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## Intro



I believe in the theory of the butterfly effect. Scientists believe that a single butterfly in China if it flapped its wings at exactly a precise moment in time could start a chain reaction that could result in a hurricane somewhere around the world.

I have seen this recently in my own life. Events that took place over 50 years ago I'm seeing the effects of the flopping of the butterfly years ago.

This is another rabbit hole that I'm going down. A few months ago my brother sent me a link called the Christ drop. I was quite fascinated by this. I even wrote a book called the land of milk and honey.

This book was based upon research that I have done in the last 50 years or so on this subject.

I saw a YouTube video from Santos who gave an incredible explanation of the Christ drop.



'the Christ in you' Santos Bonacci –

277K views • 7 years ago



MrAstrotheology

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I soon started listening to his videos on YouTube.



Introduction to Syncretism, long version:

Santos Bonacci

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Please feel free to reupload my videos on your youtube account but please always link to me. Subscribe to Santos on YouTube at...

I saw and read about sine waves. I saw this incredible paper from Steven Hawkins who talked about sine waves. His theory was anything created has a sine way. Everything in the universe gets created and ultimately gets destroyed. We will go into more detail in the next chapter

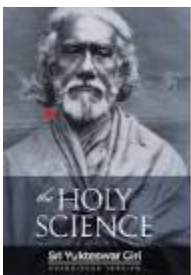
Even the universe itself is a sine wave. I was mesmerized by this. This led me down the rabbit hole where I'm writing this book.



Santos had a video on sine ways and in his talks, he mentioned Swami Sri Yukteswar Gir

50 years ago I read the book The Autobiography of a Yogi by Paramahansa Yogananda. I was fascinated by that book when it talked about the whole process of going from darkness to light.

There are certain ages that the universe goes through, much like the four seasons.



Santos quoted much from the book. The holy silence that Swami Sri Yukteswar Gir wrote over 100 years ago.

Let's go down this road together. I know I'm going to have a blast.

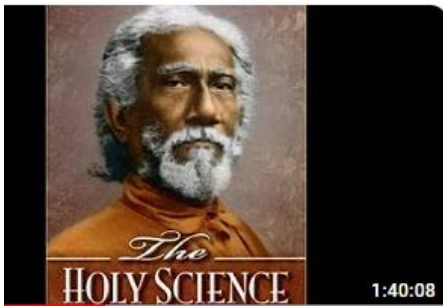
Let's explore sacred wisdom. It even may inspire you to learn more.



## Sri Yukteswar's The Holy Science, 1/5: Introduction and Chapter 1,...

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## Sine waves



No Access Published Online: 29 August 2019

The complete life cycle of the universe is a complete one period sine wave: Negative to positive half cycle of sine wave represents active state whereas positive to negative half cycle represents the latent state of the universe

AIP Conference Proceedings 2142, 110029

(2019); <https://doi.org/10.1063/1.5122489>

Prasenjit Debnath<sup>1,a)</sup>

### ABSTRACT

<sup>1</sup>We know that everything has a life cycle. All living things, non – living things, countries, world, astronomical bodies, solar system, galaxies, the universe everything has a life cycle. According to Fourier, any physical phenomena can be explained by a sine wave. Any arbitrary signal or physical phenomena is actually a combination of a dc (constant) part, a sin wave with fundamental time period and its harmonics. If we remove the

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<sup>1</sup> <https://aip.scitation.org/doi/abs/10.1063/1.5122489#:~:text=A%20sine%20wave%20is%20the,from%20the%20ba sic%20sine%20wave.5>



harmonics from any arbitrary signal or physical phenomena, we will be left with only a sine wave of fundamental period. The sine wave of fundamental period possesses over 90% of the signal energy, thus, if we remove all harmonics, we actually do not lose much energy of the signal but we will get the basic shape of the signal or physical phenomena – a sine wave. A sine wave is the basic building block of all physical phenomena including the life cycle of everything from tiny living things to the universe. A sine wave is the ideal shape of any life cycle. Little deviation is allowed by nature to form other shapes from the basic sine wave. These deviation, although very little, can be termed as the effect of imaginary time that introduces unpredictability in the life cycle. The amount of deviation signifies the amount of unpredictability in the life cycle. The amount of unpredictability signifies the amount of imaginary time involved in life cycle. The amount of deviation (amount of harmonics) actually gives different shapes to the different life cycles. But if we do smoothing out the deviations by averaging them, we will be left with a sine wave – basic building block of the Universe.

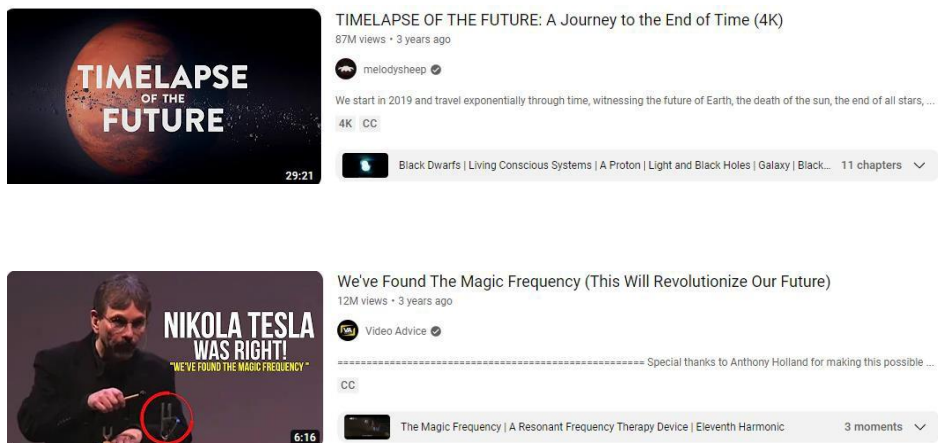
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### There are CRYSTALS in Your Pineal Gland that VIBRATE

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### Introduction to Syncretism, short version: Santos Bonacci

MrAstrotheology

## Meditate constantly



In our last chapter, we talked about sine waves. We know that everything has a life cycle. All living things, non-living things, countries, the world, astronomical bodies, the solar system, galaxies, the universe everything has a life cycle. According to Fourier, any physical phenomenon can be explained by a sine wave. Any arbitrary signal or physical phenomenon is actually a combination of a dc (constant) part, a sin wave with a fundamental time period, and its harmonics.

