

The Secrets of Human Consciousness



Magic Diamond of Group

THE SECRETS OF HUMAN CONSCIOUSNESS



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"Spiritual Enlightenment in Scientific Way"

Special Thanks to

Mr. Himanshu Aggarwal

Mr. Deep Singh

The Secrets of Human Consciousness

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"Three invisible forces govern this universe - the 'Supreme conscient entity', the conscient and living entity 'Soul', and all-pervasive divine quantum energy known as 'Aether'. Until one comprehends and believes them, one can never be aware of the real purpose of existence. It is only by experiencing the self as the source of pure consciousness and connecting with the 'Supreme conscient entity' that humanity can sustain with everlasting peace, harmony and discover its holistic well - being"

- **God Shiva**

Prologue

We are on the edge of an impending Spiritual – Scientific revolution. This is unlike any other revolution, scientific discovery or an invention in the past. Every revolution, discovery or invention has brought about a shift in the consciousness of humanity. Consciousness is the basis of existence and awareness of existence. This book is an endeavour to unravel the mysteries of human consciousness, a challenging subject and an intersecting point to both science and spirituality.

There have always been certain aspects of life and existence that have time and again ignited the human imagination. Even while we believe that we have reached the ultimate, we only come to realize that this could just be the curiosity and that truth lies well beyond the horizon. Nothing can come closer to explain this than the following words of T.S. Eliot *"We shall not cease from exploration, and the end of all our exploring will be to arrive where we began and to know the place for the first time..."*

Amongst many of the open questions in science today, ones that sit right at the top are bewildering the researchers a long time now:

Where and how the Human Consciousness originates?

Does matter have any Consciousness?

Are we coincidentally into existence in this Universe, or is there a steering higher Consciousness?

Those armed with scientific materialism would immediately brush aside these questions as either philosophical or something irrelevant for science to answer. They might say that science has employed all its alternatives to these non-physical phenomena and proved them to be non-existing.

Since the French philosopher Rene Descartes isolated Science from Spirituality almost four centuries back, it has become a fad to put Spirituality at odds with Science. It has done no good to the scientific community. It has restricted the observation and exploration of science to merely physical matter, something which they themselves consider now as less than five percent of the universe.

Note: Instead of the term 'Religion' we have invariably used 'Spirituality' which is non-affiliated, subtle, broader and with inside-out approach.

In the last many centuries, we have looked up only to Material science for development, expansion, mitigation of our problems, and meeting our needs. We have also got solutions to a large extent. However, material science now either seems to be exhausting itself, or it comes with its challenges and even evil. It's time now to shift our paradigm, look inwards and seek the answers from our inner space. It will only help to complement and fill the gaps left by material science. The wisdom of the eastern world has always captivated the attention of scientists, thinkers and philosophers from around the world. It is not just the

religious belief; it is a perfect blend of Science and Spirituality - interestingly cited as the Science of Spirituality and the Spirituality of Science.

Decoding Human Consciousness is not just a window where science can sneak peek into Spirituality. It is a gateway for humanity to a new dimension where we can evolve from within and seek answers on questions related to our existence and well-being. Interestingly the Conscient entity could not be proved through scientific methods in a laboratory set up. Hence, it is still more challenging to scientifically verify the consciousness originating from this entity. Until one goes beyond the identity of oneself as a physical phenomenon and experiences self as a conscient being, it would be too arduous to use all the scientific apparatus to analyse the continuous stream of consciousness emanating therefrom. It's like looking for a needle in a haystack, that too non – physical !!

This book is dedicated to unravelling the mysteries of Human Consciousness on Scientific, Psychological and Spiritual realms. Most of the work has come through insights from transcendental experiences that have been further corroborated by research and practice. We have taken into consideration many books, periodicals and research papers. References have been given wherever necessary. Some of the notes taken here are a verbatim copy of the lines from the work of authors while some have been rearticulated.

This book is an attempt to recollect, reconnect and re-establish the scientific theories, philosophical postulations in all eras and the ancient wisdom of different scriptures spread across the world, and converge them to unravel the mysteries of consciousness. Much of the mystifying insights with divine wisdom have come from different etheric mediums and divine channels, which has been further substantiated with ancient esoteric knowledge from different origins.

The present book is a concise effort to study and establish the knowledge of Consciousness, one of the most sought after mystery. The objective is to make this knowledge as a new gateway for Science to accept and discover hitherto undiscovered metaphysical realms - Spiritual awakening in a scientific way and find solutions to holistic well-being for people from all walks of life.

This book is truly an amateur endeavour to reach out to the readers in a rather plain and straightforward style. We leave it to the wisdom of our readers to assess by their own experience. Any questions and suggestions are graciously invited.

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CQSE = Consciousness Quantum Spiritual Energy

Chapter 1 - The silence of Science and the science of Silence

"When the tongue is silent, the mind speaks. When the mind is silent, the heart sings.

When the heart stops singing, the Soul begins to experience its original Self."

- Avatar Meher Baba

The silence of Science: Recent studies in science in areas like Quantum physics, Unified field theory and Zero point field cannot be understood without deep spiritual insights and realizations on consciousness. The study of consciousness by the scientific community in this non-physical yet spiritual-scientific dimension can rejuvenate Physics, which scientific community surreptitiously believes, is becoming more and more silent.

Scientific enquiries in Quantum physics, Unified field theory and Zero point field, at a certain point, do not remain in the domain of material science; they get extended into metaphysics. Science today does not seem to have answers to questions on non-physical or metaphysical aspects. Either they are merely evading the tricky questions for the sake of being a non-believer, or they don't have the answers. Either way, it is not helping their cause. Yes, we have had enough of technological advancements. However, the core science has almost hit the glass wall. Beyond this glass wall, there is a subtle, silent world that can be comprehended through a deep state of realizations, possible only in an altered state of consciousness and spiritual wisdom. In this zone, there is no physicality where material science could reach, observe, test or draw conclusions. It is only by transcending consciousness that we can tap into the unified conscious energy source and apprehend the truth as it exists.

The science of Silence:

In this world of sound, have you ever heard the voice of Silence? Silence has a strong energy field. It deeply expresses the unspoken and travels the untraveled. Silence is so powerful that it can levitate you out of regrets and sufferings. It can tap into inner realms of wisdom, intuition and experiential reality of existence.

Back in 2011, in rural Massachusetts, a group of 100 scientists from a diverse group of physicists, neuroscientists, psychologists, clinicians, and philosophers - all devoted to the study of the human mind - attended a silent retreat in the name of research. Many of them discovered that slackening down the use of senses, shutting off speech and becoming a silent observer of your mind intensifies the inner awareness and deepens the perceptions to the extent that subtle realities could be realized which remained unnoticed earlier.

Silence is a deep dive to explore the Treasures of Consciousness

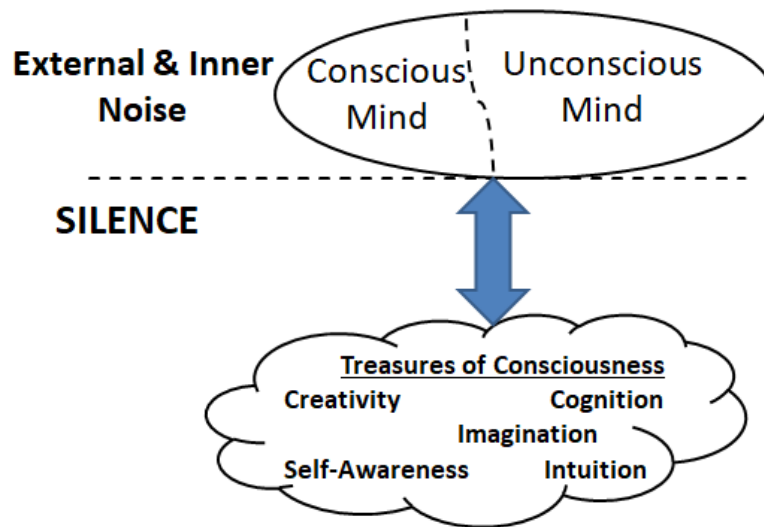


Figure 1

Figure 1 depicts that since life has become superficial, for the most part of our life, we are engrossed in the world of noise audible both within and outside. Deeply within each of us, there is an ocean of Silence with inner treasures of Consciousness, which remains beyond our own access. Consciously and unconsciously we are getting lost in the noise. Moreover, at this level, life is mostly driven by unconscious thoughts, behaviour and actions. Since conscious mind is excessively engaged and cluttered, it is the unconscious mind that takes over. Thus, day in, day out all of us are living more unconsciously than ever before. This is why we often regret our unwanted thoughts, actions, behaviour and words.

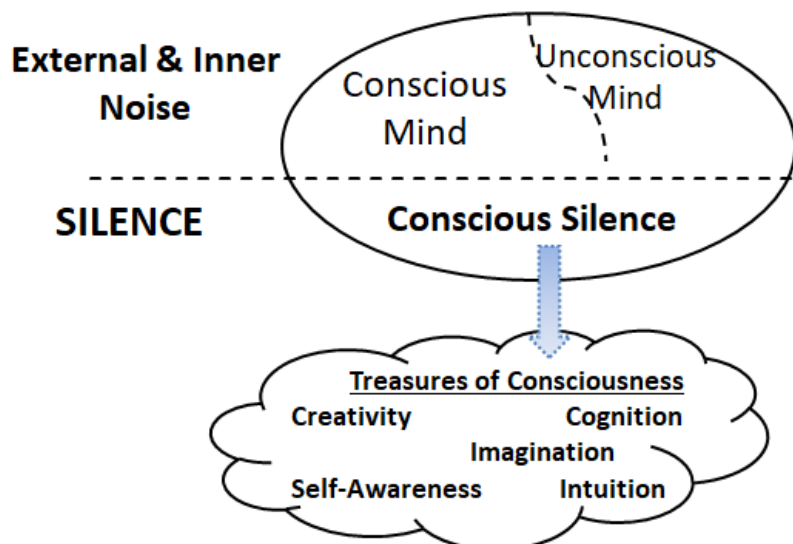


Figure 2

Silence gives space to awareness and self-sovereignty. Figure 2 - When we create a space for conscious silence within, it generates profound inner awareness. It activates latent energies of Conscious, Subconscious and intellect, e.g. Creativity, Imagination, Intuition,

Higher cognition, Conscience, and ultimately tapping into universal consciousness and many other unknown treasures of human consciousness. Also, there is increased self-sovereignty, which brings more conscious living and self-control; this, in turn, can levitate us from many of the self-inflicted miseries. Above all, you go through an experience of overwhelming peace, stillness and tranquillity.

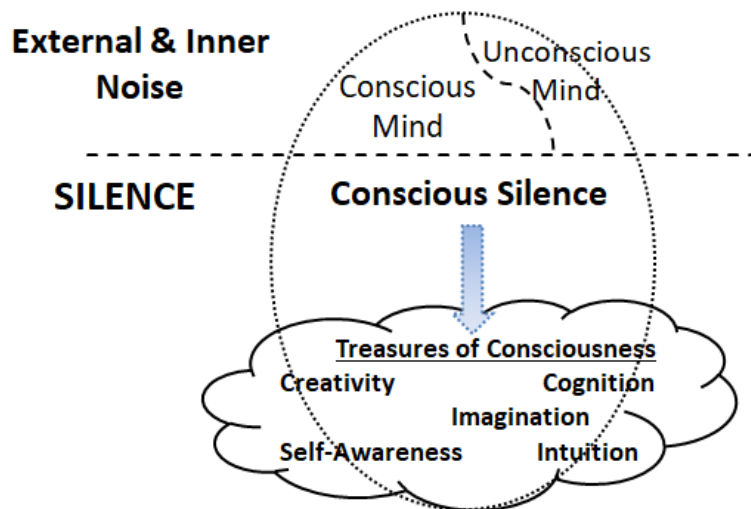


Figure 3

Figure 3 – Conscious silence increases the awareness of what is happening within; we can know even before we can feel it. Unconscious mind gradually shrinks and there is a natural flow towards more mindful existence. Hence unconscious living gives way to conscious living. We understand ourselves and others sincerely before we expect others to understand us; this brings us to a higher emotional level.

It is only when this thinking and emotional mind becomes silent and focused that it can facilitate with the subconscious. In this state of inner silence & pure stillness, all the external inputs and inner noise cease to affect. We then re-establish our contact with the inner resources of creativity, imagination and cognition, and most importantly, intuitive faculty plugs into the universal intelligence. This state of mind can be entered under a deep contemplative or meditative state; this is 'conscious silence'.

Such a mental state could be equated with Theta brain waves, measured at 4 – 7 Hz and attained in very deep relaxation. This state is said to exist just before sleeping and just after awakening. Many of the great creative minds, Edison, Marconi, Tesla, Einstein and Friedrich, to name a few, knew how to harness this intuitive, creative and insightful state through the practice of conscious silence in an awakened state, before and after sleep.

Let's suppose there is a problem that needs to be solved. It will take us much longer to reach the right solution if we apply excessive or wrong thinking to it. What is required is to give the conscious mind a silent rest since it is primarily a facilitator. The subconscious mind and the higher intellect is the treasure house.

Dr Joseph Murphy explains this for Nikola Tesla, a brilliant electrical scientist who brought forth the most amazing innovations. When an idea for a new invention came into his mind, he would build it up in his imagination, knowing that his subconscious mind would reconstruct and reveal to his conscious mind all the parts needed for its manufacture in concrete form. Through quietly contemplating every possible improvement, he spent no time in correcting defects and was able to give the technicians the perfect product of his mind. He said, "Invariably, my device works as I imagined it should. In twenty years, there has not been a single exception."

Introversion, Solitude and Silence - from sages to scientists - this has been the bedrock for traversing the different dimensions of consciousness, realizing self and contributing to the world. If you want to experience your true self, if you want to solve the problems of life, if you are looking to channelize your inner resources, if you are seeking insights on creative work, create an eternal silence zone inside. Herman Melville (American novelist, 19th Century) said, "*All profound things and emotion of things are preceded and attended by silence.*"

Paramahansa Yogananda explains his experience with his guru Sri Dayanandji in this way:-

'We entered a oneness of silence. Words seemed the rankest superfluities. Eloquence flowed in soundless chant from the heart of master to disciple. With an antenna of irrefragable insight, I sensed that my guru knew God and would lead me to Him. The obscuration of this life disappeared in a fragile dawn of prenatal memories. Dramatic time! Past, present, and future are its cycling scenes. This was not the first sun to find me at these holy feet!' (Yogananda, Paramahansa. 'Autobiography of a Yogi')

This is what we need to say unequivocally here in this book – Don't wait for science to come up with any new ground-breaking discovery that gives you eternal happiness, health and the joy of life. You are a scientist and a Buddha ('the awakened one') within your framework. If you can experience your 'consciousness in its original eternal state of pristine silence', you are connected with both the subatomic realm of your body and the cosmic consciousness. You can go where material science will never. You can solve your inner conflicts and challenges of life in ways unimaginable to the materialistically intellectual world.

Meditative states of 'Sweet Silence' can heal deep emotional hurt of many lifetimes. Prolonged practices of Silence have scientifically been proven to be the best tonic for the brain and rest of the body to heal naturally.

In quietness and self-awareness, there flows a 'conscious silence'. From this emerges a natural spring of subtle insights, intuition, creativity and above all the experience of self as a conscious being. Silence is no rocket science; it is your natural state of being.

Chapter 2 - Science and Spirituality, wherein the two meet?

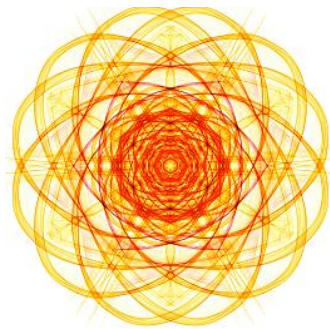
“Religion without science is blind. Science without religion is lame.”

- **Albert Einstein**

We have science on one side that seeks all answers in the outer world through physical laws as if everything exists on the periphery and could be answered there itself. Then there is religion on the other hand that has its belief systems, faith, rules of book, commandments, rituals that instead restrain and separate us not only from each other but also from our true self. Both science and religion have been in conflict, whether it is the methodology adopted or the outcome. Above religion, there is a subtle zone of spirituality, which gives a more in-depth, subtle and broader perspective on self and universal intelligence. Most importantly, spirituality provides an endless string of free will and exploration.

Both Science and Spirituality are liberated from religion. Much like science, there is no end point to the enquiry, and there is always a search for reality or the ultimate truth. Both seek a higher level of existence in their way. While science has its physical laws, spirituality is concerned with universal laws of reality. Similar to science, there are definite notions, methodology and techniques. If you follow the discipline and practices in spirituality, the outcome, even if not the same, is very much comparable with varying intensity.

It's all Energy!



Science as a tool of human endeavour has progressed from the study of matter at its gross to atoms and further to subatomic particles. Quantum physics is considered the study of the energy in its last existential form. Quantum physicists realized that sub-atoms of physical matter are made up of vortices of energy that are constantly spinning and vibrating. Energy can best be explained in terms of 'light', closest that science has come to the absolute.

Spirituality is all about energy. We are energy. We can experience different dimensions of energy. In spirituality, we are now trying to explore the deeper aspects of the subtle body (consisting of chakras), even further the conscient entity, i.e. the soul and down further to sub-energies of soul.

The conscient entity and its sub-energies are a divine light not discernible through scientific means.

All is energy. We are continuously taking in and sending out energy. From the food that we consume to pictures, sounds, thoughts, feelings and actions - all that we receive and remit is energy.

Science has been trying to decode the energy externally to find the physical laws and discover their application for the betterment of human existence on the planet. Spirituality has been trying to explore the energy in subtle dimensions within self and find the inner spiritual laws of energy. Meditation, as a spiritual tool, is meant to cleanse and recharge this energy so that we, as conscient beings, could transcend to a higher level.

Thus, it wouldn't be wrong to say that both science and spirituality are converging onto 'Energy' and 'Light' in their own way. Evolution of consciousness to a higher level will help us not only to reach the pinnacle of Science and Technology but also to be able to use it in real sense. A higher level of consciousness can best be explained as reaching a higher level of self where we are complete and aware of our inherent energies of love, peace, joy, happiness, bliss, wisdom and power, having full self-control and self-sovereignty. We can then be masters to all the resources and means (including all the scientific and technological ones) of this universe, not the slaves.

A distorted soul can only take all the developments of science and humanity for a spin that would be perilous for the entire existence. Human consciousness should seek to find a perfect blend and balance between science and spirituality, as partners in evolution and not as antagonists.

Albert Einstein asserted - "Everything is energy and that's all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

Science of Spirituality

Science is the same for everyone, irrespective of religion, nationality, society etc. Spirituality too is the same for all in the world. Therefore it is more akin to science.

Science at its best is a study based on hypothesis, experiments, observations and conclusions drawn by interpolation or extrapolation using mathematical tools. Although there are many open questions, there are substantial inventions and applications to make life better. Hence the domain of science remains the manifest matter and energy and is known through experiments.

What about knowledge which is extra-sensorial, non-material and of subtle dimensions? Let us say - knowledge about the self as a conscient being, origin of consciousness and levels of consciousness.

These questions remain within the domain of spirituality and could be understood through experience.

The universe has two realities: manifest and non-manifest. Science helps understand the manifest reality through scientific instruments (objective approach), whereas spirituality helps learn about non-manifest reality through personal *experience* (subjective approach). *The physical elements (manifest reality) and consciousness (non-manifest reality) are both essential for existence in the universe.*

Science of Spirituality is the systematic approach, sustained by appropriate laws of creation. When realised, implemented and practised in the personal domain, these laws help one transcend to higher meaning and experience of existence. These are purely experiential and beyond the boundaries laid down by physical identities, e.g. religion, nationality, ideology and material possessions. It is scientific, so there is uniformity in the outcome.

Recent findings of Science in the field of Quantum physics, Unified field theory, String theory and Zero point field have now given an impetus to metaphysical or spiritual science of consciousness, self-realization, enlightenment and universal intelligence like never before.

Thus, it is imperative for both the scientific community and spiritual seekers to mutually embrace and take all good things from the other end to move ahead in a unified direction. Until both of them converge, they remain incomplete.

“Despite the towering intellectual and technological achievements of twentieth-century science, its spell over us has been irreversibly weakened. There are at least two important reasons for this. First, scientist and layman alike have become aware of the limits and shortcomings of scientific knowledge. Second, we realize that our constant hunger for spiritual understanding is real and undeniable. It can neither be defined away by subtle logic nor be satisfied by viewing the universe as sterile, mechanistic, and accidental.”

Albert Einstein, in his last days, was quite fascinated with spirituality and religion. Perhaps, he could understand instinctively that both Science and Spirituality would need each other's paradigms to progress further.

Why is Consciousness so Quintessential for both Science and Spirituality?

The rational observer paradox of Quantum physics confronts scientific materialism head-on. The much contentious observation that the matter-wave will not behave as matter unless observed by a rational observer has led many eminent physicists to conclude that consciousness creates matter.

Human consciousness in quantum physics is not limited to the microcosmic realm but also applies to our macrocosmic world. Human thoughts, emotions and intention have a far greater effect on reality than ever assumed possible. Non-locality in quantum science suggests that there must be higher planes of existence or other dimensions besides our physical world since no information can travel faster than the speed of light in our dimension. String theory predicts the existence of many more dimensions. Physicists all over the world now agree that this physical dimension alone cannot explain our physical reality.

Consciousness has a far greater impact on our daily experience of the world than ever believed before. The impact of consciousness is not restricted to the quantum realm of quantum physics alone. It also plays a significant role in the world at large that we live in.

The centuries-old idea of a strict separation between body and mind suggested by Rene Descartes is false. Our thoughts and feelings are not limited to our bodily experiences of reality but have a measurable and verifiable effect on the outer world.

The current scientific view regards consciousness as the epiphenomenon of brain activity. Consciousness is believed to be merely the result of the chemical dance of molecules and electrical fields of energy in the brain. This causal deterministic view of consciousness is called upward causation and claims that our free will is illusory. All human behaviour is determined only by our chromosomal makeup and the sum of mechanical, electrical and chemical processes that happen in the body. Following this concept, humans are just complex machines without free will.

Amit Goswami (Quantum Physicist), however, believes in downward causation for consciousness, and that consciousness is the ground of all being. He has very straightforward reasoning: 'how can consciousness be the result of the physical world, if the physical world by the grace of the collapse of the quantum wave requires consciousness observation?' Consciousness cannot be both its cause and its result at the same time!

Therefore, it is rather another way around. It's not that consciousness is an effect of the material world; no, it's the very cause of it. But if this is true, if consciousness creates the physical world, what does it create it from? At least consciousness should involve some form of energy, spiritual energy for that matter that is required to create anything at all. If the quantum brain theory is right that consciousness is everywhere in the universe and not restricted to the brain, then this energy should be found anywhere in the universe as well.

Interestingly, the more science attempts to prove that we have come into existence inadvertently, through random permutations of energy and matter, the more it comes closer in showing that there are higher intelligence, consciousness and an accurate preordained cycle of time. What beautiful an Irony!

Nikola Tesla famously said - "*The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.*"

A perennial question – Who am I?



The very thought of knowing about consciousness is asking 'What I am?' 'Who am I?' Man has been asking himself, for thousands of years, this perennial question: 'Who am I?' Man has always wanted to solve the riddle of knowing 'self'. What makes us aware of self, existence and the physical world where we live? We have always been puzzled whether the thoughts, feelings, memory, emotions, habits, behaviour emerge from the physical brain-body phenomenon or from a metaphysical entity with which we identify ourselves. How do we prove what we are? Science does not yet have convincing answers. By solving this

riddle, we can truly find the meaning of our life, origin and role in this vast cosmos and also the cause of sufferings.

We find, from the study of the history of Religions and Philosophy, that the primary purpose of man's search for truth was to know the self to get ultimately released from all kinds of sufferings, to lead a life of right actions and to have an experience of peace and bliss.

Man wanted to solve the mystery of his existence and worked to solve the riddle of his own real identity. He tried to understand wherefrom he had come, why he was here, what would happen after death, what was there before his birth, where was he then, and what were his roles and goals. Many systems of philosophy developed around these questions, and many religions came into existence to answer these questions.

The existence of thoughts, ideas, emotions and awareness is an indubitable fact of human experience. Every human being thinks. The presence of thoughts and consciousness is a well-established and an irrefutable fact of life.

When someone says: 'This is my body', his statement implies that the one who says this is different from the body. This, therefore, points to the distinction between the self and the body (or *Ātman* and *deha* as per Upanishads). The pronoun 'I' stands for the person, the subject or the being whereas 'my' stands for what belongs to, relates to or is possessed, owned or used by that person. The former is conscient and metaphysical, whereas the latter is material in case it is the body or something that is used by the body.

Precisely in the same manner when the spiritual energy that the soul is, the source of consciousness that the soul is, expresses itself in the form of wish, volition, will, attention, feeling and thought, we say that our mind is working; when it expresses itself in the way of understanding, reasoning and judgement, we say that our intellect is working, and when it appears in the form of memories and impressions, we assume that our unconscious mind (*Chitta*) is working. These are only different manifestations of 'consciousness' emanating from the soul.

It is 'you' that exist at this moment. There is no other higher self or perfect being in the future. The true self remains hidden. Once it is unleashed, the experience is indescribable, any amount of words can just provide necessary clues.

So the perennial question 'Who am I?' - Even the best of explanation and all the stretch of the imagination in simply getting to know it is insignificant when you compare it to the realisation and experience that you go through, which are paramount and incommunicable.

Science is about the objectivity of the investigation that can be explained unambiguously. In spirituality, there are experiences that are transcendental; they are subjective experiences which are indescribable. Yet for both, the point of reference is energy at some level. Consciousness is energy that has got both - the manifest objectivity and unmanifest subjectivity.

Consciousness is an interface between science and spirituality

Chapter 3 - Why the study of Consciousness?

"Paradise is not a place; it's a state of consciousness."

- Sri Chinmoy

You are both the question and the answer. If you haven't questioned yourself till this day, it is somewhere around the corner. It would just be a matter of time when you come across something that stirs up the deep inner self. If you have been asking questions to yourself "what am I doing here in this vast universe?", "What is my real self?" and so on, the good thing is that the journey has already started. Seeking the right path and absorbing every moment of the journey is much more important than the destination. Unless you genuinely seek, you cannot progress either in science or in spirituality. 'Seeking' indeed is the substratum for both - science and spirituality. Yes, the directions differ!

There are two worlds that we continuously experience every day and all through our lives. One is the outer world that consists of the various people and situations that we sense and interact with, including objects and our bodies. Second is the inner world that we get to experience through the whole complexity of thoughts, emotions and even dreams. It wouldn't be wrong to say that we are mostly engrossed in the outer world and feel that it affects the inner world. Hence, there is a never-ending impulse to control the external world. A fascinating analogy exists between this and the Pareto principle, commonly referred to as '80-20' rule. The inner world makes 80 percent of what we are, however, gets only 20 percent of our attention (or even less!). On the other hand, the outer world making 20 percent of what we are, receives 80 percent of our attention (or even more!).

If you agree with this, then expand your awareness of the inner world, which will help resolve most of your struggles, besides bringing the real calm and meaning to life.

If you are struggling to find your real self or looking to do it for the first time, read these beautiful lines from spiritual teacher Sri Nisargadatta Maharaj. It explains volumes, so read it as many times.

'You cannot possibly say that you are what you think yourself to be! Your ideas about yourself change from day to day, and moment to moment. Your self-image is the most changeful thing you have. It is utterly vulnerable, at the mercy of a passer-by. To know what you are, you must first investigate and know what you are not. The clearer you understand that on the level of mind, you can be described in negative terms only, the quicker you will come to the end of your search and realize your limitless being.'

- Nisargadatta Maharaj

Navigate your mind thoroughly both by asking questions and being aware of yourself at the same time. Speak with yourself and eliminate what you do not identify with your real self, slowly and gradually like peeling off every layer in a cabbage, 'neither this ... nor that'. Sooner or later, you would discover that the whole world, every object, situations, people and body exist only in mind. Then if you could be aware of your mind and feel it as a

separate entity in this conscious state, then, of course, the mind is just a tool in this whole awareness. So am I this self-aware consciousness? Isn't this observer, i.e. consciousness more substantial, eternal and real than what is observed? Ask yourself and figure out your possibilities, your truth.

Buddha, almost 2500 years ago, through profound experiences under a deep meditative state of mind, discovered that countless cells in our body continuously die and as many immediately develop and live again. It took modern science all the study and investigation of years to reveal that the human body is in constant flux; cells are continuously being replaced. However, Buddha's discovery was just the spin-off from the internal voyage of his profound quest for self-realization and what he gained was an unfathomable experience of transcendence in consciousness. Buddha till this day is a symbol for awakening and enlightenment for humanity. Science and scientific community could explain the same phenomenon in great length and with all biological facts and details, only suitable for applications at the gross level of the body.

Spirituality provides you not only with the scope of investigation and discovery but also helps one in personal transcendence and self-evolution. While transcendence is the primary objective, any finding of existence and universe on the subtle energy level is just incidental to the transcendence of consciousness.

Consciousness is the energy or light of all the creation and existence. An analogy can be drawn to both Science and the physical world. Just as light and electric current make it possible for science to conduct the experiments, and operate all scientific and technological applications. Sun illuminates and gives sustenance to the physical world with the energy and rays it radiates. So it is with consciousness, which is the light itself. You can say that consciousness is the light of wisdom, inner powers and self-awareness which illuminates the life to a new level.

Human Consciousness is non-tangible, subtle energy of high calibration. If you are in a low energy scale of consciousness, it is nearly impossible to discover consciousness just through scientific investigations. This brings us to the big question, can science see consciousness?

Nobel Prize-winning neuroscience Professor Eccles supports the theory that the mind is a separate entity and cannot be reduced down to the brain cell processes.

Professors Karl Popper and John Eccles demonstrated through research that a conscious event happens before the relevant brain event, in 'The Self and Its Brain'. These eminent scientists theorized not just mental and conscious events as separate from the brain, but a self-conscious mind distinct from both.

Is it possible to discover a non-physical, limitless, eternal entity by means that are themselves finite, imperfect and limited to the physical dimension of time and space?

Consciousness is subjective and could be understood within the domain of spirituality by profound realizations enriched by scientific perceptions. Consciousness is not verifiable only through science.

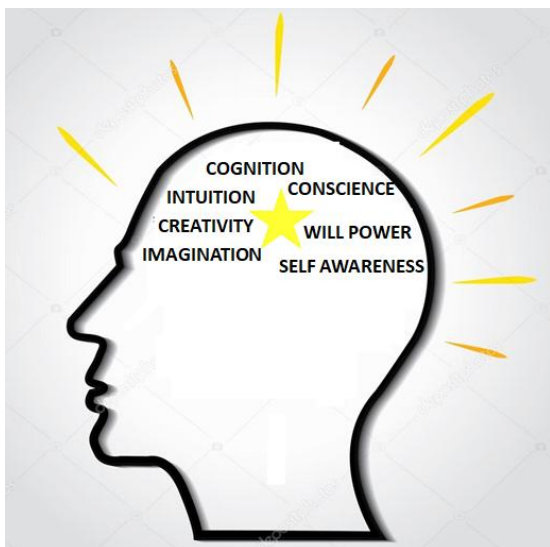
Those with deep insights in metaphysical realms only can understand that Consciousness is the ultimate basis of reality and existence. *At the experiential level, it can uplift humanity to an unimaginable level of sovereignty.*

Humanity is sleepwalking into crisis with modern materialism annihilating the order and value of not just human life but the entire existence. Political and religious strife, identity and ideological clashes are tearing apart the basic fabric of civil harmony. We are getting pulled away by so many things in the external world, and then above all, there is a continuous noise inside us. It is time for retreat now back to our original and eternal self, and make this real self as the anchor of life. Point of reference and control at all times should lie within us. An inside-out approach is what spiritual perspective is all about.

While going through this book, you can stand apart from yourself and perceive your life from different dimensions. This distinctive capacity of a human being is due to the exclusive gift of 'Human Consciousness'. It includes –

- 'Self-consciousness' - an ability to think about our very own thought process;
- 'Self-awareness' that enables us to detach ourselves from the inner noise, step aside from the apparent superficial reality and examine the way we see ourselves;
- 'Conscience' so that we discover and experience the truth within;
- 'Will power' is to create an intention of pursuing the choice made by the awareness; it is having self-sovereignty.
- Intuition –Instinctive inner voice of wisdom, which is incomprehensible within the framework of logic.
- Faculties of Imagination and Creativity.

There is an unending list of invaluable treasures that lie within the framework of 'Consciousness'. Although we do use these faculties all through our lives, both consciously and unconsciously, yet there is little awareness of these hidden natural treasures, and we keep on wandering in their search at a superficial level.



Experience and insights on the existence of self at subtle energy levels are prerequisite to conceptualise human consciousness and conscient entity.

What we have tried to bring about through this book –

One is to heighten the awareness on consciousness and conscient entity (Soul), so we can perceive and more importantly, experience our true and original self.

