of subtle energy, it cannot be sensed by human senses. Scientific instruments of present time are not able to measure it either.

▪ **What are different types of Aether present in 5 elements of nature?**

Aether's classification based on nature's elements is as follows:

Nature's Element	Type of Aether
Sky	Radiant
Fire	Warmth
Air	Light
Water	Tone/Chemical
Earth	Life

3.4. Interaction between Human Beings and Nature: Role of Aether

▪ **Does Aether play any role in our experience of immediate surrounding (nature)? If so, how it is involved?**

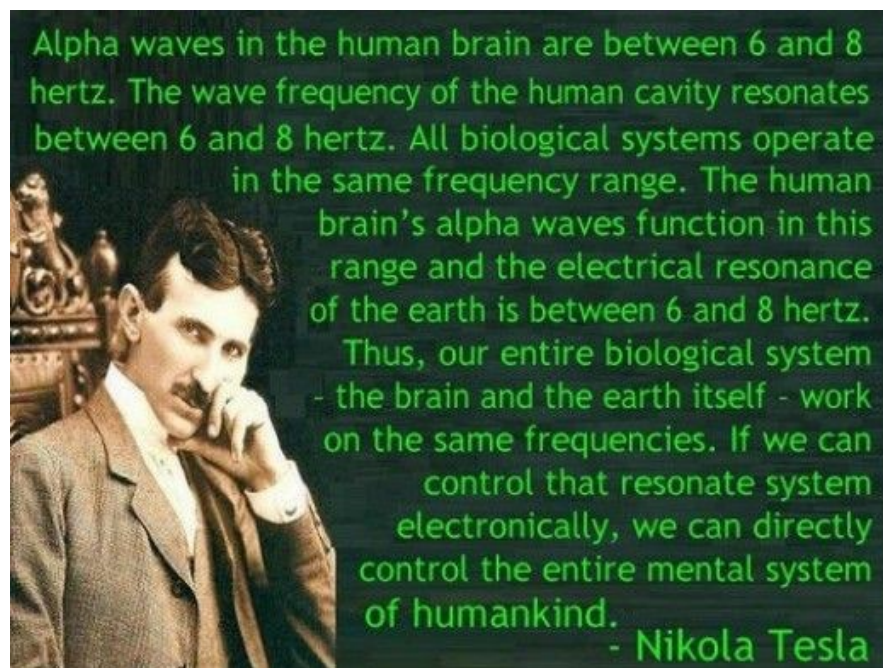
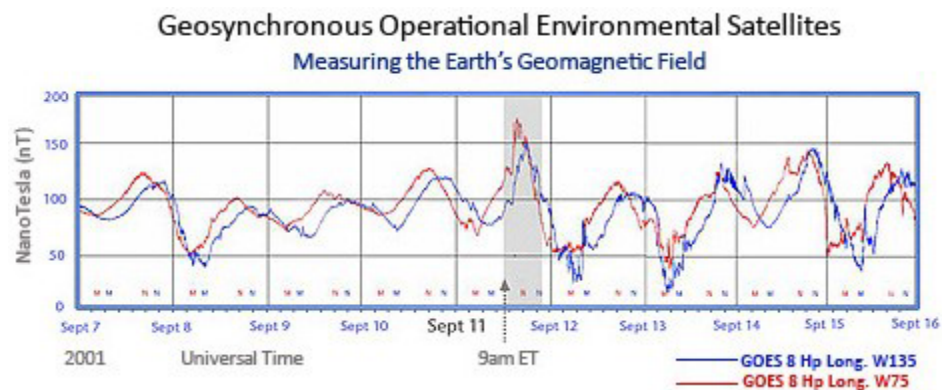
- We the souls are conscious beings; hence our every experience is through the medium of Aether.
- Our subtle body is made up of luminous Aether. Therefore, when we work through our organs, in reality, we are working through the Aether of our subtle body.
- When there is any change in outside environment (cold, heat etc.), then we experience it, in fact, through our subtle body.
- If we consider the example of cold, the temperature of Aether of air element (Light Aether) changes. We feel its influence on us because the temperature of our subtle light body Aether changes.
- This is how we sense changes in the environment. Some living beings sense natural calamities that are about to occur using this mechanism.
- We get attracted on seeing the beauty of any object, person or nature. This happens when the level of aether in it is more than that in us.

