

HUMAN SPIRITUAL-SCIENCE [H S-s] (Rev.4)

MODERN APPROACH UNVEIL THE SCIENCE OF THE SPIRIT ----

-- exploring the hidden treasures within the human system; the scientific way

Preface

I wish to bring out a hidden knowledge that already lies within each of us very deep within; lost amidst ignorance and the various problems of our today's modern society and the apparently so called hi-tech materialistic world. It has always been a human endeavour to consistently seek perennial joy. This can never be achieved through modern science but is approachable through ancient acumen already possessed within us. This valuable wisdom within remains obscured just as the Sun gets obscured during a cloudy day, but; as the clouds move away we can see the Sun & enjoy its shine. Similarly once we remove our ignorance / obscuring matter we shall be able to realize and experience that unexplainable wondrous bountiful everlasting joy that is idling buried deep within our complex human system.

We are all proceeding towards this source consciously or unconsciously, but once you become aware of this aspect itself, all that is then required is to try and accelerate towards its discovery more consciously so as to enjoy its benefits, great joy and freedom in life by breaking away from the clutches & bondages of this worldly-ignorance filled living and its undesirable associated illusion.

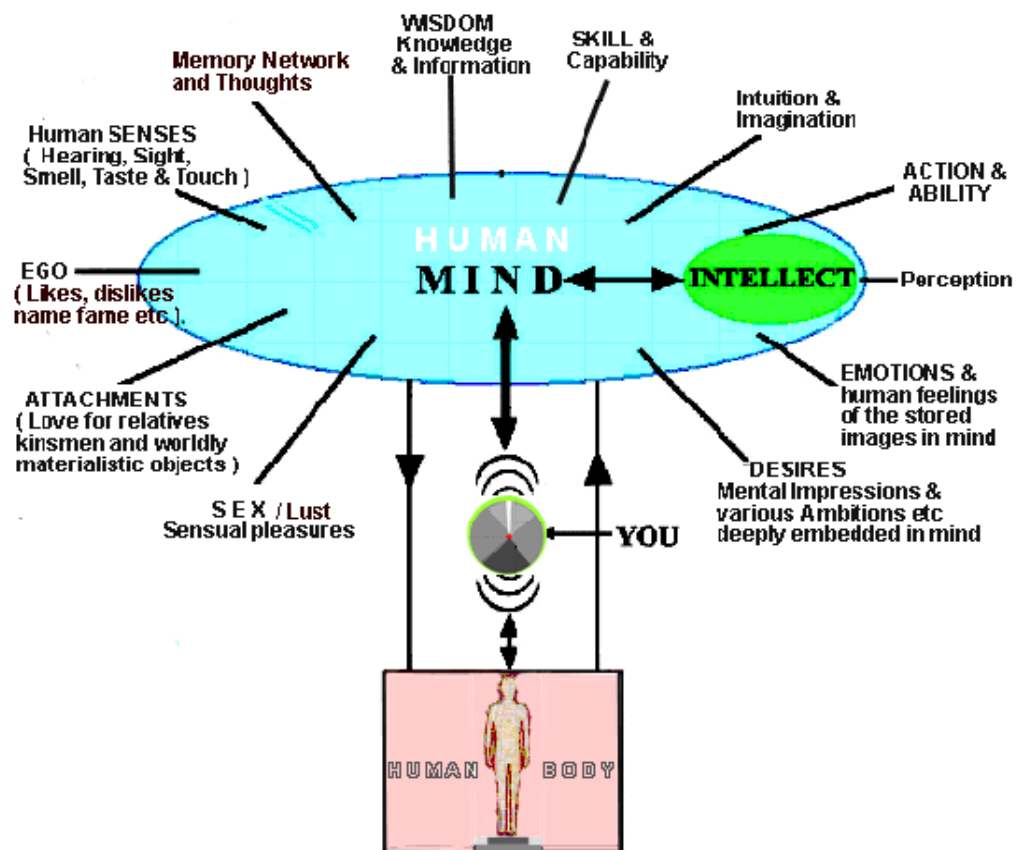
I have no desire to be a messiah; we have already had so many in past and also presently amongst us by whose blessings we are adequately provided with an immense quantity of valuable doctrines / scriptures in the form of the Holy Quraan, Bible, Gita etc. I only seek to remain your servant & intend to make you all discover and realize these doctrines within your own self and enjoy its merits which would otherwise just remain as a great stored-treasure within, if you are interested. The holy books indeed serve to act as assistance to guide, support and provide you a proof of your progress as you transcend in your spiritual pursuit. All the great sages like prophet Mohammed, Jesus, Krishna & others had preached and given away only what they found within, so it is entirely up to you to decide your future course and the approach which suits you best. I wish to state that I am a learner. Besides my academic knowledge of science and aviation, most humbly I state that I have spent about 30 years engaged in intensive study in respect to spiritual matters. I have studied the Holy Quran, Bible, Guru-Granth Sahib, Gita, Ramayana, Vedas, Upanishads, Brahmasutras, great volumes on human philosophy by great sages world over. I have lived in forests and remote hermitages in India with many great-learned sages, engaged with higher pursuits. I have only been able to collect some knowledge & wisdom, now I am making a great effort with the best of my capability and sincere motivations to share with you the nectar of the entire gathered substance.

Today by virtue of progress in science & modern technology; there is no need for one to go for renunciations into forests etc. as everything is better available at your home / workplace.

THE HUMAN SYSTEM

TO IDENTIFY THE REAL YOU IN YOUR SYSTEM

This exclusive part of presentation is to enlighten one with knowledge so as to help understand the correct YOU in yourself. This achievement would accelerate the process within you to govern the various faculties already available with you efficiently. Thereafter, proper application of this knowledge would bring increased perfection pertaining to human performance with regard to the capability & quality of your day-to-day activities in every



sphere of life i.e. whether you are an airplane designer, housewife, engineer, doctor, scientist, or a student etc. You could improve your standard of work / performance in every field of your action by transcending from your present level to a higher plane of consciousness. Knowledge of the entire universe lies hidden / obscured within you, all that is required is to remove the various obscuring elements and then discover the available hidden real treasure.

Brief description & functions of various human faculties / systems:

1. MIND: The mind is a stuff, but subtle (without any visible material form). This substance called mind is the paramount factor in our lives and the source for various

problems arising due to our lack of control over it and our prevailing ignorance but; yet Mind is a wonderful *matter* at our disposal which we must learn to use efficiently. As seen in the illustration, Mind possesses almost everything pertaining to our daily activities. It is you who creates /manufactures your part of your mind mainly; with your continuous thought-process and instinctive reactions along with the already destined /built-in stuff within, as a result of various past contributions. It is created upon an already available substance called black matter known to the modern physicists by studying space matter with instruments; this could be termed as a subtle common-energy-based-platform.

Example: If a baby is given a wristwatch for the first time, she may get fascinated and think it to be another toy as she is already used to as per her mind's effectiveness available at that time for the kid because so far she was only habituated to receiving toys or milk. The baby as per acquired natural tendency of mind would throw around the watch unaware of its effect because she has till now not trained her mind to understand the properties of a watch. As she grows up to become a child, her mind learns from her parents that the watch is not to be thrown about; accordingly she trains / manifests this information /aspect in her mind and next time she gets a watch she may not throw it around because she has now developed the requisite corrective thoughts in her mind. Similarly everyday we see, read, learn about things and insert it into the mind, i.e. we go on building up thoughts into our mind-stuff. Many other such aspects / tendencies also exist in the mind-stuff, besides as shown in the illustration; such as religion, science, anger & fear, likes & dislikes, pleasure & pain, sorrow & happiness, heat & cold, name & fame etc etc.

2. INTELLECT: This is an integral part of the mind itself but shown in a manner so as to enable one understand its function, this is also subtle. This constantly gets on magnified & modified by you & your ambience as you grow up and evolve based upon information, knowledge and experience acquired by you. Your intellect is a referral tool for your mind; similarly a stage comes later in the process of an individual's evolution when one can learn to use the Soul as a referral guide for its intellect.

Example: As in the previous example, as the child grows up further an intellect formation also takes place, she learns more about the wrist-watch i.e. she is now made to understand that it is not a toy, it would break if thrown about, it provides time

information, it is expensive, it is worn around the wrist etc. this the now grown-up child feeds it into her intellect and accordingly builds up/ manifests this knowledge about the watch into her intellect. Now if a thought occurs in her mind to throw around the watch as a toy; the **mind** instantaneously cross-checks with the **intellect**, as shown, the intellect reminds the child about the recent manifestations i.e. properties of the watch and that it is not a toy so she corrects her previous instinct and would not merely get carried away by the thought because now the effect of manifestation of knowledge in her intellect has also taken place i.e. the child has trained her mind / intellect faculties about the properties of the watch. This is how we constantly go on developing/ correcting / modifying the intellect available with us based upon information, knowledge & experience acquired from our various sources.

3. VITAL: This is another very important aspect in our system. This is also subtle as the mind, you can only experience and use it. This is the Primary life-energy we have at our disposal, but not always. With this energy we perform all activities; either mentally or physically. Both, mental & physical activities are considered as actions. The body that you possess also on its own produces a limited energy (secondary) so attained by the food intake which it uses to meet the normal functions for its upkeep of organs & systems etc. An individual, as per his achievement, control & capability can acquire a much larger amount of Vital Primary-energy by virtue of implementing control over his Mind, Body & Psyche by performing various deeds and mind-control. Pranayama, Dhyana and yoga-asana are some ways to augment this energy, the practice of truthfulness & righteousness conduct in life is more beneficial to increase vitality within one's control. Remember, again just as you make your mind / intellect, you also build the vital within & around you but you are none of these four things i.e. mind/intellect/body/vital but only their manufacturer.

4. PSYCHE: This is a common energetic-platform provided by Nature /Creator. On this platform there are **two types** of energy/forces that dwell with its own regimes, namely; Positive and Negative energy based establishments like a bank/reservoir from where one could derive energy when needed. The amount of energy available with the Positive regime is less than that accessible by the Negative Forces. It is entirely upon the needy ones i.e. which source one wants to obtain from when one finds the potential of his own vital limiting. The amount of energy available with the Negativity for borrowing is much larger as it is easier to produce. And, the energy /psyche from such negative source would have its own associated problems which good person would normally refrain from using;

satanic/demonic/tamasic/asuric sources of such negativity reference is made in various scriptures.