Second, is to discover at a deeper level that consciousness is scientifically spiritual and spiritually scientific. Consciousness is derived from the sacred geometry of subtle energy fields, the light of the divine. At a higher level, we are one with the universe or unified conscious energy source. It brings us to the point that eventually, all the answers and all the solutions to the current day challenges reside within us 'the conscient entity' (Soul). Transcending the consciousness to higher energy levels is undoubtedly the essential endeavour of this life journey or the journey of several lives. Hence it is so crucial to study and experience consciousness.

Realizing self should be the simplest thing to do on this planet. It doesn't require too many words to elucidate. It is, however, the belief of modern materialism and modern-day science that we seek answers in rather complex phenomena, and this has widened the gap between perception and real self.

If humanity can discover the reality of self as a being, the most complex problems can be solved in the simplest possible manner. Truth is always simple, but what seems simple may not be easy to embrace.

Chapter 4 - What is Human Consciousness?

"...just as a physicist, when he pushes his knowledge to its limits, finds it melting away into metaphysics, so a metaphysician will find that what he calls 'mind' and 'matter' are but apparent distinctions, the reality being one."

- Swami Vivekananda

This is one of the most obvious questions but a thorny one to answer. 'Consciousness' is not just the substratum of all the actions, it is quintessence to all that exists and the awareness of the existence. Consciousness as a term has been comprehended and interpreted differently by Philosophers, Scientists and Mystics of various disciplines. Consciousness is both empirical and subjective reality that can be experientially comprehended, it is not scientifically and logically verifiable. There is manifest objectivity, and then there is unmanifest subjectivity of Consciousness. So, it might not be possible to define Consciousness completely, but yes, we can understand it by its attributes and characteristics.

Let us first try to understand its essential characteristics:-

- ✚ Consciousness is not an object to be understood in 'time' and 'space'. 'Time' is the concept of change. Since all objects change, all objects are temporal concepts. 'Space' is the concept of expansion, i.e. size and shape that fills the universe. Since all objects are extended in space, all objects are spatial concepts.
- ✚ Consciousness is Infinite, Truth, Eternal and pure Bliss.
- ✚ Consciousness is inexplicable, however experiential.
- ✚ Consciousness can be understood in the form of energy. The primary energy from which all other energies are derived is light.
- ✚ This energy or light is manifested through a divine geometrical pattern.

Consciousness should not be misconstrued as a neural activity or mere sensations in the body or the breathing process. Although these are resultant to consciousness and sometimes even helps in bridging to consciousness during meditations. Consciousness is the creation of vibrations and energy by the conscient being. These vibrations, like electromagnetic waves, have different frequency levels and create their energy fields, commonly known as Aura. These vibrations are also the signals the conscient entity is continuously emanating to the entire universe. It is this consciousness which gives one the existential experience as a living being.

Dr David R. Hawkins explains: 'the all-pervasive universal energy field called consciousness is of infinite power and dimension beyond time and is compositionally nonlinear.'

It is pertinent to note in this context that conception of consciousness cannot merely be restricted with mind and even thoughts. The mind is a tool for consciousness to operate. Hence it will be correct to say you are not the mind; instead, you are the conscient being operating different faculties, including the mind. We will elaborate on these at a later stage. Hence identifying yourself with the mind could be as big a deception as considering yourself a physical being. There are many layers of deception that humanity is living with, and this has become the cause of sufferings.

This metaphysical energy of the conscient being manifests as thoughts, judgement, conscience, imagination, intelligence, cognition, intuition, memories, beliefs, perceptions, attitude, habits and emotions.

Let's try to understand different philosophies, belief systems, scientific theories propounded hitherto, and research conducted vis-à-vis consciousness from the prism of Science, Spirituality, Psychology and generally accepted perceptions. Our scope here is restricted to those which are essential and recognised.

Newtonian & Quantum Physics

Newtonian physics believes that all properties and behaviour of our physical reality could be determined since it presumes that physical reality at all levels abides by one or the other well-known physical laws having no exceptions.

Contradictory to this Newtonian assumption, Quantum Physics says that at the level of subatomic particles, nature ceases to be deterministic. Quantum Physics has proved at the microcosmic level that nature starts to behave ambiguously and by no means demonstrates definitive patterns.

Quantum physics suggests that our physical reality (particle state) exists only when it is being observed, and that matter returns to pure energy (wave state) when no one pays attention. Thus, matter behaves like a particle in the presence of a rational observer; in absence, it acts like a wave.

"Quantum theory will not look ridiculous to people who have read Vedanta."

- Werner Karl Heisenberg.

[Vedanta is the conclusion or essence of Vedic thought.]

Heisenberg's view was that the act of observation by the scientist alters the condition of the quantum particles that are observed. Einstein said, in 1933, that the discovery of a 'hidden variable' would account for it. Later, in 1961, Eugene Wigner, a Nobel physicist, proposed that it is the 'consciousness of the scientist' which itself is the hidden variable that decides the outcome of the event. Wigner, therefore, emphasised that it is impossible to describe quantum mechanical processes 'without the explicit reference to the consciousness' of the observing scientist. Some other scientists also think that at the subatomic level, we cannot know objective truth because the objective reality is inevitably affected by the subjective consciousness of the scientist.

The above finding should have been interpreted to mean that it is at the subatomic level that the consciousness acts on the matter and influences it. However, some scientists, who had been under the influence of monism (Advaita - non-dualism), interpreted it to say that

ultimately there is no difference between mind and matter or that there is only one reality namely the consciousness and that matter is unreal, or it is only creation of consciousness.

Schroedinger said: "Attempt to resolve the dualism of mind and matter was made in the west also, but the attempt was always carried on the material plane, and therefore, it failed... it is odd that it has usually been done on the material basis, but this is not good. If we decide to have only one sphere, it has to be a psychic one since that exists anyway."

The implications of quantum physics are perplexing. It shows us that we are co-creators of our physical reality, at least at the microcosmic level, since the observer plays a part in what is being observed. Niels Bohr, co-founder of quantum science once said, 'Anyone who's not shocked by quantum physics, didn't understand it'.

It is Quantum Physics that provides the most effective support to the metaphysical reality of not just human consciousness but even a metaphysical dimension in matter (which is yet unknown to material science). This, in turn, can also throw upon us some piercing questions, such as - Can we demonstrate metaphysical conscient entity within the current ambit of Science? How does human consciousness affect matter?

Consciousness vis-à-vis Relativity and Unified Theory

Albert Einstein suggested that everything in the universe is relative, and the existence of different forms, phenomena and worlds can be accounted for only in terms of relativity. Any space-time event can be viewed from a countless number of reference-points, each giving rise to a different result, a different interpretation or a different experience.

Einstein, through Unified Field Theory, attempted to tie all the fundamental forces of nature together in a single theory.

Now let's consider these theories with Consciousness in perspective. One unique characteristic of our Consciousness is that we always have **a unified experience** though we are constantly bombarded by innumerable data, bits of information and experiences through various sensory organs. And all of this is continuously getting processed contextual to memories, belief system, emotional reservoir, perception, intellectual quotient etc.

This may explain the holistic nature of consciousness, whereby our thoughts and feelings act in unity in the body. Think about what happens when you are in a sudden state of shock and disbelief to some incident or due to heart-rending news. All of your body and brain will respond instantaneously and in unity! Your eyes get wider, your heart starts to pound faster, you breathe faster, your adrenalin level goes up, thoughts are in disarray and intellect loses its capacity to judge and decide for a moment, hands and voice start trembling. The unified response of the body in a single moment is sent over the body's neural network through the microtubule 'wiring' as a coherent wave of light connecting all the cells in the body.

Jagdish Hassija in 'Consciousness from a Spiritual perspective' says, "*if there are the numerous simultaneous electromagnetic events in our brain and so many are the frames of references, then our experience could not have been 'one' as it really is. Since our experience is always one and unified, it would be reasonable to conclude that there must be a single point of reference, working as a coordinate origin, to which our experience owes its one-ness or uniqueness.*

*The universal fact that we always have only **one unified experience** is clear evidence of the truth that (i) there is only **one coordinate origin which works as our reference-point** and (ii) that there is only one set of attitudes and beliefs which lead to the 'oneness' of our perception or experience. What else can be this one coordinate origin, which also has one set of beliefs and attitudes? Conclusively, there must be a metaphysical point."*

Hence we can say that this conscient entity 'Soul', with its existence in the metaphysical state, is the single point of reference for all the phenomena. It provides us with a unified experience.

Dutch Scientist Pim van Lommel, with almost two decades of research and study has taken a quite stimulating and startling stand on consciousness. He has published his findings and says that the unified field of consciousness centres around the concepts of non-locality and interconnectedness: "*The mind seems to contain everything at once in a timeless and placeless interconnectedness. The information is not encoded in a medium but is stored non-locally as wave functions in nonlocal space, which also means that all information is always and everywhere immediately available.*"

He further adds – "In this new approach, complete and endless consciousness with retrievable memories has its origins in a nonlocal space in the form of indestructible and not directly observable wave functions. These wave functions, which store all aspects of consciousness in the form of information, are always present in and around the body.

The brain and the body merely function as a relay station receiving part of the overall consciousness and part of our memories in our waking consciousness in the form of measurable and continuously changing electromagnetic fields.

*In this view, **brain function can be seen as a transceiver; the brain does not produce but rather facilitates consciousness.**"*

Van Lommel undoubtedly points to the non-physical phenomenon of our existence, that brain, its incidental system and body is just hardware which this metaphysical uses seamlessly.

Maharishi Mahesh Yogi, a descendant of a long lineage of Indian yogis, clarified with a spiritual-scientific view that "*The unified field is fundamentally a field of consciousness. The field is known as atman, meaning 'pure consciousness,' or 'self,' since the unified field constitutes the deepest reality and hence the true identity of everything in nature.*"

Maharishi explains, "*the unified field of consciousness has the dual characteristics of existence and intelligence.*"

Even if we have never observed this point or metaphysical particle which always works as one single frame of observation and reference, it becomes necessary to recognise the existence of such an entity, for this explains why we have a unified experience. This entity is the soul. It is this which has beliefs, attitudes, past experiences, emotions etc. Without accepting its presence as a point of metaphysical light, our experiences cannot be explained.

Out of Body and Near Death Experience (OBE & NDE)

Case study

In 2014, researchers at the University of Ottawa studied the brain activity of a 24-year-old Canadian student of psychology who claimed she could leave her body at will. She usually had an OBE right before falling asleep and, in fact, leaving her body helped her fall asleep. During an OBE she would sometimes feel herself rotating above her physical body.

Researcher Claude Messier and the paper's co-author Andra M. Smith interviewed the woman and had her undergo a brain scan during her self-induced OBE. What they discovered was that during the self-induced OBE, the woman's brain activations were confined to her left side which was unusual because when most people imagine things or scenarios, both sides of the brain are active. Also, the woman's visual cortex was deactivated, which also was strange because it is typically activated when one imagines something happening in their head. The researcher could not gather sufficient information from the brain to arrive at a conclusion.



Scientists and researchers are puzzled at the phenomena and consider it more as an anomaly or hallucination.

Yogis who practise intense meditation in the eastern world under various disciplines can voluntarily leave their physical bodies and even travel across whenever they want to, referred to as 'astral travel'.

Out of Body and Near Death Experiences can be summarised as follows:–

1. **Consciousness can function seamlessly even without body and brain.**
People narrating their experiences felt as if they saw the body as very distinct from themselves. They could see things miles away, wherever the attention was directed. This means that consciousness is not a by-product of the biochemical process of the body or neural activity. Under these experiences, one can not only feel but also see and hear outside the body, for reports say that subject could listen to conversations over the corpse (biologically dead). The evidence indicates that reticular activating system is only an instrument for receiving the external stimuli and sending the messages to the brain in the form of coded electrical impulses but, otherwise, it is a conscient entity which takes cognizance of the impulses.

2. Thoughts, feelings, memories and cognition are functions of the Conscient entity.

In the case of near-death experiences, the brain ceases to function normally. Cerebration (thought process) either stops or is at its lowest ebb. So, if consciousness happens to be a brain function, it should either be at its lowest ebb or should cease entirely. On the contrary, we find that as the cerebration reduces, consciousness expands so that the subject could see and hear from a great distance. This establishes that consciousness is the inherent attribute of an entity that is separate from the brain and can exist in the discarnate form with the highest stage of awareness.

In many other cases of OBE/NDE mentioned reminiscence of past birth, they find reasons for current challenges of life and sometimes also the purpose of this lifetime. Thus beyond physical domain, the consciousness opens up to hitherto unexplored aspects of a clear conscience, inner awakening, self-realization, subconscious memories and feeling of oneness with universal force.

3. Brain and body only restrict consciousness from its limitless dimension –

In one case: *Neeraj M (India, 1987) - "I felt that I am very powerful and filled with Light. Also, a lot of light is emanating from me. As if I am a "Sun" but not a heated one. Also, a very peaceful feeling engulfed me."*

Raphael K - "My near-life experience, during meditation consisted of seeing the light with my eyes closed. I felt an incredible sense of love, joy, peace and oneness from the light. I felt that life on the other side is more real than life on earth; life on the other side is light and airy. Life on earth is heavy and dense."

The brain enables the soul to have experience of only three-dimensional objects, whereas, outside the body, it can have multidimensional experience and can also have clairvoyance. Hence it shows that the brain only limits the consciousness of its immense potential, to the extent that people are not willing to return to the body in this earthly dimension.

Hypnotic Age Regression

Age regression under a deep state of hypnosis has come out not only as a fascinating psycho-therapeutic process but also as insightful research in the existence of a metaphysical entity known as Soul, and its experiences in pre-life, after-life and different lifetimes.

Dr. Brian Weiss, a well-known psychiatrist & hypnotherapist, has regressed more than 4000 subjects since 1980. He and many other eminent researchers have done remarkable work on the experiences of rebirth and past lives through the method of hypnotic regression. He regressed subjects back to the moment of death in their previous life and then to the moment of their entry into the present body. He took many subjects into numerous past lives. After going through his books, e.g. 'Many Lives Many Masters', one concludes that there is a metaphysical entity which takes rebirth after giving up one body.

The Conscient entity is not only non-physical but is a traveller that moves from one body to another and also, as many, under hypnosis, saw, from the World of Souls to this world.

Although, in few cases, under certain circumstances, the mind of the hypnotically regressed persons tends to fabricate illusion and, therefore, the statements of all the subjects are not substantively adequate, yet most of the cases have been verified with clinching evidence. In some cases, subjects were not only able to recall memories but also fluently speak in other foreign languages for which they have no training or understanding in this lifetime.

Cases of Research on Reincarnation

Research has also been scientifically done in the cases of children who gave accounts of memories of their past lives. Ian Stevenson, Head of the Department of Psychiatry at the University of Virginia, USA, has done very extensive and thoroughgoing research in this field. He investigated more than 2000 cases, from all over the world, of children who claimed that they had lived before their present life. Though some cases were false and fabricated, investigations into many cases confirmed their veracity. Ian Stevenson investigated the details of the place and people as the children had described and also the details about the dead persons whom the children claimed to have seen. He concluded that there were adequate verification and confirmation of all these. He was, therefore, convinced that the conscious self can travel from one physical body to the next after one body has been destroyed.

Water and Consciousness

Dr. Masaru Emoto, the Japanese scientist who revolutionized the idea that our thoughts and intentions impact the physical realm, did some extraordinary findings on the effect of Consciousness on Water molecules. For over 20 years, he studied the scientific evidence of how the molecular structure in water transforms when it is exposed to human words, thoughts, sounds and intentions.

The extraordinary life work of Dr. Emoto is documented in the New York Times Bestseller, 'The Hidden Messages in Water'. In his book, Dr. Emoto demonstrates how water exposed to loving, benevolent, and compassionate human intention results in aesthetically pleasing physical molecular formations in the water while water exposed to fearful and discordant human intentions results in disconnected, disfigured, and "unpleasant" physical molecular formations. He did this through Magnetic Resonance Analysis technology and high-speed photographs.

Dr. Masaru Emoto put Water as a Living Consciousness on the map for the scientific world. He showed us how water is energy capable of more than we ever imagined. The power human thoughts, sounds and intentions have to strengthen or disempower is one of the most significant discoveries of our time.

His work has us raise the following questions:-

- if the water getting affected by the words, intentions, and energies has a connection with physical science or metaphysical energy fields?
- Is there some level of consciousness in water akin to our consciousness that affects mutually?
- Is there an aether element common between the two?

The Aether* of CQSE (soul) affects the aether of every element. Aether of every element and aether of the universe has a consciousness that gets driven by human consciousness and cosmic consciousness. Hence it also proves how the "law of attraction" works, one of the most sought after subjects of discussion these days.

* **Aether element** is often referred to in Vedic literature as '*Brahm-tattva*'. Brahm-tattva or Aether is present in this cosmos in many different forms and at various energy levels. Aether is not the same as the sky element. Unlike the sky element, Aether has got its consciousness or intelligence. Aether is pervasive in all the other five elements. It is also the originator of all five elements.

Princeton Engineering Anomalies Research (PEAR)

A remarkable yet unnoticed work and scientific research by Princeton Engineering Anomalies Research (PEAR) was not given any formal recognition by Scientific community. Consequently, after twenty-eight years of startling research in paranormal phenomenon, it finally got shut.

The PEAR program was established at Princeton University in 1979 by Robert G. Jahn, then Dean of the School of Engineering and Applied Science, to pursue the rigorous scientific study of the interaction of human consciousness with sensitive physical devices, systems, and processes common to contemporary engineering practice. Over twenty-eight years, a group of engineers, physicists, psychologists, and humanists conducted a comprehensive agenda of experiments and developing complementary theoretical models to enable a better understanding of the role of consciousness in the establishment of physical reality.

The startling claims of the PEAR group fall into the broad category of parapsychology, specifically psycho-kinesis (moving objects with the mind) and remote viewing (extra-sensory perception).

PEAR conducted numerous experiments and demonstrated how individuals could affect material objects without any physical contact. For example, volunteers without any physical contact just through intense thoughts and intentions could make more water flow in one channel of a fountain than the other, or make more steel balls cascade to one side of the device than the other.

Astounding experiments were conducted for over three decades, with revelations of how consciousness affects the physical world in many different ways. However, none of the prestigious scientific journals ever published their papers. PEAR's findings were done under rigorous scientific measures, yet it couldn't find any place in scientific laws, hence got precluded from any recognition.

Extra Sensory Perceptions (ESP):

There is a great deal of evidence--some reliable, some not so reliable--that the mind is much more than merely the central processor for sensory information. Russell Targ and Jane Katra, in their 1998 book, 'Miracles of Mind' list a few of the extrasensory abilities that have been demonstrated:

Telepathy: direct mental communication between one mind and another.

Remote viewing: obtaining a mental image of a remote target object at which an accomplice is located. This is different from telepathy because the image often contains details not noticed by the accomplice.

Clairvoyance: obtaining a mental image of a remote target without the aid of an accomplice.

Precognition: There are several types of precognition. A prophecy is a dream or vision of a future event when there is no possibility of taking any action that could change the future. Examples are recording a prophecy and revealing it only after the event has occurred, or prophesying in a vague, nonspecific way. Two famous prophesiers were Nostradamus and Edgar Cayce. If the precognition is specific enough to allow an action to be taken to avert a future event, then it is called a forecast, premonition, or presentiment (pre-sentiment). Example: a dream of an aeroplane crash that allows a person to avoid that flight.

Distant hypnosis: hypnosis of a person at a distance.

Psychic healing: a type of remote viewing and healing in which the healer actively transposes intuitive impressions into thoughts and specific healing actions to remedy a perceived problem in a patient's body.

Spiritual healing: remote healing in which the healer is in a receptive, aware, non-judgmental state which allows his or her consciousness to be used as a conduit for healing by the nonlocal, universal mind.

Energy healing: healing in which the healer directs his or her attention to the patient and concentrates on replenishing or manipulating the patient's vital energy flow. Examples are Reiki, therapeutic touch, laying on of hands, Pranic healing, and Qi Gong.

Intuition: direct and non-analytical awareness that can come from the nonlocal mind, internal subconscious processes, psychic sources such as mind-to-mind connections, or direct clairvoyant perception of the outside world.

Meditation experiment project conducted for Crime Prevention-

This paper reports the results of a prospective experiment in which a group of approximately 4,000 participants in the Transcendental Meditation and Sidhi programs of Maharishi Mahesh Yogi assembled in Washington, D.C., from June 7 to July 30, 1993. It was hypothesized that levels of violent crime in the District of Columbia would fall substantially during the Demonstration Project, as a result of the group's effect of increasing coherence and reducing stress in the collective consciousness of the District. A 27-member Project Review Board comprising independent scientists and leading citizens approved the research protocol and monitored the research process. Weekly crime data was derived from database records provided by the District of Columbia Metropolitan Police Department (DCMPD), which are used in the FBI Uniform Crime Reports. Statistical analysis considered the effect of weather variables, daylight, historical crime trends and annual patterns in the District of Columbia, as well as trends in neighbouring cities. Consistent with previous research, levels of homicides, rapes and assaults (HRA crimes) correlated with average weekly temperature. Robberies approximately followed an annually recurring cycle. Time series analysis of 1993 data, controlling for temperature, showed that HRA crimes dropped significantly during the Demonstration Project, corresponding with increases in the size of the group; the maximum decrease was 23.3% ($p < 2 \times 10^{-9}$) [24.6% using a longer baseline, with 1988--1993 data ($p < 3 \times 10^{-5}$)], coincident with the peak number of participants in the group during the final week of the assembly. When the same period in each of the five previous years was examined, no significant decreases in HRA crimes were found. Robberies did not decrease significantly. However, a model that jointly estimated the effect of the Demonstration Project on both HRA crimes and robberies showed a significant reduction in violent crimes overall of 15.6% ($p = 0.0008$).

Further analysis showed that the effect of the coherence-creating group on reducing HRA crimes could not be accounted for by additional police staffing. The time series analysis for HRA crimes gave results that are highly robust to alternative model specifications and showed that the effect of the group size was cumulative and persisted after the Demonstration Project ended. Also, calculation of the steady state gain based on the time series model predicted that a permanent group of 4,000 coherence-creating experts in the District would have a long-term effect of reducing HRA crimes by 48%.

Clare Lamanna (ACIM - A Course in Miracles), makes a thought-provoking point - The whole basis of every philosophical, scientific or religious endeavour is fundamentally an attempt to determine what we are? Why are we here? And what the purpose of life is?

As a manifestation of consciousness, a human being is aware that he is aware, yet he is a questioner of what he is and believes he can provide the answer for himself established by his cause and effect thought processes. He believes reality is open to his assumption and interpretation. If this were true, reality would be highly variable and completely unstable. By definition, reality must be unchangeable, eternal and blissful. Reasonably then, human consciousness cannot be sure of anything while his uncertainty of self is the premise of his search.

If you truly want to know 'what is Consciousness?', then you will have to experience its infiniteness. This is possible only through the illumination of Consciousness. You will not only get to know but will also transform as you experience.

Chapter 5 - Sacred Geometry of CQSE or 'Soul'

"There is a pattern in the heavens where those who want to, can see it, and establish it in their own minds."

"Geometry existed before the creation."

- Socrates

"No state can find happiness unless the artist drawing it uses a divine pattern."

- Plato

Have you ever noticed a fresh flower strewing fragrance and beauty all over, and pondered on its existence as a marvel in this universe? Did you ever wonder why all the flowers are designed so in a specific shape and relative arrangement within? These mysterious patterns and arrangement could be observed from an atom to the Solar system and even in galaxies.

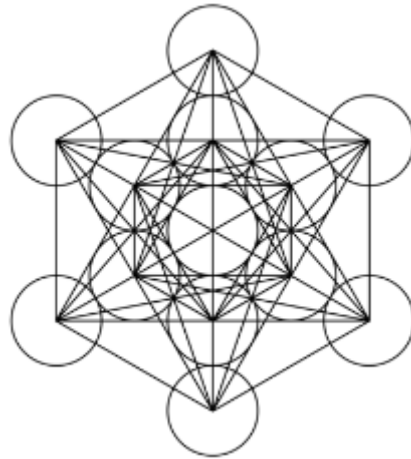
Sacred Geometry, also known as 'The Flower of Life' symbol, is considered to be sacred among many cultures around the world, both ancient and modern. This symbol denotes the structures and patterns that exist in this universe from gross to the most subtle level. The symbol can be used as a metaphor to illustrate the connectedness of all life and spirit within the universe.



As 'Light' and 'Energy' have an integral relation, so it is between 'Energy' and 'Geometry'. All subtle energies are expressed in an organized shape, form and pattern. Energy organized in sacred geometry attunes to the mystical laws of creation.

Sacred Geometry is also considered as a delightful link between Physical science and Metaphysical or Spiritual Science.

In the words of Bruce Rawles, *"In nature, we find patterns, designs and structures from the minuscule particles, to expressions of life discernible by human eyes, to the greater cosmos. These inevitably follow geometrical archetypes, which reveal to us the nature of each form and its vibrational resonances. They are also symbolic of the underlying metaphysical principle of the inseparable relationship of the part to the whole. It is this principle of oneness underlying all geometry that permeates the architecture of all form in its myriad diversity. This principle of interconnectedness, inseparability and union provides us with a constant reminder of our relationship to the whole, a blueprint for the mind to the sacred foundation of all things created."*



There is a pattern to everything. The pattern is essential to bestowing meaning to it and also for creating a specific effect. While many today believe in 'Sacred geometry', 'the flower of life', or the 'golden ratio', they consider that it remains relevant only to the material world. While this might be a sublime manifestation in the material world, it exists and exhibits perfectly in metaphysical or spiritual realms.

Sacred Geometry has a metaphorical relationship with human consciousness. We get fascinated by what we are. Sacred geometry helps us to understand ourselves and our synergy with the universe and bridges us with the universal energy. Consequently, it helps us to organize our energies and transcend ourselves through, to the higher consciousness.

As mentioned earlier, the conscient being 'Soul' is subtle energy or an incorporeal entity, i.e. having no physical existence. This point source of metaphysical energy is Quantum energy, which is spiritual, not physical. This quantum energy is manifested in the form of consciousness. Hence it has been referred to in this book as **Consciousness Quantum Spiritual Energy – CQSE**.

The CQSE or soul is very subtle energy and cannot be measured with the present scientific measuring instruments. The geometry of CQSE is nothing but 'Quantum Platonic World of Wisdom and Light' which is represented by 'Pentagonal Star'. This pentagonal star or a 'five-point star' is the divine sacred geometry of the Soul or CQSE. It can also be viewed as a flower with five petals. Pentagram has long symbolized the two natures of man: the spiritual and the physical self.

There are 16 Aether* energy points or Quantum energy points in CQSE (as represented in the diagram below). It can also be viewed as points on three concentric circles, each circle with 5 points and one point right at the centre.



Divine Sacred Geometry of CQSE

The soul (CQSE) creates consciousness through the interplay of energies from all these 16 aether energy points. Each of these points is like quanta and has an energy field. For Consciousness to operate as a unified field, the different energy fields of all the quanta must be in a relative arrangement, interacting with each-other coherently. The coherent arrangement creates a vibrational resonance, not only among themselves but also with all the energies in the universe. A subtle insight is needed to comprehend and appreciate this unique synergy among the quanta points of CQSE.

Each of these sixteen energy points has a string connected to the other fifteen. These strings are like cords that remit and exchange energy. This ensures a continuous interaction with each other. Whenever there is a stimulus, all the sixteen points interact seamlessly to respond, and this creates a unified consciousness.

The 16 energy points are pure and divine in their original form. The sacred geometrical pattern of their arrangement too is divine. The 'Soul' or the blank star beyond the 16 celestial adornments is absolute and perfect. Hence, the consciousness originating from it is 'Divine' in its original and eternal manifestation.

* **Aether element** is often referred to in Vedic literature as '*Brahm-tattva*'. Brahm-tattva or Aether is present in this cosmos in many different forms and at various energy levels. Aether is not the same as the sky element. Unlike the sky element, Aether has got its consciousness or intelligence. Aether is pervasive in all the other five elements. It is also the originator of all five elements.

The 16 Aether energy points are listed below. Each of these has its distinctive attributes and significance. Each one has a unique energy colour code. These are universal codes corresponding to a specific spiritual energy.

Category of Energy Points	Name of Energy Points	Number	Energy Colour Code
3 Main Faculties / Operating System	Mind	14	Violet
	Intellect	16	Indigo
	Impression	15	White
7 Basic Qualities	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 Face	6	Red
	Power to Discriminate	7	Red
	Power to Co-operate	8	Red
	Power to Tolerate	9	Red

	Power to Pack-up	13	Violet
	Power to Withdraw	14	Violet
	Power to Adjust	15	White
	Power to Decide	16	Indigo
3 Special Virtues	Determination	3	White
	Humility	4	White
	Introversion (Power of Truth)	5	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

The conscient entity is a sacred geometry pentagram with 16 Aether energy points having a vibrational resonance. This matrix of different energy centres with mind-intellect-sanskaras as a control circuit, interact in coherence to generate a self-conscious energy, known as 'Consciousness'.

Chapter 6 - Aether Energy Points of CQSE

What are these 16 Points of CQSE?

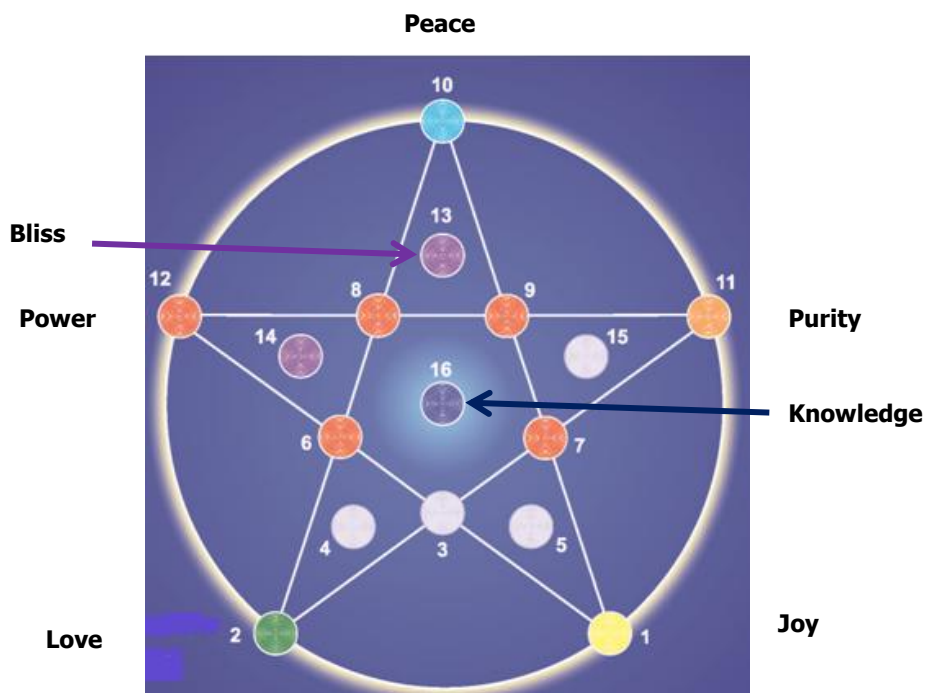
The CQSE is a Pentagram star which has 16 aether energy points consisting of seven innate qualities, eight essential powers, three special virtues and three faculties - mind, intellect and sanskaras (together known as 'control circuit'). It's noteworthy that some of these points represent more than one attribute.

Let's understand each of these qualities, powers, virtues and the three faculties. Seven innate qualities are the essence of one's existential awareness. They form the building blocks of human consciousness. These are also harmonically connected to the six elements (five physical elements plus aether) of the universe and seven chakras of the subtle body.

Eight powers are the inherent strength of the human character and provide self-control and sovereignty to the consciousness. Most of these powers are connected to the mind. Hence the mind is a central reservoir of inner powers.

Mind, intellect and sanskaras are three operating engines in the frame of consciousness. They are also the controlling terminals of all the qualities, powers and virtues.

Innate Qualities of CQSE or Soul:



Joy - Energy point 1

Joy is the energy of true happiness, which is an offspring of our natural self of what we are and not what we possess. It is not dependent on material possessions.

Love - Energy point 2

The pure energy of universal and spiritual love. It is essentially a feeling of deep connectedness, empathy, compassion and regard - for well-being and happiness of all including self, nature and universal energy (God).

Peace - Energy point 10

The energy of serenity and inner tranquillity which remains unaffected by the noise of the material world. It provides emotional stability and a sense of clarity.

Purity - Energy point 11

Purity is the energy of our true liberated state, which is beyond physicality. It bestows with an experience which is a blend of innocence, pure joy and deep silence. This energy, when channelized to higher self, transmutes into creativity and divinity.

Power - Energy point 12

Power is the energy of inner strength to change a challenging situation into an opportunity. It gives self-control and resilience so we can draw inner resources and channelize them in the right direction.