▪ **Does the collective Human consciousness impact our planet? If so, how?**

- We the souls being conscious, the Aether changes as per our conscious energy/vibrations i.e. the consciousness field of souls completely affects the geometric field of the Aether element. Because of this the properties of things alter as they come in contact with our vibrations.
- Therefore, numerous physiological rhythms in humans and global collective behaviours are synchronized with solar and geomagnetic activity.
- In reality, the thoughts of human beings are creating and disturbing the earth's magnetic field. In support of this fact, there is an example of 9/11 terrorist attack on twin towers of

world trade centre in America. On this day, the scientists observed sudden variation in the earth's magnetic field recorded by Global Coherence Network. This event was noted like Global Resonance as many people across the world experienced deep sorrow at the same time after happening of this disaster.

- When the collective frequency of human beings gets tuned with the natural frequency of the earth then Global Resonance takes place, which is also known as Schumann Resonance.
- As per famous scientist Nikola Tesla, "The earth's vibrational frequency is in between 6 to 8 Hertz which is equal to our brain's alpha wave vibrational frequency hence human consciousness greatly influences Aether energy."



3.5. World transformation: Role of Aether

- **Humanity has been observing continuous downfall in human values with time. What's the real cause of this?**
 - When we the souls first descended on earth, our consciousness was of highest purity level. The nature also was complete with highest form of Aether energy.
 - However, as time passed by, human consciousness started deteriorating gradually. This had an impact on the Aether energy levels also.
 - This shift of human consciousness and Aether energy levels gave sequential birth to different ages of this cosmic drama: Golden Age, Silver Age, Copper Age and Iron Age (*Satyauga*, *Tretayuga*, *Dwaparyuga* and *Kaliyuga*).

- **How the degradation in Aether Energy level got reflected in humanity's downfall?**
 - Aether present during Golden and Silver ages were O_9 and O_8 respectively. As a result, nature was in perfect harmony and there was cent percent and perpetual happiness, purity and prosperity.
 - In the Copper Age, deities became body conscious, hence their degree of purity got reduced. This was the age when sorrow started seeping in gradually due to deterioration of soul energy. Due to the rising sorrow, the Aether level got reduced to O_7 .
 - As the human consciousness got further deteriorated, the Aether level got reduced to O_6 at the beginning, then to O_5 at the middle and eventually to O_4 at the end of Iron age. This resulted in increase in sorrows and disharmony between souls and nature.

- **What's the present-day scenario?**
 - In the present scenario, Science has brought about tremendous development of humanity, but at the cost of humanity losing its virtues, moral values and divine qualities. This has ultimately resulted into many social, political, economic and religious problems, such as riots, terrorism, civil wars of religion, poverty, over-population, pollution, violence against women, diseases, poor economy, production of nuclear weapons and so on. Because of body consciousness human beings are attracted towards materialistic world.

- **What is in store for us after present phase of crisis in human history?**
 - We are awakening from a long sleep. Now is the time of a radical shift in the human consciousness. The Almighty Universal Light has started activating the highest potential and raising the frequency. This is the time for realizing our own higher soul consciousness and rejuvenating self through Supreme consciousness. Understanding of self, God and Aether is vital for embarking on this spiritual journey.

3.6. Benefit of knowing Aether

- **What difference will the knowledge of Aether make in my life?**
- Life is an interplay of Soul (*Purush*) & Nature (*Prakruti*). It is impossible for we the souls to live life by isolating ourselves from nature.
- Aether is the soul of the nature, since every particle of nature is made up of different proportions of Aether. We need to have equal respect & regard towards each and every particle of nature as each particle has a consciousness and is selflessly serving us perpetually.
- We can live a harmonious life by gaining complete knowledge about Aether.
- It gives us the understanding about functioning of ourselves, nature and this entire universe.
- Moreover, Aether is the only medium via which we can have a communication with the Supreme being. So, prayers, meditations, God's remembrance - all connect us to God via Aether.
- We raise our capacity to heal ourselves and others by mastering the art of enhancing aether energy.