Moreover, besides these two types of Psychic energy; **God**/creator has also floated a huge separate stratum of such vitality in the entire cosmic, but; the seeker /borrower must know how to obtain access to this type of Psychic energy as it is not easy to understand and have access to this platform. The modern Astrophysicist may have observed this type of energy in action; in the form of Black-holes, Discs & Spindles rotating in space which indicate some of God's tools (without any material form) which God uses to work in space to perform various tasks. To learn more about this aspect one would need much more knowledge & understanding than that acquired by human mind by transcending towards higher planes of Consciousness. God can also partially manifest himself in any human when required performing worldly requisite functions on short-term basis for transitory roles required in better interests of mankind, as and when deemed. Complete manifestation of Godhood in human-life is referred to as Divine incarnation, in a human-body.

5. PHYSICAL BODY: This is the only material form available with you. With time the body stuff grows up and develops as you go on up-keeping it by exercising your control over the same. This body is a very useful apparatus/ vehicle/vessel available with you to perform physical actions and move about in relation to time & space. This body is made up of flesh, bones & liquid as we are all aware of.

Quoted below are a few examples to help understand that you are not the body:

(a) There is a glass of water on the table, you put up a demand to drink it, this demand of your goes to the mind which cross-checks with the intellect i.e. the mind & intellect discuss whether it is required to drink, is it safe, how much to have etc. etc. Then the mind decides accordingly in consultation with the intellect, so the mind triggers the body which by help of energy activates the nerves & muscles; your body leans forward and the hand does the necessary physical movement of picking up the glass & drinking to meet your demand, but; understand that you only remained as an observer to all these actions involved i.e. the desire to drink/ water / mind / intellect / body / vital.

(b) The knowledge that I am not the body is already inherent in me that is why when my head aches, I say, "my head is paining" and not that I am paining. Yes at times I also ignorantly say that I am sick, but when someone enquires: "what is the specific problem"?

i.e. a closer scrutiny, you say, “ my head is paining”; you are aware of the fact that you are not the pain, neither that you are the affected part of your body.

(c) If I deprive the body with food for a few days, my body weakens. If I eat too much it fattens, if I regularly exercise the body it remains active, fit & smart. In each case I remain separate from the body i.e. it is I /you who makes requisite interactions amongst the mind / intellect / vital faculties, as seen; to also control the physical matter of your body.

(d) After death of your body you depart leaving behind only flesh & bones (material form). Why can we not re-enter & resurrect the body as Christ did? His lordship had achieved a higher platform of consciousness containing greater control and He was well aware that he was not the body but something subtle, and hence He could depart and re-enter at will. At such higher levels there is no intention for one to sustain in body-form once it is able to complete the transitory objective with the acquired body.

(e) If I was the body then why is it that I was born here to a family of an engineer (father) and not in the home of a beggar? or in the family of a king? etc. After all who decides all this? This decision could certainly not be a matter of a mere chance or by nature’s random play. In every action of nature / god there is an absolute guarantee of fair play & rightful



 Tiniest particle that contains Awareness + SOUL + Consciousness which does not perish, will determine your next point of action; in time & space

occurrences. The subtle stuff which you carry along after death of your body is your; Awareness, Consciousness & Soul, all in one tiny capsule on an energy-based format, Science has already established that the entire Universe can shrink into a tiny particle, so why can our little condensed stuff containing Awareness, Soul & Consciousness i.e. a 3-in-1 stuff not? Consciousness also contains those mind-based memory constituents of your past deeds which decide your future destiny and next course /point for future action in present life /and or next birth after death, as the case be in relation to time & space such as; acquired knowledge, wisdom, capability, destiny oriented in a complexed fine-memory arrangement to help you continue your onward journey from your last acquisition. How clever & great is nature who has created such an error-proof system to ensure fair-play for

all individuals during their entire transition /evolution; from zero, back to the ultimate destination, called the journey of the (ignorant) Soul.

6. CONSCIOUSNESS: This is the most essential part of an individual's human system. This is your manufactured stuff. This contains mind-based information, knowledge, wisdom and experience of an individual to exercise control over his/her mind/body actions by integrating such acquired intelligence along with available vital and Psychic control. All these faculties are well executed with a super-speed interaction process within the individual's acquired integrated function of 'Awareness/Consciousness/Soul'. Consciousness also contains human Capability; whereas, ability is a variable integral part of capability. Memory & past deeds/achievements etc are also contained within this. One has to reach /achieve the highest level of Consciousness i.e. that of the Universal/Supreme creator to proclaim himself as one with the ultimate entity where one also gets those extremely extra-ordinary powers which then could be referable to an incarnated soul i.e where the Supreme Soul functions could be demonstrated by an individual; as happened about 5000 years back thru Krishna. There are various levels of human consciousness for one to achieve by transcending either by the natural evolutionary process, which is tardy, or by effort of self-accelerating consciously; where one must put in more endeavour once he/she has become aware of all that which has been explained so far. Consciousness together with one's acquired level of True-Awareness AND with an integrated interaction with one's Soul enables an individual to acquire enhanced capability to transcend to higher levels of human-consciousness. [The soul proportionately (by its self-governed true-principles) interacts with the supreme-soul as a catalyst-factor to help one evolve].

7. SOUL: This is known as an extremely minute portion (energy-wise) of the Supreme/Universal Soul who is the Supreme Creator/entity/God & which is omnipresent; out of whom everything has resulted as part of His creation. This energy-form subsists in everything that exists in the universe. This also exists within us; enveloped within our Awareness & Consciousness known as our soul. Its matter content is so minute that it could be also considered to exist; in a subtle-form or it could also be considered as an energy, which is too fine. This represents an individual's so referred to as; God's constituent. Our soul is always in contact with the Supreme-Soul, i.e. everything in this universe is interconnected; by a 'string-theory'- what modern physicists refer to such integration. [When this soul or atma resides in a living being it is called a Jiva-atma in Indian scriptures; also referred to a conscious-soul, where Param-atma is referred to the

Universal Supreme Soul/entity. In Indian scriptures, which is most ancient; there are different names for different such faculties. I am making use of the commonly realised/understood terminology which is easy to converse and make it reach home. Most also refer God as the Universal/ Supreme Soul/Creator/Ultimate.]

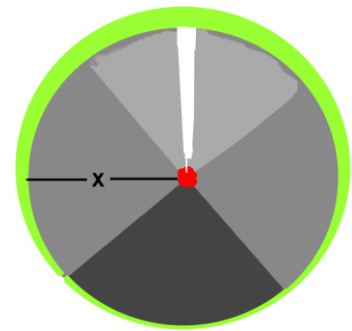
8. YOU / (TRUE) /AWARENESS: ‘You’ are actually only a ‘partial/limited Awareness’ along with the above 7 faculties housed in an envelope as long as your this faculty remains limited. This faculty also evolves along your consciousness but always presiding over your consciousness as a silent monitor/spectator. Only after you discover out of experience the quality of True-Awareness by getting even a momentary-glimpse of God/Supreme/Universal Soul you can indeed consider yourself to be ‘True Awareness’ by which you could only be aware of what the Supreme Awareness level is, but that does not mean that you also get possessed with the Supreme Consciousness because; Supreme consciousness also has a capability factor which is not possessed in the Awareness aspect. One ignorantly considers oneself to be the body, mind, ego or even God out of ignorance but till you are able to transcend higher and realize your true identity it is better to consider yourself as an active participant in construing interactions with your various elements. Your limited awareness can be increased to the highest level of Supreme Awareness, but your capability aspect would remain governed by your prevailing consciousness. Your consciousness is not available when you are in deep sleep but your Awareness is always awake and does the monitoring as a silent observer to everything that happens within and around you.

Once your Awareness level does transcend to that of the Supreme, even momentarily, you can assume yourself to be one with the Supreme God, awareness-wise, but not Consciousness-wise. Unlike the Consciousness, your Awareness level can never degrade. You will always maintain your last highest level of awareness-level achieved. Your awareness also indicates to you about the condition/level of your consciousness which is inconsistent. You are mainly responsible for all the actions within your envelope of: [Awareness/Consciousness/Soul]. You are the chief controller within your envelope, if you fail to perform a task well it is because you did not have proper control over your mind / intellect, body and other various faculties/capability. It would be you who will have to improve upon your consciousness to result a more desirable conduct & application of your mind and also to obtain the much-sought understanding about your inter-relations with various faculties.

By virtue of an established habit, we commonly also refer awareness to the attention-part integrated with the mind which could be referred as a matter of 'general awareness' as there is no other suitable English word for this, i.e when a mother tells her child, " have more awareness of the traffic around when you cross the road", she actually means to be more attentive about the traffic around using the mind faculty whereas the true awareness, like a silent spectator, would always be aware of your action irrespective of whether you are attentive whilst crossing the road or not; just as it is monitoring whilst you are asleep. Some refer awareness to sub-consciousness mind etc and different names are accorded to this in various scriptures but I am trying to put home the simplest way, that: you are actually that Awareness which monitors over your Consciousness, in other words, till you transcend to the Supreme Awareness-level to realize that you are the actual 'True Awareness', you remain to be a 'limited awareness'.

CONSCIOUSNESS, YOU, SOUL: YOUR OBJECTIVE

As seen, the centre red dot is 'That Truth' known as the Soul in an individual's system. The surrounding grey matter is the obscuring factor of ignorance (*maya*) within an individual's system and the outer green ring is where one's consciousness resides within one's awareness. Grey matter density is shown by darker segments. More the dense more higher is the factor of ignorance; more the energy required to reach the centre. You are only a limited 'Awareness' to all these aspects. The whole objective of human life is to acquire knowledge, wisdom & capability to remove the obscuring ignorance (grey matter) and thereby make it possible for an individual to reduce the distance 'x' of the ignorance layer so as to get closer to the centre. An individual's Soul (*atma*) by virtue of its inherent capability of being omni-potent and omni-present is always in contact with the Supreme/ Universal Soul (*Param-atma*). There is no difference between the two; both are harmoniously well integrated in complete oneness as an indefinable complete totality/i.e with an unlimited colossal cosmic entity. When the green touches the red centre, the individual experiences the vastness of truth/power & joy because this Truth is an absolute concentrated form of total power, ecstasy, bliss and knowledge etc and then the individual's partial Awareness becomes True Awareness, for good. A capable teacher could momentarily reduce the distance x and give you a taste of that Truth, i.e. of the red-dot; where you once upon a time resided but parted away, to get lost amidst ignorance.