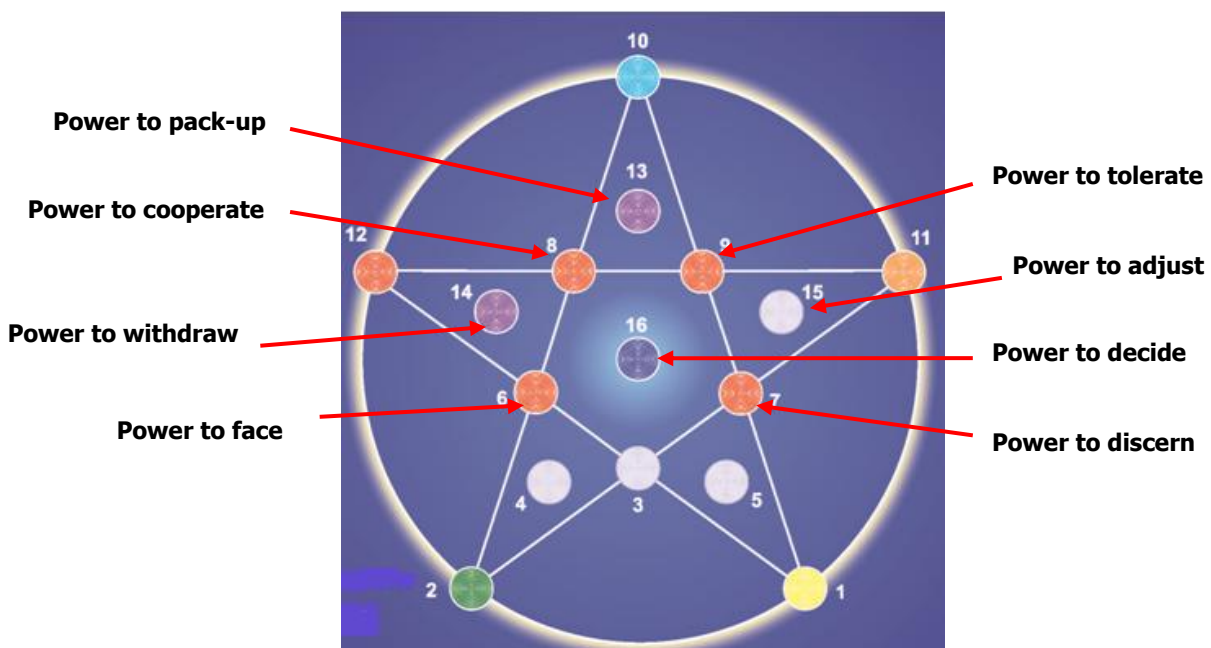
Bliss - Energy point 13

Bliss is the highest energy which is merged with light, love, knowledge, inner silence and power. It is a total joyful awareness that keeps one beyond the dualities of positive and negative. Bliss contains 'contentment', the mine of virtues.

Knowledge - Energy point 16

It is the true wisdom of the self. It becomes an inner frame of reference for all our decisions and judgements. Knowledge is a light that guides us by destroying the darkness and confusion of ignorance. Knowledge is also called the 'third eye' or the 'divine intellect'.

Powers of CQSE or Soul:



Power to Face – Energy point 6

This is the energy of Inner courage to take you through the testing time and at the same time, remain calm with a sense of awareness and clarity. It empowers one not only to meet head-on with a problem situation but also to influence it positively.

Power to Discern – Energy point 7

This is energy to assess and separate the real from the false. It gives a clear conscience to find the right path amongst several wrong ones. It empowers one to remain even headed even in the most challenging times and at the same time being able to differentiate between things of enduring value and temporary value. It is also the ability to extricate subtle aspects and gross things.

Power to Cooperate – Energy point 8

It helps us to realise that we all are beautifully interwoven as actors on this world stage. We grow with mutual sharing and help. It facilitates reflective listening, finding win-win situations and maintaining a spiritual perspective while dealing with everyone.

Power to tolerate – Energy Point 9

This energy gives the mind an ability to go beyond the negative situation, stay uninfluenced and remain calm. It is an inner strength of not reacting, not even in thoughts, to the adverse circumstances. Instead, it's finding the right move at the right time. Since the authentic self-identity is not in the physical realm, we stay unharmed within keeping an awareness of higher self – respect.

Power to Pack up – Energy point 13

Power of getting detached and going inside. Thus you find lightness and freedom from any disquiets. Non-indulgence in excessive thoughts and staying fully focused. It invokes all inner resources and a positive outlook.

Power to Withdraw – Energy point 14

The energy which helps to detract from the situation and clear down cluttered thoughts. Instead of getting hooked to a situation, the power to move the mind away from wasteful thoughts and find a way out. It's real self-control which brings strength to the character.

Power to Adjust – Energy point 15

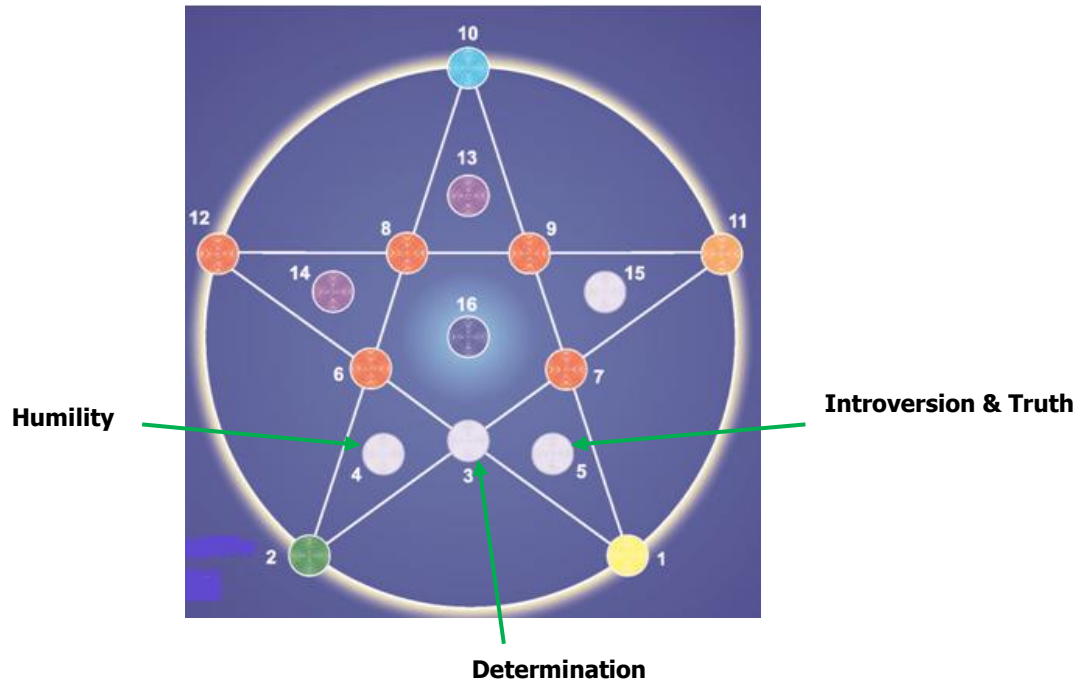
Ability to go beyond the conception of your physical identity, to be able to mould and accommodate yourself with the situation and people. It gives flexibility in sanskaras, perceptions and belief systems.

Power to Judge & Decide – Energy point 16

This energy bestows a clear thinking intellect, insightfulness, mental acuity, principle-centred perspective and audacity to face the outcomes after making a decision. It allows us to

remain unbiased in all circumstances as a detached observer. This power helps to understand oneself better and maintain neutral perspectives.

Virtues of CQSE or Soul



Determination - Energy point 3

An attribute of grit, to stay put in the face of all challenges. It is a combination of passion and perseverance. It gives resilience to make a comeback when down. It is reflected in a strong-will in your pursuit. It brings the ability to focus on a task and detach oneself from the outcomes.

If the energy of this point is low, then will power to pursue is short, so even after possessing all the other inner resources, one is not able to endure the tests of life.

Humility - Energy point 4

This energy allows you to have unconditional acceptance of people and situation, to stay grounded and humble, and to give people the respect and regard they deserve.

If you have sufficient energy at this point, you exhibit the following key attributes: empathy to other's emotions, good listening, flexibility to new ideas, non-reactive behaviour, thinking before speaking and using soothing words.

If the energy of this point is low, then one gets involved in the mental and verbal clash. There is a lack of consideration and space to other's perspective.

Introversion and Power of Truth - Energy point 5

The energy of this virtue enables one to get detached from the surroundings and go inside whenever needed, speak less and listen to more, love solitude, and stay focused and creative within.

An ocean is continually disturbed at the surface; however, deep inside, it is calm and full of treasures. Similarly, there is chaos in the external world, but deep within us, there is a perfect order. Introversion brings forth all our inner resources. All the great thinkers, philosophers, inventors and artists had this great virtue.

These three essential virtues, seven innate qualities and eight powers together generate other virtues, such as kindness, creativity, compassion, tolerance, empathy, humility, gratitude, wisdom and other indispensable ones in independent living and interpersonal behaviour.

The 16 aether energy points of CQSE have all the basic qualities, virtues, powers and a magnificent synergy between mind-intellect-sanskaras. This makes every Soul on this planet complete and perfect. You already have it within, that you will ever need. You simply need to awaken yourself and remain aware of your own riches. Speak to yourself, enlighten yourself and slowly downsize the never-ending outside hunt.

Chapter 7 - Mind – Intellect – Sanskaras

"In this self-luminous minute point of energy – the atman - lies impressions of all the incarnate existence of the self and from this point emerge all thoughts, reasoning, judgement, conscience and feelings. The purification of this self is the key to eternal peace."

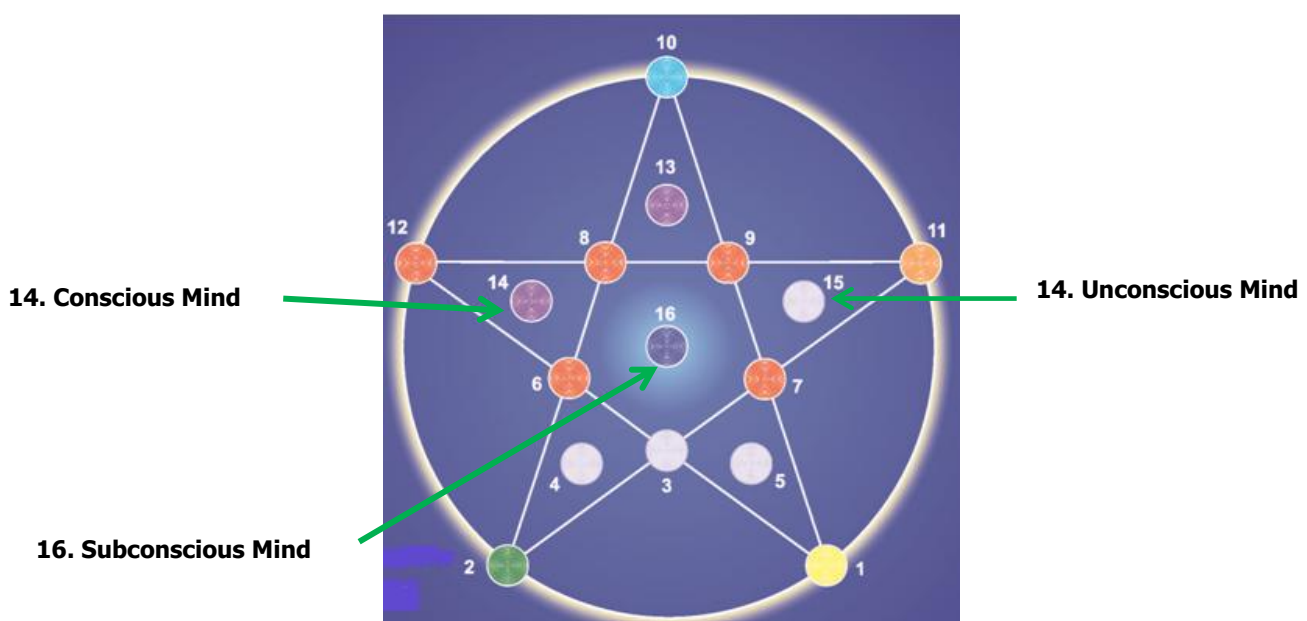
- God Shiva

Mind can be classified into three types based upon its characteristics and functions:

1. Conscious Mind (mind) – Conscious mind is the conscientious part of the self. It keeps you engaged in the perceptual reality.
2. Subconscious Mind (intellect) - This one is the part of consciousness that remains hidden right below the surface of your conscious awareness. It is the mind of your unmanifest self.
3. Unconscious Mind (*sanskara*) – The unconscious is the storehouse of all past experiences, memories and related feelings & emotions. It's from these memories and experiences that our beliefs, habits, and behaviours are formed.

Conscious Mind is similar to that portion of the iceberg which is above water, and so is perceptible. Another analogy for the Conscious mind is that it is like the master of a ship that gives orders. However, more than 90% of sovereignty lies in the invisible, i.e. between the Subconscious and the Unconscious.

In CQSE, these three minds have different energy points as each one has its unique vibrational frequency. The conscious mind is energy point 14, Subconscious mind is energy point 16, and Unconscious mind is energy point 15. These three indeed are the points managing the other thirteen. No wonder why 'Mind' has been hotly debated over the years by so many spiritual leaders, psychologists, philosophers, and scientists.



Energy point 14 → Conscious Mind & Power to Withdraw

The conscious mind is responsible for all your perceptual reality. It is the part of your consciousness that enables you to be aware of your environment and interact with it. The conscious mind communicates to the outside world and the inner self through speech, pictures, writing, physical movement, and thoughts.

The conscious mind can be comprehended -

One, by the immediate focus, attention and related cognition, and

Two, by its ability to take one to the imaginative realms beyond the present reality.

We all have experienced these two phenomena in our lives.

The conscious mind is responsible for these functions:-

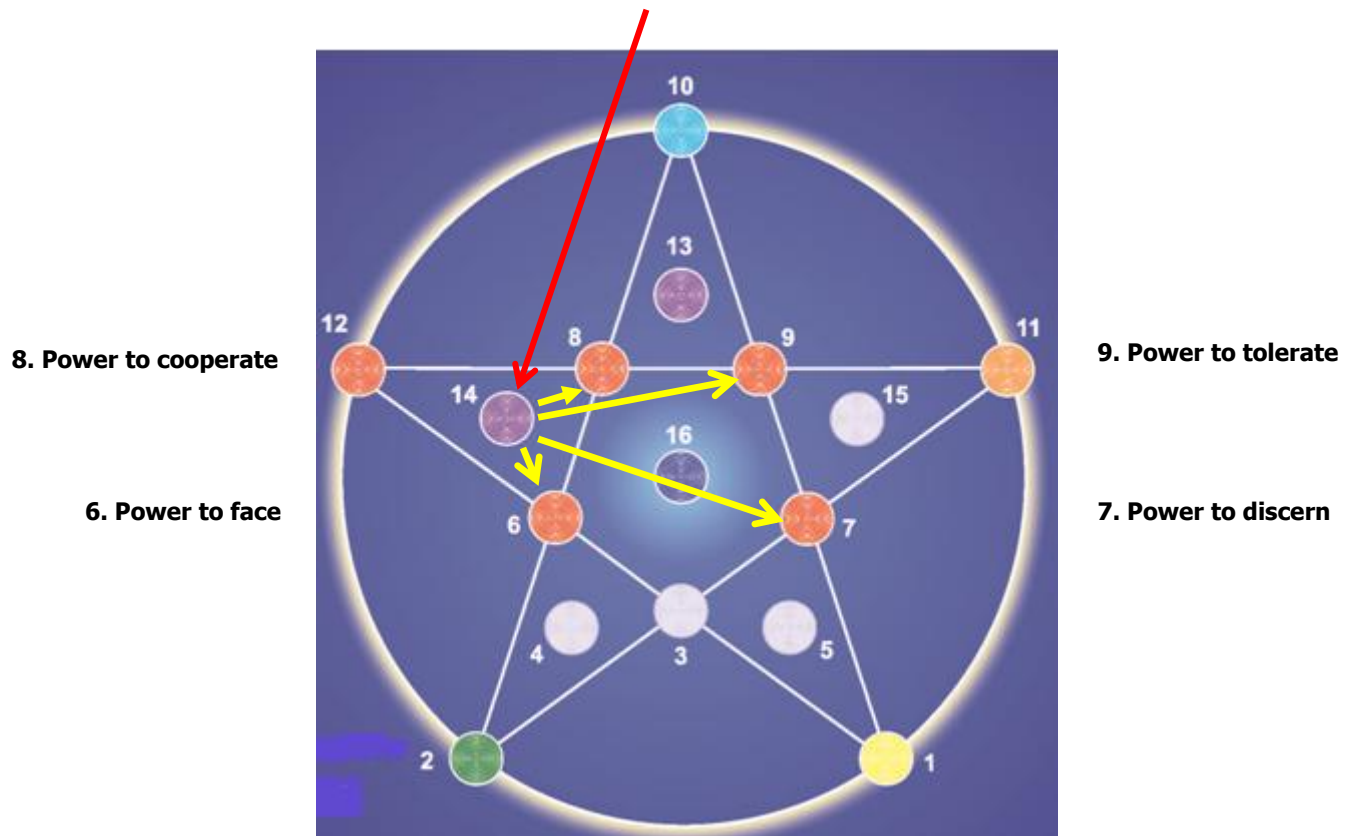
- 1.** Thoughts
- 2.** Cognition
- 3.** Focus or Concentration
- 4.** Will power
- 5.** Emotions and feelings
- 6.** Experience sensations through sensory organs
- 7.** Conscious control and movement of motor organs
- 8.** Self-identity (the ego mind, the conception of one's individuality).

There is a saying, 'Your inner powers lie within your mind'. Indeed five of the eight inner or latent powers of the soul are connected to the Conscious mind.

Conscious Mind (point 14), which itself is a power-related point, controls these four power-related energy points:-

- 1.** Energy Point 6 → Power to Face
- 2.** Energy point 7 → Power to Discriminate
- 3.** Energy point 8 → Power to Co-operate
- 4.** Energy Point 9 → Power to Tolerate

14. Conscious Mind - Power to withdraw



Universal colour code for Conscious Mind is **Violet**; this is the energy colour code for Bliss. The mind has a permanent link with Bliss. This signifies three essential aspects –

1. Human Consciousness is continuously seeking its inherent energies. Bliss is a natural energy of Mind, and hence, we are always hunting for Bliss all through our lives. In the current distortion of the world, we are continuously in Body-Conscious state. Consequently, we seek bliss & joy in physicality and physical expressions - a reason why the world has excessively indulged itself. Be it greed, gluttony, relations, gadgets, social media, and so on. Extreme gratification of senses through any external means only depicts a piteous delineation of our disconnectedness with self - a being of love, bliss and joy.
2. Power to withdraw enables Mind to pull itself back from all the sensory organs and the wandering thoughts & emotions. The Mind then brings the focus back on itself, experiencing one's latent energies. One could feel the bounty of infinite power and bliss.
3. Ego-Mind identifies with the physical self. Physical identity creates duality for the mind; this duality gives us a set of choices to be made. Choice separates us from the source of Oneness. Going beyond the false identity of physicality transcends the mind to egoless & bodiless consciousness, which is again pure bliss. That's why we often hear yogis refer to this ultimate nectar of Bliss in '*Samadhi*' (highest meditative or trance) state.

During meditation (explained later) when we charge the conscious mind with the energy of Bliss, it fortifies the different faculties of the mind. The higher energy of the Conscious mind enables it to –

- ✚ Focus and concentrate well on a given task
- ✚ Increase in cognitive capabilities
- ✚ More stillness, calm and stability within
- ✚ Emotional independence
- ✚ Reduction & control in the efflux of thoughts and an upsurge in quality
- ✚ Higher control over one's words and actions
- ✚ A higher and constant state of self-awareness
- ✚ Ability to convert thoughts into actions without much delay
- ✚ Effectiveness and efficiency in everyday life
- ✚ More control over emotions and feelings
- ✚ A balanced perspective and personality.

Energy point 16 → Intellect / Subconscious Mind / Knowledge / Aether element / Power to Decide

Intellect is the most vital aether energy point on the pentagram CQSE. It is the intellect which is the converging point on the conscient entity. When all the energy points on CQSE interact during the creation of consciousness, all the energies finally merge at intellect and provide a unified experience as if being processed and emerging from a single source.

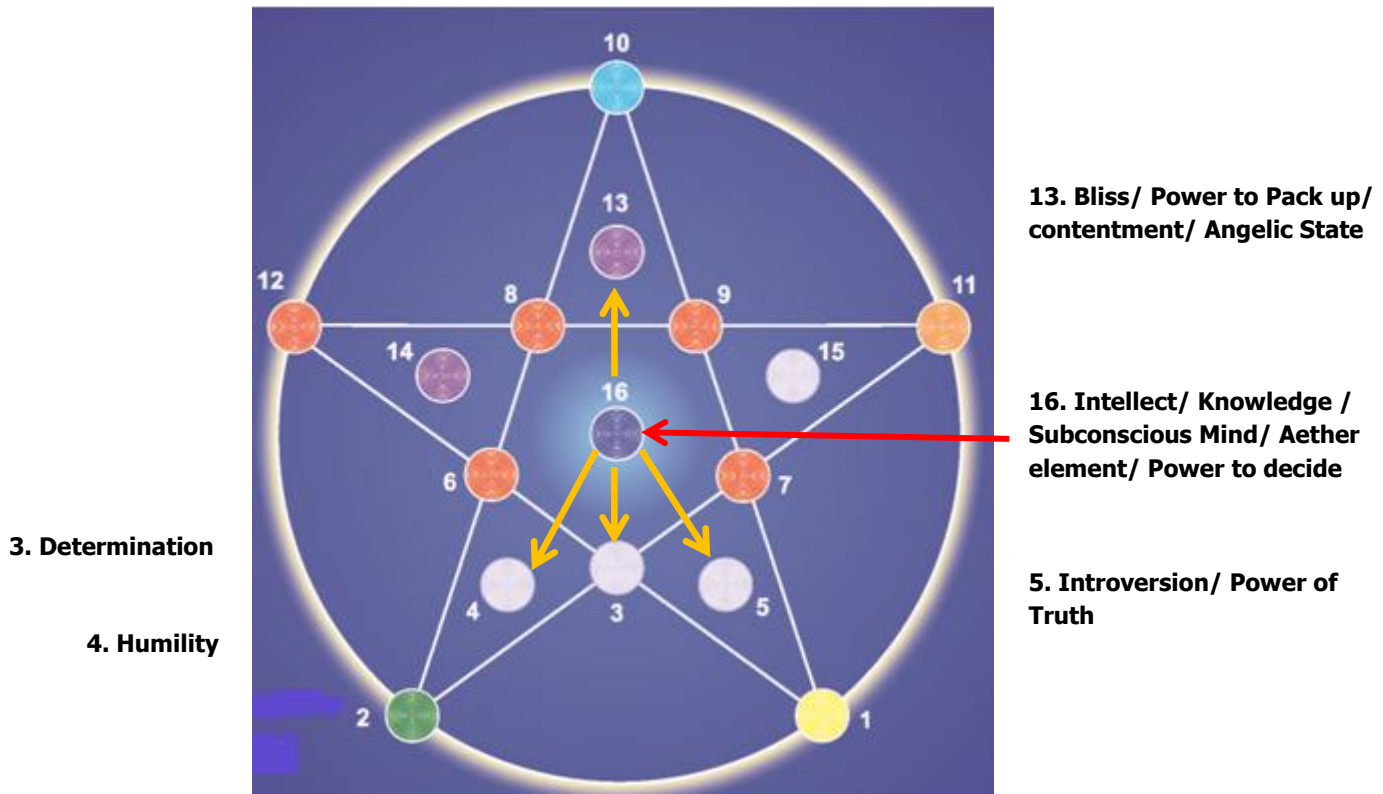
Human Consciousness has got a distinctive gift of Intellect. The intellect carries out functions of:

- 1.** Analysing
- 2.** Reasoning
- 3.** Logic
- 4.** Decision making
- 5.** Creativity
- 6.** Visualization
- 7.** Conscience & Realization
- 8.** Perception
- 9.** Memories
- 10.** Intuition

In CQSE, intellect is also the point for Aether element. Aether element in the body is provided and regulated from this point. Aether is the principal element of the universe. All other five elements - Earth, Water, Fire, Air and Sky originate from this element.

Intellect point (point 16) controls four other energy points –

1. Energy point 3 → Determination
2. Energy point 4 → Humility
3. Energy Point 5 → Introversion, Power of Truth
4. Energy Point 13 → Bliss, Power to Pack up, Contentment and Angelic Stage



These energy points interact and share energy flows with intellect. They strengthen the intellect through their energy and inherent qualities while the intellect provides them with the energy of knowledge, which is so vital for their functioning. Intellect point derives its vitality from the energy of knowledge. Knowledge is the nourishment for intellect. Universal colour code for Knowledge is ink blue (indigo).

These are just a few aspects to illustrate, the benefits of a powerful intellect or subconscious mind are innumerable. Intellect is so crucial and central to the whole of CQSE that it is like the 'heart of Soul'. It is interconnected with every other point. Therefore, it balances the energy of each point.

Intellect as Subconscious Mind:

- ✚ The subconscious mind holds all the records of our Karmic Account balances of present and all past births.
- ✚ The intellect or Subconscious point has the information about all our births stored in track records of 16 circles at this point.

- ✚ The subconscious mind has all the records of events & happenings related to all our births on this planet. It is like Akashic records. Akashic here refers to Brahm tattva (Aether) and not the sky element. Since intellect point is also the point for Aether, it holds all the record of information for every moment in all our births. It is from here that people recall instances from the past during deep hypnosis and past life regression.

Aether element:

Aether element in the body is provided and regulated from the point of intellect. Aether is the principal element of the universe. All other five elements - Earth, Water, Fire, Air and Sky originate from this element.

Aether element at the point of intellect is linked to all the other forms of Aether in the Universe. It is through this Aether that the Subconscious mind interacts and manifests in the external world. No wonder why we hear so many theories on Subconscious manifestations!

A higher energy for point of intellect signifies –

1. Clarity and wisdom in every aspect of life
2. A higher sense of self - awareness
3. Ability to segregate right and wrong.
4. Taking correct and timely decisions.
5. Strong ability to analyse, understand and assimilate.
6. Accomplished with imagination/visualization and creativity.
7. Effective memory and retention.
8. Clear Conscience, principle-centred life, basic goodness and character strength.

Energy point 15 → Sanskaras / Unconscious Mind / Power to Adjust

Right knowledge of 'Consciousness' should also include the understanding of what Sigmund Freud, the founder of psychoanalysis, called 'The Unconscious'. In the Eastern esoteric science and scriptures, the Indian Vedic system has, since very ancient times, believed in Sanskāras. To some extent, the Sanskaras are like 'The Unconscious' of Freud's Theory because it does not form the part of 'The Conscious'. A man usually is not aware of his sanskaras even though his personality and behaviour, are influenced by them.

No knowledge of self & self - realisation is complete without a deeper understanding of the Unconscious mind. As per Freud's psychoanalytic theory of personality, the unconscious mind is a reservoir of feelings, thoughts, urges, and memories that lie outside of our conscious awareness.

Any activity or thought process done repeatedly, any happening or event that has a profound effect on an emotional level makes impressions in the unconscious mind. The

unconscious mind hence provides the unconscious associations with these impressions between a stimulus and the response.

Sanskara is a psychological imprint that causes us to repeat patterns of behaviour. Yoga philosophy teaches us that every action we take and every intention we have will create an impression, a Sanskara. Sanskaras show up in our tendencies and habits and become part of our character structure. Each Sanskara initially was of value in our lives and provided us with joy or allowed us to avoid suffering. However, any Sanskara, even that which created joy, has the potential to create sufferings as they get distorted. Sanskaras rule our lives in ways we don't even notice. These habits and unconscious patterns cause us to react in ways that may no longer be helpful. Rather than unconsciously responding to life as it currently is, the first step in dealing with Sanskaras is awareness, so that we can know precisely what kind of Sanskaras are playing - sort of self-awareness. It is only with the self-awareness that you can determine what it is about your behaviour that you want to change and can analyse what is holding this behaviour in place.

Sanskaras can be categorised either as Impure (*Tamas*), Semi impure (*Rajas*) and Pure (*Sattva*). If *tamas* is dominant, it is likely to manifest in feelings of heaviness, reactive to environment, inertia, laziness, procrastination and feeling stuck, causing grief and sorrow. A predominance of *rajas* may feel rewarding initially, as you can get lots done, but you may be overwhelmed by power, position, tight holding one's ideology, passion, action and excitement which can cause rough patches and strained relations in life. *Sattva* provides one with the clarity of mind to perceive the situation, pro-active response, empathy, understanding, flexibility, actions and words that bring peace and joy to self and others.

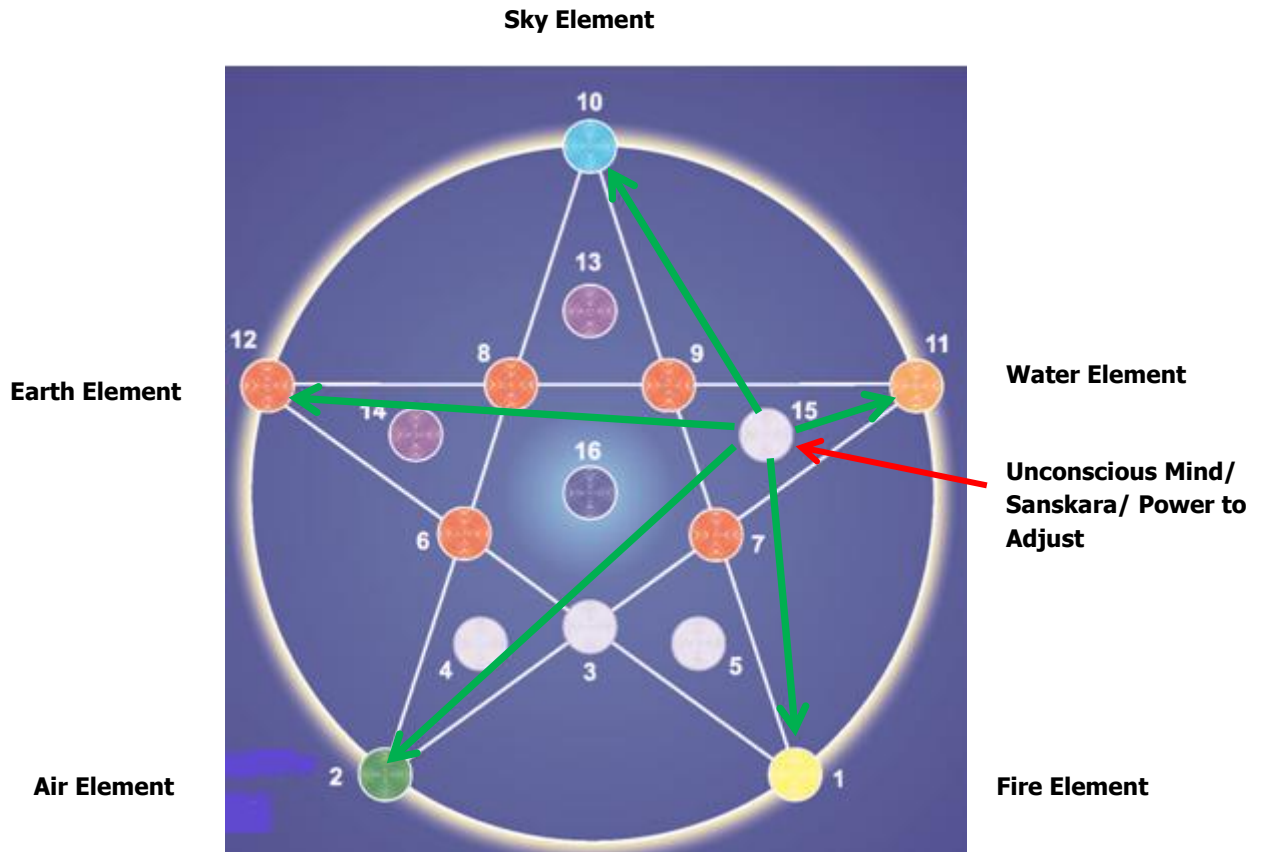
Within unconscious lie, our habits, behaviour, psychological patterns, deep yearnings, proclivity to act or speak in a manner, learned skills, kinaesthetic memories and much more.

Sanskara or the Unconscious Mind (point 15 on CQSE) performs the following functions:-

1. Unconscious mind regulates numerous functions of the sensory organs and internal organs in the physical body. In the CQSE pentagram, the Unconscious mind or Sanskara energy point controls all the five energy points on the periphery. These five points relate to the five elements, i.e. earth, Water, Fire, Air and Sky. (refer the following picture).

It represents how the unconscious mind is in continuous control of our five sensory organs and the physical body composed of five elements. The unconscious mind keeps the body functioning in complete harmony even without our awareness.