Let's now explore the method through which we can enhance aether energy level of self, others and nature.

Let's learn the Ancient Rajyoga meditation (Praachin Rajyog) in the next lesson.



Basic Course Lesson 4: Ancient Rajyog Meditation



4.1. Introduction – What is Ancient Rajyog Meditation?

- **What is meditation?**
 - The **meditation** is derived from a verb meditari, meaning "to think, contemplate, devise, ponder". Meditation is an altered state of consciousness leading one to a holistic well-being.

- **What's unique about Ancient Rajyog meditation?**
 - The master technique by which energy is received by Soul and thus by our chakras is the highest form of yog, termed as '**Ancient Rajyog**'.
 - Raja means (King) and Yog means (Communication). Ancient Rajyog is communication between the self and the Supreme Being (God).
 - In this technique, by communion with the Supreme being, the 16 aetheric energy points, that are responsible for holistic well-being, are charged.
 - Ancient Rajyog enables to transcend the mind beyond the body and creates lasting peaceful experiences.

❖ *Mechanism of Ancient Rajyog Meditation – How does it work?*

- There is a law of the universe as per which when we remember any object or a being, there is a transfer of energy between that particular object or being and us.
- When you remember someone having higher energy (than yours), energy flows towards you, while energy flows away from you when you remember someone with lower energy (than yours).
- Ancient Rajyog meditation works on this principle. As Ancient Rajyog involves remembrance of the Supreme Being (God), who is the highest energy being of the universe, there is an abundant flow of high positive energy from the Supreme Being into you.
- This flow of high positive energy charges you, which in turn, helps in solving all problems of your life, thus imparting holistic well-being.

4.2. Steps of Ancient Rajyog: How to do this?

Step 1: Soul Consciousness or Self Realization:

- a) First have a focused attention and realisation of self as a being of light or a metaphysical energy i.e. Soul. This self-realization is different and beyond the existing conscious and unconscious identity of self as a Physical being.
- b) With this conscious effort realize your true self i.e. a soul in the form of a ‘star’ located between the hypothalamus and pituitary gland in your brain. [Refer Lesson 1]
- c) Now slowly navigate through each and every point from one to sixteen. Each energy point has its own unique virtue, characteristic, colour code and contribution to functioning and well-being of Soul.

Is there any tip for mastering this step quickly?

Over a period of time our consciousness of self has got shifted from being a soul to being a body. Thus, we have been performing every action in automated consciousness of being a physical body.

Therefore, to shift your awareness back to your true self, do the following:

While performing every task, remind yourself that you are a light in the form of a star who is speaking through mouth, hearing through ears, smelling through nose, seeing through eyes, touching through hands and so on.

Step 2: God Realization:

- a) With deep feeling of eternal connection to the Supreme Soul visualize Him as a universal, powerful and divine light with 32 energy points, through which there is a perpetual and abundant flow of all virtues and powers.
- b) Feel God as ocean of love, peace, joy, powers etc and establish a relationship with God in the form of a friend, mother, father or a child (any relation you are comfortable in).
- c) After realization and establishing a relation with God, start communicating with Him. Speak out your heart to God. Silence your mind to receive what God wants to tell you. Enjoy the company of God.

Step 3: Ancient Rajyog:

* In this step, realize your true form of Self and God as mentioned in above steps and then charge each energy point of Self by taking rays of that particular energy from God. Feel the specific energy flowing into you and merge yourself in that experience.