A continuous integrated play amongst awareness, consciousness and soul works the onward journey of an individual till she/he merges with the Supreme Totality/ Universal Soul. This play/interaction of the three players; helps transcend the human consciousness to higher levels.

It is also a fact that you must have a very keen desire to get closer to this truth for, if you do not desire to seeketh this truth; this truth is also not interested to show itself to thee. When you/green start residing in this ultimate/red, the individual merges in to the cosmic supreme. Yet, you will be at total liberty to decide whether to remain there or to return back to the ignorant world; if you so desire due any reason. Truth will not hold you like a magnet but it provides one with total freedom to act in either way as one would like to decide depending upon one's remaining unfulfilled desires/ mental-impressions' accomplishment etc. Normally, once you merge or remain in constant union with this centre by virtue of your achievement, you would never like to part away unless; the centre wants you to do so for a specific universal purpose. Then, it is the centre that will govern you and not you. You totally merge into him and lose almost all your previous identity. Its like you become an indivisible instrument of the centre/red-dot, which is all pervading who takes over complete responsibility of your future engagements in worldly actions if or where-so-ever required & then you remain more of an observer also performing actions governed by the Ultimate.

Once you become conscious of this much of information, try and convert this into knowledge as this information by itself is good enough to trigger within you a very keen desire/quest to somehow try and get a glimpse of higher aspect of life; maybe just for a change try and seek That Truth which so many sages have talked about. It is only then you would be able to feel the difference and proceed on this path, this is the ultimate objective and purpose of human life of ours. Love, purity, truthfulness, determination and sacrifices of all useless worldly /materialistic desires of the lower vital along with dedicated sincere efforts would be required, it is certainly not at all that simple but it is possible and everyone will achieve it one day; time / number of births would be the factor.

SUBSEQUENT GOAL BEFORE US

Having briefly understood the various human aspects within our envelope, hereafter we have to first learn as to how to increase our Awareness/Consciousness control-level i.e. as to how to increase our working capability with more perfection in our daily actions;

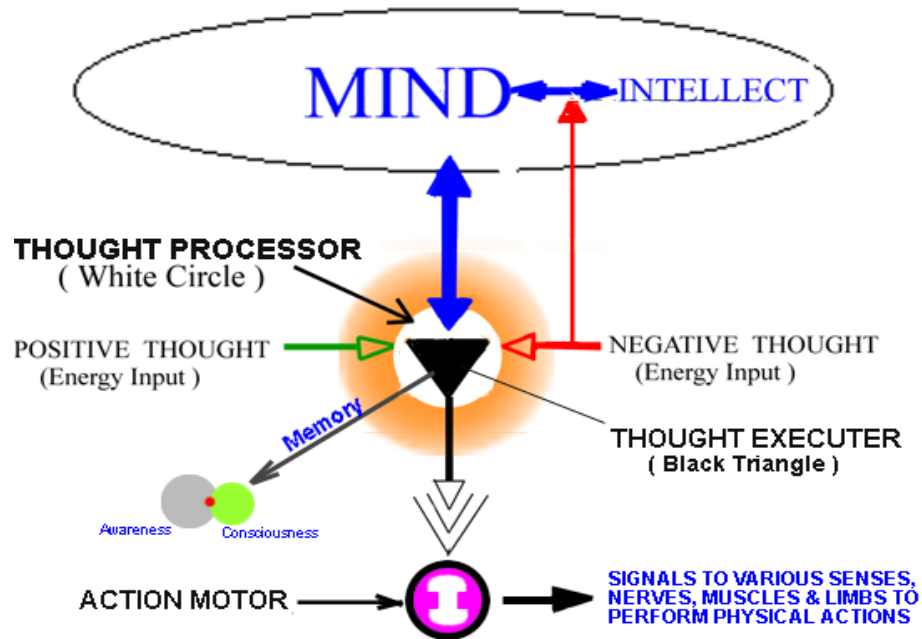
irrespective whether I am a housewife, student or an engineer etc. For all higher pursuits we need more energy, more control over the mind along with the right knowledge, wisdom & guidance from every possible source available, in and around us. We would remain to be imperfect as long as we are not able to arise and reach the level of absolute perfection of that, who is totally perfect; also known as God /Truth /Creator/Supreme-Soul etc. It is indeed not so easy to remove the grey matter and reduce the width ' x '.

UNDERSTANDING MIND AND PURPOSE OF THOUGHT-CONTROL ALONGWITH ITS ASSOCIATED APPLICATION IN MODERN SOCIETY.

In past, unfortunately there have been several major flight accidents world over where in almost all cases human error has been attributed as a cause to such undesirable mishaps. The reason for such involved human error that resulted mishaps is due to deterioration / degraded human awareness or control on part of the pilot. The concerned pilots / personnel responsible for the disasters were well trained, competent and could have been efficient in respect to the discharge of their assigned duties. It is certainly not that the pilots / personnel responsible deliberately did the wrong thing but certainly 'something' prevented them to do the right thing at that time. This 'something' has to be detected & controlled before it gets get too late.

Amid esteemed professions within this modern Hi-tech era, almost all do get subjected to deliver a higher quality-performance due various external interacting forces of different nature /standards, as demanded at times. To meet this need, one may also succeed transient integration with; elevated levels of human consciousness. Moreover, whenever a human performs an assigned task, is also subjected with a negative input into the human-system. If the magnitude of this negative energy increases, it will begin to **result degradation in your performance output**. These influxes/ invasion of negative / hostile energy etc which enters into your system thru your vital/psyche has to be detected, prevented, controlled or destroyed, as the case be. How to do it?

UNDERSTANDING THE ' THOUGHT & ACTION ' PROCESSER:



Shown in the illustration for explanation: Within the human system of each individual; is located a 'Thought Processor' and an 'Action Motor'. The thought processor is shown by a white circle, which contains your 'Thought-Executor' as shown by the Black triangle. The function of the 'Thought Processor' is to process the various thoughts arriving in it from various sources. Every thought also contains energy besides its message. Whichever thought has more energy will enter to prevail within the 'Thought Executor' i.e. the black-triangle. Once a thought reaches inside the Thought Executor it becomes the 'Master Thought'. At this stage you lose control over the thought, and; this thought will dominate to prevail over your thinking i.e. it is that what you will be thinking at that particular moment. **And;** If the 'master thought' in the black triangle also contains a physical command-order to perform a certain action; the same would be immediately transmitted to the Action-Motor, for its execution. **And;** what ever thought enters into the Thought Executor is responsible for the making-up of **Your Being**. This also gets recorded in your subtle system of Awareness/Soul/Consciousness-memory which you would be carrying along with you. This also decides your next point of birth. Hence, it is very important to protect and care for this aspect. Every action is always preceded by its thought; more the energy accrued in a thought, more is its related impact upon your thinking & associated action. The Action Motor (like a synchro) receives the command order from the thought executor and executes the order blindly to accomplish that physical action as commanded whenever a physical action is required, by directing signals / energy to the various limbs,

parts of the body to perform a physical action / movement thru the various associated nerves, muscles etc. The processor & executer by itself cannot think. You could only think & modify that thought /energy within your processor; as long as you were capable i.e. before that thought reached the Thought Executor.

Whenever you are involved in performing an assigned task, you are engaging your mind & intelligence you trained/ developed/manifested by your past experiences & capability which is used to send signals to the ' Thought Processor' where it also accomplishes various cross-talks / consultations at a very high speed. Under normal conditions your thought processor receives signals mainly from your MIND as shown by the blue arrow; it then proceeds to the black triangle. Similarly, the thought processor could also receive a signal from an external source present in the cosmic i.e. not from your mind but from an external Negative source as indicated by the red-arrow. If the negative external source is strong enough it could penetrate your thought processor and if still unchecked; will reach the black triangle. Once it reaches this; you will only think what this red-source wants you to think and thereby act accordingly under its command. Similarly, a Positive external source (green) could also enter and make contact with the black triangle and initiate a signal. If there is no physical action demand present along with this thought that has entered the Black triangle, it will remain there as a thought and this is what you would be thinking at that particular time. You being the chief controller of your system can prevail over the thought in your processor as long as you have the awareness & control power/energy. The thought processor is within your ' premises ' and you must not allow any negative thought to enter and reside within this crucial premises of yours, the whole trick lies within your premises, keep it well secured at all times. The entire Cosmic contains an ocean of thoughts. Thoughts arriving into your system may be from various sources other than you own. You too go on building thoughts in the cosmic by virtue of your capability. You must be able to think that which you want to think, this will conserve energy and bring gain, if you are unable you are a loser. Moreover if you think that which you do not want to think then that damage to you; as such thoughts are invading your premises and will reside there and attack you when you are weak thereby resulting losses. Remember every thought has energy, every-time you think you are either sending out energy or bringing in energy.

Moreover, there is one more very important input source; from the Soul or God. This is all pervading as seen by the orange background. This can over-ride any thought-signal at any time and trigger the black triangle to accomplish an action, as desired because this is

extremely powerful / omni-potent as it is the Creator and we are only a part of its creation lost amid ignorance. But, this remains a silent spectator most of the time, for most of us. Only those who seek refuge in Him and abide by Laws of Truth & Righteousness are able to derive such Divine interventions, support and guidance. Hence it becomes imperatively important that we support that which is Truthful & Righteous; to be uplifted to those higher realms where total Joy exists. Even a good dedicated well motivated effort in the initial stage is good enough to obtain momentary glimpses / experience of that Totality; which needs to be explored.

HUMAN CONSCIOUSNESS

Consciousness is an achieved state of our various faculties together resulting a certain level of Understanding, Capability & Control of an individual. With this factor of achievement the individual would be able to react to situations and perform its related human performance in regard to his associated thought & action response to the respective situation. The individual in his present life uses his/her achieved level of consciousness to perform the objectives of day-to-day actions in life as desired.

Example: A beggar in the street is also having a consciousness for he knows that he has to go around begging. It may be a very low level of consciousness which makes him to think and act accordingly but this low level only delivers him this amount of controllability with which he moves around begging with a bowl at the mercy of the passerby; for he can think and perform no better presently. After a period of time the beggar would one day realize that this way of livelihood could be improved if he starts working and earning. So his this new thinking would convert into action with time and one day he would arise to a higher level where he would i.e. say become a sweeper / scavenger etc. after some more time he may be able to increase his thought & action capability and may be successful to become something better.