Point No.	Virtues	Elements	Senses
12	Power	Earth	Touch (skin)
11	Purity	Water	Taste (tongue)
1	Joy	Fire	Sight (eyes)
2	Love	Air	Smell (nose)
10	Peace	Sky	Sound (ears)



2. Unconscious Mind & Sanaskara (point 15) is also the energy point for one of the eight powers, namely the power to adjust. This power has a direct association with our sanskara, i.e. it provides us natural strength to adapt and mould ourselves with circumstances, situations and sanskaras of others around us. It also gives us the inner power to change our sanskaras at any point in time. We can quickly get away from unwanted habits, repetitive behaviours and thought patterns, and adopt new suitable sanskaras.
3. Every soul (or CQSE) has its unique vibrational frequency for the point of sanskaras. When the soul enters the foetus during pregnancy, the body gets formed according to the energy from the corresponding five energy points related to each of the element. The body formation happens in harmonisation with the energy level of the unconscious mind/sanskaras. Higher the level of purity and energy of this point (#15), the soul spontaneously crafts for itself a healthier body. If the sanskaras are divine, it naturally forms a striking frame.
4. The Universal energy colour code for this energy point is white, which represents 'Purity'. The CQSE in its original and eternal form is pure and divine. This is also the natural state of sanskaras/unconscious mind. However, with experiences over several lifetimes that the soul goes through, the sanskaras have become distorted and impure (*tamas'* as Vedic literature) in the present deteriorated world.
5. Sanskaras with respect to the related five energy points:
 - a. Energy point 1 → Fire Element: Closely connected to the **digestive system**, especially the gastric and hypogastric plexus, the primary function is to help

transform matter into energy to fuel your body. It governs metabolism. It generates energy in the body. Colour code is Yellow, which signifies Joy. It is the energy of joy, which balances the fire element.

- b. Energy point 2 → Air Element: This element is connected with openness and free-flowing energy. It is an element that deals with a sense of expansion, and freedom. It encompasses **the heart and lungs**. Colour code is Green, which signifies Love. It is the energy of love, which balances the air element.
- c. Energy point 10 → Sky Element: This element deals with communication and expression of ideas, thoughts, feelings, and emotions. It is the centre of expression in terms of vocalizing our thoughts, feelings and truth. It encompasses **the throat and thyroid gland**. Colour code is Sky Blue, which signifies Peace. It is the energy of peace, which balances the sky element.
- d. Energy Point 11 → Water Element: This element is connected with **Blood, Ovaries, Testes and Immune System**. This element primarily deals in the fluid or changing nature of the water element. Like water, it reflects ever-changing, malleable energy. This is also represented in its connection to mood. Colour code is Orange, which signifies Purity. It is the energy of purity, which balances the water element.
- e. Energy Point 12 → Earth Element: This element is connected with **Adrenal Glands, Bones, Muscle, Skin, Hair and Nails**. Earth element symbolizes life, vitality, endurance, and appetite – the very drivers of our survival and existence as beings within the universe. Colour code is Red, which signifies Power. It is the energy of power which balances the earth element.

If the energy of point for Unconscious mind and Sanskara (point 15) is insufficient then:

1. We get trapped in impure (*tamas*) sanskaras.
2. There is an imbalance between the five elements, and consequently, the corresponding functions of the body get disrupted.
3. It gets increasingly difficult to adjust ourselves with situations and sanskaras of others.
4. We find it difficult to get away with old and unwanted sanskaras and create new and suitable ones.
5. As the quality of sanskaras, so is the formation of the body during pregnancy. If sanskaras are negative and energy of any of the five elements is insufficient, it affects the formation of body adversely.
6. Sanskara point governs five senses (sight, smell, sound, taste & touch). So, low energy at this point makes it difficult to discipline one's senses.

It is essential here to understand that information about sanskaras is recorded in the 16 tracks of the quanta relating to this point. This is an indestructible record, and when the immortal soul changes the body, the track records of sanskaras start to play in the new body. Thus sanskaras recorded in the CQSE remain there for few births. Record of sanskaras in the quanta remains imperishable but can be transformed by one's efforts, awareness and deep meditation. The techniques for Meditation in this respect will be provided in the later chapters.

As mentioned, the fundamental and eternal nature of sanskaras is pure and divine. This can be equated to divine virtues and qualities of deities and higher beings. That's why when we behave in a distorted manner, we feel utmost pain and want to get rid of our negative behavioural and thought patterns.

Human Consciousness has this exclusive endowment of a highly developed Mind – Intellect – Sanskaras. This makes the human conscient entity unique; this also makes it practically impossible for a Human Soul to take birth in any of the animal species.

Chapter 8 - How does CQSE function in the creation of Consciousness?

Although there are numerous functions of CQSE, they can be broadly categorised into four:

1. A continuous response to external stimuli: Consciousness is a springboard of thoughts, emotions, decisions and actions. A response could either be outward or inward or both. The response is in the form of thoughts, words and actions.
2. Self-awareness: A conception of your identity and awareness of existence.
3. Conscious (voluntary) and Unconscious (involuntary) functioning of organs in the physical body.
4. A sense of perspective, from which you see the world.

All the 16 energy points on CQSE operate continuously and in sync with each other to provide a unified experience of consciousness. Each of the energy points is connected with all the other 15 energy points through a subtle string. Energy interchange with each-other occurs through these strings.

Each of the energy points has a unique contribution to the creation of consciousness. However, there are effectively three main operating and controlling centres in CQSE, namely

- Conscious Mind (*Manas*, point 14),
- Subconscious mind/ Intellect (*Buddhi*, point 16) and
- Unconscious mind/ Impressions (*Sanskaras*, point 15).

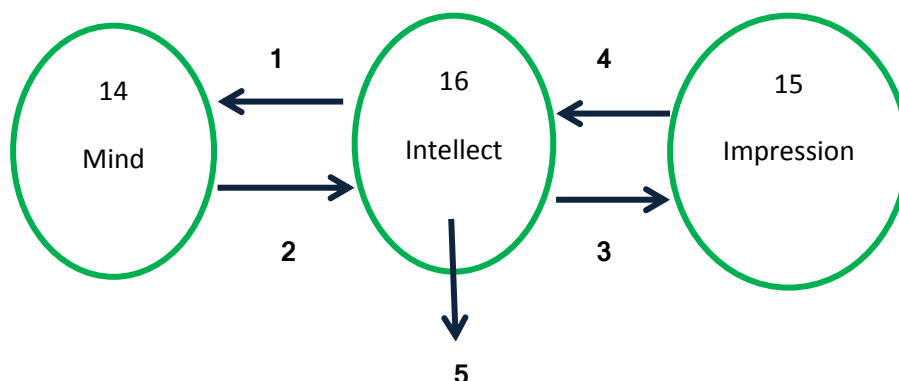
All these 16 energy points (including Manas-Buddhi-Sanskaras) create a cohesive and coherent stream of thoughts, emotions, memories, decision, words and actions.

Intellect (*buddhi*) is the most essential amongst all; all the signals converge here, and from here, the unified energy signal is passed on to the subtle body and then to the physical body. Thus the intellect is the focal point in CQSE. It works continuously in tandem with each point. Therefore, intellect is the intelligence and the heart of CQSE.

Control Circuit

Human consciousness is produced from the operating system of mind, intellect and impressions (*sanskaras*) of the CQSE in which intellect is at the centre, and it acts as a signal receiver and transmitter.

In CQSE: Mind ↔ Intellect ↔ Impressions, together form Control Unit.



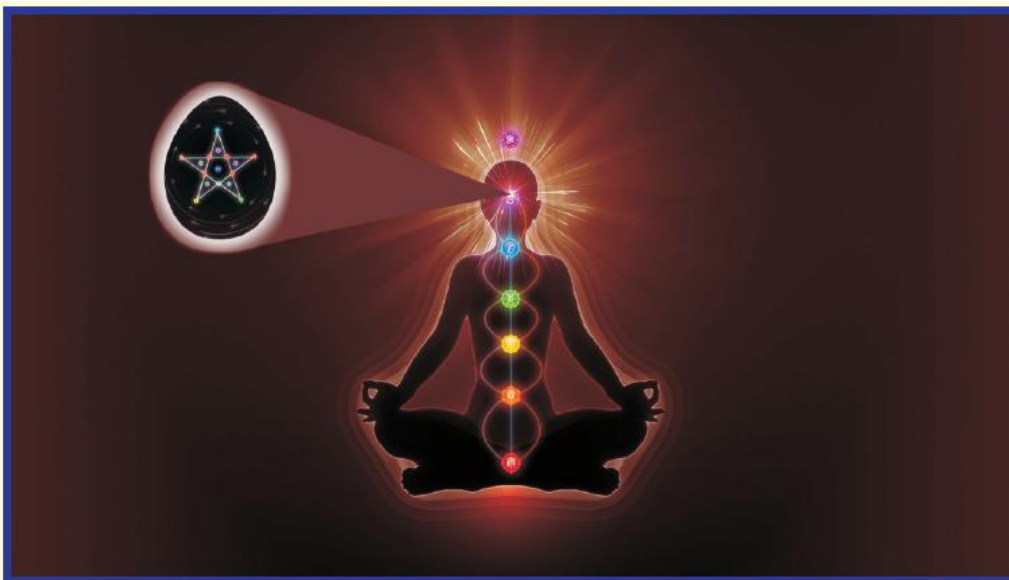
- 1 - Intellect as an originator initiates communication by sending signals to Mind.
- 2 - Mind creates a thought signal and returns to intellect.
- 3 - Intellect checks the thought as per Impression records.
- 4 - Impression, with available records data in it, gives a signal to intellect.
- 5 - Intellect finally transmits signal after energy signals from all 15 points converge upon it.

How does this cognition process work?

Let's try to understand this cognition process in detail. The soul has three minds - Conscious Mind (Mind), Subconscious Mind (Intellect) and Unconscious Mind (Impressions). The Mind defines all thoughts and actions within our awareness. Memories of all past births are archived within the Intellect and based on the deeds of our past lives, our present, and future lives are determined. Therefore, Intellect is also known as the all-knowing 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.

The Intellect acts as a signal receiver and transmitter. It creates energy in the form of subtle thought, what we call an intention behind a thought. This intention goes to the Mind, which in turn creates actual thought which is again sent back to the Intellect. The Intellect now refers to the information in the Impression regarding the situation at hand and takes a final decision. Once the Intellect has decided to act on a particular thought, it then combines the energies from the different virtues and powers that are required to execute this thought. This new combination of energy converging and getting transmitted from intellect is called consciousness.

This energy travels to the Ida and Pingala Nadis which carry the energy to the various chakras (energy centres in the subtle body) and other nadis and spread the energy in the entire subtle body. The energy first flows in the subtle (aetheric) body, and then its manifestation is seen in the physical body. This whole process of energy travel from the soul (CQSE) to the aetheric body and then to the physical body happens in a tiny fraction of a second.*



*Nadis: These are channels/tubes through which energy travels throughout the subtle body.

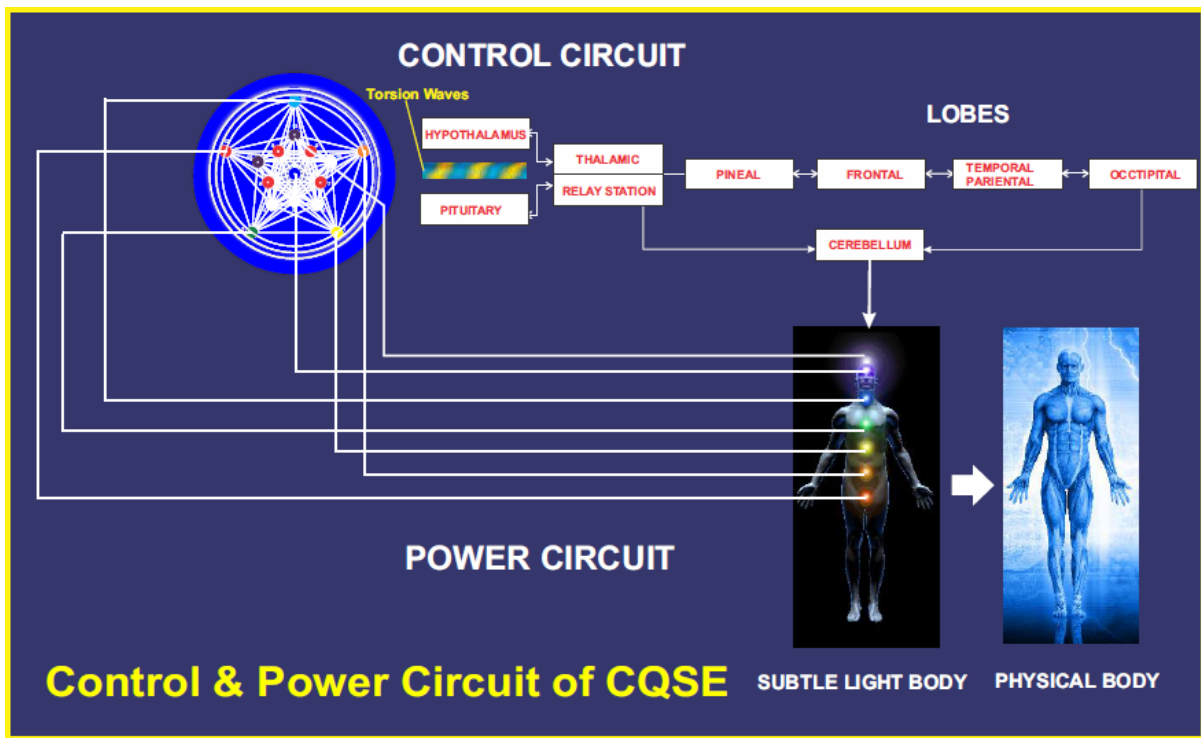
Power Circuit

Power for movement of body parts is provided by a particular chakra of the subtle light body (which is continuously created by CQSE).

On the physical plane, the energy from the subtle body flows to the physical body first in the brain. The subtle body sends the energy (vibrational frequencies) to the hypothalamus & pituitary gland in the brain. The neurons present in the hypothalamus and pituitary gland decode these frequencies and produce electromagnetic & electrochemical signals, respectively.

The electromagnetic signals from the hypothalamus are sent to the cerebellum via the Pineal gland and different lobes in the brain. The electrochemical signals produced by the pituitary gland is sent to cerebellum directly.

Then these electromagnetic and electrochemical signals are sent to the respective organ system via the nervous system. In this way, the signal is initiated to carry out a particular act by the body. On completion of the act, the *radis* carry the return energy, in the form of reaction, from the body back to the Mind. The Mind creates feelings or emotions over it, such as - love, happiness, fear etc. After a couple of repetitions, it becomes a habit and gets stored in the Impression. In this way, the soul (CQSE) drives the physical body on an energy, frequency and vibration level.



The soul (CQSE) works at three levels - Mind, Voice and Physical (*Manasa-Vacha-Karmana* or Thoughts-Speech-Actions).

1. Mind - At mind level, it produces thoughts through energy points 16, 14, 16, 15, 16 of the control circuit.
(Intellect, Mind & Impressions)
2. Voice - It produces voice through energy points 16, 14, 16, 15, 16 of the control circuit and 10, 11, 12 of the power circuit.
(Intellect, Mind & Impressions); (Peace, Purity & Power)

3. Physical Work - It performs the physical work through energy points 16, 14, 16, 15, 16 of the control circuit and 1, 2, 10, 11, 12 of the power circuit.
(Intellect, Mind & Impressions); (Joy, Love, Peace, Purity & Power)

Also, the soul (CQSE) can perform multiple works on thought, voice and physical levels simultaneously.

What happens when the energy level of some or all the points is low or insufficient?

Consciousness is created based on the energy level of every point.

Any specific negative attribute, for example, anger, anguish or aversion is simply the lack of energy levels in the corresponding point of the conscient entity, i.e. (in this case) for Love, Peace, and Power to tolerate.

Consciousness can best be understood in terms of energy and Light is the primary form of energy. So it would be appropriate to say that aether energy or 'light' from the point has diminished.

Let us understand through an example –

Scenario:- Sam and Kerry are two peers and colleagues at some workplace. They both have been assigned to a common project to work alongside. They have worked previously in similar circumstances and share a good rapport. Sam comes with an idea or plan for the future course of action to the team. Kerry confronts this and rejects the idea altogether.

Let's look at this situation from Sam's perspective and consider his possible response at different energy levels of each energy point in CQSE.

Aether Energy Point	Energy – Low/ Inadequate	Energy- High / sufficient
1. Joy	Feels sad and hurt. Sam considers himself as being rejected.	Sam bounces back from the situation quickly. He realises that joy is his intrinsic quality. 'Situations just come and go; true-self remains unchanged.'
2. Love	He feels animosity and aversion for Kerry. Breakdown in relations follows.	He remains empathetic and compassionate to Kerry and his response. True love is non-judgemental and non-transactional.
3.Determination	Considers it an end of the road; stops making further efforts, and withdraws self from the situation.	This is not the end of the road; something better is coming. Self-control and motivation to move ahead.
4. Humility	Sam resists Kerry's objections. He even displays offensiveness in behaviour and	Acceptance of what is happening and more importantly accepts Kerry unconditionally. Non-reactive, No verbal or mental duel with Kerry.

	communications.	
5. Introversion & Power of truth	Not been able to dig inside to find the right way out of the problem. Short of Inner strength to recognise and accept the reality of the situation.	Sam has inner power of going inside and doing some self-reflection on what could be the possible areas for improvement. Faces reality and finds out glitches with the proposed idea.
6. Power to face	Notions of self-doubt, fear and insecurity. Avoids or runs away from the situation. Lack of self-respect. Had Kerry displayed bad behaviour, Sam would not have been able to face it with courage and clear communication.	Sam displays courage and self-belief. He decides not to run away from the adverse situation or Kerry. He overcomes doubt, fear, and insecurity. If Kerry's behaviour and expression of disagreement are inappropriate, Sam, with a balance of courage and inner peace, would assertively tell him, 'this behaviour is unacceptable, and we can discuss with mutual respect and resolve the issue.'
7. Power to Discriminate	He is unable to discriminate and recognize the truth behind the situation. He sees rejection as personal and not one-off, confined to the proposed idea.	With a balanced head, Sam can differentiate between the real truth and apparent truth. He has clarity in understanding that 'Kerry has rejected the idea, not me.' He is considerate to understand his perspective.
8. Power to Co-operate	He creates thoughts and feeling of competition and jealousy.	The whole team, including Kerry, is just an extension of the family; there is oneness.
9. Power to Tolerate	Sam is unwilling to accept different perspectives, ideas, beliefs and behaviour of Kerry. There is a constant feeling of threat and tendency to retaliate with equal force.	Acceptance and respect for Kerry are always there. Ability to see the larger picture and bigger interest of everyone, rather than personal animosity and retribution.
10. Peace	There are notions of anxiousness, restlessness and breakdown in communication. Defensive and literal listening.	No communication break-down with Kerry. Clear and Constructive Communication. Empathetic listening. Sense of peace, calm and balance within no matter how things go and whatever is the outcome.
11. Purity	Sam gets hooked up in feelings of anger for Kerry. Creative instincts get killed.	Sam has pure and innocent feelings for all, including Kerry. Can still find imaginative and creative solutions to the given challenge.
12. Power	Loss of self-control. Lack of inner powers to cope with the situation.	Sam has an inner strength to change this challenging situation into a new opportunity. He remains unaffected, draws his inner resources

		and channelizes them in the right direction at the right time.
13. Bliss (Power to Pack up, Satisfaction)	Thoughts and emotions are dwelling on discontentment and self-pity. All kinds of wasteful and negative thoughts take over.	Sam has the inner strength to keep himself away from wasteful thoughts. Sense of lightness and self-sovereignty no matter what the circumstances are.
14. Mind - Power to Withdraw	Cluttered thoughts. Sam gets stuck in the whirlwind of excessive thoughts and emotions.	Sam can easily take the mind away from the situation, and find peace with self. This gives better self-awareness and clarity in thinking. Going within helps to accumulate and draw on the resource of inner strength. Will-power to move ahead.
15. Impressions - Power to Adjust	Rigid and inflexible; difficulty in accepting what is happening.	Sam easily accommodates to what is happening around.
16. Intellect (Knowledge, Aether Element, Power to Decide)	Confused. Indecisive. Not able to find and accept better alternatives. Problem-oriented approach.	Analyzes Kerry's perspective on what he finds wrong. Involves everyone, takes inputs and finds a way out. Finds alternative synergetic solutions. Takes timely and right decisions. Solution-Oriented approach.
Response	Sam faces several blocks in his consciousness some way or the other. This can cause an inappropriate response to the given challenging situation. Vulnerable and reactive, being acted upon by other people and circumstances.	Sam stays calm, exercises better self-control and exhibits clear thinking. Swiftly moves ahead to find a Win-Win situation for the whole group and the Project. Proactively chooses what he determines as the best alternative, unaffected by the environment.

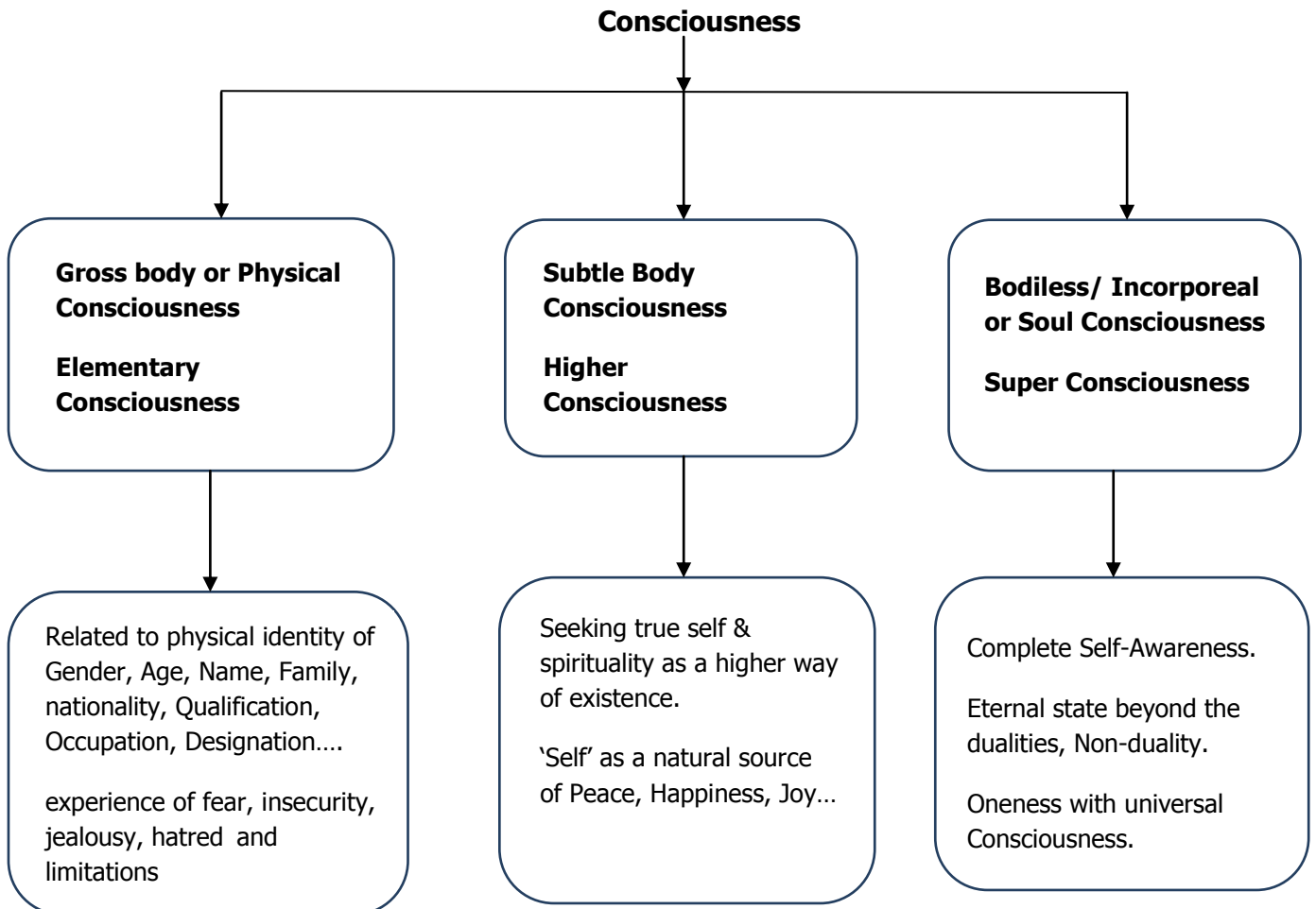
As the level of energy and information in the 16 Aether points, so is the quality of consciousness. If you seek to raise the consciousness to a higher stratum, then start realizing self at a subtle level through knowledge and awareness and practice deep meditation to purify and recharge all the energy points.

Chapter 9 - Different Levels of Consciousness

"Jivan-Mukti, i.e. liberation in life is to become liberated from all the sufferings caused by physical body consciousness. This is the highest state of awareness of human existence."

- God Shiva

There are three different levels of Consciousness which could be experienced:



It has been said that the entire creation is manifested in our physical body and in the five sheaths of consciousness (kośas) that lie within it. Though each tradition describes these layers differently, they are generally taken to be the emanations of consciousness ranging from the lowest, controlled by the crudest level of mind, to the highest, controlled by pure consciousness.

Therefore, these five sheaths in Yogic and Vedic philosophies can be associated with the three levels of consciousness that we are referring to here.

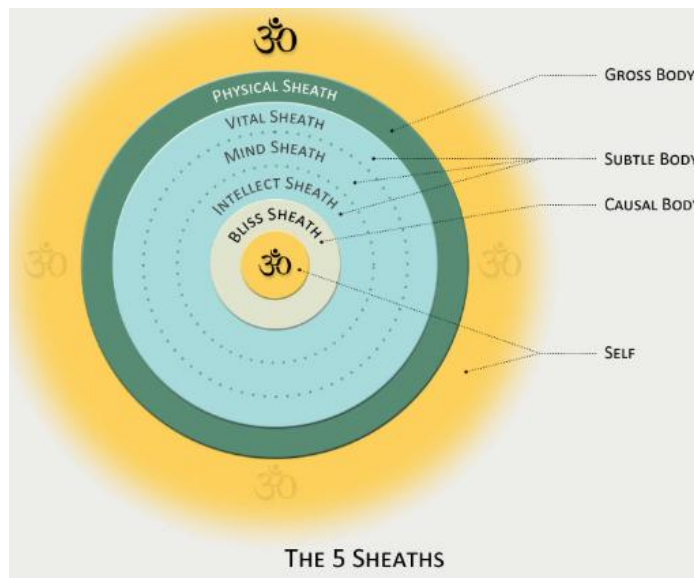
How we organize ourselves at a particular level of consciousness by focusing our thoughts, awareness and corresponding intensity defines the way these sheaths get created. Alternatively, by focusing thought on each of the sheaths (kośas), the meditator can influence the functioning of, and adapt his or her behaviour corresponding to each of these layers or levels so that energy increases and knowledge expands. This, of course, is a self-healing function. As a result, one can take control of personal growth and evolution.

Gross Body consciousness → the Physical Body (Annamaya Kosha)

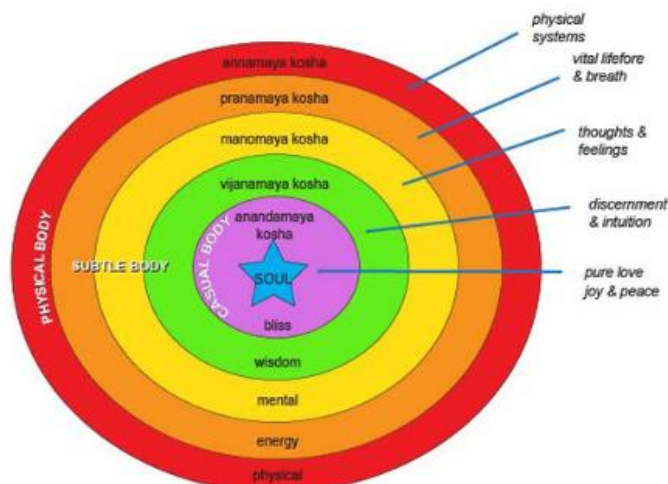
Subtle Body consciousness → the Energy / Vital Body (Pranamaya Kosha), the Mental / Mind Body (Manomaya Kosha), the Wisdom / Intellect Body (Vigyanamaya Kosha)

Soul Consciousness → the Causal Body / Bliss body (Anandamaya Kosha)

The realisation of the true self or self-awareness is the progress of consciousness through all these five sheaths that obscure the pure inner consciousness itself.

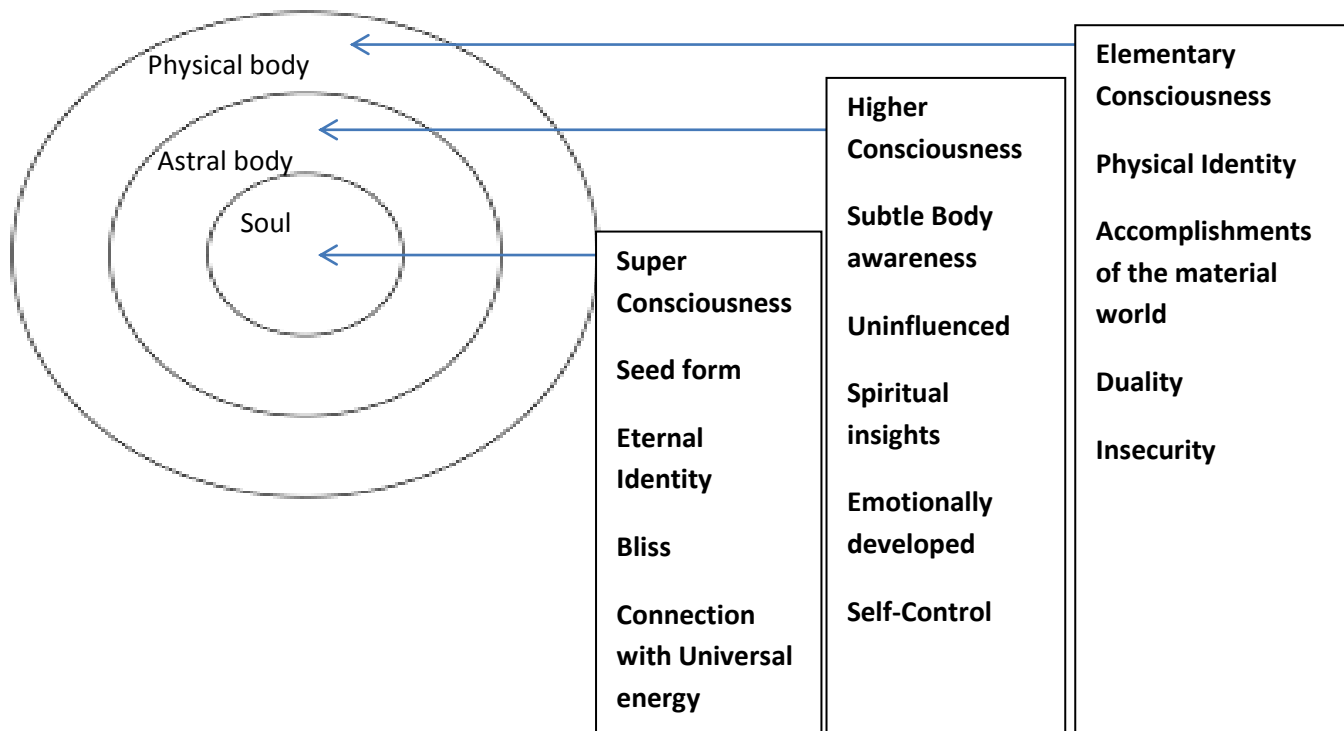


THE 5 KOSHAS



We are continuously seeking what we are. CQSE or Soul is spiritual energy with intertwined sub-energies of love, peace, joy, bliss, knowledge, power, etc. These represent the fundamental essence of existence. Without them, there is no meaning and purpose to life. These are intangible energies and so is consciousness, and eventually, it illustrates the impalpable attribute of its source, i.e. Soul or CQSE.

Consciousness is the springboard for thoughts, decisions and actions. You respond to external circumstances according to what you feel in a particular moment. How you feel about yourself depends on what you identify yourself with. For example, a surgeon can perform surgery when he has the consciousness of being a surgeon. That very consciousness gives his intellect access to all the required professional knowledge and experience. This self-identity affects the way consciousness works. Our state of consciousness affects our mental state, i.e. cognition, decisions and attitude. These, in turn, affect the actions I perform and the situations in which I find myself.



1. Elementary consciousness

✚ This is related mostly to physical identity, i.e. –

- Gender
- Name
- Occupation
- Education and qualification
- Family
- Money and all monetary possessions
- Social paradigm, including reputation, recognition etc.