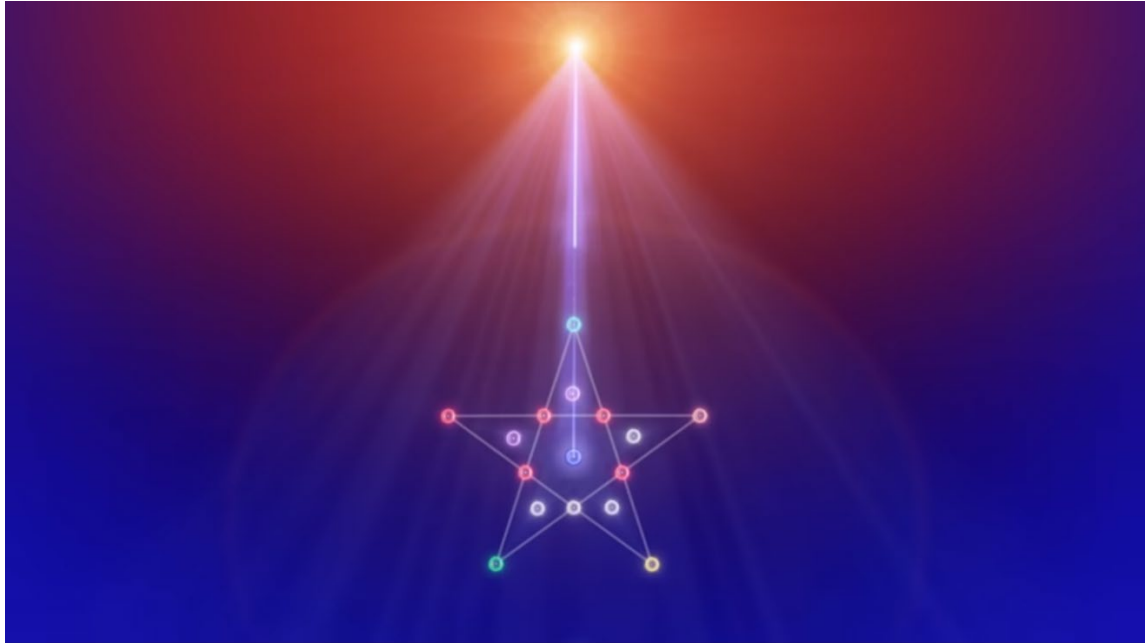
For example, given below are the meditation commentaries for few energy points -

- I am now receiving...indigo colored rays of knowledge...from Supreme Soul...which are merging into intellect of me the soul... thereby increasing the energy of divine knowledge...I the soul am experiencing myself as knowledge-full...these indigo rays of divine knowledge are enhancing my decision-making power...my sub-conscious mind is awakening... along with that the energy of my 6th element, also known as brahma tatva or aether element also is increasing...my third eye chakra is getting cleansed, charged and is gradually opening up...my intellect is becoming similar to that of Supreme Soul.

- Now, I am receiving...violet rays of bliss...from Supreme Soul...which are merging into mind of me the soul...these rays are stabilizing my mind and giving me the experience of bliss...my conscious mind is awakening...these violet rays of bliss are increasing my power to withdraw.

- Now, I am receiving...white colored rays of purity...from Supreme Soul...which are merging into impressions of me the soul...my eternal original deity resolves (sanskaras) are emerging...these white rays are increasing my power to adjust.

In this way, one experiences being filled with all virtues and powers, thus becoming 16 celestial degrees complete and contented in all qualities, powers and blessing, one like the Supreme Father - Supreme Soul.



Charging energy point of Soul by taking rays from Supreme Being

4.3. Rajyog, the Master Key – What are the Solutions to Life

Problems?

- **What is the fundamental cause of most of the problems faced by us today?**
 - Our human body is made up of 72 % water and thus we constantly need to replenish it with required amount of water. Similarly, we the souls are made up of peace, purity, power, joy, love, knowledge & bliss.
 - Over a period of time, the energy of these virtues has got depleted due to which humans are in constant search for peace, joy, love etc. these days.
 - Through Rajyog by remembering the Supreme being, who is an ocean of all these virtues, we charge and fill ourselves with these virtues and thus experience holistic well-being and enjoy life to its fullest extent.