The more competently one performs his duties & actions the earlier would one be able to achieve the opportunity to transcend and enjoy the merits of a higher plane of consciousness. Here nature plays a very important role, when it observes an individual making the very best efforts momentarily uplifts him to give an indication of a higher

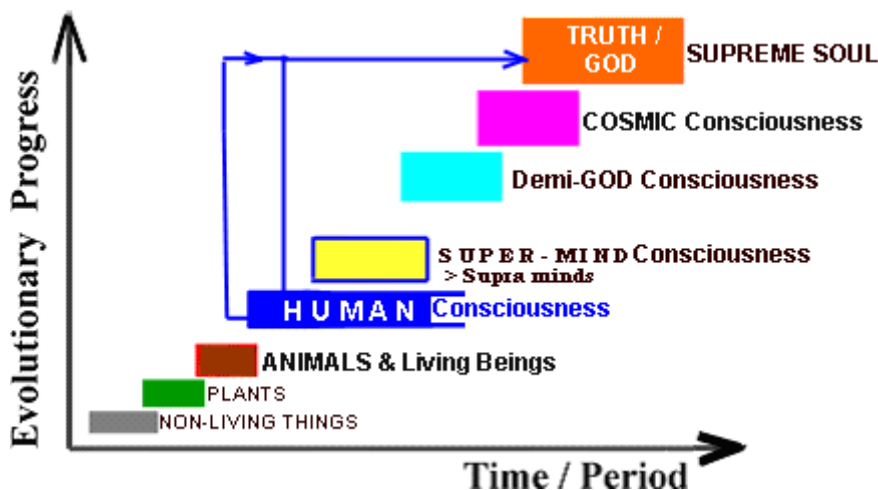
standard and now it is up to the individual if he wants to improve or remain stagnated to his present state of affairs.

This is how a domestic servant improves to become a driver, a clerk thereafter an officer and so on with time and capability. In this manner one uses his human-system to develop and proceed towards higher pursuits that would ultimately help transcend. In general, the individual's achieved consciousness level remains stable but could be subjected to transient variations both in terms of up and down-gradation due various reasons. The upset factors for down-fall are such as fatigue, lack of proper food and sleep, company of negative / lower thinking persons etc. but the individual could achieve back to the standard of his normal achieved level as soon as the individual's upset factor is removed. A factor for short-upliftment is; Grace of a god, teacher, company of sages & good people or momentary positive efforts of the individual, good deeds. There are about Seven layers in this stage which need transcended.

VARIOUS LEVELS OF HUMAN CONSCIOUSNESS

Various levels of consciousness is briefly explained before we learn how to control our mind and transcend. The soul is the tiniest particle which had parted away from the Universal / Supreme Soul long back around which an Awareness & a Consciousness got built with time. Both evolve; Awareness (True) remains above the Consciousness from where it is able to monitor an individual's Consciousness. Awareness (T) is a silent spectator which has to ascend all the way up to merge with the True/ Ultimate Awareness i.e. with that possessed by the Supreme-Soul.

Awareness is only a silent witness to everything that happens in & around an individual.



Non-living and living things all have a degree of Awareness embedded in it. Animals have Awareness + a small amount of Consciousness.

Consciousness is that portion which also contains the Capability factor of an individual. Whereas Capability is developed out of information, knowledge, wisdom and control over Mind /Body out of Experience accumulated with time. Capability is an achievement; both mental + physical, whereas Ability of an individual is one's property related to his performance at a particular time that may not be constant. Consciousness may rise and fall with time along with its coupled capability, whereas Awareness would remain at its highest level achieved only monitoring one's Consciousness i.e. one's Awareness would observe one's Consciousness/Capability; rise or fall, as the case be at a particular time during one's entire life transition during progress of evolution. Evolution refers to an ascending progress of life, but; there may be transient short period when one's Consciousness may degrade to lower levels due various uncontrolled reason on part of the individual which will also result to deteriorate one's Capability. All this would be monitored by one's Awareness which never degrades to lower levels but serves to advise one of his present & past Consciousnesses so as to serve as an advisory tool of information.

For human Consciousness/capability to evolve, one needs to interact between one's Soul, Awareness & Consciousness; as a continuous process of cross-talk. It is easy to drop or allow one to degrade his Consciousness but to raise it back would need much more Vital-energy besides the capability already available. There is bound to be a time when one would observe a deterioration in one's Consciousness, by virtue of one's acquired Awareness; but one must try restore it back as early as possible so as to conserve wasteful dissipation of his precious faculty, for its onward journey towards progress.

From the Supreme/ Brahmaan (paramatma) / universal soul / True Awareness, we broke-away into the tiniest atom. Thereafter it gained energy to form into a particle to become a non-living thing and much thereafter we transcended to humans as shown by the ascending ladder. The process to progress from zero back to the Supreme takes millions of years.

There are many intermediary levels within the Human consciousness itself i.e neither, one could jump from Human level straight-away to Super-mind level.

As we progress along to a higher level of consciousness, what we do actually is we dispel all that obscuring / preventive stuff of accumulated ignorance-energy layers which acts as a hindrance to our progress. When I look at the sky on a cloudy day I don't see the

sun but I know that the sun is up there. All that is needed is to remove the clouds to see the sun, similarly we need to remove ignorance that prevents our higher ascent; through good deeds, fair-play, hard work using our achieved Awareness, Consciousness, Soul and various other faculties within our human-system.

When I was a child I was very happy to get a toy car to play with, as I grew up I got more fascinated when I got a remote controlled toy-car to play and I lost interest with the previous toy I had. As I grew up into a lad I got a real car to roam about so I discarded my toy car similarly as the consciousness of an individual transcends, he/she loses the attachment for the lower sensual substances.

After a certain stage of ascent in human consciousness there is no scope left for one to perform wrong deeds / foul-play to obtain apparent progress in life because further progress for such Conscious-person will rather take place the righteous way only. We seek is perennial / permanent joy, this can only be obtained when we complete the entire journey of the soul to merge into the Supreme Soul. You have a choice whether you want to progress further or remain stagnated at the present level. Your past experience & knowledge will always able you to decide whether your actions are correct or not and your conscience will also emanate the righteous indication, you can suppress your truthful conscience, but not permanently as it is bound to evolve; by its inherent natural property embedded within our system.

THE SUPER MIND

After much time and effort, human can achieve this higher level of Consciousness whereby one is capable of enhanced human functions. Such evolved beings are able to perform much more than the normal humans mainly in regard to their mental capability. Such human go beyond their normal human limitations into the arena of Psyche control. Just as a human with control over mind and body builds up a Vital by continuous exercising his embedded faculties, similarly another such a power source exists in the cosmic known as Psyche; this is a somewhat common platform which one can reach to extract additional energy/resources.

There are two aspects of this Psyche; one which contains positive energy made by Nature/Creator of the Universe and the other which is a negative energy accumulated

source which has also been created mainly by the ignorant minds by the term; so called will-power due egoistic /lower desires.

(i) There are humans who have been able to transcend by harnessing **negative energy** to successfully perform enhanced tasks. Such Superminded one's derive instant benefit but are mostly restricted to a single stream of action oriented performance i.e. if the human is a lawyer; he would be able to excel in his field of law-practice to a much enhanced fashion which a normal lawyer could not deliver. Such an elementary state of super-mind would be restricted in other fields of actions as this is the characteristic of this higher form of vitality which is on a negative origin. Here the human becomes bound by his ego oriented desire to somehow excel others at any cost and prevail to enjoy their sensual/egoistic pleasures, mainly. Examples of Hitler, Stalin, Osama-bin-Laden etc are well available for one to understand. Such people undergo various arduous penances/sacrifices which enable them this additional power to prevail over the normal humans. In fact the available Negative mass of energy rather prefers to help such minds so as to prevail, this energy is easier to obtain and it further augments one's egoistic desires and accomplishments. This feeds them with an unlimited energy source which becomes too difficult for normal humans to counter alone. This energy source is well linked with multiple-minds of such people who together act in an integrated fashion where they achieve their desired tasks in their stream of activity with less hurdles, they always remain the doer of their deeds for which they credit their ego with achieved credibility. Although their own true conscience may prick them but they remain unconcerned as their only intention is to prevail credibility over the simple/ignorant. They will take birth in this world at a time (*Kali-yuga*) when they can easily thrive and prevail to enjoy sensual/egoistic gratifications; they are extremely selfish & greedy. This is an easier way to advance beyond the limitations of a normal human consciousness's capability and seek associated benefits. They do not last long.

(ii) The correct way is by seeking the Positive Energy which is also present in the cosmic created by nature. This could also be used to enhance a human's consciousness to transcend beyond the normal human-mind's limitations. When a stage comes in life when a human finds himself limited for want of energy and knowledge his mind automatically starts configuring various other possibilities and resources. Finding no way such minds lean towards God for help and support. He starts praying/worshipping and begs god for supplementation. Such people who have already been truthful & righteous in life find an approach towards this source where

such a Divine source will at a stage deliver a glimpse of that which such one is seeking but will soon withdraw its positive supply of energy and wisdom. Once this has been shown to the seeking individual, then the very individual becomes indubitably sure of his approach. Thereafter such individuals would commence to rectify their life-style and tread firmly on the path of Truth & Righteousness. They will make every possible sacrifice and bear various hardships and undesirable consequences but would remain bound to continue in the path of righteousness. Transient influxes would be showered by the creator to such correct mental approaches, enough to keep him firm to his faith and trust in this positive path. Such one's capability to transcend to a higher /Super consciousness would depend upon his past deeds also. One who has had a reasonably good/pure past conduct of life would easily gain access to Divine support whereby god would be supplementing power & wisdom for the seeker to transcend beyond his limited capability to achieve a higher platform of positive enhanced; Supermind-Consciousness ability. Here the human unlike the Negatively achieved platform would be able to perform and exhibit enhanced human performance in every field of his action. He would gradually be able to notice Nature very silently creeping into his day-to-day works/ activities and changing that previous human into a magnificent Superman. Such correctly evolved person would find their ego diminishing and would begin crediting everything upon God/Nature. For every action and its associated reaction/result the evolved one would be able to see goodness. Every stream of his life objectives would get better streamlined. His efficiency would increase many fold and he would always be reminded that he is not the doer; but only his body is being used to perform actions where his vital is perfectly blended with the Psyche which would be actually now preparing the individual for a gradual further transcend to even higher levels. For such one's name/fame ego etc are valueless. They aspire for more and more perfection in their works regardless of consequences as they know that there is always a Divine support available for guidance. The added security and capability when-so-ever required automatically creeps in to defend & protect such true representatives of God who do have to forego their past lower vital habits and enjoyments to seek truer joy. More respect to better established values of life is to be given and reduced importance to the ego which will still try clinging-on. Every action is to be made truthful as he derives inputs from that Truth which is omni-potent and omni-present. A very tough battle starts for such a superman to sustain on this newly acquired Consciousness for the Negativity is always well aware of his such achievement and would make every possible effort to dissuade the newly graduated consciousness back

into the darkness of ignorance and misery. In this region of Super Consciousness, the Super-minded one would need to make best use of all the four-fold path i.e. Faith in god, Righteous deeds, knowledge-Wisdom and proper guided Psychic control; all well blended into every action of this evolved new human. For him there is no boundary or limitations of religions/faiths/nationalities. He begins to see himself as one with everything and everyone.