- ✚ The physical sheath or *Annamaya Kosha* is associated with this consciousness. Physical – *Annamaya Kosha* → This is the sheath of the physical self, made up of five elements. As the name suggests, it is identified with the food (*Anna*) that nourishes it. Living through this sheath, one identifies oneself with the mass of skin, flesh, bones etc.
- ✚ It keeps on adding as we identify more of ourselves with what we seek, acquire and possess in this materialistic world.
- ✚ Elementary conscious is aware of the body, and it helps in the execution of essential functions of the body.
- ✚ There is a higher use of Conscious mind at this level. Here Conscious mind communicates with the outer world through pictures, words, emotions and physical movement and conveys messages to the inner self through communication, thoughts and feelings. The conscious mind involves all of the things that you are currently aware of and thinking about.
- ✚ We are most occupied with the elementary consciousness in the awakened state of mind.
- ✚ It covers most of our mental functions, such as - thoughts, volition, desires, responses and cognition.
- ✚ It is essential for routine and transactional aspects of life.
- ✚ At this level, we are continuously caught between the dualities of life, e.g. Joy and sorrow, Peace and conflict, Victory and defeat, Gain and loss.
- ✚ This consciousness level represents the periphery of your life, where you spend most of your day and life. Mind continuously dwells on these matters, consciously and unconsciously.
- ✚ We are continuously seeking to expand at the physical consciousness level. For most of our lives, it is our foremost pursuit to ensure as much expansion and as quickly as possible.
- ✚ It is by this physical identity that we continuously derive security and power.
- ✚ With this identity lies our ego, lust, anger, greed, etc.
- ✚ Your paradigm is the source from which attitudes and behaviours flow. If we are centred here, it makes life vulnerable to the impact of continuous changes in the external world.

2. Higher Consciousness

Subtle body or Astral body consciousness is quintessential in all Yogic and other esoteric philosophies. The consciousness of the invisible self is imperative for transcendence as a process of release from the gross material body. This is the first essential point for *Jeevan-Mukti*, i.e. liberation in life, liberated from the chains of the gross body.

Upanishads (Vedas) presented the earliest explicit model of five koshas, i.e. five “sheaths” or “layers of Consciousness”, at a deeper level, surrounded by the physical body.

Three sheaths that represent Subtle body consciousness are as follows:–

The Energy Body (*Pranamaya Kosha*) composed of the vital life force, is the energy field that links body and mind. It sustains all the physical functions, important ones being

breath, digestion and circulation of blood. It is also associated with emotions. Prana energy is in constant motion throughout the body. Prana can be visible and invisible; the invisible part is known as aether. Increased awareness on the Prana (e.g. breath) enhances this sheath and consciousness. This layer of consciousness increases the awareness of your existence and enhances the conscious living during both awakened and sleep state.

The Mental Body (Manomaya Kosha) soothes and balances this inner body, and helps release blocks of energy tied up in mental complexes and obsessive thoughts. The health of the manomaya kosha is tremendously enhanced through the practice of meditation.

The Wisdom Body (Vigyanamaya Kosha) is a higher form of cognition and understanding that includes intuition and discerns what is real from what is unreal. Controlled by the quality of sattva (pure being), this layer of consciousness brings stillness, certainty, and faith.

An underlying tenet of all philosophical, religious, and mystical doctrines of the ancient world is that the subtle body is an energetic, psycho-spiritual entity of several layers or sheaths of increasing subtlety and metaphysical significance, through which the aspirant seeks knowledge of the self and the nature of God.

All ailments first start from this subtle body. Subtle body healing is one of the traditional practices in Reiki, Pranic healing and different forms of energy healing.

Author and homeopath David Tansley has written: "The ancient Egyptians, Chinese and Greeks, the Indians of North America, the Polynesian Kahunas, the Incas, the early Christians, the Vedic seers of India, and the medieval alchemists and mystics of Europe have all in one way or another seen man and the study of his anatomy, both physical and subtle, as a key to the nature of God and the universe."

Consciousness itself has developed as human beings have evolved through different stages of awareness and cognition. While some believe that changes to our physical form may have come to an end, many hold that our subtle aspects will continue to evolve and expand.

3. Super Consciousness – Soul

Our true self, also known as 'pure consciousness', is the real, original and eternal form of our existence. This is usually referred to in different eastern and western philosophies as atman or Soul. It is the seed form of our existence; the subtle and physical body is the extension and possession. Consciousness at this level is associated with the Causal body – *Anandamaya Kosha*.

In Ananda, there is no swinging. There is a unified experience, and that experience does not change. There are different ways to reach this state, such as - spiritual insights of wisdom, sincere devotion and intense meditation - contemplative and concentrative. In Vedic and yogic texts, this state of soul consciousness is often elucidated as '*sat-chit-anand*'.

Sat - Chit - Anand

The essential or original state of consciousness is "Bliss" referred in Vedic scripture as "sat – chit – anand" or "Truth – Consciousness – Bliss".

Sat means "Being" is the Absolute Truth, one that is pure, eternal and that does not change.

Chit – the experience of self as an existential being, i.e. Consciousness.

Anand – 'True Bliss' one that is beyond senses.

This transcendent, blissful experience of the self as an infinite, pure consciousness is a glimpse of ultimate reality in the vast universe.

Comparative summary of the three levels of consciousness:

Check-point	Elementary Consciousness	Higher Consciousness	Super Consciousness
How do you identify yourself?	Physical identity acquired since this birth – name gender, education, occupation, family, money etc.	Subtle awareness of self as higher being beyond physicality.	Identity of self as an eternal being.
Associated with which Sheaths (Kosas)?	Physical Body (<i>Anamaya kosha</i>)	Wisdom Body (<i>Vigyanamaya kosha</i>), Mental Body (<i>Manomaya kosha</i>), Energy Body (<i>Pranamaya kosha</i>)	Causal Body / Bliss body (<i>Anandamaya Kosha</i>)
State of mind	Continuously trying to derive pleasure from the materialistic world around.	Independent and detached from the physical realm. True Happiness and Joy derived from inner space.	The eternal state of self is pure love and bliss - ' <i>sat - chit - anand.</i> '
State of Intellect	Always looking for expansion on a physical level, the intellect is stuck with the dualities of life. Devoid of true wisdom.	Intellect gains wisdom through spiritual insights; balance in thoughts and emotions.	Intellect is beyond the dualities. <i>sthit-pragya</i> , i.e. steady intellect and self-aware.
Indulgence	Completely engrossed in worldly matters.	Minimum involvement in the physical realm; spiritual seeking is the primary objective.	Ignorance of desires (<i>ichchha-matram-avidya</i>).

Experiences	Self-Conflicting thoughts and behaviour. If it goes as the lowest level, could be rapacious, aggressive and pitiful.	Divine Virtues of human existence – contentment, tolerance, introversion, easiness, truth, humility etc.	Eternal & Pure Bliss and love Near enlightenment, experiences could well be termed as impossible. Seven Basic Qualities: Peace, Purity, Love, Joy, Knowledge, Power and Bliss.
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In his study 'Mysticism and New Paradigm Psychology', John E. Collins suggests that there are various stages in the transcendent process that eventually lead to an integrated understanding because "we are both mystical and scientific, introspective and empirical, spiritual and material."

Map of Consciousness:

Dr David R. Hawkins, author, speaker and researcher in spirituality and Consciousness has provided a Map of Consciousness ('Power vs Force') where different levels of consciousness have been provided calibrated levels of power according to a logarithmic scale from '1' to the highest level at '1000'.

Level	Frequency	Emotion	Process	Life-view
Enlightenment	700-1000	Ineffable	Pure Consciousness	Is
Peace	600	Bliss	Illumination	Perfect
Joy	540	Serenity	Transfiguration	Complete
Love	500	Reverence	Revelation	Benign
Reason	400	Understanding	Abstraction	Meaningful
Acceptance	350	Forgiveness	Transcendence	Harmonious
Willingness	310	Optimism	Intention	Hopeful
Neutrality	250	Trust	Release	Satisfactory
Courage	200	Affirmation	Empowerment	Feasible
Below 200 (Below the critical level of integrity):				
Pride	175	Scorn	Inflation	Demanding
Anger	150	Hate	Aggression	Antagonistic
Desire	125	Craving	Enslavement	Disappointing
Fear	100	Anxiety	Withdrawal	Frightening
Grief	75	Regret	Despondency	Tragic
Apathy	50	Despair	Abdication	Hopeless
Guilt	30	Blame	Destruction	Evil
Shame	20	Humiliation	Elimination	Miserable

Dr Hawkins, while explaining the Map of Consciousness, further adds that at human consciousness levels below 200, life could be described as rapacious. It acquires its energy

at the expense of others, and because survival is based on acquisition, it sees others as rivals, competitors, and enemies. Life up to consciousness level 200 is therefore strongly rivalrous and self-interested. Because it sees others as potential enemies, in the modern language, it would be called possessive, competitive, hostile, and, in extreme expressions, aggressive and savage.

What is pertinent to understand in the context of the above mapping is that even if you are on the path of spirituality, consciousness goes through fear, despair, self-criticism and guilt. It does not in any way help you in personal transcendence. Hence, you should, under all circumstances, must maintain acceptance, courage, hope and willingness to let go and move forward.

Dr Deepak Chopra amply explains the phenomenon of enlightenment in this phrase *"According to Vedanta, there are two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that you stop worrying. Things don't bother you anymore. You become light-hearted and full of joy. The second symptom is that you encounter more and more meaningful coincidences in your life, more and more synchronicities. And this accelerates to the point where you actually experience the miraculous."*

Words like 'Enlightenment' and 'liberation' have become nothing but a mistaken belief. This has taken us a little too far away from our own reality. Instead, seek the light of truth within and experience the liberation from physical deceptions of mind.

Chapter 10 - Activation of Chakras and Kundalini Energy

"The evolution of man is the evolution of his consciousness, and consciousness cannot evolve unconsciously. The evolution of man is the evolution of his will, and will cannot evolve involuntarily."

- George Ivanovich Gurdjieff

Behind the physical body or at a deeper level surrounded by the gross body, there exists a subtle body. As explained earlier, the conscient being, i.e. soul, cannot directly interact with and control the physical or gross body; it is only through the subtle body. There are seven major energy centres located in the subtle body which correspond to the nerves plexus in the physical body. These centres are known as *chakras*. The literal meaning of *chakras* is a wheel where many spokes meet together. In the same way, the conjunctive point of many psychic channels, i.e. *Nadis*, is known as a *chakra*.

These are known as psychic centres. Though the *chakras* are situated in the subtle body, they influence the physical and causal bodies.

These psychic centres remain dormant in most people. With the help of different yogic practices, these *chakras* become stimulated.

In Yogic practices, these *chakras* are held in high significance. The awakening of these *chakras* and higher centres means higher awareness or development of physical, mental and psychic faculties. With awakening, the *chakras* can absorb and distribute more *pranic* energy to the different parts of the body easily and quickly. *Chakras* are responsible for controlling, energizing and the proper functioning of the whole body. The endocrine glands can be stimulated and controlled through *chakras*.

The ancient masters realised these psychic centres and expressed them in the form of flowers representative of sacred geometry, also shown with pentagram star. These flowers at different centres are having a certain number of petals, which increases as one reaches higher *chakras*, representative of the higher spiritual plane. These flowers have different characteristics and colours.

In *Kundalini* yoga science, there are three important *nadis*: *Ida*, *Pingala*, and *Sushumna*. *Ida* lies to the left of the spine, whereas *Pingala* is to the right side of the spine, mirroring the *Ida*. The *Nadis* are the subtle tubes or channels through which the energies of the subtle body flow. The life force energy is known as "*Prana*". *Nadis* are subtler than the nerves referred to in modern physiology. They are closely associated with the nervous system, stemming from, and intertwining with the *chakras*. *Chakras* are hence located wherever the three *nadis* meet.

Most of the *chakras* are located in the spinal cord, and all *chakras* are interlinked by the same subtle *nadi* known as *Sushumna*. When the balance takes place between *Ida* and

Pingala Nadi, the passage opens in *Sushumna Nadi* with the rise of energy to the higher centres.

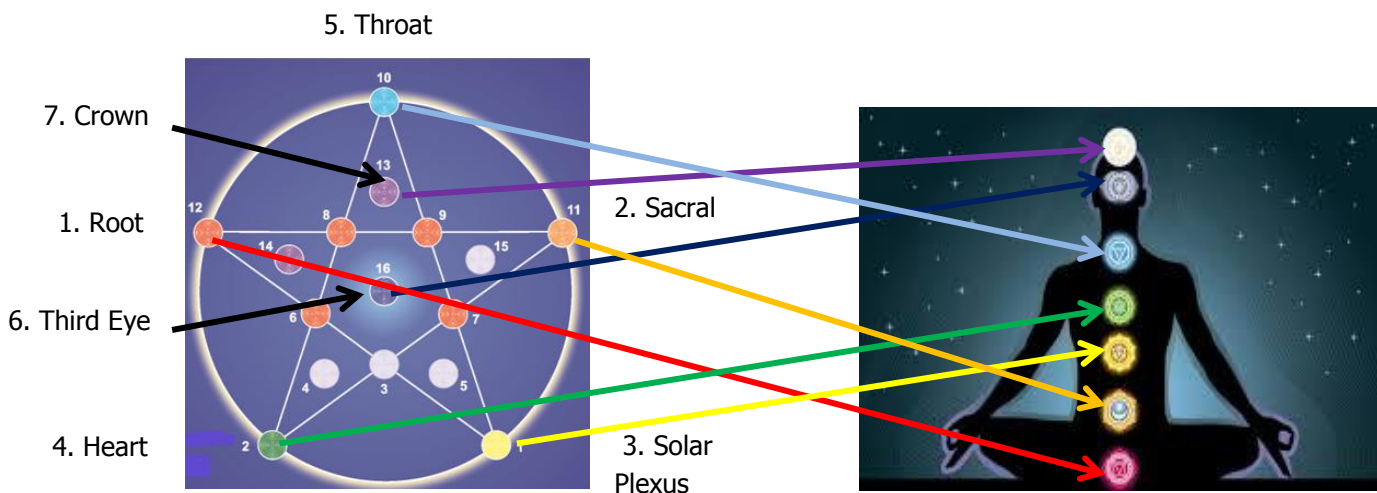
- ❖ *Ida* arises on the left side of the body and represents the moon principle.
- ❖ *Pingala* begins on the right side of the body and symbolises the sun principle.
- ❖ *Sushumna* runs through the central channel of the spinal cord and represents consciousness.

Ida and *Pingala* nadis represent the duality of the living.

Sushumna nadi is the centre. Activation of *Sushumna* makes a person more tranquil, calm and joyful. Balancing between three *nadis* is essential. This could easily happen through the consciousness meditation technique with a focus on 16 aether energy points.

Much like conscient being 'Soul' and consciousness, *Kundalini* and *Nadis* cannot be understood on the physical realm. They exist as conduits to prana and consciousness. Purposefully *chakras* (energy centres) are mostly located at the concentration of nerves in the physical body along the spinal cord. Thus, although not at the physical level, they are yet a reality - Mystical, not mythical.

We have mapped all the *chakras* with the relevant aether energy points of pentagram CQSE in the diagram below.



1. Root *Chakra* → Earth Element → Power → Point 12 in CQSE

Root *Chakra* is also the Earth Element. It is responsible for providing all the physical energy to the body. If the energy of this point and *Chakra* is excellent or healthy, it reduces the appetite as small quantities of food provide a sense of contentment and provide all the energy the body requires.

The higher energy of this point makes one rise above greed, gluttony, carnal desires and gross thoughts.

When it's blocked: If the kundalini energy is hooked at the root *chakra*, then you are mentally trapped on basic survival thoughts and instincts, money, possession and whole sort of low-level indulgence. On the physical level, it causes – bone and muscle diseases, calcium deficiency, knee pain, inflammation, muscle pain, haemorrhoids, rheumatoid arthritis, increased uric acid, knee erosion, skin diseases, hair disorders and nail diseases.

The earth is the heaviest of all the six elements. It is, therefore, at the lowest ebb of the *chakras* system.

2. Sacral *Chakra* → Water Element → Purity → Point 11 in CQSE

The sacral *chakra* is connected to Water Element. It is responsible for our sexual and creative energies. If the energy of this *chakra* is unblocked, the sexual energy gets transmuted to creative energy.

This *chakra* is represented by the water element, the second heaviest element.

If this *chakra* is blocked or at a low energy level, one is stuck with perverse sexual desires, hunger for possession and power, emotional instability, addictive behaviour and depression and other issues of mental health.

3. Solar Plexus *Chakra* → Fire Element → Joy → Point 1 in CQSE

It is associated with all things metabolic, digestive, and stomach-related.

The energy of Joy regulates it.

If this *chakra* is unblocked, it is a source of high self-esteem, sound digestive system and sense of joy in life.

When this *chakra* is blocked or the energy of this point is insufficient, it is reflected in low self-esteem, difficulty in making decisions, anger and loss of self-control.

4. Heart *Chakra* → Air Element → Love → Point 2 in CQSE

Heart *Chakra*, as its name implies, is all about love. It is from here that the awakening to spiritual awareness, forgiveness, and service to humanity begins.

When your heart chakra is aligned and balanced, love and compassion flow freely—both in terms of giving it out and getting it back. The heart *chakra* is where physicality and spirituality connect.

When it's blocked: A blocked heart *chakra* manifests as a lack of love and compassion. One experiences the inability to forgive others or move on from past experiences. It results in being overly critical towards oneself and others. Other symptoms of low energy at this *chakra* include loneliness, shyness, social anxiety, holding grudges, suspicion and fear.

5. Throat *Chakra* → Sky Element → Peace → Point 10 in CQSE

It is all about speaking your inner truth. Specifically, ensuring that your inner truths are properly communicated is a sign of a well-balanced throat *chakra*. The throat *chakra* rules all communication and is the first of the three solely spiritual *chakras*. Anatomically, the throat chakra is associated with the thyroid, parathyroid, jaw, neck, mouth, tongue, and larynx.

When this chakra is in balance, you're able to listen as well as speak and express yourself clearly.

When it's blocked: In addition to having trouble speaking your truth, you find it hard to pay attention and stay focused. There is a lingering fear of judgment from others—which can further hinder your ability to keep yourself real. Physically, this blockage can manifest itself as a sore throat, thyroid issues, neck and shoulder stiffness, or tension headaches.

6. Third Eye *Chakra* → Aether Element → Knowledge → Point 16 in CQSE

Organs, including the pituitary gland, eyes, head, and lower part of the brain are said to be ruled by the third eye. And it reportedly governs your intuition—plus the ability to recognize it and tap into it. What's more, the third eye is also said to be responsible for all things between you and the outside world, serving as a bridge between the two, allowing you to cut through any illusions and drama to see the clear picture.

When it's blocked: You may have trouble accessing your intuition, trusting your inner voice, recalling important facts, or learning new skills. And if your lower *chakras*—i.e. the root, sacral, solar plexus, and heart *chakras* are unbalanced, your third eye will likely be as well, which may cause you to act more judgmental, dismissive, and reserve. A third-eye blockage is associated with a broad range of issues, including depression, anxiety, and a more judgmental attitude—while physically, it's said to cause brain-related disorders, headache, migraine and nervous system disorders.

7. Crown *Chakra* → Angelic State → Bliss → Point 13 in CQSE

Crown *Chakra* is the centre of enlightenment and our spiritual connection to our higher consciousness, others, and ultimately, the universal divine energy. This seventh *chakra* is located at the zenith of the head, or some say it at the peak of the spinal cord. The experiences that occur as this chakra awakens are that of pure awareness, consciousness, undivided, and all-expansive. The consciousness expands, and you feel the whole of your identity is melting down as if you are nought and merged with the infinite universe. You feel Oneness with all.

When it's blocked: A crown-*chakra* blockage may create feelings of isolation or being put down, emotional distress—basically feeling disconnected from everyone and everything, lack of direction and inability to set or maintain goals. Physical symptoms include neurological disorders, nerve pain, recurring headaches, insomnia, and depression.

What is meant by the awakening of *Kundalini*?

At first place, we should be aware that *Kundalini* is dormant energy frizzed down to the lowest level or Root *Chakra* owing to lower levels of consciousness over many lifetimes. This latent energy is subtle and deeply connected to consciousness. In other words, *Kundalini* energy is directly proportional to the level of consciousness. When the consciousness over a period becomes gross, i.e. stuck with the body and physical identity, the *kundalini* energy recedes down, curls and sits at the base or root centre like an admonished child. This is characterized by self-pity, self-criticism, deriving pleasure at the gross level and seeking things purely at the physical level. This could well be explained by the law of gravity. As we identify ourselves more at the physical level, the consciousness and hence *Kundalini* energy goes down to the base, as if being pulled down by the gravity of mass. Once consciousness moves to the non-physical identity of self, which is subtle and incorporeal, *kundalini* escapes this gravity and moves up in the spiral form.

There is a general perception that *Kundalini* awakening can give you supernatural powers, incessant bliss, straightaway link to God, and so on. In reality, however, *Kundalini*, as it awakens, gives one a higher sense of self-acceptance, helps one surmount negative perceptions about oneself, making one at ease with oneself, and provides greater clarity and wisdom to perception and belief. At the same time, it could help remove numerous psychological barriers and stir up the inherent divine virtues and character strengths. This is

apparent in the sense of peace, tranquillity and thinking. Yes, in the process, it might open certain new mental and psychic dimensions; however, one shouldn't be seeking them. Awakening of *Kundalini* should idyllically happen in a slow spiral movement.

How does *Kundalini* awaken through CQSE?

The simple truth that we need to realize is that all the energies, required by both the subtle and the physical bodies reside within the conscient entity, i.e. soul. The soul or CQSE is the core reservoir of all our existential needs. That's why we continually get to hear that spirituality is the way inside out. However, since the contemporary world and all the learning systems feed us at the gross level, all through our life, we are hooked at the external world to gratify ourselves. When there are external challenges at some point in time, when the sailing is not smooth in the outside world, things start coming crashing down on us. The golden rule here is, 'the more you look inwards, the less external world matters'.

When the physical or biological body dies, the soul leaves the physical body along with the subtle body, withdrawing all its energy from every cell of the body that it envelopes. The soul disconnects from the memories from the past birth and enters the new body under formation in the womb. It then again starts developing a new subtle body.

We have seen how the seven *chakras* map with various energy points on the CQSE. The energy points on the CQSE are the essential energy centres for the *chakras*. The subtle body is not just the interface between the gross body and soul; it has utmost significance in many different ways.

Human Consciousness is continuously in a state of evolution. We have to evolve whether we like it or not; we want it or not. In different lifetimes we have to reach there by conscious acceptance or forced acceptance. The ultimate aim is to realize your highest state of consciousness. This has been termed differently as Enlightenment, Self-Awakening or awakening of *Kundalini* energy.

The point is consciousness has to go through the full cycle of progression, to evolve.

Evolved people have more energy flowing out of their *chakras* than in. Their chakras look like flowers in bloom. As they become highly developed, the Kundalini energy radiating from their chakras blends with divine energy.

We have to go through many different moods and ways of being, relating to different chakras in the process. Each *chakra* has its energy and frequency which control or affect our physical, emotional, mental, and spiritual states. During the cleansing of *chakras*, the fears or problems from this life and past lives may get unblocked at particular levels.

When we cleanse every point on CQSE during the meditation process (Cleansing and Charging in meditation have been depicted in a separate chapter on CQSE meditations), the *chakras'* energy also gets cleansed.

When the latent kundalini energy slowly upsurges from its lowest ebb (Root Chakra) towards the vertex (Crown Chakra) there is a paradigm shift in consciousness. We can go through any or all of these experiences -

- ❖ There is a drop-down of continuous tendencies of the mind to 'do', to make it happen, to create, to bring it into existence, to have, or to become something. The consciousness eventually shifts towards a state of 'being'.

- ❖ There is a progression towards complete surrender to the Supreme conscient entity. We enter into the gradual flow of life where we come across more and more occurrences in life that coincides with our consciousness and elevates us to a higher deck, a state referred by Carl Jung as 'Synchronicity'.
- ❖ A sublime sense of inner liberation ensues with freedom from excessive indulgence in mind, intellect and sensory perceptions.
- ❖ With inner liberation there comes a higher sense of inner-awareness in every moment. There is a transition from unconscious living towards more conscious living and resultant self-control.
- ❖ Live through an existential state of pure consciousness.

The kundalini energy at crown meets the CQSE ('Soul') and merges into it, what is referred to in ancient Vedic literature as a union of '*Shiv –Shakti*'. Hence the consciousness reaches its apogee. This is a self-realized state or an inner awakening.

'Those with awakened *Kundalini*, when they leave the body, they are in full consciousness and higher understanding of life and its purpose.'

Chapter 11 - A Giant Mistake: Medical Science without Study of Consciousness

"Ultimately, healing the physical form does nothing unless there is a complementary change in consciousness. All healers know this. If this does not take place, the physical form will return rather rapidly to the state it was in."

- David Spangler

We all have been gifted with the tool of higher consciousness to help solve our problems. It has all the awareness and intelligence to heal the instrument (i.e. body) it uses. Most doctors already agree that the patient is mostly responsible for healing themselves and that their efforts are bent toward removing the blocks to that self-healing. Much like itself, the healing that consciousness provides is real and scientific.

Let's look into some well-known approaches in healing that bring out the case of how consciousness has a profound therapeutic effect on the brain and the rest of the body.

a. Placebo Effect :

'Placebo' is a fake treatment, of an inactive substance like sugar, distilled water, or saline solution that is given to a patient under the impression of actual. It creates a strong psychological effect which is passed on to the physiology. Experiments and research studies on 'Placebo effect' have shown that we humans can heal illness and disease using nothing but the energy of thought and power of belief.

In a study of two groups - one group being the placebo, they were told to have undergone heart surgery, which did not happen. 83% of the placebo group saw the same improvements as the group that received heart surgery. Altering the physical reality of the body by injecting a positive belief has been practised since ancient times. Research has made it clear that what we are conditioned to think can affect us. What we believe about ourselves, and what we believe others think about us, all have the potential to affect the actual outcome.

Dr Joe Dispenza says that thoughts can change our neurology, our chemistry, and our genetics at a very rapid rate. New research reveals that our brains are flexible - there are physiological changes to the brain in response to thoughts or consciousness. This feature is known as neuroplasticity. It works through pruning and sprouting different neural pathways. We only exercise neuroplasticity as a response to exposure to new thoughts, experiences, emotions, choices, and behaviours. New thought patterns and experiences cause our brain to fire the circuits in new patterns and sequences.

The big question here to medical science is - if consciousness is an epiphenomenon of the brain, then how it can reverberate back the effect on the brain? It sounds like the product or by-product repairing a processing machine during the process until there is a separate entity different from the brain or body that has its intelligence and free will to create desired thoughts and emotions.

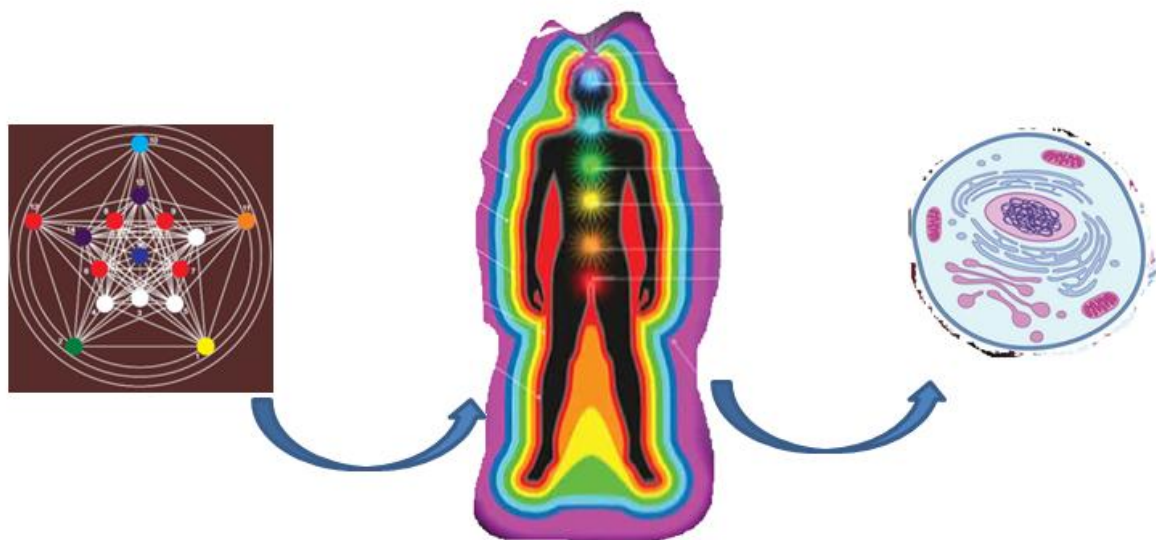
b. Healing techniques :

For years different healing systems, such as Reiki, *Pranic* healing, along with other methods of holistic therapies were looked upon with disdain, even contempt from medical associations, practitioners, mainstream scientists and clerics. The idea that the human body is permeated or surrounded by an invisible, aetheric body of "life force energy" was considered to be no less than nonsense. These negative conclusions were formulated on the premise that "life energy" fields such as those accepted in China as Chi or qi, in Japan as *ki* and in India as *Prana*, were "unseen" and "immeasurable" by traditional research or scientific instrumentation.

In both 2006 and 2008, stressed-out lab rats received Reiki treatments, and every single rat showed significantly reduced signs of stress, anxiety and depression, while the bogus blind Reiki treatments that were given to the placebo group showed no reduction in stress, anxiety or depression.

In humans, research performed between 1993 and 2006 showed ratings from Satisfactory to Excellent, all of which suggests that Reiki treatments were positively beneficial in controlling pain levels in human beings, while the placebo Reiki treatments in this experiment were by contrast ineffective in controlling pain.

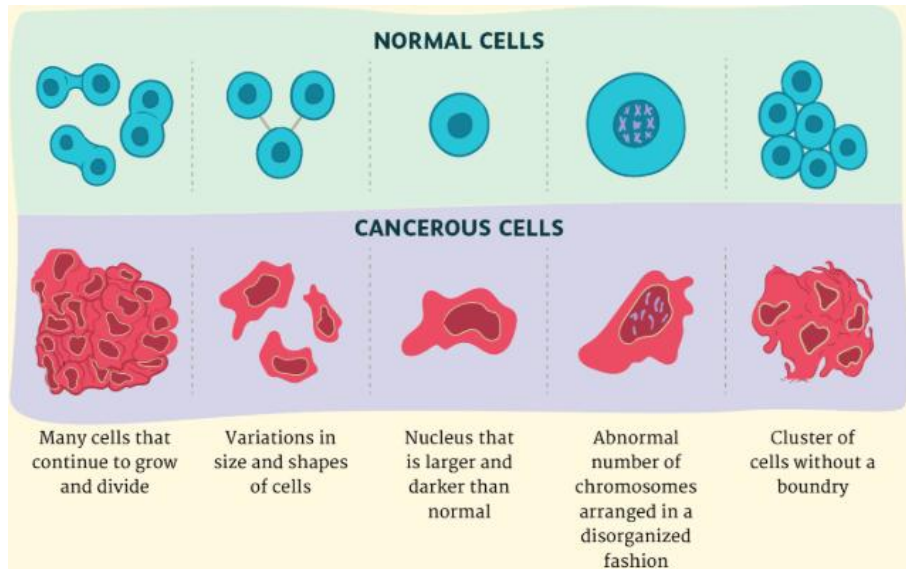
Consciousness through thought process creates energy vibrations. Every vibration has its frequency. These frequencies are passed on to subtle body fields. The entire subtle body fields get charged with these vibrational frequencies. Eventually, at some point in time, from these subtle body fields, it gets localised in a specific organ of the body where this energy gets manifested in the cells of the organ. To be more precise, the organ or functions connected to the *chakras* and *nadis* in the subtle body get affected. Thus, energy initiates from Consciousness matrix, travels through various subtle and physical energy channels and finally sits or manifests in the cells. No wonder why all kinds of Biological Sciences also believe that there is only one general cause for all the disease and that is improper functioning of the cells. This, in a nutshell, is the end to end process of how the disease gets implanted in a body organ.



Disease and Healing Cycle

Since medical science and molecular biology cannot envisage beyond the molecular level of biological activity, the whole emphasis and endeavour subsist at treatment on this level only by different medications and surgical methods. Just imagine a tree has been cut and

felled from the stump. However, the invisible underground portion remains rooted and gets nourished, and it grows another offshoot silently in some other form. If a disease has developed, the root lies in the consciousness; it finally manifests at the atomic and molecular level. Cells that exhibit disease get distorted in shape, orientation and behaviour when compared to healthy cells.



Normal Cells vs diseased cells

In many healing systems, the disease can be diagnosed with the study of subtle body and chakras system well before it is manifested in the physical body. It is thus imperative for us to understand that any disease that has developed should best be reversed in the same manner, i.e. inside out, from consciousness to subtle and then over to the physical body. Medication provides a good supplement and a supporting system, though it should not become the bedrock of the healing process.

Healing through Consciousness is a long inner journey of self-evolvement and purification, which, through the development of our conscious awareness, can lead to full recovery from disease, permanently.

The *Prana* or Vital force, scientifically termed as aether energy of the CQSE is channelized consciously to the affected parts, thereby stimulating the cells and tissue. A strong belief in the self-healing capacity of the self-conscious entity (CQSE) is always the prerequisite before the start. Faith in the divine helps us to connect with the universal conscious source. The deeper and intense our intentions are, the ability to concentrate with unwavering attention for a longer duration provide precise and swift results.

Yogi Ramcharaka pointed out that –‘True secret of healing and health lies in the observance of the natural laws of the body. These laws may be summed up as Right living and Right thinking.’