- **How can problems concerning different aspects of our life get resolved through this single and simple method?**
 - We the souls are made up of 16 energy points and energy of each of these points is linked with varied facets of our life. The gamut of problems encountered by human beings in life are completely based on lowering of their energy levels.
 - For instance, point number 12 (i.e. power) is linked to the financial aspect, relationship with our Father or Father-in-law and to specific organs of our physical body (e.g. skin, bones, muscles etc.). Decrease in the energy of this point results in problems associated with the aforementioned aspects.

- In Rajyog, when the Soul remembers the Supreme being and charges point no. 12 by taking power in the form of red rays from the Supreme being, automatically all the problems associated with this energy point get resolved.
- Thus, till date we were running helter-skelter in search of solutions for our life problems, whereas Rajyog gives us the power to solve all the problems of our life just by having a connection with the Supreme being, thereby increasing our energy level. It teaches us that all solutions are within me the soul and that "I am the creator of my destiny".
- Specific problems and their solutions are listed in appendices A, B and C.

Science today believes that exploring human consciousness is the cornerstone for finding solutions to most of the miseries that humanity is up against. Ancient Rajyog meditation not only makes one experience one's true self as the source of consciousness but also rejuvenates, replenishes and balances all the 16 essential energy centres. Instead of seeking outward to realise our sense of worthiness we organize the energy so that we are all on our own. With this shift of consciousness and self-realisation, we gain self-mastery over self-slavery. Below is the mapping of all energy centres and corresponding solutions attained with the charging during meditation.