WILL-Power: when an individual needs energy more than his possessed vital, he draws this from the Psyche with the force of his Will/desperately-derived; this achieved energy is a blend of one's own+Psyche energy, this is a short termed supply. The individual must be able to identify the incoming energy for it may be contaminated with Negativity. Yet one can use intelligence to make the best use of the same: example, if a stream of water is known to be contaminated, use it to drive the turbine and generate electricity but do not use it for consumption as it will damage you.

DEMI-GODS' level:

In this higher stage of consciousness, one's achievements are worth praise/appreciation. He acquires the stuff to become partly divine **but** he still carries along with him a substantial amount of ego and prefers to venture into this section. It is up to this individual whether he/she wants recognition or not, if he opts to shed the desire for recognition, the individual rapidly transcends to the next higher plane but if he decides to enjoy name/fame & recognition, he/she stagnates the progress of his consciousness, continues to accumulate energy (which may take a very long time also) to accomplish his desire at his stagnated level of consciousness till he can accomplish & exhaust his desires. In such cases it is only later-on when the same individual realizes that he actually missed out much by such decision to have delayed his rise, as its result was not worth delaying the call for an ascend but again it is entirely left solely for the individual for how he deems it fit. This stage of demi-godship is the mid-way point for the consciousness to cross over to the higher platforms. Continuous stagnation on part of one, i.e. refusal to arise could lead him/her to downfall with undesirable consequences there is a good chance to err at this half-way point due to the accumulated effect of his ego and left over desires.

COSMIC CONSCIOUSNESS :

This level is very difficult to achieve. Here the ego of the individual does not exist at all and to arrive at this stage grace of a much superior force is an extremely important factor.

Here you are one with all and everything in your human physical form which could be enlarged also. It is very difficult to express, one has to experience to realize it. You can by Grace of God; for short duration assume/manifestation experience into this colossal powerful form of energy radiating brilliance of a million Suns together. It is not possible to simulate but has to be only experienced to get its correct idea, everything else in the world you see & can imagine looks like tiny particles; as if you can just blow off everything, the power is really colossal. The control automatically shifts over to the Supreme / universal soul it is very difficult to control this energy unless one is blessed to do so. Soon one returns back to lower levels as one can not remain at this colossal level where everything would appear to be tiny particles. The achiever need transcend to this for special purpose only; it is considered for such individual to possess such cosmic consciousness even at lower levels by virtue of the past achievement of such a one.

Krishna could achieve and demonstrate this Cosmic form and related powers; we all can achieve this one day, but well before this stage it becomes wiser to opt to merge into the totality. It is only upon a universal demand, in the interest & welfare of mankind i.e. with no motivation for personal gains, as decided by the universal truth when one need manifest these powers to perform miraculous deeds in the welfare of mankind. Unfortunately some demi-gods who momentarily remain stagnated at their present level are able to acquire some lesser-degree of such powers and they do use them frequently performing small miracles but mostly remain to be the loser, for these things could be possessed but need not be practiced. It is only their craze for gaining public attention / attraction which makes them err. This is so great, powerful and joyful that once understood / realized, one would desist all other temptations of worldly pleasures & materialistic pursuits and would immerse into consecrated toil and effort for its permanent achievement so as to merge back into it. Hereafter one does not like to go back into the worldly life but continues to migrate in between the super-mind and the cosmic consciousness as a requirement to continue possess a human body for certain future actions required by the Supreme in the better interests of mankind; here the Supreme would manifest temporarily in to such a body to perform requisite acts.

SUPREME SOUL

This is where the final journey of the soul ends from lower levels of consciousness. Most of humans merge directly into this even from their basic human form once they become aware of the Truth. They prefer to avoid the uncalled numerous cycles of births & deaths. It is the choice of an individual who may decide about his future. God is really great that His lordship delivers one away from ignorance straight back into him, also. At this level one is able to bathe in total bliss and become the totality. You do not possess a physical body or consciousness here but are one with the all-luminous; in the form of an energy known as the Supreme /Universal Soul (Paramatma) / Brahmaan/ Creator/Truth/ God etc. The individual was born from this source due to ignorance and ultimately returns back to it. It is a great experience.

God by itself is Supreme Awareness as he is omni-present and omni-potent i.e. totality of Divine Power; all contained in itself. He possesses Total Divine power; as the Supreme Soul. The Consciousness of God although may not be referred to as a consciousness as it is all contained within its Divine Power-hood which no one can separately possess; but for explanation purpose it is so stated. Whereas in the Cosmic Consciousness; there is a limitation of 'power possession & control' as this level is transitory level between the lower and the ultimate. The ultimate consciousness does not have a physical body, soul or a consciousness; instead everything is blended into his omni-presence with his unlimited Divine power; which can do/create anything it so desireth. The lower rungs have to reach this Supreme Soul to get divine help who is all-in-all; all by itself, and always remains well conscious about every worldly action/ occurrences, being the total universal awareness.

Difference between an Intellectual & a Learned person : The intellectual is one who has for a very long time exercised control over the mind * using his own assumptions & methods with certain egoistic objective. Such person ultimately result to become like Einstein etc. if they succeed in proper training & control over their mind by directing it towards their good objective **but most** of them fail to do so and result into the egoistic

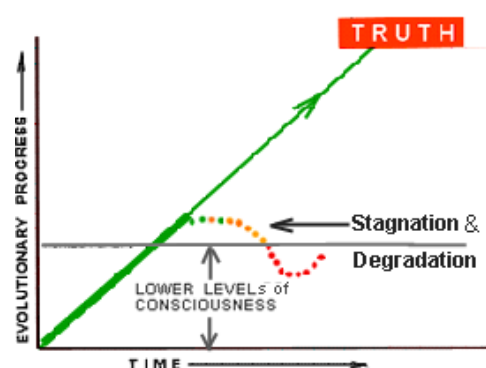
demons (*asuras*) like Ravana, Hitler & so many whom the world has witnessed in the past But an intellectual would always have pride as he alone remains to be the doer of his actions & output.

A learned person is one who is wise. He also has the capability to train his mind * to great worldly wonders but he also possesses the grace of God which guides him into the right direction, at the right time. Such person will always remain humble and not seeketh name & fame because he can experience to realise that it is the Will of God that is working in him for the welfare & interest of mankind. Such ones are like Sri Aurobindo, Vivekanada, MK Gandhi and so many we know.

The difference between Divine & Demoniactal (*asuric*) forces must be identified.

* You may wonder as to why I am giving all this knowledge instead of the subject matter of " what is the Mind" . I want to make you fully aware of the truth that one could easily get tempted to misuse his application over the control-of-mind in to wrong directions, leading to complications. So please be very careful, slow & steady. First know what this stuff is all about. Before we proceed further to understand how to control mind and enhance our human capability we need to know what is the matter out of which mind is made up.

BLIVIOUS - REPURCUSSIONS DUE BREACH OF VITAL COMMUNICATIONS



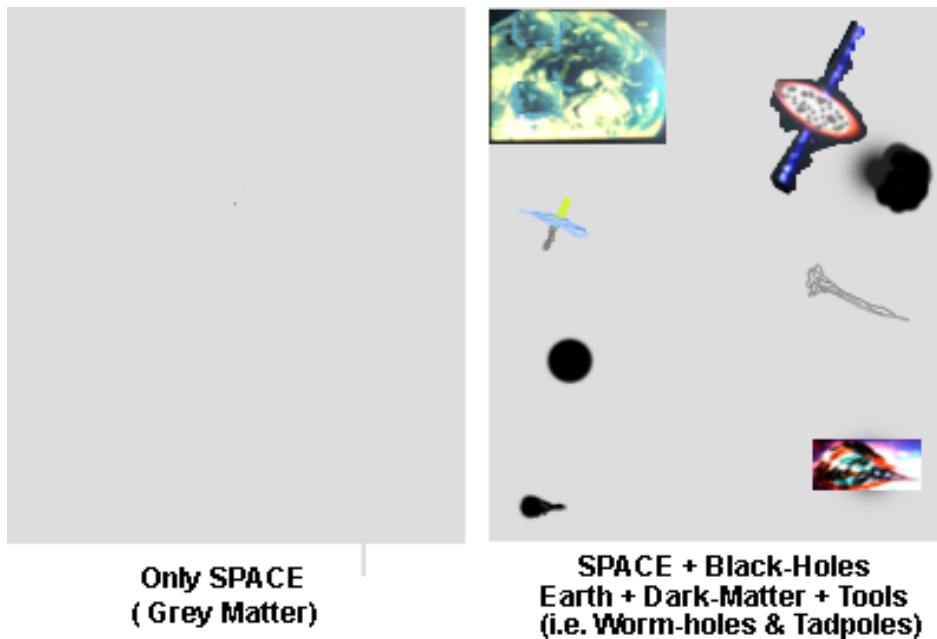
Communication is one of the most wonderful gifts of Nature to mankind. Even birds and animals have been blessed with this property which enables one to converse with another as a unified process of evolution. Inanimate things & plant-life do not possess this vital function as they belong to the lower stratus of our evolutionary existence. Human who misuse theirs such function by remaining silent err seriously, especially the officials /personnel who are bound under obligation by virtue of their designated duty & responsibilities towards the society. Devious attitude by such person who keep the public

under darkness with a hope to stymie the situation are the mistaken ones, for they are born dumb or return back downwards to a degraded consciousness in their next birth/phase of life. This is a part of the de-evolutionary process; which is not due to any curse but a result of one's own denial to progress; as such is the consequence meted upon them who adapt such degraded life /style in their way of work. Such shrewd & incompetent human should not choose to seek higher positions of governance if they prefer to deceive the public or a grieved one. Respecting communication is the most alleviating conduct towards a purposeful society which brings in peace, harmony & fair progress to all with bountiful of joy & contentment.