Without being in sync with the fundamental laws of the universe and existence, any form of healing is just a temporary makeshift and will make one to relapse in the old condition once treatment is discontinued.

c. Subconscious mind for healing :

Identify that there is a problem or disease that is linked to or has been caused by negative thoughts and emotions that you have implanted in your subconscious mind. Remind yourself of the infinite powers, intelligence and intuitive ability to heal the mental and physical health in all conditions. Then you turn to the healing power within your subconscious mind. You then realize that if you can succeed in cleansing your mind of the negative thoughts, you will get a healing.

The next step is to consciously choose an idea as an affirmation, a mental image, link these up to strong positive emotion that this is working. During the affirmations and mental image creation, feel as if the perfect health or healing that you seek exists in the present moment of life. Subconscious mind does not understand the language of the past or future.

People have tried these affirmation and mental images through the prayer therapy, just before going to sleep when the conscious mind slips from alpha and gets into theta and delta states. This way, they get implanted in the subconscious in deep relaxation and meditative states equivalent to theta and delta wave frequency.

What is of utmost importance is that faith and belief should prevail over excessive indulgence in logic whenever the healing is sought through consciousness or higher energies.

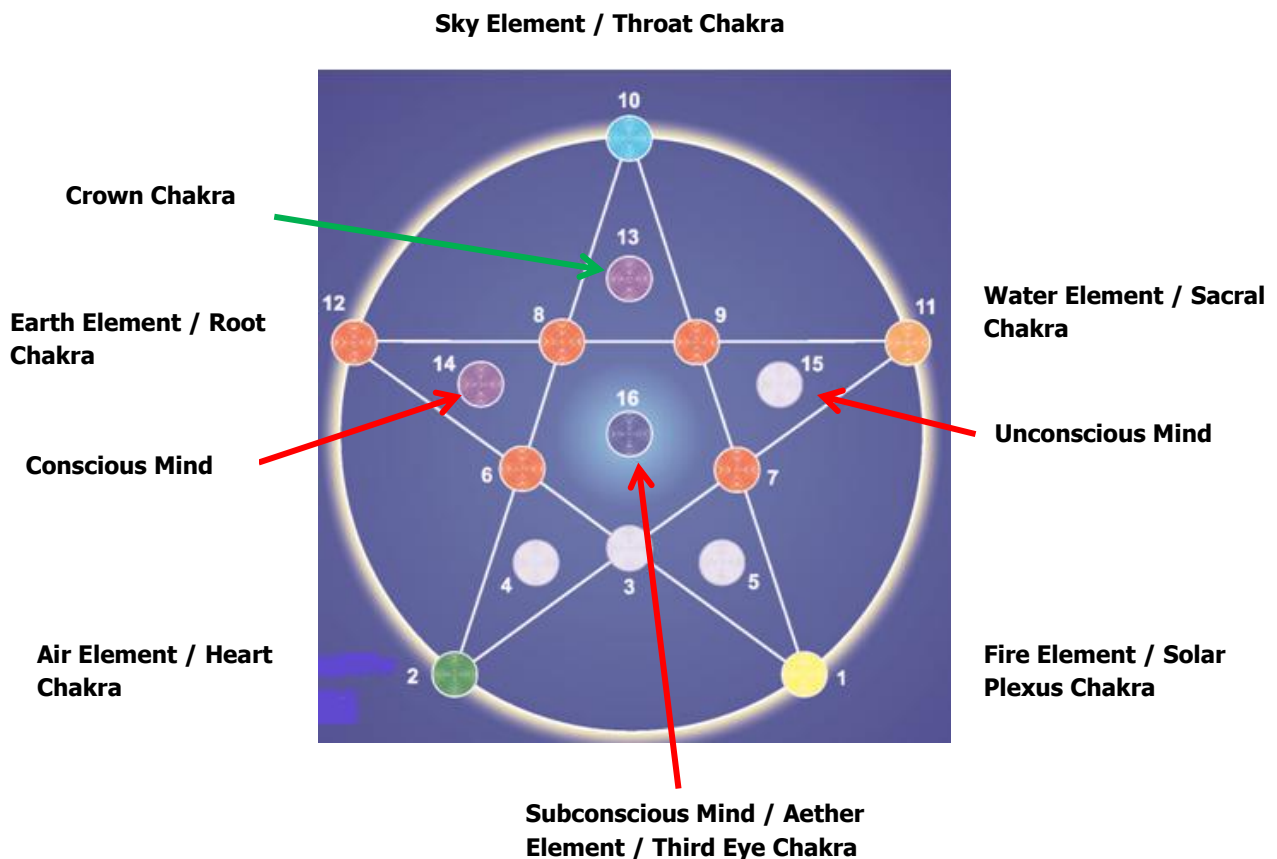
Research estimates that 70% of our thoughts are negative and redundant. How might you be priming yourself and those in your environment to expect the worse, and thus get the worse?

How CQSE makes the healing process work?

CQSE energy points corresponding to the three minds (conscious, subconscious and unconscious), the seven chakras of the subtle body and six elements (aether, sky, fire, air, water and earth) have a perfect control on the complete body and its organs. They are self-aware of the healing mechanism. We need to just trigger them through right intentions that channelize the energy.

CQSE Meditation (explained in 'Meditation' chapter) achieves cleansing and recharging of the energy centres. When the energy points are cleansed and recharged with the respective energies from the higher source or universal consciousness, this is what it does –

- ✚ The *chakras* in the subtle body get cleansed, recharged and balanced with their own energies.
- ✚ The subconscious mind gets cleansed, which means any blocks from present or previous births gradually get removed. These blocks are one of the biggest causes of mental and physical problems.
- ✚ The five elements, which make the physical body, are re-energised.
- ✚ The sixth element (Aether) or *Prana*, which is the vital force gets revived.
- ✚ The unconscious mind is cleansed and revitalised. Since it controls the functioning of internal organs, they, in turn, get healed.



Consciousness should be a major subject of study and research in the medical arena. Without this, a holistic approach to health is unviable. It does not require funding; what it does expect is a belief in self. It would need enough courage for the medic community to overcome the impression of indignity when it comes to the acceptance of consciousness as a metaphysical medicinal and healing tool. It requires creating conscious intentions directing the energy to a specific centre and having a firm belief in self-healing of the CQSE (soul).

It's no secret that subtle energy healing therapies stand in direct opposition to the already well-established medical treatment and pharmaceutical industry. Healing systems don't only have the potential to awaken your spirit and improve your health and life; it challenges a global multi-trillion dollar industry, commonly known as the health care system. Propagation of this spiritual science and art of living does not require a profiteering business model.

You are neither the body nor the mind. You control them and intuitively know what it takes to heal them. We all are blessed with this tool of consciousness, which is the least understood and has been unscrupulously belittled. Accept the truth, and the magic unfolds.

Chapter 12 - Consciousness and Re-programming of Genes

"The tools of our Consciousness – including our beliefs, prayers, thoughts, intentions, and faith – often correlate much more strongly with our health, longevity, and happiness than our genes do."

- Dawson Church, Author of 'The Genie in your Genes'

The Human Genome Project

In 1990, an international collaborative research program known as Human Genome Project was launched. The goal was the complete mapping and understanding of all the genes of human beings. The task of the Human Genome Project was to identify the entire structure of human DNA and map its triplets and genes. Since the human body contains at least 100,000 different proteins, it was expected to find at least some 100,000 genes in the human DNA. A general thought was that the body needed one gene to provide the blueprint for each protein. Add to this, 40,000 regulatory genes which regulate protein-encoding genes, were also expected. Scientists expected that the human genome would contain a total of 140,000 genes within twenty-three pairs of human chromosomes. But at the end of the project in 2003, contrary to what scientists expected that they would crack the mysteries of the universe, they were appalled when they found that the entire human genome consists approximately 25,000 genes. More than eighty percent of the DNA does not exist. If seen from the conventional perspective, these 25,000 genes are not enough to keep the complex system of the whole body and brain functioning.

Although the Human Genome Project made a significant shift in the way we look at genes interestingly from many different perspectives, there were few challenges that emerged from this project.

Human Genome Research revealed that twenty-five thousand genes in the human genome are only a few hundred more than that in the rodents! The Human Genome Project also revealed that we share 98 percent of our genes with chimpanzees! Genes were not able to explain why humans are the most evolved species?

In 2009, one of the few remaining scientifically active leaders of the original genome project, Francis Collins, published a review paper in the scientific journal Nature, along with 26 other prominent geneticists. It was titled 'Finding the Missing Heritability of Complex Diseases'. In it, the authors acknowledged that, despite more than 700 genome-scanning publications and billions spent, geneticists still had not found more than a fractional genetic basis for human disease.

The project undertook Heritability studies, aimed to measure the relative contributions of genetic variation versus an environmental variation. Identical twins (sharing higher DNA) in the less identical environment were compared to Non-identical twins in a more identical environment. The study could not conclude that genes prevail over the environment. As a result, it was swept aside silently.

This throws upon us some intriguing questions -

- Where does all the information to run this complex mind, body and life come from?
- Do Genes prevail over Consciousness, or is it the other way around?
- Can we find all the secrets of life and existence from the physical sources, i.e. biological and chemical?

Where do we have all the information stored?

Human Genome Project could not give clear, comprehensive and wide-ranging answers to how the complex body, brain and behavioural system function and even why diseases happen? Yes, genes to some extent help determine our physical features, appearances and traits that we get from ancestors. We get some of our genetic codes from our parents, but many codes do not match those of our parents or ancestors. For example, we see that the parents of a child are healthy, yet the child is born with deformities or illnesses. And at times, we see that parents with an average IQ give birth to a child with a high IQ or an extraordinary skill. What baffles the mind is - who determines our characteristics and how? And then, how is it that we can influence or change the DNA's programming?

Dr Bruce H Lipton (PhD) points out - Scientists have continuously touted that our biological fates are written in our genes. In the face of that belief, the Universe humours us with a cosmic joke: The "control" of life is not in the genes. Of course, the most interesting consequence of the project's (Human Genome Project) results is that we must now face that "challenge for the future" David Baltimore (Nobel Laureate) alluded to. What does "control" our biology, if not the genes?

CQSE (Soul) stores all the information related to all the births in the two aether energy points corresponding to Subconscious and Unconscious minds.

1. Subconscious mind / Intellect - stores all the memories of every happening, thoughts, feelings, actions and words of all the past births.
2. Unconscious Mind / Impressions – has all the records of impressions (sanskaras) in the form of behavioural and thought patterns. These get manifested in the form of qualities, virtues, character and attributes of one's personality in all the births.

It is significant to note that since these are information stored in the track records of Quanta, which is Aether element, hence it is a repository of the colossal amount of information of every aspect of life.

As the foetus develops into a baby in a mother's womb, the CQSE/soul enters it and starts remitting respective energies from all its energy points. The information stored in the energy points of mind-intellect-sanskaras (i.e. control circuit) and the energy points of five elements start shaping the body, including the brain. They also start influencing the DNA (genes) inherited from the parents. It is important to note that apart from the consciousness, DNA is also influenced by the environmental factors, e.g. nutrition, drugs, sound waves and other physical environment and subtle factors at the vibrational frequencies, e.g. thoughts and emotions that mother goes through during pregnancy. However, CQSE plays a crucial role.

It is significant to note that not all genes are accessible to modifications. We have critical periods in development during which certain genes may be influenced before they go silent.

There is a window of time when genes related to the development of body and brain could be affected by CQSE along with other physical and subtle environmental factors. Genes that relate to other aspects, e.g., emotional, behavioural and cognition faculties are accessible for modifications in most of our lifetime by consciousness, lifestyle and environmental aspects - new research studies have indicated. Recent studies relating to neuroplasticity have revealed that the brain is also receptive to similar influences and responds with permanent changes. All of this has led us to new studies in 'Epigenetics', which means above genetics. This study explains the modification of gene expression rather than alteration of the genetic code itself.

Hence the scientific paradigm of human vulnerability in the face of genetic coding is misplaced and contradicting to natural laws of free will, self-sovereignty and the power of mind over matter.

Can Consciousness reprogram Genes?

Straight away, the answer is Yes, in continuation to what we have discussed earlier. Consciousness creates the two-fold effect –

1. Consciousness has the power to go beyond genetics in choosing your response to the environment or situation and experience health, happiness and well-being.

In a 1988 study done by John Cairns, published in the journal *Nature* titled "The Origin of Mutants," he showed that mutations in DNA were not random, but happened in a predetermined way in response to environmental stresses.

Dr Bruce Lipton mentions – 'DNA is coated in a protective sleeve of protein. The environmental signals act on that protein, causing it to open up and to select certain genes for use—genes specifically needed to react to the current environment. DNA is not the beginning of the chain reaction. Instead, the cell membrane's perception of the environment is the first step. If there are no perceptions, the DNA is inactive. Genes can't turn themselves on or off; they can't control themselves. If a cell is cut off from any environmental stimuli, it doesn't do anything. Life is due to how the cell responds to the environment.'

2. Consciousness with instruments of thoughts, intentions, meditations, prayers and emotions creates energy fields of higher frequencies which, if prolonged and intensified, can make modifications through the cells into the DNA. When the consciousness is at high energy levels, the energy body rewrites the coding of the physical body at the cellular level. Quantum mind theories could well explain this.

Dr Lipton explains - you have cell membranes, and the DNA is inside them. The cell membranes 'read' all external signals coming from your environment and change the genes inside accordingly. 'External' here refers to both consciousness and the physical environment.

Thoughts and emotions affect gene expression in cells of the brain and the rest of the body. This, in turn, affects the structure, function, and the health of the body. Negative thought patterns harm the normal functioning of the body.

Institute of Heartmath conducted this experiment, and it involved human placental DNA, which is the most pristine form of DNA. It was placed into a container from which they could measure its changes. Twenty-eight vials of DNA were given to 28 researchers, who were specially trained in how to generate and feel strong emotions on demand. The results were astounding. Each DNA sample changed shape according to its researcher's feelings:

- ✚ When the researchers felt love, joy, and gratitude, the DNA responded by relaxing: the strands unwound and lengthened.
- ✚ When the researchers felt anger, fear, frustration, or stress, the DNA tightened up, became shorter and even switched off many of its codes!
- ✚ When the researchers felt love, joy, and gratitude again, the codes switched back on.
- ✚ The thoughts that we think and the emotions that we feel are continually reshaping our DNA.

How CQSE energy level determines DNA?

Scientists in the field of Genetics are researching how DNA can be changed to cure illnesses. On the other hand, spiritualists and philosophers claim that one can change their DNA with thoughts and meditation. Science and Spirituality both agree that the DNA is dynamic. But the question that arises is: what determines our DNA? And if there is something that determines it, the same thing can redetermine it as well.

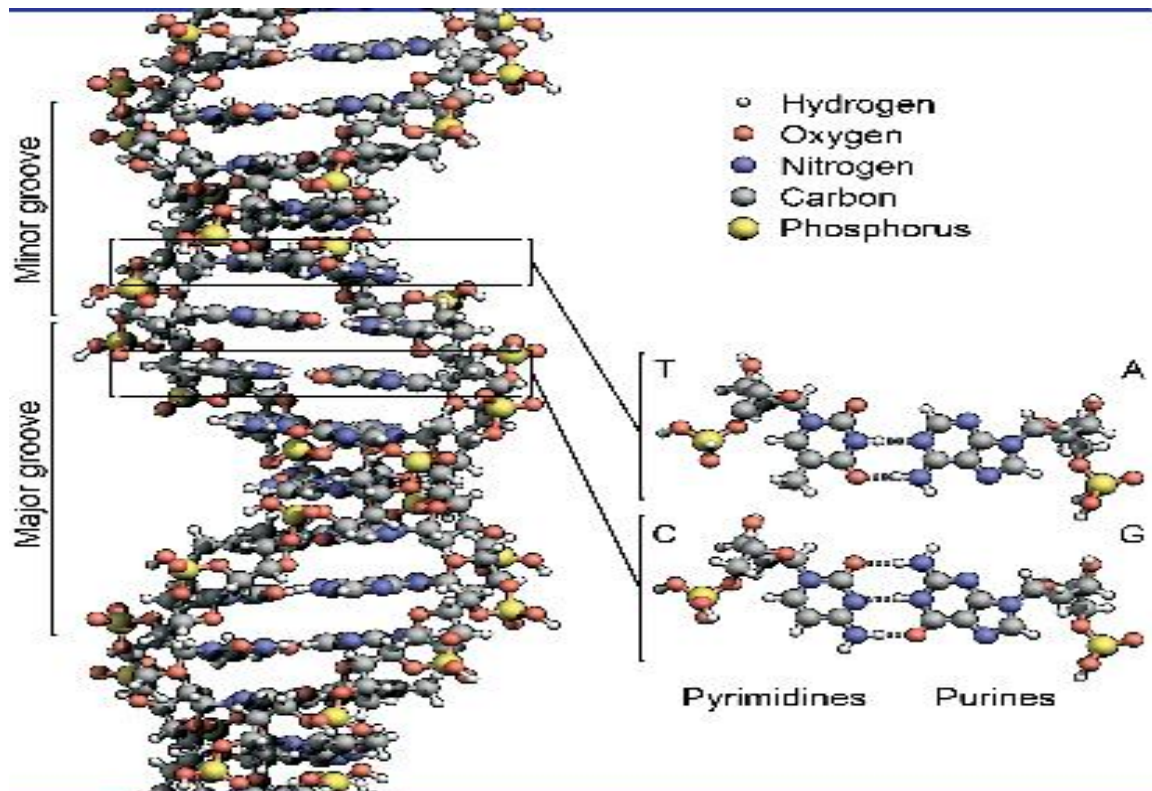
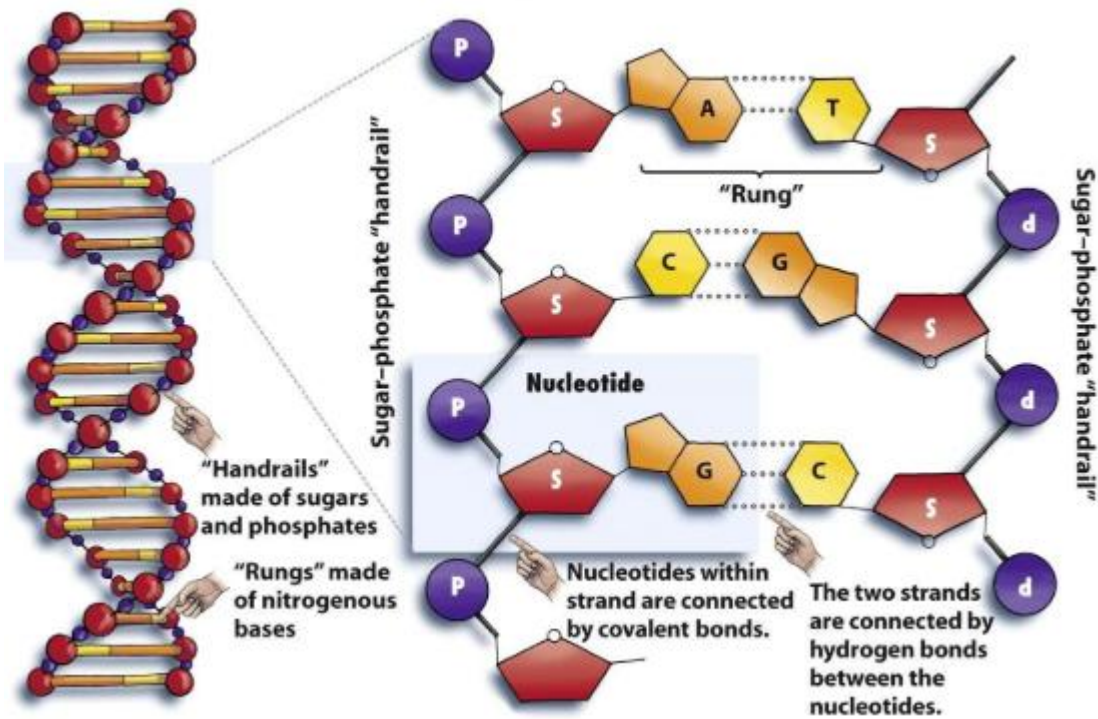
Like we established earlier, the soul (CQSE) is the programmer of the body, and it is the soul (CQSE) that programs our DNA. We will now understand how and why does the soul choose to programme it.

Let's first briefly understand the structure of the DNA. DNA stands for deoxyribonucleic acid, which is the genetic code that determines all our physical characteristics. Deoxyribonucleic acid is a large molecule in the shape of a double helix. It's made up of repeating units called nucleotides. Each nucleotide contains a sugar and a phosphate molecule, which make up the 'backbone' of DNA, and one of four nitrogen-containing nucleobases. These nucleobases are Adenine (A), Guanine (G), Cytosine (C) and Thymine (T). It's the specific order of A, G, C and T within a DNA molecule that is unique to you and gives you your characteristics. Nucleic acids are one of four classes of biochemical compounds; the other three classes are carbohydrates, proteins, and lipids. Nucleic acids include RNA (ribonucleic acid) as well as DNA (deoxyribonucleic acid). Both types of nucleic acids contain the elements carbon, hydrogen, oxygen, nitrogen, and phosphorus.

DNA contains the genetic code, which instructs cells how to make proteins. RNA copies the genetic code in DNA and helps synthesize proteins based on the code. Genes explain how we inherit attributes and pass them on to descendants.

DNA double helix is made of two strands.

Each strand is a chain of of antiparallel nucleotides.



The DNA structure consists of mainly five basic atoms - Phosphorous, Oxygen, Carbon, Nitrogen and Hydrogen that influence the DNA. These five atoms are related to the five elements of nature.

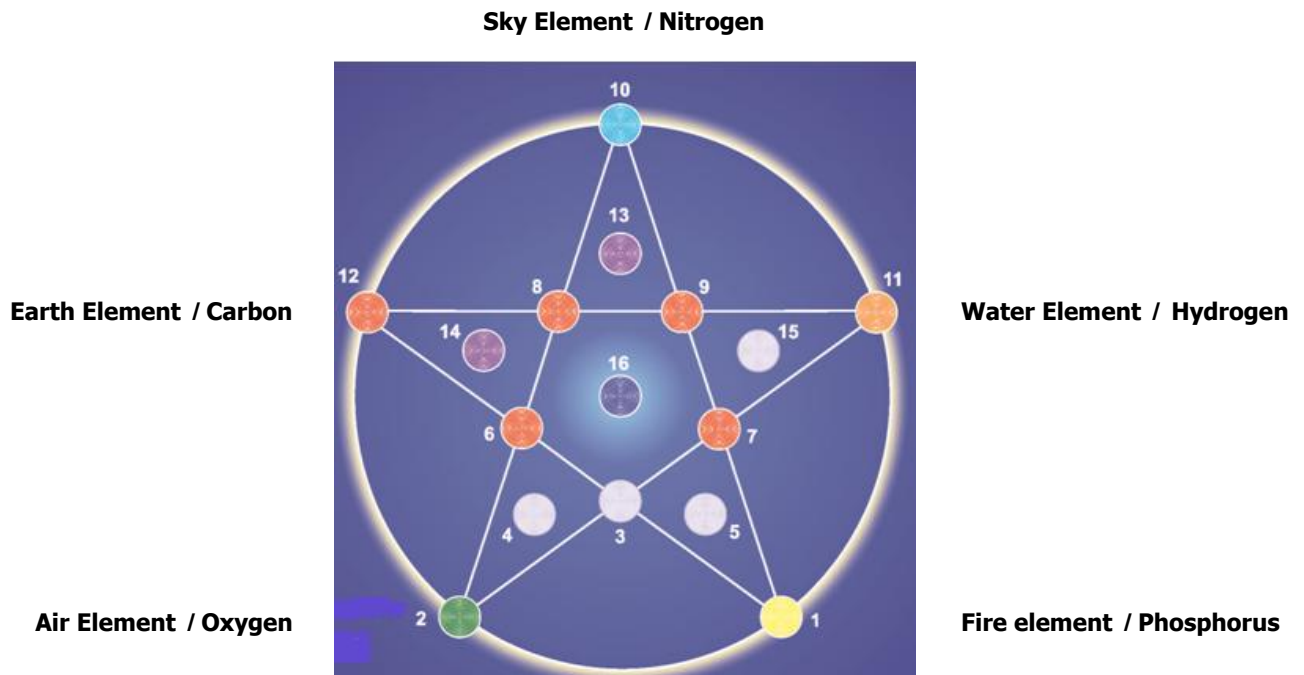
The phosphorus atom is connected with the Fire element.

The oxygen atom is connected with the Air element.

The carbon atom is connected with the Earth element.

The nitrogen atom is connected with the Sky element.

The hydrogen atom is connected with the Water element.



If any of these atom molecules is insufficient (quantity and capacity) in the DNA structure, it causes deformities in the body. We know that the soul (CQSE) has the energy of the five elements within it, and these energies govern our five sense organs.

How to reprogram our DNA?

We know that the soul (CQSE) has archived within it, records of all our past lives' deeds. What this means is that the soul has a record of the karmic accounts we have created in our past lives with people, places and the elements of nature. Based on our karmic accounts, decreased or improved level of energy gets stored in the respective energy points of the soul (CQSE). These energy levels in the soul (CQSE) influence and program the DNA. If you change the energy levels in the soul (CQSE) by the Meditation method developed by us, you can change (reprogram) your DNA. In this meditation technique, we charge and increase the energy levels of the 16 energy points of the soul (CQSE). This increase in the energy levels of the soul (CQSE) is instantly reflected in the subtle auric body and can be measured by scientific instruments.

The case of Junk DNAs

Scientists now also believe that less than 5% of our DNA gets extracted and read in this lifetime. Therefore more than 95% of DNA remain latent, what they refer to as 'Junk DNA'.

Nothing in this nature could be termed as junk or useless; it is indeed the gift of cosmic consciousness and Mother Nature. We have to understand this natural law of life that we cannot have access to all the mysteries and gifts of nature without comprehending and experiencing the higher metaphysical realities. Within these, 95% concealed DNA lies the mysteries of higher existence, which can only be unlocked and relished through transcendence of consciousness.

How Russian research supports Genetic Reengineering

In the year Genome project was launched, in parallel, a group of Russian scientists of the Russian Academy of Sciences was formed to study the complete human genome. This research was led by Dr Pjotr Garjajev, member of the Russian Academy of Sciences. This group made some startling revelations; one was that the text of the DNA book could be altered. ¹ The codons of the DNA string can be rearranged in different sequences. In other words, the software of the human genome, i.e. our DNA molecule can be reprogrammed! The research revealed that the triplets in the DNA string are able to exchange places. DNA was found to have a syntax and semantics akin to our human languages. It indicated that present limited understanding of DNA as serving only for the coding of the reproduction of proteins for the chemical makeup of an organism, is not the complete picture.

The most astonishing experiment that was performed by Garjajev's group is the reprogramming of the DNA codon sequences using modulated laser light. From their discovered grammatical syntax of the DNA language, they were able to modulate coherent laser light and even radio waves and add semantics (meaning) to the carrier wave. In this way, they were able to reprogram in vivo DNA in living organisms by using the correct resonant frequencies of DNA. The most remarkable discovery made so far is that spoken language can be modulated to the carrier wave with the same reprogramming effect. Now, this is a baffling and stunning scientific discovery! Our DNA can be reprogrammed by human speech, supposing that the words are modulated on the correct carrier frequencies!

In another revelation, according to Dr Pjotr Garjajev, the genomic information of the organism is also stored non-locally. This means that it is not restricted to the DNA molecule itself. The DNA molecule merely acts as a storage device that can read and write the genomic information from a non-local distributed field. DNA acts like a fractal environment that stores the coherent blue laser light in a holographic way.

[¹ The Souls of Distortion awakening]

When you alter your energies to a higher level, it alters your state of being. It then starts influencing the having, i.e. at the physical and mental state - from micro to the macro level, and the doing, i.e. your responses to the environment by way of cognition, actions and words. This is transformation inside-out.

Now ask yourself – to what extent the genetic codes hinder?

Chapter 13 - How Consciousness helps improve Mental Health?

“If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.”

- **Lao Tzu**

World Health Organization estimates that by 2020, depression will become the second leading cause of diseases worldwide. This problem is compounded by the fact that one in five people have a diagnosable mental illness, but when we look at how many people are getting help, it's less than one-third. Dr David. D. Burns (Feeling Good) says, 'In fact, depression is so widespread, it is considered the common cold of psychiatric disturbances'. This, indeed, explains the magnitude of the situation.

Let us understand some commonly accepted notions on mental health and see how much of it is accurate or mythical:

- a. It is considered that mental illness issues relate to genetic influences. However, research studies indicate that only 16 percent of depression cases could have genetic causes. It is essential to understand that Genes are loaded guns that trigger only by cognition, lifestyle and behaviour that one undergoes. Also, if the genes can get coded with specific mental or physical ill health, it can be rewritten too.
- b. Mental health problems are due to chemical and biological imbalances in the brain. We know that there is brain cell activity in relation to the mind, but which way is the relationship? Is it the brain cells that activate the mind, or is it the mind that activates the brain cells, or both? Nobel Prize-winning neuroscientist Professor Eccles, who has supported the theory that the mind is a separate entity, believes that it cannot be reduced down to brain cell processes. The CQSE (Soul) which is situated right at the centre of the brain, uses it as the hardware. Just imagine if there is excessive load or bug created by software it can temporarily or permanently jeopardise the hardware. This applies to Mind-brain function. Excessive, repeated or negative thoughts for a prolonged period can cause damage to the brain.
- c. One of the easiest ways to deal with mental health problems is medications, e.g. anti-depressant, sleep pills. Researchers have confirmed that change in thought patterns through cognitive or other psychotherapies are often more effective than medications, both in short and in the long term. Most importantly, there are lesser chances of relapses, and post medications side-effects are eliminated.
- d. Neuron cells deranged during mental illness cannot be restored. the brain requires the support of medication to keep going. Recent studies on Brain reveal that positive cognition process can create new neural pathways, and in some cases, damaged neurons can get back to life. Neurologists believe that the brain can be changed by transforming the mind.

Consider this case provided by Dr Joe Dispenza (You are the Placebo):

A 46-year-old suicidal woman who suffered from depression since she was a teenager, decided to participate in a drug trial that would test a new anti-depressant. After eight

weeks, the woman no longer felt suicidal and reported feeling like a new person. It turns out she was part of the placebo group. The study revealed that the placebo participants not only felt better, but they had also changed their brainwave patterns.

What is good mental health?

Is it merely the absence of a disorder such as depression, anxiety, delusion or phobia? Until recently, the study of mental health focused primarily on treating mental illness and paid very little attention to the development of meaning, fulfilment, character, positive emotions, and virtues—all of which are crucial to the quality of daily life. Essentially all of the world's religions suggest paths to inner peace, meaning, the joy of interconnectedness, inner congruity and sense of fulfilment. If we are on the path of religion and still not oriented to these fundamental elements in life, we should be asking appropriate questions to ourselves. If we are pursuing all the worldly triumphs and doing our chores day in day out but are still deprived of these essential elements, then what is the objective of existence?

Depression is considered as one of the worst forms of suffering because of the immense feelings of guilt, shame, worthlessness, hopelessness, and helplessness.

Christopher Peterson & Martin Seligman, in a research study of Positive Psychology for good mental health and well-being, has listed twenty-four character strengths and virtues. If you look at the CQSE's 16 points of basic qualities, virtues and powers and compare with these character strengths and virtues, most of these can be mapped against each other in one way or the other.

In a nutshell, the study of good psychology or positive psychology strongly supports that good mental health is the presence of innate human qualities, virtues, right intentions, wisdom and inner powers that give character strength. Conversely, the absence of these causes mental illness.

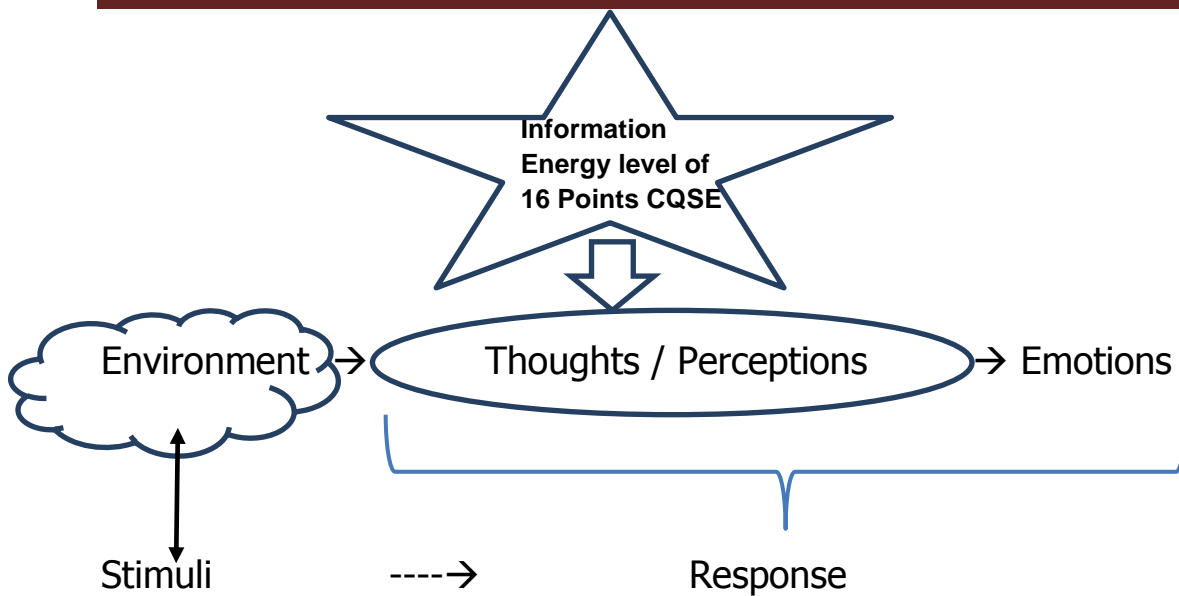
How CQSE and 16 Aether energy points affect mental health and response to stimuli?