Appendix A: Clean & Charge Energy Points for Physical Problems

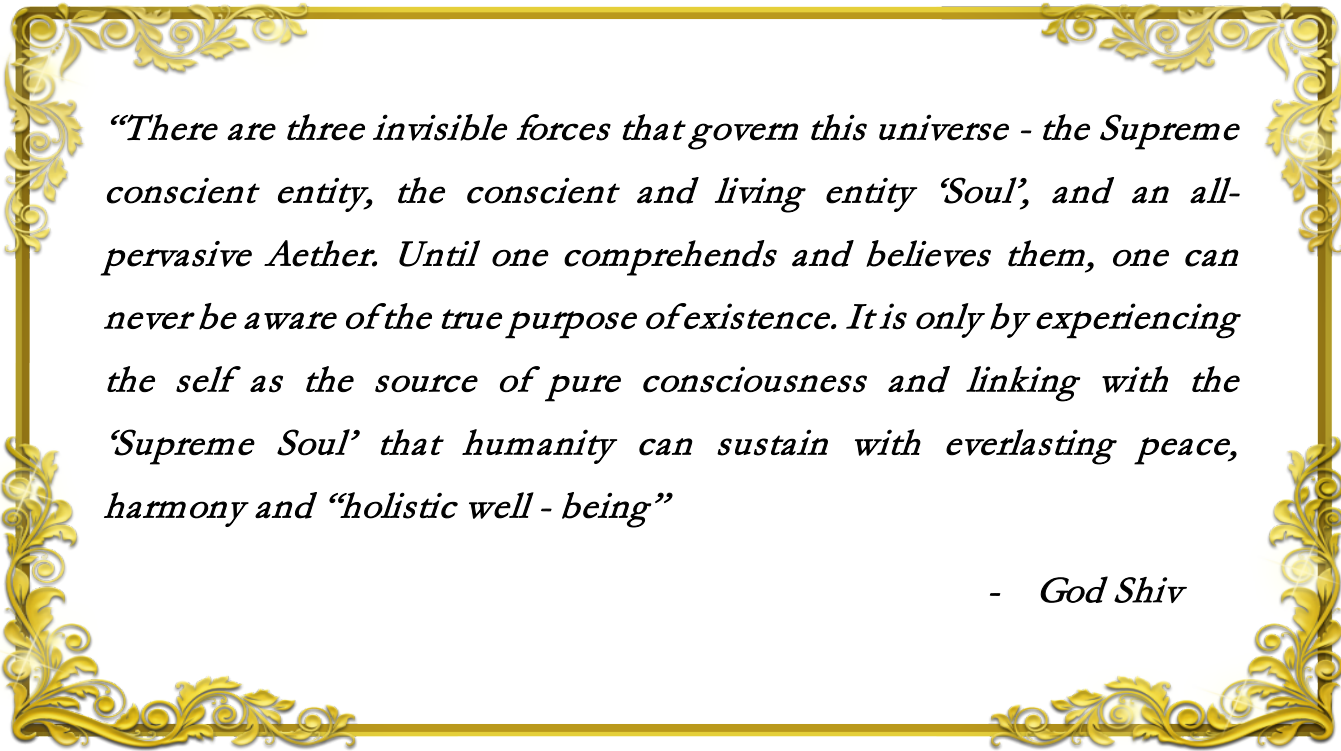
Cleaning & Charging Energy Points of the Soul	Body Organs/Parts and Their Related Illnesses
<p style="text-align: center;">Power, Earth Element, Root Chakra</p> <p>Energy Point no: 12 Colour: Red Affirmation Practice: <u>I am master almighty authority.</u></p>	<p style="text-align: center;">Adrenal Glands, Bones, Muscle, Skin, Bladder, Kidney, Hair and Nails</p> <p>Related Illnesses – Bone and Muscle Diseases, Calcium Deficiency, Knee Pain, Inflammation, Muscle Pain, Hemorrhoids, Rheumatoid Arthritis, Knee Erosion, Kidney stone, Skin Diseases, Hair Disorders and Nail Diseases</p>
<p style="text-align: center;">Purity, Water Element, Sacral Chakra</p> <p>Energy Point no: 11 Colour: Orange Affirmation Practice: <u>I am a pure soul.</u></p>	<p style="text-align: center;">Ovaries, Testes and Immune System, Blood</p> <p>Related Illnesses – Infectious Diseases, Reproductive Organs Diseases and Blood Diseases</p>
<p style="text-align: center;">Joy, Fire Element, Solar Plexus Chakra</p> <p>Energy Point no: 1 Colour: Yellow Affirmation Practice: <u>I am a joyful soul.</u></p>	<p style="text-align: center;">Pancreatic Gland, digestive organs including Stomach, Liver, Spleen, Gall bladder</p> <p>Related Illnesses – Gall bladder Diseases, Diabetes and Hormonal Imbalances</p>
<p style="text-align: center;">Love, Air Element, Heart Chakra</p> <p>Energy Point no: 2 Colour: Green Affirmation Practice: <u>I am a loveful soul.</u></p>	<p style="text-align: center;">Heart, Thymus Glands, Lungs</p> <p>Related Illnesses – Heart Related Diseases, Heart Attack, Hole in the Heart, Heart Palpitation, Blood Pressure, Cardiovascular Diseases and Blockages in Blood Vessels, etc.</p>
<p style="text-align: center;">Peace, Sky Element, Throat Chakra</p> <p>Energy Point no: 10 Colour: Sky Blue Affirmation Practice: <u>I am a peaceful soul.</u></p>	<p style="text-align: center;">Thyroid Glands, Mouth, Throat, Ear, Lymph, Lungs</p> <p>Related Illnesses - Thyroid Gland Diseases, Vocal Cord Diseases, Mouth, Throat & Ear related Diseases</p>
<p style="text-align: center;">Intellect, Third Eye Chakra</p> <p>Energy Point no: 16 Colour: Indigo Affirmation Practice: <u>I am master knowledgeable.</u></p>	<p style="text-align: center;">Pituitary Gland, Brain and Nervous System</p> <p>Related Illnesses – Brain Related Disorders, Headache, Migraine, Nervous System Disorders, Schizophrenia, Eyes related diseases.</p>
<p style="text-align: center;">Bliss, Crown Chakra</p> <p>Energy Point no: 13 Colour: Violet Affirmation Practice: <u>I am a blissful soul.</u></p>	<p style="text-align: center;">Pineal Gland</p> <p>Related Illnesses – Stress, Insomnia, Blood Pressure, Depression</p>