As seen in the illustration, we are all ascending the progressive path of evolution with an achieved state of consciousness towards the Supreme objective which is Truth/ God. The more one is Truthful & Righteous the more one ascends towards that ultimate goal, but when one declines to progress along the evolutionary ladder; a stagnation or a degradation to lower levels of consciousness takes place which one would only realise when it becomes too late. Short-time advantages could prove too heavy later. This is why it is very much emphasised that one should be extremely truthful and righteous in regard to his /her commitment towards the society. Truth will only support & protect those who abide by these basic values & principles of human existence put up before us as a test, by the Creator.

CREATOR AND ITS CREATION

To know what is mind, where did it arrive from?, we must first get back to the very basic fundamental hypothetical understanding that Truth/ God alone existed in the very very beginning when there was nothing else present. This Supreme Soul/Truth (*Paramatma*)/ God existed in the form of a 'True Awareness' possessed with an extremely colossal amount of Psyche /Power (*Shakti*) controlled by its own controlling ability so acquired by the blending of the Universal soul and the Psyche; to result its enormous Universal Consciousness, as we could refer to as, because, whatever he does he does it consciously



whilst working with His creativity, wilfully.

S P A C E

God the Creator decided to create a huge arena, referred to his creation; in which He could establish anything which could be thought of. For this he first established a vast area by virtue of his possessed-energy, called Space. This **Space** (*Akaash*) is not an empty area as we see with our eyes but this contains extremely tiny particles of His possessed energy to which He has also augmented his energy in a variable format which could be referred to as Psyche i.e. a platform which contains the manifestation of God's possessed-energy. Matter exists in Space in the form of energy which can be observed.

This Space also contains such areas / gaps which God has left it blank i.e. such designated area remains as nothing i.e. just as it was before he created Space and such area is known as Dark-matter, by the scientists. God has intentionally kept such vacant area with some purpose as a part of his future intention to use the same as deemed fit to Him. The size of the Universal Space made by God is variable and is not measurable by science; it can only be experienced when you become one with God, even temporarily.

The size and radiance of that Universal consciousness-possessed Universal-Soul is unexplainable i.e. brighter than millions of Suns together. The size of this Universal Space can not be measured because science will always remain limited and may never be capable of measuring it.

The content of Space is Energy-based product where the Creator can add or remove his energy to increase or decrease the density of his product. Whenever He increases the density of his product, He adds more energy to that portion of His already created energy-based format, called Space. This is somewhat similar to spreading flour on a tray and then kneading it with energy + water to make it denser and compatible to one's desire of making bread/roti out of the denser substance so created. God need not add water to make His created Space denser as the energy already available in such Space have the property to pile on i.e. the molecules can get compressed with God's Power to increase its desirable density. In other words, it could be also added here that; the Power/Will/Psyche /Universal Soul is such that by virtue of its gigantic Energy it can create everything out of the available energy content in Space by varying Energy-effects such as Temperature Pressure etc. on the existing platform containing energy. His tools are the black-holes, spindles, worm-holes, discs and various such noticeable objects in space. Tadpoles are also amongst His tools but can only be observed with eyes closed, in meditation; by a yogi, using his third eye of perception.

Thereafter, as **need arose**; accordingly God/Nature created the various Celestial objects as a part of His creation, in Space. Amongst them He also created this planet called Earth. It be emphasized here that everything created this far is all out of the energy of God i.e. nothing came from elsewhere, but matter created from God's Will-Power/Psyche that is why, the scientists have correctly established true that the entire universe could vanish into a single point because it would require Power of God to suck back its own energy from the material based energy-format; to leave behind nothing i.e. as it was before the creation of Space.

Everything explained this far about Space and its contents which are all a part created out God; also contains the primary constituent of God such as Awareness integrated with its Soul. Where; soul is referred to the tiniest part of matter in space as a part of the Universal/Supreme Soul, although it remains in an energy-form, basically.

Thereafter arose **the need** to create life on Earth, maybe also among like-wise celestial objects. Hence Nature decided the various elements that would be required and

accordingly with its pre-designed destined intentions, by virtue of an evolutionary process, with time created five-elements for our planet, besides Space:

ELEMENTS CONSEQUENTLY; SO CREATED : 1+4= 5

- 1. Space**, as already described above; remaining are all created within/out of this.
- 2. Solids**/ i.e sand, soil, rock etc. (also already explained above as various celestial objects resulted as a creation out of Space using space molecules and energy to concentrate into formation of visible matter),
- 3. Water**, similarly created out of Divine energy and space.
- 4. Fire** (*agni*) ; this is a more frictional result of dissipation of concentrated energy naturally or artificially which has power to consume space and matter energy and transfer its consumed energy elsewhere. Sun is also an example of this which acts as a transfer of energy.
- 5. Vital-Energy** (*prana*) such as vital/Psyche (*tej*) by parting a portion of his Divine-energy,) besides one's achieved control over the 5 elements by a constant practice of thoughts & action process by an individual.

These 5 elements include within the basic platform called Space (*akaash*). In other words, God made Space first and then placed the remaining 4 elements in this space, thus making the equation as $1+4 = 5$. Earth/solids can be seen, fire & water can also be seen but the vital/ energy is invisible i.e subtle. After all there is something that holds the tiny molecules of water & solids etc together, this something is called vital /energy (*prana*). Hence vital /energy (*prana*) also exists in this universe.

Besides the 6 elements mentioned, as the need arose, for our planet earth, Nature also created an **Atmosphere** (for our planet earth to suit its occupants. Similarly as the need arose **Gravitational Force 'g'** (*ghurutva akarshan*) and **Magnetic field** and its related **Electricity** aspects were also created for this planet; by the creator, in order to sustain comfortable human-existence, as decided by the soul + universal Soul. All elements and substances described is a result of God's/Nature's manifestation of its powerful Divine-energy. Nothing has come from outside his created creation.

Why is this gravitational force & air/atmosphere not similarly-available elsewhere is to be reasoned as a matter for ponder i.e. try and reason it out as to why these two elements/ substances i.e 'G' & air are not available similarly on moon/mars and other places wheresoever our science could reach? [why only about 1/6 of earth's 'g' value is available

on moon i.e. whereas is a better value of 'g' available on this planet of ours only? Moreover, is it possible that the value of 'g' on moon would one day increase to the earth's value? Answer is Yes, but how and when? Try and reason out what I am trying to put forth before you. The more you work on this exercise, the more would you start getting closer towards the beginning of the correct-path which would thence enable you to tread further towards the reality/Truth.

The uncategorized-energy (no scientific name allotted by humans, so far) that holds the planets in their respective positions and orbits is also a result of Divine-energy so decided and executed with a purpose, somewhat similar to the 'g' energy of Earth. It cannot be labelled as 'g' since 'g' pulls everything towards the centre of the earth; indeed that force resulting from energy is also valid to be signified as the same source of energy but has a different purpose; so created by the creator. This creator is the soul+universal Soul; where the soul is a tiny part of the Universal Soul also referred to as God by us although God-consciousness lies lower than the cosmic form where such demigods exist who had acquired a human form once upon a time; who are worshipped in a form by humans, as most of us do not realize that there are higher levels also. The difference is not much between the two yet both exist. Prayers do reach the ultimate who is the Supreme Soul, from where we came.

TRUTHFUL UN-VEILING : Very TRULY disclosing, I wish to re-iterate, that; we once upon a time lived as a part of the supreme/universal Soul. We parted as a desire of that Supremacy which made us lose our complete consciousness i.e. of that highest level which we had when we were together with it. After that, we allowed an ignorance-veil to dwell into our system by increasing the distance from our soul; to such an extent that we forgot our true reality. We were stranded as an Awareness+soul constituent; tossing in the cosmos/space at the will of the Psyche which place us at positions where it desired. Thereafter we lived as an individual away from God/Truth allowing a great blinding barrier of IGNORANCE build between God and our-soul. This factor of ignorance is so strong & prevailing that it will take us a very long time along with an enormous amount of truthful & righteous conduct in regard to our thoughts & actions pertaining to our daily life in this ignorant world of ours so as to be able to somehow dispel away this mighty ignorance-bondage and free us to be able to see that Truth; once again. The stronger is the veil of ignorance between you & the truth, the more time & effort would be required to get back to that ultimate true-Reality. Yes it is not easy; but is possible.

It can be briefly put the entire exercise of Nature as:

When we parted, we contained a tiny soul+Awareness(T). Thereafter more energy in the form of disillusion was built around us and we allowed this energy (*maya*) to dwell in between our Awareness+soul. This energy (*maya*) kept on increasing its density by an illusive matter i.e. called **X** thereby increasing the distance of our awareness from its soul. Later as a matter of pre-destined/programmed manner of a process called 'evolution', our constituent: awareness+matter+soul was subjected to more energy to result; awareness+non-living object+soul. With time it resulted into awareness+living objects/plantlife+soul, thereafter as awareness+animals/creatures+soul. At this later stage we lost complete identity of our true self when a consciousness was introduced into us and we identified this as ourselves as the distance **X** increased. From animals we progressed to humans with a more evolved consciousness which we considered as ourselves losing total identity with awareness and the soul. As humans we dwelled in this combination for a long time when we acquired more of the mind stuffed matter into us. We now considered this world as our limitation and nothing beyond till we progressed with science+spirituality to gain intellect/wisdom. Truly speaking, this world is not exactly an illusion, as described in many scriptures (although truthfully), but; this world is a true field-of-action where one has to go on excelling beyond every limitation till such time one can reach such level where one would become limited with the available consciousness and thence seek to discover higher regions of achievements and ultimately reach back home; after a long travel. Hence this world of ours; be considered truthfully as a real existence of a challenge where we have an opportunity to exercise our acquired capabilities, as desired. A lot many humans do give-up this attitude of struggle and use the 'denial process' to reject everything as an illusion and just blindly submit themselves to go-back to the creator; indeed the creator is very kind to accept them back from this level of consciousness itself, but; after they have exhausted their mental desires/impressions and commitments to the world, not so easily. Choice is with the individual whether to prefer the short-cut or go thru the ascending process progressively. It is one amongst trillions whom God selects and manifests Himself in that body, either partially or wholly, to deliver His message and guidance to mankind as and when deemed fit by Him.