We are incessantly being influenced by the environment we live in through a series of happenings, events and circumstances that could be positive, negative, routine or indistinct. From the environment comes a stimulus, and we respond to this in the form of cognition, thoughts or perceptions; this, in turn, creates the experience of feelings known as an emotional response. Thus, how we feel is not directly determined by the environment; how we interpret and respond determines our feelings. The cognition process plays a key role.

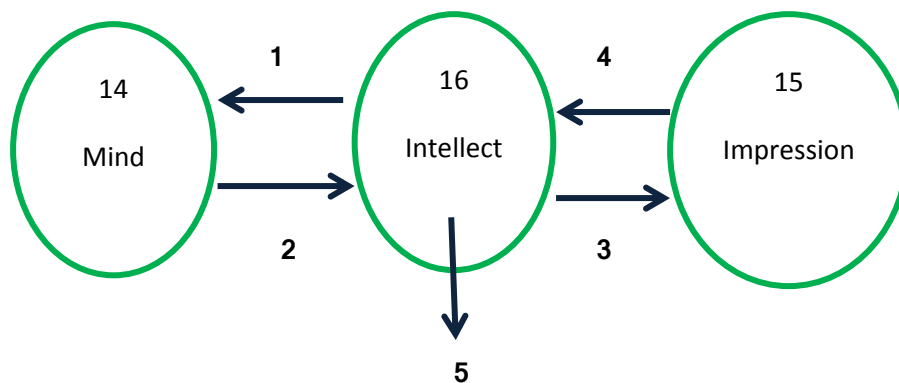
You must understand what is happening to you before you can feel it. If you can understand your own cognition process and its mapping to the emotions, you can detach easily and take control of yourself.

Your feelings result entirely from the way you look at things. How you look at things depends on how you look at yourself. If you are vibrating at a higher frequency, i.e. a higher level of consciousness, the perception of self and life situations are elevated.

The diagram below depicts how the Consciousness of Soul or CQSE affects our mental well-being and in turn, how the cognition process responds to the environment.



Whenever we encounter a stimulus from the environment, the cognition process, comprising thoughts, perceptions and beliefs, starts functioning, which emanates a flow of emotions, i.e. how we feel about it. Cognition process is primarily dependent on the control unit of CQSE along with all other basic qualities, attributes, virtues and powers embedded in the 16 energy points. Higher the degree of the CQSE, i.e. a higher level of energy and information in the 16 energy points including Mind-Intellect-Sanskaras, the response to a stimulus is proportionately elevated. Thus we can say, if Soul is adorned with virtues, powers, strength and innate qualities, it reflects the healthy mental and emotional state. Feeling good no matter what or an ability to bounce back from any adverse emotions reflects sound mental health.



Cognition process of CQSE

Cognition is primarily an interplay of :

Conscious Mind \leftrightarrow Intellect/ Subconscious Mind \leftrightarrow Impressions / unconscious mind.

It is the level of energy and information in these three faculties of CQSE working in tandem with other 13 points that decides the response to a stimulus in the form of cognition, feelings, emotions and resultant behaviour.

Limitations of Conventional Psychology and Role of Consciousness in Mental Health:

Epictetus, the Greek Philosopher, stated that *"people are disturbed, not by things, but by the view they take of them."*

Psychology has more often than not emphasized the shortcomings of individuals rather than their potentials. Conventional psychology was based on the premise that its scope was restricted to the study of misery and internal conflict. Both conventional psychology and psychoanalysis tools primarily centred on the study of behaviour, attitude and personality, which by all means is superficial; it is just like foam over the wave. The underlying currents and their reasons were completely ignored. This approach is only restricted to study of events and related emotions of past including the childhood, all of that limited only to this birth. It does not give any consideration to how Consciousness affects the cognition process, which in turn influences emotions. Hence they had no reasons to take consciousness or cognition seriously so for both of them (Conventional Psychology & Psychoanalysis), there is nothing like notions of basic qualities, virtues, happiness and well-being. Thus the early psychology is simply a study of misery and how to reduce it rather than focusing on higher self with essential qualities, free will, virtues, inner powers and well-being. The conventional psychology is all about the study of ill-being, so there is no objective of higher consciousness and well-being. Conventional Psychology has no acceptance to the metaphysical and spiritual paradigm of existence that can uplift humanity and bring holistic well-being; the interventions that exist work only to measure and mitigate the suffering.

Virtues such as the following are the core characteristics valued by moral philosophers, mystics, spiritual and religious thinkers: wisdom, determination, courage, humility, justice, temperance, and transcendence.

The new field of **Positive Psychology** (Martin E.P. Seligman) hence provides an interesting and new perspective with credible research on how virtues, inner powers and character strength are now considered as essential for the mental health and well-being of individuals and society. Positive Psychology research substantiates this study of Consciousness as vital to mental health and well-being. CQSE or Soul, i.e. 'self' is the bedrock of the cognition process along with all the virtues, inner powers and innate qualities. Thus if we seek to uplift humanity from the current crisis of mental health issues and move towards perpetual happiness and well-being, the conception of 'self' and evolution of consciousness to a higher dimension is indispensable.

Neural network models were used by cognitive scientists to model behaviour. The limitations of neural models have been highlighted by O. Sacks and others who point out that these models do not take into account the notion of 'self'.

The limitations of current theories of psychology were well-summarised by the distinguished Canadian psychologist Melzack – "The field of psychology is in a state of crisis. We are no closer now to understanding the most fundamental problems of psychology than we were when psychology became a science a hundred years ago. Each of us is aware of being a unique "self", different from other people and the world around us. But the nature of the "self", which is central to all psychology, has no physiological basis in any contemporary

theory and continues to elude us. The concept of “mind” is as perplexing as ever. There is a profusion of little theories — theories of vision, pain, behaviour-modification, and so forth — but no broad unifying concept.”

Conscious Mind – Intellect – Unconscious mind are the three faculties or the energy centres that make a cohesive unit for the functioning of the cognition process. If you can self-examine the health status of these three faculties independently, you can pick early signals and identify the underlying causes for challenges you are up against in the cognition process. Furthermore, make a list of all the basic qualities, inner powers and virtues and examine objectively where your energies are inadequate.

If you can understand before you can feel, you can also know why you feel so? It is a good sign of self-control and awareness. You can then step up for the right interventions before you fall into the trap of mental health problems.

We cannot blame genes, events, situations and other people for mental health challenges. Keep attention on your self-talk; any negative self-talks are early signs of mental health issue. It is all within you. ‘Self’ and consciousness are the keys within to unlock the treasure of well-being.

Chapter 14 - Scriptures and Philosophers on Soul and Consciousness

14.1 CQSE or Soul as per various Scriptures

Man has been asking himself, for a period of at least about 2500 years — of which we have some reliable record — the pertinent question: 'Who am I?' He wants to solve the riddle of the self. He also wants to know the difference between himself as a conscient entity and the material world, of which the self was conscious or aware. He further wants to know whether the thoughts, Will, memory, emotions, habits, tendencies, etc. emerge from his physical system, including his brain, or these are the characteristics or functions of a separate entity. By solving this riddle, he wants to discover the meaning of his existence, his place and role in the cosmos and also the cause of sufferings.

Human is derived from the Latin word 'humus' which means 'organic component of soil' while 'being' refers to 'Soul'. 'Human – being' is a harmonious coexistence of finite Body and infinite Soul. While soul, i.e. the conscient being, is a living entity with self-awareness of existence, body (specifically the brain) is a conduit to the continuous stream of consciousness effusing from the conscient being.

In Christianity, different texts including the Bible have referred to Soul -

The human soul is that part of a person that is eternal—the part that lives on after the body dies and decays. Jesus said we were not to fear men, who can only kill the body, but not the soul (Matthew 10:28).

Jesus replied: 'Love the Lord, your God with all your heart and with all your soul and with all your mind.' (Matthew 22:37)

What good will it be for someone to gain the whole world, yet forfeit their soul? In other words, what can anyone give in exchange for their soul? Matthew 16:26

Soul as per Vedic Philosophy -

Soul (Atman) as per Vedic scriptures is self-conscious, immortal, eternal, infinite and infinitesimally small. It cannot be identified in space and time. The soul is a transcendent being. While the physical body is finite, the soul is an infinite being.

In Vedic thought, consciousness, mind and brain are three related but different factors:

- Consciousness or *Chit* is the light of awareness that is universal.
- Mind or *Manas/Chitta* is embodied consciousness.
- The brain is the physical vehicle of the mind or embodied consciousness.

In the ancient Yoga tradition, there are four aspects to Mind – Chitta (Subconscious), Manas (Conscious), Buddhi (Intellect) and Ahamkara (Identity of Self).

We find from a study of the history of Religions and Philosophy that initially, the main purpose of man's search after the truth was to know the self. He wanted to realize the truth so as to lead a life of right actions, to have an experience of peace and bliss and to ultimately get released from all kinds of sufferings. Man also had the curiosity to know if there was another Conscient Being, who was much superior to and mightier than him and

was the Creator and the infallible Guide. And he wanted to have a mind-to-mind communication with that Being.

Starting from Brahmà or Adam and acquainting ourselves with the inspirations, contemplations and reflections of the Vedic and Upanishadic seers and sages, the Biblical saints and the Founders and Prophets of various religions, we find that there is a vast diversity among various religions and within the same religion, on many important religious themes, including the question, relating to nature and form of Consciousness or self.

The revelations or the doctrines, enunciated by the Founders of religions — the Sermonizer of Bhagwad Gita, Zoroaster, Buddha, Mahavir, Abraham, Moses, Christ, Mohammed, Nanak, Dayanand and others differ widely from each other. However, a careful study of these would lead us to the conclusion that there is a core which is common to all.

Here are the beliefs common to all or most of the religions.

1. Self and consciousness are indestructible, eternal & divine.
2. Man has awareness (including self-awareness) and the abilities of thinking, cognition, and rational faculty, which vary from person to person. These faculties enable him to see that there are good as well as bad actions with positive and negative results respectively.
3. Man has the ability to realise his identity as different from other things and persons and to consider the self as an individual or a person.
4. This individual, who has awareness, Will, memory, etc., also has the ego or the 'I-ness' which is the feeling of his identity as the 'self'.
5. While in the body, the soul has certain altered states of consciousness in the form of wakefulness, sleep, bliss, intoxication, swoon, coma, etc.
6. The soul is indivisible and does not have mass or extension like matter.
7. The moral qualities and the experiences, such as peace, bliss, love, etc. pertain to the realm of the soul.
8. The self does not die with the body, for, it has to reap the fruits of its actions even after the body dies and is disposed of. So, the self also called the soul, *Atman* or *Rooh* is, by its very nature, different from the body which is constituted of the elements of Nature.
9. The soul has an aura or a field or subtle sheaths around it, and the field exerts its influence on Matter.
10. The soul is a traveller from another world (called *Brahmlok*, *Parlok*, *Satylok*, 'Highest Heaven' or 'Seventh Heaven') into this world, where the fundamental moral law of action is that sooner or later you will reap as you sow.
11. This self has a goal or a purpose, namely the attainment of liberation from all sufferings and attainment of perfection and ever-lasting happiness.
12. Some say that the soul resides in the heart whereas others say that it is in the brain in *Bhrikuti* or *Trikuti Ajna Chakra* or *Brahm Randhra* and it is from there (i.e. the brain) that it influences the heart and also every cell through its field, acting upon the nuclei of the hypothalamus and the thalamus and the nervous mechanism connected to them.

If we put together all the above basic beliefs or precepts at one place, this coherent statement would emerge: 'In every human body, there is a soul or a self having self-awareness, consciousness, Will, cognition, rational sense, emotions, memory, ego or 'I-ness', various affinities and bonds and an ability to experience, to relate to others and to survive after leaving the body. This entity, by its nature, is a metaphysical entity. The souls are higher or lower in respect of their moral stature and, according to the theists, i.e.

religions, there is also a Supreme Soul. Also, according to some religions, the soul takes another body after it leaves one body and, according to some others, it does not reincarnate, but it continues to exist and get reward or punishments; it does not die.'

14.2 Consciousness as per Philosophers

We have tried to put together a summary of references to some philosophers of different ages. This would make some contribution to supplement the view expressed earlier. We will add here, selectively, the views of some philosophers regarding the nature of the Self or Consciousness.

The Greek philosopher **Pythagoras** considered the souls as incorporeal essence. He believed in the survival and reincarnation of souls. He also thought that the souls were rewarded or punished according to their deeds.

Xenophanes identified Mind with Perception, Thought and Powers of Will and acting. He also asserted that Mind or Thought or God is of the divine essence. He said: "Only one God exists, the greatest of gods and humans. Neither in mind nor in the body does He resemble us, mortals. He is wholly the Eye and the Ear and wholly Thoughts, Power of Will and acting."

Anaxagoras said that Nous, i.e., Mind, is the most rarified or subtle thing and it has the knowledge concerning everything and has the highest power.

Democritus opined that the soul was atomic and was energy like (yellow-red) fire.

Socrates has very clearly spoken of the soul as different from the body. He explained that the body is mortal, and the soul is immortal and is subject to some moral laws. As reported in *Phaedo* (the dialogue in which Plato describes Socrates' last hours in prison before his death), Socrates said that *Mind or Thought or Reason* always pursued an *aim, purpose or end*. He said that man should try to live for what was best. Socrates had so strong a belief in the self as a moral entity that he preferred to take a cup of poison and die rather than run away from Athens. It is clear that he believed that soul or consciousness survived physical death and that it had a moral dimension.

Plato recognised Mind or Soul as an active principal, working to control the body. He thought that the soul had two stages of development — the irrational stage (seated in the heart or the lower body) and the rational stage (seated in the head). According to Plato, human behaviour flowed from three primary sources — (1) desire, (2) emotion and (3) knowledge. He characterised soul by three signs — (1) Movement (2) Sensation and (3) Incorporeality. He said that the Mind has three parts — (1) Reason (2) Activity, Energy or Liveliness (most spirited part) and (3) the lower appetites. He said that there is a struggle between the lower and the higher parts.

Aristotle thought that there are two parts of a soul — lower (irrational) and higher (rational) and that the *higher soul survives physical death*. Like Socrates, he also thought that moral action should be done for its own sake because Virtue is its reward.

Thus, the early Greek Philosophers believed the self to be different from the body. Though there is not much clarity and homogeneity, yet this much is clear that Pythagoras and

Socrates believed in the existence of an immortal soul that continued to exist even after the body and also reincarnated.

Among other philosophers, special mention may be made of Thomas Aquinas (A.D. 1225), Descartes (A.D.1596) and Leibniz (1646-1716).

Thomas Aquinas discussed philosophically many aspects of the metaphysical self and God. From his writings, it seems that he believed in the survival of the soul after the death of the body. He also said that Emotions and Will are subordinate to intellect.

Descartes had said, "*Cogito ergo sum*" — I think, therefore I am and "*Dubita ergo sum*", i.e., even if you doubt in your existence, your doubting proves your existence. He explained that the pineal gland was the seat of the soul and, from there, the soul worked with the body as one works with a machine. He suggested inter-actionism as the solution to the body-mind contact problem. His mechanical and reductionist approach was criticized by many others later and is criticized to this day. Some even alleged that he talks of "ghost in the machine". Descartes' 'atomic analysis' of the psychic structure, no doubt, neglects the fluid continuity of experience. His idea that the soul dwells at the pineal gland may also not be correct, but this does not mean that his body-mind dualism is wrong. He has argued very logically that the soul is separate from the body.

Leibniz said the soul is like a Monad or an atom. He emphasised that it is infinitesimal. He advocated the plurality of souls.

Kant teaches, by contrast, that the things in themselves are unknowable. He makes a strong suggestion that, as moral characters, we are things-in-themselves. He also said that, even if soul, world and God do not exist as separate entities, it is better to consider that these do exist because this approach enables to discuss and solve many problems about cosmos and the nature of Reality. His emphasis on moral aspects of soul or Consciousness promoted values in life.

Leonardo da Vinci said: "Man's external form, marvellously constructed, is not much as compared with the divine soul that dwells inside that structure."

Thus, most of the above philosophers believed the soul to be an entity different from the body.

Chapter 15 - What Scientists have to say on Consciousness and Soul ?

At the turn of the nineteenth century, many eminent scientists surreptitiously started to think beyond material science moving from the Newtonian hypothesis of material into non-material ambit. However, this could never take a formal centre stage due to another group of increasingly material science protagonists who still remain in the majority.

Let's see how some scientists have indicated the nonphysical phenomenon of consciousness.

Max Planck, Nobel Prize (1918) winning Physicist considered to be the originator of Quantum theory, said "I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness."

What did **Karl Popper** say about consciousness as an emergent product?

Even the famous philosopher of science, Karl Popper, who considers Mind as an emergent product of the brain, admits that this belief is of no explanatory value. Says he: "From an evolutionary point of view, I regard the self-conscious mind an emergent product of the brain. It has no explanatory value, and it hardly amounts to more than putting a question mark in a certain place in human evolution."

On the other hand, there have been scientists, like the Nobel Laureate (1963) Late **Eugene Wigner**, theoretical physicist and mathematician, who said: "There are two kinds of reality or existence - the existence of consciousness and the reality or existence of everything else. The latter reality is not absolute but only relative." Wigner said this because the measurable things and phenomena are known to man only because he has consciousness. Further, he said something very significant - "It was not possible to formulate the laws of quantum mechanics in a fully consistent way without reference to consciousness."

"Consciousness is not a material force", said **Thomas Huxley**.

Even Thomas Huxley, who strongly promoted Darwin, has said: "I understand the main tenet of materialism to be that there is nothing in the universe but matter and force; and that all the phenomena of nature are explicable by deduction from the properties assignable to these two primitive factors. It seems to me pretty plain that there is a third thing in the universe, to wit, consciousness, which I cannot see to be matter or force or any conceivable modification of either".

"Consciousness does not come from neurophysiological synthesis", said **Sir John Eccles**.

Sir John C. Eccles, in the book 'The Self and its Brain', said: "The experienced unity (of consciousness or Mind) comes not from a neurophysiological synthesis, but the proposed integrating character of the self-conscious mind". Eccles said this while discussing how many messages coming to various brain centres through the ears, eyes, nose, skin, etc. simultaneously are synthesised and decoded so as to make a composite picture or a sense out of them all. He was of the firm opinion that this was done by the self, which was not an epiphenomenon of the brain.

Dr Wilder Penfield's experiments show consciousness is not an epiphenomenon of the brain.

Further, Penfield's research has shown that even massive removals of cerebral cortex do not seem to completely abolish awareness, but small lesions in the brainstem produce irreversible coma. Penfield has also shown that in 'anencephalic monsters', i.e. in those persons who are born without any cerebral cortex, there are states of wakefulness and sleep alternating each other and the person can smile and cry also, but it cannot understand or speak because the cerebral hemispheres are not there. So, it shows that though the two hemispheres are responsible for higher thought-processes and understanding the language-code, etc., yet these are not the seat of consciousness. Penfield performed many experiments by stimulating various sites or points on the brain. For example, he stimulated the motor cortex and produced bodily movements, such as the movement of a hand, but it did not produce any conscious effects. He came to the conclusion that consciousness is located near the Hypothalamus and the Brainstem and is not an epiphenomenon of the brain.

Similarly, Mexican Neuro-Physiologist **Raul Hernandez-Peon**, through his experiments, came to the conclusion that Reticular Activating System (RAS) of the Brainstem is the gate through which go the sensory impulses to the cortex and that it is the regulator of 'attention' or consciousness. This to show that Mind, Soul or Consciousness should be located in the Hypothalamus, near the upper part of the brain stem which has the Reticular Activating System. These facts were further proved by the experiments of well-known physiologist and neurologist, Dr Sperry.

The name of **Dr Raymond A. Moody**, MD, in this field, has become fairly well-known, for he did the pioneering work in Out of body & Near Death Experience. Dr. Moody conducted research on three kinds of cases: (i) those who were resuscitated after having been pronounced clinically dead by doctors, (ii) those who, because of accidents, illness or serious injury came very close to death and (iii) those who, as they were dying, told their experiences to other people who were then present and, later, these people reported their death experiences to Dr Moody. Dr Moody studied about 150 such cases and constructed a model of death-experience.

These are described in his book, Life-after-Life. **All these things point to the truth that the soul, the self or the conscious entity does not die with the body but rather survives after the body has been disposed of.** In these 'Near-Death-Experiences' or 'Out-of-Body' Experiences, people report that they observed their physical body and events relating to it from a perspective outside of the body. Although a percentage of these cases are unreliable yet extensive and intensive research in this field leads conclusively to the truth that the soul survives the death of the body and is different from the body and the brain.

Dr Bruce Greyson, an emeritus professor of psychiatry and neuro-behavioural science at the University of Virginia, while addressing a conference at United Nations, said – "there have been documented cases of individuals who were clinically dead, with no brain activity, but observing everything that was happening to them on the medical table below at the same time." He describes how there have been numerous instances where individuals are able to describe things that should have been impossible to describe. He says this type of study has been discouraged due to our tendency to view science as completely materialistic.

American physician, Scientist and Director of the Centre for Consciousness Studies, University of Arizona Dr **Stuart Hameroff**, and British Physicist **Sir Roger Penrose** believe, in alignment with the Quantum theory of Consciousness, that the Soul or Conscient entity is contained in the microtubules structures in the Brain cells. They argue that our experience of Consciousness is the result of Quantum Gravity effects in microtubules by the process called Orchestrated Objective Reduction (Orch OR). When death happens, microtubules lose their Quantum State, but the information within them is not destroyed. It thus scientifically explains that the Soul is immortal and returns to the universe with all the information.

The experiments of **Kornhuber** indicate that it takes about eight-tenths of a second for the readiness potential to build up in the brain before voluntary action begins.

According to **Libet**, the mind extrapolates the occurrence of certain events back in time by about half a second or so. So consciousness is not an epiphenomenon. As it possesses a unity, it should be described by a quantum mechanical wave function.

Eugene Wigner argued that the laws of quantum mechanics might not apply to conscious agents. In a variant of the setting of the Schrodinger cat experiment, he visualised two conscious agents, one inside the box and another outside. If the inside agent makes an observation that leads to the collapse of the wave function, then how is the linear superposition of the states for the outside observer to be viewed? Wigner argued that in such a case, with a conscious observer as part of the system, linear superposition must not apply.

This result now called the Wigner's friend paradox, and others have led many quantum theorists to argue that basic advances in physics would eventually require one to include consciousness in the scientific framework. The Vedic system, which was an earlier attempt to unify knowledge, was confronted by similar paradoxes. It is well known that Schrodinger's development of quantum mechanics was inspired, in part, by Vedanta, the full-blossomed Vedic system. His debt to the Vedic views is expressed in an essay he wrote in 1925 *before* he created his quantum theory.

Nobel Prize-winning neuroscience Professor Eccles supports the theory that the mind is a separate entity and cannot be reduced down to the brain cell processes.

Professors Karl Popper and John Eccles demonstrated that research indicates a conscious event happens before the relevant brain event, in 'The Self and Its Brain'. These eminent scientists theorized not just mental and conscious events as separate from the brain, but a self-conscious mind distinct from both.

In a well-researched article, 'Steps towards solving the Mystery of Consciousness', the concept of consciousness surviving apparent brain death is highlighted.

"Consciousness appears to be present in 10-20 percent of those who are in cardiac arrest." The author explained, "brain cells need to communicate using electrical pulses. How is it then that we have a clinical scenario in which there is severe brain dysfunction, the worst possible type, with an absence of electrical activity in the brain, but somehow thought processes with reasoning, memory formation and consciousness continue and are even heightened?"

David Baltimore, American Biologist and 1975 Nobel laureate in Physiology – "...consciousness remains as the outstanding problem on which we have no demonstrable progress because it involves understanding the highest levels of brain function and we're still working on the lower levels."

Erwin Schrödinger said - "the overall number of minds is just one". Schrödinger was profoundly touched by the philosophy of Advaita Vedanta. Advaita Vedanta is a school of thought in Hinduism taught by Adi-Shankaracharya in the early 8th century. It believes that Soul is not different from the Supreme. Schrödinger viewed consciousness as fundamental to reality and as non-dual. Non-dual consciousness does not mean that there is just one single consciousness, but that consciousness is not ultimately separate from objects experienced within consciousness.

Quantum effects, brain functioning, consciousness, and meditation practice - Frederick Travis (Center for Brain, Consciousness and Cognition, Maharishi University of Management, Fairfield, IA):

Meditations have been divided into three categories: Focused attention, Open monitoring, and Automatic self-transcending.

- Meditations in the focused attention category (i.e. Loving Kindness and Compassion) appear to explore the object of experience.
- Those in the Open-monitoring category (i.e. Zazen and Vipassana) appear to explore subject-object relations.
- Those in the Automatic self-transcending category appear to explore the subject alone - the experience of pure self-awareness or pure wakefulness.

Pure self-awareness is described by the "absence of time, space, and body sense." This description suggests that it may be the experience of the quantum field posited to drive classical brain states. With regular meditation practice, pure self-awareness is experienced as an uninvolved backdrop to the relative experience. This may be the experience of the 'quantum brain' along with 'classical brain states.' In the ancient Vedic tradition, this state is the first, stabilized state of enlightenment called Cosmic Consciousness or *Turiya-teet Chetana*.

It is no wonder as we deepen our research into Quantum Physics, Neurosciences, Cosmology, Psychology, Medical and General Sciences, we arrive at a point where it all dissolves into Metaphysics, to be specific, 'Consciousness'. Consciousness is the fundamental basis of existence. It is the ultimate point of reference. All that we perceive is a derivative of Consciousness. In fact, the more modern-day science tries to deride ancient eastern philosophy, it is getting closer to validate its truth.

Chapter 16 - Quantum Consciousness

"Not only is the Universe stranger than we think, it is stranger than we can think."

- Werner Heisenberg

Quantum theories are capable of explaining the subjective experiences of consciousness, which cannot be justified by neurosciences and other classical science theories. In many of the experiences related to Near death, Out of body and Hypnotic regression state, subjects could access past and future events as if they exist in a no time and space dimension, beyond the restrictions of the physical world. Everything appears to be connected to everything else, an interconnection similar to what is known as 'entanglement' in quantum physics. These experiences are incomprehensible in the physical world phenomena. The interconnectedness beyond time, matter or space corresponds to the non-local concept in Quantum. Thus like quantum physics, consciousness has a characteristic of being non-local. For instance, in certain NDE where the brain had clinically stopped functioning, the subject could well observe and feel what was happening around. In another case, people, who went through spontaneous mystical experiences, felt oneness with the entire universe. Without getting into technical aspects, these diverse phenomena can well be explained in Quantum entanglement and Unified field theory. Quantum Consciousness theories have evolved in the last few decades. They have an interesting contrast with the traditional neuroscience theories on consciousness. No wonder it has been opposed as a pseudo-science.

Readers can well skip this chapter as Quantum theories are a specialized field of study and might be too technical to grasp.

Quantum Consciousness considers quantum effect in the conception of consciousness, e.g. holographic and quantum principle in cognition, non-locality of memories and the effect of universal consciousness.

According to the 'observer effect' of the Quantum theory, physical matter manifests only when there is a rational observer, i.e. the energetic attention goes to bring it in existence. To put it differently, the subjective consciousness has an effect on objective reality in the material world.

As explained earlier, CQSE has three aether energy points of Mind, Intellect and Sanskaras, also referred to as three types of mind - Conscious, Subconscious and Unconscious, respectively. In a scientific paradigm, these can be explained as Quantum energy fields that store all the information related to the past, present and future events that you experience in the present and other lifetimes.

The physical world that we perceive as made up of matter is integrated with energy at the sub-atomic level. This integration takes place in the quantum field of information (*Brahm-tattva* as per Indian scriptures). This is an invisible field of information beyond space and time, not perceptible to scientific investigation. Soul or CQSE, in simple words, is also *Brahm-tattva* (of different energy level). CQSE, through consciousness, i.e. its own Quantum energy, makes changes to all-pervasive Quantum information fields of the physical universe. This affects vibrational frequencies of energy at the subatomic level and manifests finally in the physical matter.

Let's see what other renowned Scientists and their theories on Quantum Mind reveal. Quantum theories, to a large extent, explain the open questions in neuroscience and corroborate metaphysical dimension of consciousness. Two major theories that have

emerged are Stuart Hameroff's – Quantum Brain Theory and Karl Pribram's – Holonomic Brain Theory.

The Quantum Brain theory

¹Stuart Hameroff and mathematician Roger Penrose proposed the quantum brain theory by presenting a model of the brain based on quantum computing. They believe that our brain processes information from the neurons not only through neurobiological process but may be using quantum states as well. Quantum states within the brain were long believed to be impossible since the brain was too big, too wet and too hot to sustain quantum states that were hitherto only observed in the laboratory in isolated and controlled situations at the subatomic scale. However, Hameroff now believes he has found the building block, the qubit for quantum computing in the brain. He identified a tiny tube called a microtubule that comprises the cytoskeleton of the cell. The cytoskeleton is the skeleton that gives the cell its structure; it's the scaffolding of the cell. Besides giving structure to the cell, the microtubule is also a transportation pipe for all sorts of chemical compounds used by the cell. Hameroff points out that the cytoskeleton may also have a neural function and that they may even be more advanced than neurons themselves.

The neural function of the cytoskeleton may explain why a single cell organism can perform intelligent tasks. Although the single cell organism does not have a neural network, no neurons and no brain, it has some primitive form of consciousness since it can perform intelligent tasks such as swimming, eating etc. Now for humans, we have a brain consisting of neurons that are interconnected by dendrites and synapses that make up the central nervous system. Inside the neuron cell, we find a cytoskeleton built from microtubules. The microtubule itself is constructed from tubulins, hexagonal structured proteins. It is the tubulin within the microtubule of the neuron that Hameroff has identified as the qubit of the brain. Hameroff, however, noticed that the microtubule contains highly coherent light (laser-like light) and that this light might play an important role in the information processing by the brain.

Hameroff found coherent biophotons inside the microtubule in their quantum state. In other words, the biophotons were coherent and quantum entangled. The microtubule is filled with water molecules that are highly coherently ordered, and Hameroff believes that this ordered water plays a significant role in the conductance of the biophotons through the microtubule. When the biophotons pass through the microtubule, they are sent to the synapses of the neuron and then move over to the next neuron. In this way, the microtubules act as a wiring system for the coherent light in the brain and, in fact, all of the rest of the body. This network of microtubules is referred to as the Internet of the human body connecting not only the nerve cells but also every other cell in the body. It allows for quantum information exchange between the brain and the rest of the body.

The implication is that consciousness is not restricted to the brain itself but that all cells of the body share in the same conscious awareness. This may explain the holistic nature of consciousness, whereby our thoughts and feelings act in unity in the body. Think about what happens when you're infatuated and the person you are in love with suddenly jumps out in front of you. All of your body and brain will respond instantaneously and in unity! Your eyes get wider, your heart starts to pump faster, you breathe faster, your adrenalin level goes up, and you feel butterflies in your belly while your knees start to shake, all of this in unison. The unified response of the body in a single moment is sent over the body's neural network via microtubule 'wiring' as a coherent wave of light connecting all the cells in the body.

[¹Souls of Distortion Awakening, Jan Wicherink]

Hameroff and Penrose point out a model for quantum processing in mind that is consistent with the spiritual teachings of Buddhism, Hinduism and Kabbalah that all teach the existence of a universal mind. In other words, our thoughts are just a collapse of universal thoughts.

The quantum brain model states that the universe itself has fundamental consciousness properties!

It is this universal consciousness that collapses into our individual consciousness in the qubits of the brain.

Now what we have here is a model of the brain that states that consciousness is not the epiphenomenon, the result of brain activity, but that the brain must be regarded as a big antenna or receiver of a universal consciousness that is everywhere in the universe! The quantum brain theory has many opponents but it has certainly thrown up a lot of thought-provoking questions.

Holonomic Brain Theory

Holonomic Brain theory was formulated by Karl Pribram. According to this theory, consciousness is viewed not as an epiphenomenon of brain-biochemistry processes, but as a fundamental "nonphysical" or subtle force/power of the universe. Existing within the levels of interconnected realities, consciousness is conceptualized as an auto flow of knowing-becoming-participating-valuing system, functioning within a "space-time" context described by the synergetic collaboration between information within a system and information from external systems, being simultaneously influenced and influencing past, present, and future experiences. This view links consciousness to individual and universal sub-consciousness, to biological, generational, cultural and educational experiences, and to the physical and metaphysical energy universe. It reveals human consciousness as a small part of a greater, undivided whole, reflecting the diverse qualities of all realities.