Appendix B: Clean & Charge Energy Points for Mental, Financial and Relationship Problems

Improve Mental Strength	Improve Financial Situation	Improve Personal Relationships
Mind, Power to Withdraw, Conscious Mind: Point no. 14 <u>Practice</u> – Bliss is the religion of my mind.	Power, Root Chakra, Earth Element: Point no. 12 <u>Practice</u> – I, the soul, am the child of the Supreme Soul, endowed with the wealth of all powers.	Mother, Mother-in-law: point no. 10 <u>Practice</u> – I am child of the ocean of peace, I am a peaceful soul.
		Father, Father-in-law: point no. 12 <u>Practice</u> – I am the child of the Almighty authority, I am master almighty authority.
Intellect, Knowledge, Power to Judge, Aether Energy, Subconscious Mind: Point no. 16 <u>Practice</u> – Knowledge is the religion of my intellect.	Intellect, knowledge, power to judge, Aether Energy, Third Eye Chakra Point no. 16 <u>Practice</u> - I, the soul, am endowed with the wealth of knowledge, I am master knowledgeable.	Teacher, Guru, God: point no. 11 <u>Practice</u> – I am the child of the ocean of purity, I am a pure soul.
		Brother, sister, relatives & colleagues: point no. 1 <u>Practice</u> – I am the child of the ocean of happiness, I am a happy soul.
Impressions, Power to Adjust, Unconscious Mind: Point no. 15 <u>Practice</u> – Purity is the religion of my impressions.	Purity, Water Element, Sacral Chakra Point no. 11 <u>Practice</u> - I, the soul, am endowed with the wealth of Purity, I am a pure soul.	Spouse: point no. 2 <u>Practice</u> – I am the child of the ocean of love, I am a loveful soul.
		Children: point no. 13 <u>Practice</u> – I am the child of ocean of bliss, I am a blissful soul.
		Self: point no. 16 <u>Practice</u> – I am the child of the ocean of knowledge, I am master knowledgeable.

Appendix C: Clean & Charge Energy Points for Astrological Problems

Planetary Period (ग्रहों की दशा)	Planetary Period ill Effects	Improve Astrological Planetary Period Effects
Sun	Stubbornness, dominating nature	No. 8 Power to Cooperate; No. 15 Impressions; No. 1 Fire Element
Moon	Up and down changes in mentality/psyche	No. 14 Mind; No. 10 Peace; No. 11 Water Element
Mars	Getting very angry easily	No. 12 Power; No. 6 Power to Face
Mercury	Lose one's reasoning power, unable to take good decisions	No. 7 Power to Discriminate; No. 16 Intellect; No. 2 Love
Jupiter	Behave badly with others	No. 4 Politeness; No. 5 Introversion; No. 13 Angelic State; No. 1 Joy
Venus	Pleasure seeking mentality, increased indulgence in sex-lust	No. 11 Purity; No. 12 Power; No. 1 Joy
Saturn	Remain stressful always	No. 9 Power to Tolerate; No. 3 Determination; No. 16 Intellect
Rahu	Loss of health, wealth and mental state	No. 14 Mind; No. 15 Impressions; No. 16 Intellect
Ketu	Changed mentality and degradation of qualities (sanskar)	No. 14 Mind; No. 15 Impressions
Neptune	Increased mental peacelessness	No. 10 Peace; No. 15 Impressions
Uranus	Destructive mentality	No. 15 Impressions; No. 16 Intellect



“There are three invisible forces that govern this universe - the Supreme conscient entity, the conscient and living entity ‘Soul’, and an all-pervasive Aether. Until one comprehends and believes them, one can never be aware of the true purpose of existence. It is only by experiencing the self as the source of pure consciousness and linking with the ‘Supreme Soul’ that humanity can sustain with everlasting peace, harmony and “holistic well - being”

- God Shiv