GETTING GRIPS WITH MIND - CONTROL

Before we proceed about the control of mind one needs to learn what is this stuff called Mind and the location of mind/thoughts. How thoughts are formed and how their behavior works in the cosmic.

THOUGHTS: As explained in the beginning, the mind is a content of one's thought accumulating and processing unit where there are several properties embedded in respect to one's system as explained in page 2. what is now needed is to learn about the nature of thoughts.

Thoughts are located within and around a human being. Every cell of our physical is a storehouse of different thoughts. Thoughts also reside within our vital where they play a more active role in governing our life-style and also the nature/quality of our environment. Thoughts are also widespread in the entire Space. The cosmic/space is a platform of matter, every tiny molecule of the space has the capability to store thoughts. Thoughts freely move/flow about like water in a huge ocean. The density of thoughts is more within human habituated places. The thoughts act as an aura emanating around every individual. The quality of thoughts around an individual will vary with the consciousness of the individual. If you are in the company of wise ones you would be influenced by good thoughts if you are in company of the wicked/crooked ones; you would notice their thoughts flowing in and around you. The human being's mind/body contains a thought receptor & a Transmitter which constantly receives and generates thought either consciously or as a matter of habitual function.

Every thought contains energy. More the energy contained in a thought more would be its impact upon the receiver's mind. Whenever energy is flowing out or in to an individual; thoughts are always accompanied. The thought always precedes an action. Thoughts could be enriched by an individual by constantly thinking/chanting those words/thoughts. More repetition of thoughts are accomplished; more is the enrichment of such thoughts/energy. An individual can train his mind to generate thoughts and also whether or not to entertain thoughts or nature of thoughts. This whole world is filled with thoughts. Thoughts are the most important aspect in regard to every function of an individual. More is the control over thoughts the better it is for the individual. The more stray thoughts entertained or released by an individual the more is the individual a loser. Thoughts contain energy, if you go on thinking hysterically you are a great loser because

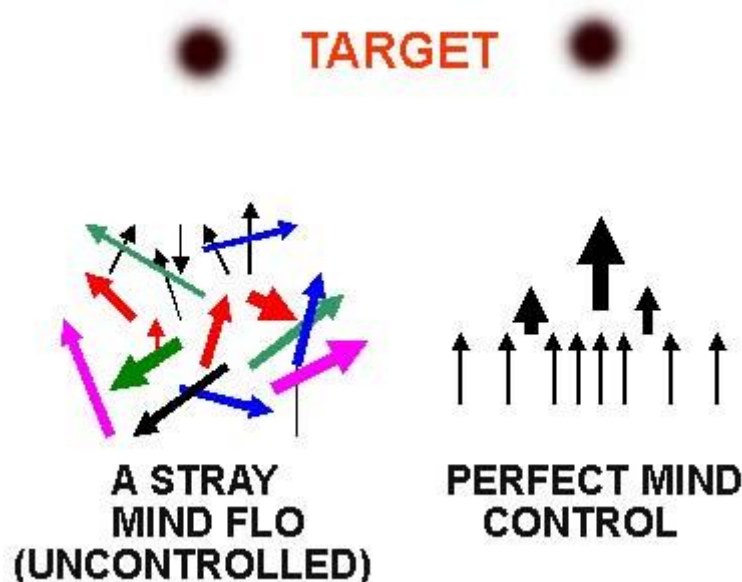
you will be draining out you energy whereas if you have control over your thoughts; you are a gainer. You can also control your thoughts and direct them at any object which means you are actually also directing energy at the object, but you must learn the right technique to do all this consciously otherwise there are a lot many types of problems.

An individual must never think or direct ill thoughts at any one, by doing so one would always remain a loser. An individual only has the right to control thoughts and use them for his own purposeful usage.

The main aspect about our thinking-mind is to achieve control over our thoughts. We must think allow that to be thought which we want it so. Never allow stray thoughts to invade your premises. The more you control your thoughts more is the energy acquired by you which you can use by directing them at better places.

Whenever a human does any work he/she first thinks and then that gets converted into an action as explained earlier. The more is your control over your thought; the better is your work output. The whole objective of our life is to constantly keep controlling out thoughts. The better control the higher one ascends in every aspect of life. Uncontrolled thoughts are a waste of energy, negative thoughts generated will one day rebound back and damage the very individual. Always maintain a premises /controllability of good/clean and healthy thoughts with goodwill towards everyone.

As mentioned before, **MIND** is that faculty within a human by which one can also perform the task to receive, generate and control thoughts, besides other applications of mind. Thoughts exist within the human body and in (outer) space also. The speed at which a thought can travel in space is faster than the speed of light, sound and an electronic wave. In fact, this would remain the fastest media of travel in space for ever.



My main objective at the moment is to first bring to you all the knowledge how to control thoughts? so as to make your life more enjoyable in every aspect by enhancing your overall performance. Objective: to only think about any one aspect, as an example let us try about focussing the mind towards the above black dot as the target.

Thoughts comprise primarily of three properties such as:

1. **The nature of thoughts.**
2. **Energy/ power contained within the thoughts, and**
3. **The direction of thoughts.**

In the above illustration on the left side is the thought flow pattern within an individual's mind. These thoughts as seen on the left side, generally prevails in/within an individual who has less control over the thoughts in & around her/him. To explain; Here it can be observed that there are about 5 different type of thoughts flowing through the individual's system. The different type of thoughts i.e. nature of thoughts' contents are shown in different colours, meaning that each different coloured thought has a different content in it, i.e. when a person is applying his mind in a certain direction towards a specified target, the black arrowed thoughts can be seen flowing in that desired direction to enable one achieve the target(as shown on top of the illustration with a black spot) but at the same time, as seen, different coloured thoughts also are simultaneously flowing thru her/him at almost the same time some may be having different contents & direction. The net result would be that there would be too much of a chaos in the mind resulting in a conflicting / frictional effect and the effective-result output would be that the individual will not be able to achieve the capability to perform her/his objective well. If the energy in the correct type of thoughts is less as seen by the thinner black arrows, even though the direction is good towards the target but their effect would not be effective as desired. Moreover, if the amount of energy in the thought(s), as shown by the thicker arrows is more than the ideal/required thoughts then the thought which is more powerful would prevail over others and have its own effect which may also be undesirable, as it will yield no good result/ effects.

Example, if a surgeon is performing a surgical operation, at the time of his action his principle TARGET / DIRECTION of attention is focussed on the operation of the patient but at that time if various other types of thoughts also appear within the surgeon's system/mind then the result output in regard to the surgeon's performance towards his

field of action will get affected and if the other types of thoughts are also more powerful, energy-wise, then they would prevail and create problems in the job being undertaken by the surgeon thereby resulting in a poor performance output in his field of action. Even if the job undertaken by an individual is of a mental activity only, example when a child sits down with her book to memorize a poem but in spite of reading several times, if she allows other thoughts to also appear around her, or say when you sit down in meditation with an objective to only think about GOD for a given period of time but you observe various other disturbing thoughts such as, I have to go there / I am feeling hungry / when will the children be back home / what I have to cook for lunch today / when will my friends come / my friends are enjoying, should I also go out etc and so on, this means that you are allowing **STRAY THOUGHTS** to also arrive and invade your premises at a time when you do not want them to arrive. The net result would be that the child memorising the poem or the lady engaged in her effort to only think of god, would both not be able to achieve their desired objective well due to the invasion of such unwanted or uncontrolled thoughts i.e. hence the performance of such an individual who has deployed her/his mind/attention in a particular direction / intention towards achieving its goal, the output result to such an action, would get degraded. i.e. the JOB NOT WELL DONE.

Similarly, on the right side of the illustration you see the thoughts flowing in a person who has the mind under good control. Here you see there is only one type of thought occurring as seen in black colour, the thicker ones are more energised i.e. have more energy-content in them but they are all the same type, hence this mind control is more conducive for better result. They all have a **PROPER DIRECTION** & content towards their target, as seen by the arrow direction, all aimed / targeted towards the desired objective/goal/desire. The net result out put is that the performance of such an individual's mind/thought control, in that particular direction/ objective, would be excellent, i.e. JOB WELL DONE.

MIND ALWAYS HAS AN OBJECTIVE / TARGET : Our mind by virtue of our desire(s) available all the time within us, the mind by itself establishes a never-ending requirement for newer objective/target(s) within the limited boundary of the mind itself of the very individual. Now the individual strives by all available means to achieve the sought objective even if the objective is of whatsoever nature / value. The individual starts working in that direction consciously or un-consciously where she/he may be aware of the mind working in that direction or may even remain ignorant about it, if the awareness factor is low in the individual. The fact would remain that once a specific person's mind has already established an objective, the thought- flow within the respective person's mind would

commence to orient their thoughts & other thoughts to flow / proceed in that particular direction also in order to achieve the built target.(s)

When this target / objective is achieved by the individual, there is joy & satisfaction for the concerned individual. But when the objective is not achieved, the happiness / joy of the individual would remain pending. The more is the delay in achieving the desired objective, the more would be the turmoil within the individual's mind. The greater the turmoil the greater would be the agitation & discomfort for the individual resulting in undesirable consequences. This is also a reason for an individual to become a victim to one's own mental pre-established desires / achievements (*vasanas*). These desires / mental impressions embedded within one's mind (*vasanas*) when not achieved also generate pain and various complications because the thoughts are after all energy by itself. The desire for achieving a particular object may be of a low value, example a child's desire to obtain a specific toy or a grown-up's desire to get something but it be understood that all these desires are allowed to be manufactured by the individual within her/his own system and if achieved would only then generate joy in the individual's mind stuff.. The amount of joy obtained would depend on how much big/ difficult / distant the target and its source to be achieved were. Please notice here that the desire was also of the mind that created the target either deliberately or out of ignorance and the joy also remains to be limited to that mind stuff only both contained in that individual's mind. In actual reality this is only an apparent / temporary joy. Once the mind has got its satisfaction it will automatically next seek a greater or better source for such sensual gratification as derived by it through its own experiences, this is an inbuilt tendency/ characteristic of every mind. The mind stuff by its nature is such that it always wants to seek more & more joy by increasing her/his desire in more such objects or even a higher / more difficult-to-achieve targets. i.e. as a child grows up, the child's mind would make the child generate thoughts/ideas of the need to get a better toy to give her mind more happiness. Similarly a doctor also induces within the mind further needs/ intention thereby to desire for a better clinic/more patients etc. than the present situation and so on the desire demand keeps on increasing higher & higher, all within one's own Mind Stuff and the quality/content of this Mind Stuff also has been made up by the efforts mainly by the same individual, depending on her/his past momentum (*prarabda*) in respect to her/his capability and desires.