The 'part contains the whole' aspect of the brain's memories triggered Stanford neurophysiologist Karl Pribram when he learned about holography in 1960. He came up with a new explanation for memory storage and believed that the brain stores memories as a wave interference pattern like a hologram. A hologram is a three-dimensional picture that is stored on a two-dimensional photo as a wave pattern. It is constructed by splitting a coherent laser beam into two beams using mirrors. These two beams are recorded as a wave interference pattern on a photosensitive plate where the subject being photographed diffuses one of the beams and the other the reference beam, is aimed straight at the photosensitive plate. When viewed in normal daylight, the hologram doesn't make sense; it contains a lot of blurry circles! However, when a laser beam is shone through the hologram, a three-dimensional picture of the original subject emerges that can be viewed from multiple angles. The three-dimensional picture seems to be floating in the air.

Now the brain's memories are thought to be stored in the same manner as the hologram stores a picture. Holographic memory storage can also explain the huge storage capacity of the brain of the order of 10 billion bits of information in an average human lifetime. Holograms are also very good at explaining how the brain manages to access and remember things very fast from its huge repository of information. In a blink of an eye, we recognize the face of someone we haven't seen for many years, even if the facial expression of the person has aged. Holographic images can easily be compared and matched even when they are not 100% identical. Pribram showed that not only our memories but all our cognitive processes, smell, taste, hearing and seeing might be explained by holographic principles.

What Pribram found was that the cortex of the brain conducts a Fourier transformation on the visual image in the eye and distributes the constituent frequencies of the picture all over the neurons in the brain. So the picture is internalized and memorized as a wave interference pattern among neurons, just like the hologram stores the picture.

When we combine Karl Pribram's holographic theory of the brain with David Bohm's theory that our universe as a whole is just a giant hologram, we get an interesting view of reality, called the holographic paradigm. In the holographic paradigm, the universe is seen as just a vast repository of electromagnetic frequencies encoding multiple levels of reality.

The brain, using Fourier analyses, decodes one channel out of a blur of electromagnetic frequencies in the universe and from this constructs our inner representation of reality. Our brain is limited to receiving only a limited range of frequencies from the outside world and hence, receives a limited scope of reality.

We could say that the brain tunes into one reality, much like radio tunes into one station. We think we move through a solid world of images that are perceived by the brain, but the fundamental truth could be that we decode just one reality out of many parallel worlds.

The holographic paradigm solves many mysteries involving paranormal phenomena since individual brains are just a part of the whole, the universal.

A higher consciousness level means that the soul or CQSE is vibrating at a higher frequency - a quantum state, i.e. you are more a wave than a particle. At this elevated state, you reprogram the mind and eventually, the body cells in the right way. Spiritual connotation of this is - as you transcend to the higher levels of consciousness, you are more a subtle body or a blissful soul and less of a gross physical body. Thus, you get liberated from the miseries of the physical realm, even while living in this mortal coil.

Chapter 17 - Meditation

"The state we call realization is simply being oneself, not knowing anything or becoming anything."

- Ramana Maharshi

Why do we need Meditation?

If Spirituality is the 'Science of Self', then it will not be wrong to say Meditation is the 'Technology of the Inner transformation'. Just as that Science and technology have made the outward life better and illuminated the material world in many different ways, similarly Spirituality and Meditation as inner science and technology help to make Inner world better and illuminate the consciousness. Science helps to exploit the reserves and riches deep within the earth and oceans. Meditation helps to discover the invisible yet invaluable treasures hidden deep within oneself. Science can only exploit these resources, it cannot replenish them. On the contrary, meditation also helps to enrich the inner resources from the Universal energy or Cosmic Consciousness.

If we are to ask the question "Why do we need to meditate?" it is as good as asking, "Why do we need peace, happiness or joy?" It is the natural essence of our existence. Why are we programmed that way? We constantly seek outside what we are from within. Soul or CQSE is a divine matrix of energies of peace, love, joy and bliss. Hence, in a state of being, we find wholeness and oneness. When we get disconnected with our true self, we become devoid of these vital energies and eventually feel vulnerable in the outside world. Even initial steps in the path of meditation can awaken the faculties of Mind and make you realise that all the unnatural stuff of anxiety, fear, depression or insecurity are just the psychological tendencies and affinities of mind. These have been acquired in different lifetimes due to misplaced identities of self with what we 'have', what we 'think' and what we 'do', not with what we 'are' as eternal beings. Realising your original and eternal self and connecting your energies - both upstream and downstream - disconnect you naturally from negative affinities. It then becomes so more natural to go beyond the inner conflicts and see things from a new perspective beyond current horizons.

In a world that is continuously becoming restless like never before, where life is uncertain like a parachute gliding in the rough weather, meditation helps you discover that inner space of peace and strength that you can anytime go in to relax and rejuvenate. Meditation helps to release your pent-up emotional energies and clear out psychological blocks. It channelizes your energies towards a more creative and meaningful existence. It is not just limited to this. Meditation opens a lot many dimensions to you that cannot be understood right now at an intellectual level. There are unknown realms that can only be navigated by the intuitive self. Meditation activates these creative, intuitive energies that have remained latent for long.

Hence, if you see meditation as simple, natural, and a quintessential part of life, then you are there for meditation.

What is Meditation?

It is somewhat paradoxical to deliberate on meditation as a process. It also might sound a bit strange to you if we say that meditation is our true and original natural self. The way we all have been taught and brought up in so much dissonance with our reality that it would now require some effort to go back to original nature. Meditation is an altered state of consciousness towards a higher self ultimately realizing the Supreme or the Divine. Meditation should primarily be viewed as your original state of being, and secondarily as a process or technique.

Meditation practices are timeless, and experiences could sometimes be termed as inexplicable. Meditation is often misconstrued with the outcome of 'Enlightenment' or 'liberation'; what we overlook is the journey. It is this relentless voyage of seeking, experimenting and exploring which is paramount. The inner awakening that a meditator goes through with the mental clarity and consistent practices gradually bring about the inner transformation. Spirituality and meditation involve an upward spiral of growth that could sometimes appear to be a slow and arduous progression. It might deter a seeker now and then, but if you have the essential character, faith and surrender to the divine, then it becomes a remarkable journey.

As we go through the transformation process at the mental, emotional, intellectual level and in our sanskaras, our subtle bodies (Vital Energy, Mental and Wisdom bodies) become more charged with higher energy fields. This is evident in the way we can easily experience ourselves as subtle bodies of light, i.e. pure energy and can effortlessly feel detached from the physical body at our own will.

There are many different streams of meditation that are being taught these days under different schools of thought. These range from Physical Yoga, Ashtanga yoga, Kriya Yog, No-mind meditation and different kind of transcendental meditations. Although terms and techniques vary, all of these paths lead to liberating you from gross identity and allowing you to experience your true self by bringing you back to the centre or originator of consciousness, i.e. soul. It is only through this self-conscious stage that you can rightly connect to the Divine, Supreme Soul, Universal energy or God.

Any specific expression or articulation of words may not be enough to comprehend meditation in its entirety; it is purely experiential. It is a journey; any experience or expression of experience at one point could change as we move ahead. Any discussion on meditation is subjective by nature. There is no object to relate yourself instantaneously. Until you go through your own experience, it never exists for you. It will not be wrong to say that it holds true for you only if you experience. You have to simply plant a seed of right understanding, and nourish it with clarity, the persistence of practice and true heart. It then starts growing. The meditative state becomes a natural part of yourself. There is no effort left to be made.

Meditation has many different types, stages and levels. Let's understand the essential ones -

1. **Concentrative meditation** – It is putting your entire incessant focus of mind and intellect on one with the exclusion of everything else. Concentration is a convergence

of your entire consciousness at one single point. It can pierce through to see the unseen and know the unknown.

- One way to start this is with an open eye and fixing your gaze on an object or any divine form, commonly known in India as *'traataK*. The whole body, including head, remains motionless. In this state, there is no visualization with intellect; the object of concentration is entirely what exists for you. In initial phases for a meditator, this technique is beneficial in increasing the concentrative capability. Long practices of this have been said to develop the psychic or intuitive capacity of mind.
- Second, when we concentrate on some sacred mantra with mostly closed eyes, it could be repeated chanting or repeated within silently. This is one of the famous practices followed in many religions. The mantras used have certain divine and scientific connotation. It helps a meditator to achieve a certain desired spiritual state, gives access to the vision of a divine entity or attracts something significant in life.
- The third is Visualization. Meditator does a creative imagination with visualization through the inner eye of intellect. In initial stages, when you try to understand this from logical faculty of mind, this would seem unrealistic, somewhat absurd. However, one needs to understand that the subconscious mind does not differentiate between imagination and reality.

Even from Quantum mind perspective, at higher vibrational levels, we are less a particle and more of a wave. A classic example in this respect is our experiences in dreams every day. How many times in our lives, we observe things happening in the physical world to us or around us that we realize later was just a manifestation of a past dream? Or how often we experience a strong connection and emotions to a dream immediately after we wake up?

In Psychological studies of Hypnosis therapy, healing and past life regression through hypnotic suggestions from external aid are very successful western practices. In ancient Indian practice, mystics could go for astral travel by leaving the physical realm through self-hypnosis in a deep meditative state. When we transcend to higher consciousness levels, we move beyond the gross physical realm and realize our true self as a metaphysical being in spiritual realms.

Visualization is a powerful tool in realising self in subtle bodies of light and as a soul in the form of pentagram star. Since our consciousness has been at gross level mostly, it does take some time to awaken our self through intuitive, imaginative faculties. A lot depends on our intensity of practice, going beyond conscious reasoning and faith in our spiritual existence. Here in Rajyoga practice, we have actively used this (concentrative) element of meditation in the realization of self as a soul and connecting with the Supreme soul to cleanse and

recharge the energies of the soul. The contemplative realisation also is used in Rajyoga practice.

2. **Contemplative Realisation** – This is most commonly used as a primary step to self-reflect, so we gain inner wisdom before we move ahead in the spiritual journey of life. Contemplation is a wider and open way of directing your thoughts inwards on self-reflection. You reflect upon some inevitable questions related to self, the journey of life and existence in this universe, such as – Who am I? What is my real self? What is my true purpose of existence? Is there universal energy above all of us? We do such a self-reflection many times in our lives. Solitude and introspection are essential. With contemplation comes realization on self, which gives inner clarity to readjust our compass and find the right direction.

3. **Pure Awareness** – This is very different, easiest, but the most tricky one to understand. You are told 'meditation is simply being present in the moment and not doing anything, neither contemplating nor concentrating, not trying to become anything or know anything'. There is nothing left to know, to have or to do. This subjectively sounds the easiest thing on this planet!

This is a silent space beyond mind, intellect and sanskaras. If you recall, all the sixteen aether energy points including mind, intellect and sanskaras are simply adornments of the CQSE or Soul, to play a part on this stage. Soul in its original, eternal, sweet, silence home is beyond all, just a 'divine blank star'. This is your untouched, unblemished, pure self. There is non-indulgence with the mind-intellect–sankaras. It feels as if the whole universe and existence come to a standstill. This is perfect stillness, sweet silence, the state of 'pure awareness' or 'pure consciousness'. Yes, you can experience this even while you are in this mortal body; it sounds abstract because, with the mind, you cannot conceive a no-mind consciousness.

However, once you attain this 'pure consciousness', it brings to rest the unceasingly chattering mind. It disengages you from an endlessly judgemental intellect caught between right & wrong, good & bad. You are spellbound and absorbed by your pure self. Everything else is inconsequential, so what is left for mind and intellect to feed upon? From Buddha to Osho, all have experienced and explained this with different techniques. This is what they came to realize meditation truly means.

4. **Connecting with the Universal Consciousness or Supreme Soul** – If there is running water in a river, somewhere up, there is a source. And if you follow the river upstream, you will find its source. If you are aware of self as a conscient being, you are naturally aware of the Universal consciousness, or what we call as the ultimate Divine energy, Supreme Soul or God. Once you establish the right connection with this Source, the divine energies start flowing to you, much like following the law of potential energy.

The state in which the soul (*jivatman*) establishes itself in the Supreme Soul (*Paramatman*) is the state of completeness and perfection, often termed as *Samadhi*

in Vedic literature. This is when meditation is no longer meditation, but becomes identified with or merged into the goal.

The soul is connected to its source, the Supreme Conscient entity. It naturally draws all the subtle energies that cleanse and charge all the sixteen energy points. This process is known as Rajyoga. This is explained later in this chapter.

So many have undergone and elucidated this phenomenon with beautiful articulation, yet when you experience it, you are so deeply engrossed that it is difficult for the mind to comprehend and words are insufficient to explain. It is like a rainbow of consciousness merging the two horizons - at one end, there is the Silence of Buddha in complete self-realization experiencing the truth within and at the other end, the sublime intoxication and bliss of *Mirabai (15th Century Indian mystic, poet and devotee)* merged in the Divine. This state is often depicted as '**Sat-chit-anand**' (**Truth-Consciousness-Bliss**).

Essentials of Meditation:

- ✚ There are no specific postures recommended. However, one should sit in a relaxed position and as straight as possible, no leaning forward or reclining back. Avoid any support to the back or spine, unless you have medical reasons. A straight position of spine and head is always needed to ensure the flow of energy from the base of the spine, i.e. Root Chakra through to all the chakras up to Crown chakra.
- ✚ During initial stages or every time you meditate, start with progressive relaxation techniques from toe to head. This ensures to release any physical stress that could also lead to mental stress.
- ✚ Expect all kinds of obstacles, especially those at mental and emotional levels, but as you persist, they start smoothing down.
- ✚ Letting go and Relaxation are two essential attributes that you need to move ahead on the path of being in a meditative state. Letting go creates space by releasing you from the past, vicious thought patterns and emotions. Most importantly, it allows you to recognize and move forward with the beautiful flow of life. Relaxation helps you to easily and quickly switch over the mind to an altered state of consciousness at free will.
- ✚ The logical part of your mind is the biggest resistance in this path. It is always at odds with non-indulging, non-reasoning and intuitive self. It yearns for all kinds of indulgence in thinking, doing, talking, brooding over the past, and running behind the future; it does not let you stay in this moment of life. If you can, be mindful of the present moment and feel like a being in full awareness beyond the physical dimension for as long as you wish to do. More than half of the journey is already covered.

- ✚ Regular Meditation discipline is essential to move up the experiential ladder. It helps you to develop mental muscles and new neural pathways of awareness, concentration and faith. The initial phase could be testing. However, with persistent and regular practice comes the reward of tranquillity and serenity of mind. And from this springs the ecstasy of joy and bliss. You are then naturally drawn towards these practices as they become natural. After a while, it does not remain as a process or activity. You may start experiencing the meditative state of consciousness at your will.
- ✚ Take five to six deep breaths to start your meditation. Breathe through your nose during meditation. It revitalizes the pranic energy and relaxes the brain.
- ✚ If the mind is not able to focus immediately, then meditating over the breath is a good way forward to kick start for the learner. This can be done either by becoming a detached observer to every breath or by experiencing your existence as nothing except every incoming and outgoing breath in this framework of the body - normally followed in Vipassana Meditation. Counting the breath is another well-known exercise to maintain concentration.
- ✚ Lastly, a pure heart is of utmost importance. There are no parallels to this virtue. You may not follow all the disciplines and techniques mentioned here but discover your unique ways. If you have the right intentions, a sincere heart and an appetite to experience the transcendence, you may develop your own methods and practices that are more suitable, easy to imbibe and that remains close to your heart. Then, as you progress, even earlier practices become redundant, and you develop new models or methods of being engrossed in your meditative state.

Remember, meditation is not about gaining in the first place. It is about losing all that is tied to your fictional identity, which you are hooked on for years. Soul surrenders itself to the Supreme entity, so there is a moment when you realize the true self, and in the next moment, the self gets dissolved in the divine love of Supreme. You become one with God – the Universal consciousness. What flows from there is inexplicable and inexpressible.

Rajyoga Meditation for CQSE or Soul

CQSE is the creator or springboard of Consciousness. The 16 Aether Energy points on the CQSE are interconnected in a divine sacred geometrical arrangement; through this, they interact mutually to generate consciousness. The level of energy and purity of each energy point determines if the consciousness is negative, ordinary, optimistic, creative, divine, self-realized or enlightened.

How to get started with Rajyoga Meditation practice?

Sit in a comfortable but straight posture, and start relaxing every organ of the body starting from the toe slowly progressing upwards...

... let all the muscles relax releasing all the stress and tiredness as you observe the stress moving out and relaxation crawling in as if divine peace is filling the space in every cell of the body

... if there are any sensations in the body, just be neutral and observe them now slowly move all your attention to the breath take five deep but slow breath.....observe as the breath comes in and goes out ... as you observe the breath, experience a relaxation of deeper level in mind and the whole body

Now move your attention to your thoughts and observe your thoughts as if you are not the thoughts; you are an observer of the thoughts ... check if there are any thoughts flowing in and out ... do not interfere with the thoughts, do not engage with the thoughts just become a detached observer letting go all the thoughts ... you can experience the thoughts dissolving in the ocean of silence that surrounds you

...Take a very deep pause and experience the perfect stillness and calmness within you you are now aware of yourself as a being different from this physical body, thoughts, feelings, breath and sensations

... In this silence and awareness of self as a being, ... visualise yourself, the divine being as 'a divine star' radiating light and pure energy silently speak to yourself – "beyond this gross body ... I am a Soul, a divine star shining in the centre of forehead ... this is my original and eternal form ...

I am now completely detached from this world ... and absorbed in this self-realisation ...

I am now seeing all the energy points on the star - each one radiating pure energy"

Stabilize your awareness in this trance-like state, visualizing yourself as a self-conscious entity...

Now experience yourself as a –

'Being of Power' – I have all the divine powers of Almighty... I am absorbed in the light of Power of Red colour ...now I am radiating this light all over.

'Being of Purity' – I am filled with Divine Purity .. I am absorbed in the light of Purity of Orange colour ...now I am radiating this light all over.

'Being of Joy' – I am filled with Divine Joy .. I am absorbed in the light of Joy of Yellow colour ...now I am radiating this light all over.

'Being of Love' – I am filled with Spiritual and Divine Love of God... I am absorbed in the light of pure Love of green colour ...now I am radiating this light all over.

'Being of Peace' – I am filled with Divine Peace... I am absorbed in the light of Peace of Sky blue colour ...now I am radiating this light all over.

'Being of knowledge' – I am complete with all the wisdom... I am absorbed in the light of the knowledge of Indigo colour ...now I am radiating this light all over.

'Being of Bliss' – I am filled with Divine Bliss... I am absorbed in the light of Bliss of Violet colour ...now I am radiating this light all over.

I am a Divine being...a light ... Eternal – Consciousness – Bliss.... '*Sat – Chitt – Anand*'

You can practice this deeply in 20 – 25 mins with a slow pace, complete awareness and concentration.

In order to raise the energy level of the soul (CQSE), you can cleanse and charge all of the 16 energy points or some selected ones as per the need. The process is shown here for three primary energy points - the intellect, the mind and the sanskara.

A. Cleansing and charging of Intellect / Subconscious / Aether Energy point



Please follow the youtube video link below for meditation related to cleaning and charging of Intellect :

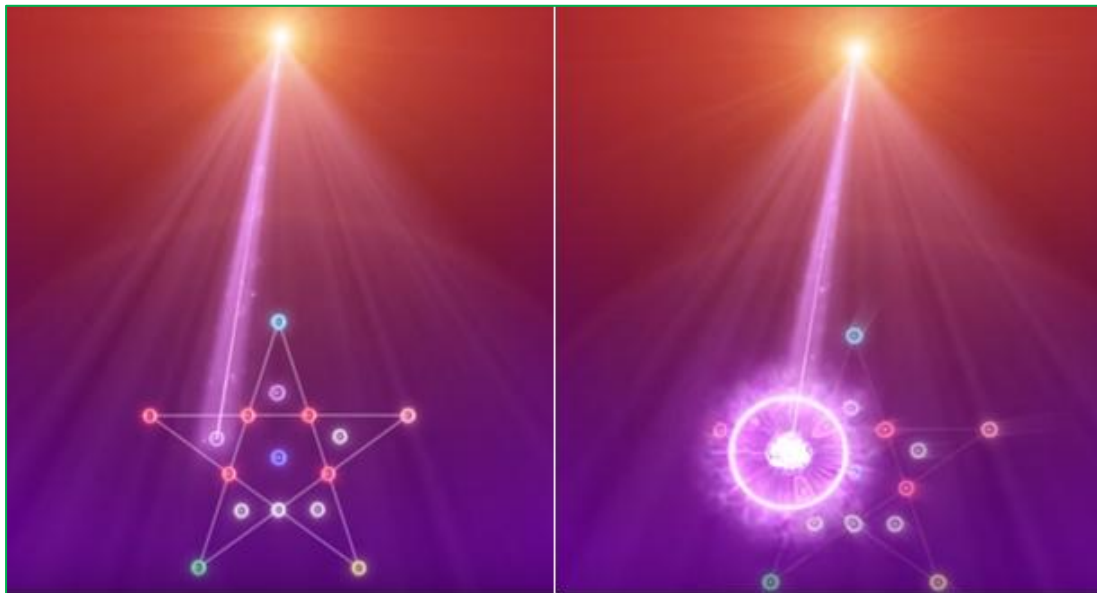
<https://youtu.be/E3aFqKZzH2M> (English)

<https://youtu.be/pS-Uu7LuluU> (Hindi)

Benefits of Cleansing and Charging of Intellect / Subconscious/ Aether energy point –

- ✚ Intellect and Subconscious get cleared of impurities relating to present and all past births.
- ✚ Clarity and wisdom in every aspect of life.
- ✚ A clear conscience and an ability to segregate between right and wrong.
- ✚ Taking correct and timely decisions.
- ✚ Strong ability to analyse, understand and assimilate.
- ✚ Accomplished with imagination and creativity.
- ✚ Effective memory and retention.
- ✚ Clear Conscience, principle-centred life, basic goodness and character strength.

B. Cleansing and charging of Conscious mind



Please follow the youtube video link below for meditation related to cleaning and charging of Conscious Mind :

<https://youtu.be/vwc-tCBWpis> (English)

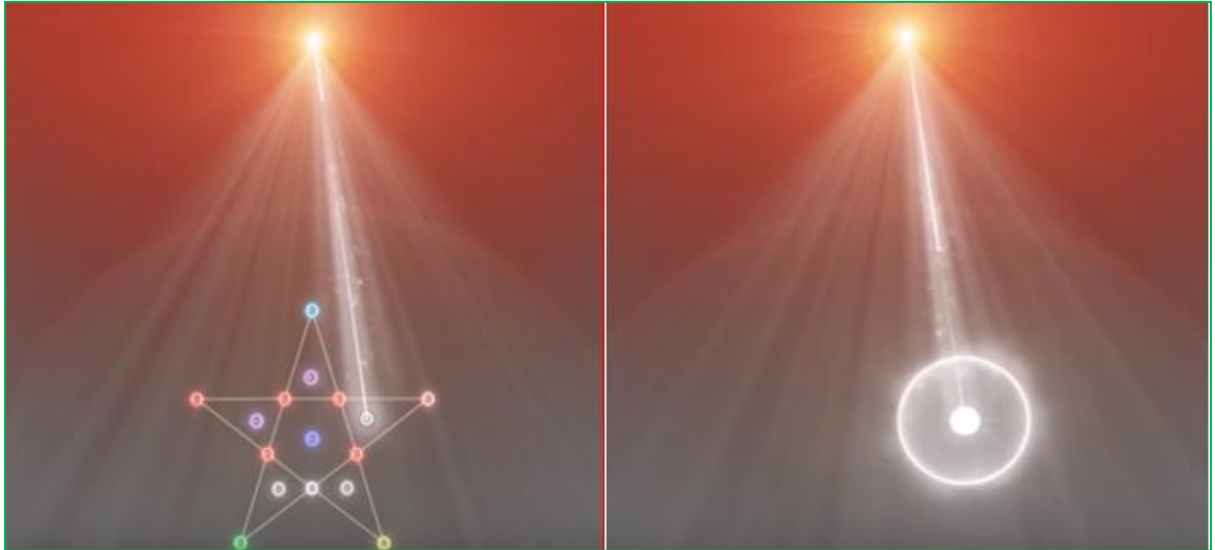
<https://youtu.be/bASEFNpv2rq> (Hindi)

Benefits of Cleansing and Charging of Conscious mind –

- ✚ Increase in cognitive capabilities.
- ✚ More stillness, calm and stability within.
- ✚ Higher Concentration.
- ✚ Revitalization of Inner Powers.
- ✚ Emotional Independence.
- ✚ Reduction & control in the efflux of thoughts and an upsurge in quality.
- ✚ Higher Control over one's words and actions.

- ✚ A higher and constant state of self-awareness.
- ✚ Ability to convert thoughts into actions without much delay.
- ✚ Effectiveness and efficiency in everyday life.
- ✚ More control over emotions and feelings. Balanced perspective and personality.

C. Cleansing and charging of Unconscious Mind/ Sanskaras



Please follow the youtube video link below for meditation related to cleaning and charging of Sanskaras / Unconscious mind:

<https://youtu.be/TUiDXnM5s1Y> (English)

<https://youtu.be/HGdPFgcWN2Y> (Hindi)

Benefits of Cleansing and Charging of Sanskaras / unconscious mind –




- ✚ Sanskaras/Unconscious mind gets cleared of impurities relating to present and all past births.
- ✚ Cleansing of vicious and unwanted sanskaras and imbibing new and suitable ones.
- ✚ Transformation and divinity of sanskaras.
- ✚ Removes psychological blocks in thought patterns, behaviour, and sanskaras (resolves).
- ✚ Ability to establish good relation with self and others.

Chapter 18 - Solutions for Physical, Mental, Financial, Relationship & Astrological Problems




A. Clean and Charge Energy points for Physical Health Problems

Body Organs/Parts and Their Related Illnesses	Cleaning & Charging Energy Points of the Soul
<p>Adrenal Glands, Bones, Muscle, Skin, Hair and Nails Related Illnesses – Bone and Muscle Diseases, Calcium Deficiency, Knee Pain, Inflammation, Muscle Pain, Haemorrhoids, Rheumatoid Arthritis, Increased Uric Acid, Knee Erosion, Skin Diseases, Hair Disorders and Nail Diseases</p>	<p>Power, Earth Element, Root Chakra Energy Point no: 12 Colour: Red Self - respect Practice: <u>I am master almighty authority.</u></p>
<p>Blood, Ovaries, Testes and Immune System Related Illnesses – Infectious Diseases, Skin Diseases, Reproductive Organs Diseases and Blood Diseases</p>	<p>Purity, Water Element, Sacral Chakra Energy Point no: 11 Colour: Orange Self - respect Practice: <u>I am a pure soul.</u></p>
<p>Pancreatic Gland and Hormones Related Illnesses – Gallbladder Diseases, Diabetes and Hormonal Imbalances</p>	<p>Joy, Fire Element, Solar Plexus Chakra Energy Point no: 1 Colour: Yellow Self - respect Practice: <u>I am a joyful soul.</u></p>
<p>Heart and Thymus Glands 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>Love, Air Element, Heart Chakra Energy Point no: 2 Colour: Green Self - respect Practice: <u>I am a loveful soul.</u></p>
<p>Thyroid Glands and Lungs Related Illnesses - Breathing Disorders, T.B., Pneumonia, Asthma, Thyroid Gland Diseases, Vocal Cord Diseases, Oesophagus (Food Pipe) Diseases, Tracheal Diseases</p>	<p>Peace, Sky Element, Throat Chakra Energy Point no: 10 Colour: Sky Blue Self - respect Practice: <u>I am a peaceful soul.</u></p>
<p>Pituitary Gland, Brain and Nervous System Related Illnesses – Brain Related Disorders, Headache, Migraine, Nervous System Disorders, Eyes Diseases, Ears Diseases, Nose Diseases and Teeth & Gums Diseases.</p>	<p>Knowledge, Third Eye Chakra Energy Point no: 16 Colour: Indigo Self - respect Practice: <u>I am the master sun of knowledge.</u></p>
<p>Pineal Gland and Digestive System Related Illnesses – Stress, Insomnia, Blood Pressure, Depression, Indigestion, Gastric problem and Digestive Problems etc</p>	<p>Bliss, Crown Chakra Energy Point no: 13 Colour: Violet Self - respect Practice: <u>I am a blissful soul.</u></p>






B. Clean & Charge Energy Points to improve Mental Strength

Points to Charge	Mental Faculty	Self-respect practice
No. 14	Mind, Power to Withdraw, Conscious Mind	Bliss is the religion of my mind. 
No. 16	Intellect, Knowledge, Power to Judge, Aether Energy, Subconscious Mind	Knowledge is the religion of my intellect. 
No. 15	Sanskaras, Power to Adjust, Unconscious Mind	Purity is the religion of my sanskaras. 































C. Clean & Charge Energy Points to improve Financial Situation

Points to Charge	Energy Point's Attributes	Self-respect practice
No. 12	Power, Root Chakra, Earth Element	I, the soul, am the child of the Supreme Soul, endowed with the wealth of all powers. 
No. 16	Intellect, knowledge, the power to judge, Aether Energy, Third Eye Chakra	I, the soul, am endowed with the wealth of knowledge; I am the master sun of knowledge. 
No. 11	Purity, Water Element, Sacral Energy Chakra	I, the soul, am endowed with the wealth of Purity; I am a pure soul. 

D. Clean & Charge Energy Points to improve Personal Relationships

Relation	Point to Charge	Self-respect practice	
Mother, Mother-in-law	No. 10 (Peace)	I am a child of the ocean of peace; I am a peaceful soul.	
Father, Father-in-law	No. 12 (Power)	I am the child of the Almighty authority, I am a master almighty authority.	
Teacher, Guru, God	No. 11 (Purity)	I am the child of the ocean of purity; I am a pure soul.	
Brother, sister, relatives & colleagues	No. 1 (Joy)	I am the child of the ocean of happiness; I am a happy soul.	
Spouse	point no 2 (Love)	I am the child of the ocean of love; I am a loveful soul.	
Children	No. 13 (Bliss)	I am the child of the ocean of bliss. I am a blissful soul.	
Self	No. 16 (Knowledge)	I am the child of the ocean of knowledge; I am the master sun of knowledge.	

E. Clean & Charge Energy Points to improve Astrological Planetary Period Effects

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

Afterword

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

Consciousness is the substratum of our evolution and existence, yet it remains the colossal mystery. Even after enormous progress that humanity claims to have made, the truth of consciousness remains elusive, ambiguous and controversial. The subject should remain wide open at everyone's perusal, not just for the scientific enquiry. And as it has been maintained all through the book, the best way to discover consciousness is through experiential realization.

Isn't this the biggest paradoxical reality for the contemporary intellectualism that we are attempting to solve the mystery of Consciousness using only the analytical and logical faculties of mind at our disposal? How can we understand consciousness without being open to and transcending to the higher realms of Spirituality and Science?

The time has arrived for the study of consciousness to be an inevitable part of Medical Science, Neuroscience, Physical science, Spiritual awakening and Mental health. To make things clear, this book, much like spirituality, is not at odds with science. In fact, an effort has been made to help science advance to a new dimension so that it can accomplish the missing wholeness and oneness.

This book does not seek to make you an enlightened being, which happens to be your own journey. The objective is to enlighten you with the path and inspire you to discover your eternal self, the truth. If reading through this book helps you find inner solutions to your teething problems or makes you more mindful of the consciousness and the conscient entity and essentially helps you evolve in the spiritual journey, even a little progress in any or all of these, the book has served the purpose.

All the knowledge, especially that relating to the pentagram of consciousness (CQSE), came from different aetheric channels and above all, the Universal consciousness source, who is the ocean of knowledge. Therefore, the knowledge shared herein is unbiased of any ideology or faith. It is based on laws of nature and universe, similar to any of the scientific theories. As long as objectivity is maintained, and the message is not misconstrued, the knowledge herein does not affront any perceptions or feelings. We have used references from the work of other authors, scientists, philosophers, researchers and mystics. We are incredibly thankful for their contributions. Without these references, this work could not have been completed. References, wherever taken, have been mentioned. Any omission is inadvertent and is genuinely regretted.

The everlasting solutions to the whole array of constant and ever-increasing challenges that we face today lie in the treasure house within, i.e. the conscient entity or Soul. The highest service to humanity today will be to awaken all to their true self, to the realization that deep

down, is a being with inherent nature of peace, divinity, love and bliss. Madness exists only at a superficial level.

"If you continue to subsist at lower echelons of consciousness, self and existence will always continue to remain an enigma, let alone the unfathomable ecstasy of experiencing the true self. Then, either you continue to reject the Supreme Conscient entity like a science protagonist or if you do believe, it only comes as a compulsion of faith and necessity, but there still remains a distance.

Living and dying in separation with oneself and the creator leaves the spiritual journey incomplete in this lifetime. You have to come back and restart from where you left.

It is your life. You have the power to choose. Man always has the 'free will'. Man will always be the master of his own destiny."

- **God Shiva**

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7. Consciousness and the universe - Roger Penrose and Stuart Hameroff
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17. Science and Religion – Jagdish Chander Hassija