It be very well understood here that both, happiness and un-happiness condition of the mind is due to the fact that you allowed the mind to grow in a particular direction by building / generating thoughts and thereafter by increasing its energy level towards the

desired object so as to achieve the pre-set desire(s) /destination. Both, the destination /target & thoughts by which you achieve and know that you have achieved, are all situated & contained within the mind itself. In other words, such thoughts are mostly built by yourself and thereafter because you could achieve the target/desire through such thoughts, you experience some joy, but this joy also remains within the mind stuff ONLY and has no much value in reality but has significance in this illusionary world of ours.

Please try & understand the following aspects very clearly because the proper understanding of this would be the most basic fundamental approach to every problem / situation in your life and also the solution to every-such-situation. In this world it is mainly you who sets up or allows to set up a situation before yourself depending upon various prevailing circumstances in and around you and again it is mainly YOU who has the solution to every aspect related to the situation so created within & around you. In our daily life, either consciously or unconsciously we keep desiring / longing for something better each time, after each day. This is the nature of this human mind which we have manufactured by our thoughts & deeds and this substance /stuff/ faculty, by virtue of its nature/ property keeps seeking objectives of higher / greater joy for sensual gratification. Every thought that we think although it is subtle but it has an amount of energy & direction in it and produces an effect in this huge ocean of thoughts.

UNDERSTANDING THE THOUGHT PROCESS WITHIN THE MIND & ITS ASSOCIATED EFFECTS UPON ACHIEVEMENTS & ILLUSORY SENSES.

1. Let us assume 'A' as the target / objective which we want to achieve. Example: a person wants to become a doctor. That person from the moment she/he has decided so, has established a target 'A'. This target 'A' by itself has an established value, it is something that exists but does not have a physical appearance. There are so many innumerable/ countless thoughts /energy already accumulated & accredited that signifies the quality/characteristic/ meaning of the target 'A'. This is all done in the mind itself. It may have been done by others or it may have been partly attributed /created by your thinking/actions.(remember a thought always precedes every action)
2. Let us assume 'B' is our quantum of a certain amount of desire to obtain the target 'A'. Every person has in accordance to her/his capability the power / capability to think and manufacture thoughts. You often see a child memorizing a poem how she goes on repeating the poem mentally/verbally/by writing etc etc i.e. a conscious effort is executed by the child to be able to build up a desire to memorise a thought that would be

at child's control i.e something known as 'B'. This something 'B' is the amount of concern which one's intelligence accepts and mostly, we by our self build this subtle stuff up into a shape of a desire 'B'. Greater is the amount of force applied on to this building up, greater would be the energy level of this substance 'B', which remains subtle i.e. no physical appearance. This is also done and remains contained within the framework of the mind stuff of an individual..

3. There is another subtle substance 'C' that also we manufacture / build by the process of our thinking process which senses to denote that, as to which aspect of it that would give us the amount of satisfaction / joy. i.e. out of ignorance we go on contemplating within our minds that if we achieve that target 'A' this is the amount of happiness that we will get. So ignorantly we go on thinking/ wishing/desiring etc i.e. we make and build within our mind stuff another stuff 'C' which will give the mind joy to experience, when "B' achieves 'A'. All the above stuff A,B & C yet remains within the premises of our mind. This stuff 'C' which we also pre-establish within our mind ignorantly or consciously able us to sense the feeling of joy when the object is achieved. This feeling itself is illusory, false, temporary, yet, how much joy we would experience would depend on how much energy has been induced in to its importance and its related creation i.e if we give it more sensual value more would be the joy sensed by this aspect once the target is achieved. All this joy is actually apparent and illusionary (*maya*). This has no much significance other than one of the other various such false worldly joys / comforts so sensed by that part of the mind within you which can sense the release of something/hormones/stuff etc etc all which you have manufactured, when 'B' achieves 'A'. So you get to feel that joy & get happy over this toy-like feeling by the stuff 'C'. [True joy is something much higher, that we will come to much later.]

4. The fourth aspect which is also subtle and also a content of the mind known as thoughts; let us call it 'D'. This is the media for us to use so as to arrange /prepare in order for 'B' to achieve 'A' and thereby the mind's senses would generate and sense joy to that extent which was already made by us during our establishing the value/significance for a sense of feeling called 'C'. This 'D' is that stuff by which we would be able to gain access i.e/ the way we are going to proceed in regard to the control and direct the thoughts/energy. This is the main aspect. If one can have perfect control over the manufacture and proper control over the thoughts, then everything in this illusionary world is possible. It is very important for one to also know & understand as to what is good to think and what is not good, based on knowledge & experience.

5. (a) Within 'D' there are two very important aspects/factors involved, first is how do we increase the energy content within our thoughts, i.e. how powerful we make our thoughts by inducing the vital energy into them. This vital energy, as already mentioned earlier is also available amongst the 5 basic elements around us. By our experience we have already learnt that if we go on increasing our efforts by thinking/action/ working constantly or regularly or mostly or with more care & dedication & concern and meticulously etc we had been able in the past to succeed a given target / objective and will in future perhaps also be able to succeed., based upon experience. Example, just as the child exerts efforts in memorizing the poem, it all depends how much of positive effort the child has made to do so. The result of the effort of the child would be directly proportional to the effort applied by the child. Remember everything is happening within the mind stuff only.
6. (b) Secondly, how do we direct this thought/energy which we have made by great effort towards our objective because more is the control over its application more would be it easier for 'B' to reach 'A'. This is a tricky game which could lead to complications if not properly understood. This is because out of ignorance one easily becomes a victim to this by wrong application. When the error on part of the individual in its proper execution & application is more or when the effort in the correct direction is less, the result is the fact that "B' gets /remains more away from its objective of achieving 'A' and subsequently more discomfort is experienced by the stuff 'C' which fails to get the requisite input of success messages through the senses of joy. When there is no joy, turmoil & agitation within the mind continues, sorrow also an aspect of the mind creeps in to give the feeling of pain /discomfort..

Note: In the beginning I had mentioned that this aspect of the spiritual knowledge is very difficult to express thru writing/text. This is perhaps one of the reasons as to why, no where in this world, you would find all this as I am putting before you, this easily. All sages and many others have experienced all this, you would also, but it needs more effort & contemplation.

I will again try explaining : In the above illustration as shown, you can see the thoughts arrowed to indicate its movement upward towards the SPOT /Target. The thicker thoughts are the ones which have more energy i.e. vitality built into it, the black arrows are the ones that are having a correct direction also. In other words these two aspects, more power & correct direction is required for 'B' to reach 'A'. Whereas on the other side you notice that there are several different coloured thoughts which are shown thicker and their direction is

also wrong. Moreover, such thoughts shown with different colour, means that they have different contents/property/substance in them i.e their property is not conducive for your achieving your target , and some have different direction also which together means that it would be more difficult for the thinner, black arrowed correct thoughts to reach its target. The target reached is only possible when the sum total of the entire thought process or its majority portion effectively produces an impact of 'B' upon 'A' . Then only would 'A' signal with release of its message to 'C' who would then experience the joy. All A,B&C are made by you only and all the joy is within the mind only, yes it remains temporary only, known as worldly sensual joy or pleasure.

Another practicable way is to take the help of a teacher who can sit with you and teach you the basics of meditation i.e. controlling the thoughts. If the teacher is well versed he may also give you a **mantra** which is a few words upon which he has built-up a lot of energy and if he wants, he can release that energy & its effect (which is under his command) to either help you think the correct way or ward off the unwanted thoughts that are disturbing your progress, this is done by a process called *siddhi*, meaning to have enriched a few words with excessive energy so as to help, when required, and of course, if one is capable to do so. Most of the time this does not work or works in the wrong way because there are too many factors & provisos attached to all this also. This becomes a part of Psychic Control / *Raja Yoga*.

The method how to **increase the energy** in the thoughts is indeed complicated but you can carry on doing it the way as you have been doing in the past. Just add a little more effort & concentration from your side for better results. Similarly the **direction** can be achieved with your past actions & its related effects and experience. Both these aspects are intentionally not elaborated at this juncture as there is a very big chance for an ignorant to misuse the application of this knowledge & its effect. Such ignorant ones result into the so called TANTRIKS; dictators, Hitlers, Stalins & magicians and what not, who misuse such powers out of ignorance and become demons for the peaceful truth oriented simple folks in our decent / modest society. More & more submission to god, trust & faith in god, more purity, truthfulness in life's conduct is absolutely required for the inflow of another ingredient /substance called " Grace & Blessings" from outside your system. This may flow-in from a good friend, teacher or directly from Him; this is what will make the desired difference. Remember the more truthful & righteous you are in regard to your daily conduct in life, the more closer you get to That Truth; which will help you with your evolutionary progress BUT, That Truth will not help much with your pursuit for

worldly/sensual/illusory desires & joys always. It is your submission to That, along with your struggle, practice and its experience which would able you to get better GRIPS with this aspect of mind control. Give up everything that is evil & poison, clinging on to it would reap no true joy. This world is a big false/imaginary/illusion. Think after all where does all your worldly joy vanish after some time? What happens after death?

But; the best and easiest way to increase your working energy & potential is to support Truth & Righteousness. The result achieved is directly proportional to the amount of sacrifices you make towards Truth. For; truth is God by itself and the more you lean towards That Truth the more would That Truth lend you its energy when That Truth deems it fit. Do not expect That Truth to show you great Wonders all of a sudden. Work in that direction faithfully, slowly and steadily: as much as it is possible for you; the desired result will come.

I will try explain with more details as to how to increase energy in next revision explain

To be contd