When I was young around 18 years old I found out the word universe comes from the Latin uni versal which means one word. From my practical experience of meditation, one can experience the sine wave behind the universe. This sine wave is keeping you alive.

Mystics of old have said for thousands of years that you are hardwired for this experience. The mysteries of the universe exist inside of you. Unfortunately, we have never turned on this computer inside of us. The

operating system, hardware, and software have been there since you were born. I love this phrase from Prem Rawat who said that meditation is perfect concentration upon a perfect point.

Behind your breath lies the sine wave of life. Most of us aren't even aware that we are breathing. Imagine your breath is like a wave. You have an incoming wave and the outgoing ways. Just like a surfer being in the ocean and experiencing the wave of life. The tide goes in and the tide goes out.

There is a rhythm too, the universal life force. What does meditation have to do with all this? Mind you most people think meditation is only when you close your eyes. One can learn how always to be in a state of meditation. Behind your breath lies the answer. Usually, when I tell someone to focus on their breath, they simply roll their eyes and probably laugh to themselves. What a crazy idea that is. Yet something so simple the mind can't believe it. It's like Occam's razor. Most humans want the keys to life to be so complicated. So here it is. We are breathing each moment. The trick is we are not paying attention to the force of love behind our breath. I say over and over that the more attention you pay to something the more attention it pays to you.

This is a basic law in life. People often ask if it is inside of me why don't I know about it? I would say have you ever paid any attention to it? Do you know that the inner jewel even exists inside of you?

Let's be frank. It's quite simple. Many people simply don't want someone to rock their boat to cause any waves. They are just satisfied with where they are in life. Even if there's something a million times more incredible they don't want to hear about it.

I often say we live our lives like leaves blowing in the wind. A wise man lives in the center of the hurricane. When a person concentrates his mind on the power behind his breath, this is the center of the hurricane. The more one does this the more centered one will become. It's like a tuning fork. When the mind is tuned to calmness, it will become calm over time. There is a state inside of us that is constantly calm. Nothing external can touch it. Nothing external can affect it. Its true state is perfect calm.

The mystics and yogis have known this for thousands of years. Modern-day scientists know about the quantum field and how it is beyond time and space. They are studying the effects of meditation using the latest scientific instruments. These are exciting times for all of us. The human body was

You are responsible for your chemistry set. Nobody  
turns on the chemicals inside of you. Only you do that.

Just think curveballs will always be thrown your way. If  
your life is trying to control the external world you will  
indeed suffer and have pain.

The external world has its pair of opposites. There is no  
disputing that fact. Everything morphs and changes.  
Everything comes and goes.

Being in the center of the hurricane means, the mind is  
perfectly still in the center of the hurricane.

From that state, one can live in absolute calm and live in this chaotic world.  
It's like a lotus flower. A lotus flower lives in the dirty  
mucky water and yet the flower itself never touches  
the dirty water.

This is our true nature. Granted this does take time.  
One does not leap into infinity. Baby steps are taken.  
Yet each step brings us closer to our goal.

We are going from darkness to light.  
The ancient ones would talk about the sine wave.  
They wouldn't say sign wave yet they would probably  
say the wave of life and love.

There is a primordial vibration that is keeping the entire  
universe alive. This primordial vibration is keeping you  
alive.



There is a thread tying us all together. Because we focus only externally we think we are separate. Nothing can be further from the truth.

Talk to any quantum scientist and he will say that the quantum field exists everywhere and you are a part of it.

This is not some philosophy or theory. This can be a practical experience for you

## Sit Still And Listen

Sit still and listen

Inside the silence lies such peace.

A wave of bliss is about to release.

The secret of creation lies between your eyes.

Behold a light more beautiful than anything in this world.

This light is pure love ready to take you on a ride.

Surfers ride the waves of the ocean, while the wise man rides the waves of life.

Imagine riding the waves of life.

Behind our breath lies the answer.

Divine music will accompany you.

The mind becomes drunk on this bliss.

Yet this intoxication is medicine to the soul.

For eons of time man has explored.

Buddha, The Christ, and much more have told their story.

Behold the kingdom of God lies within.

It doesn't matter if you're a saint or a sinner.

We all have the same opportunity to go back home.

All it takes is one small step after another.

Sit still and listen

The answer to this riddle is found in this easy step.

## God is a cosmic surfer

God is a cosmic surfer.

The entire universe is a sine wave of life.

Everything that we see with our two eyes is a sine wave.

From the smallest to the largest, this wave exists.

Even the universe itself is a sine wave according to Stephen Hawkins.

One who understands and concentrates on the power behind the breath understands  
this riddle.

We are all divine surfers yet we are sitting on the beach making sand castles.

The tide will come in and it will.

Your sandcastle will be dissolved into the sand of life.

The wise man understands this principal.

He knows that the wave of life exists behind his breath.

The same wave the universe surfs is the same we all surf.

There's a power that is keeping everything alive.

The great surfers of the past have said to learn how to ride the inner wave of life.

## Sri Yukteswar Intro Holy Science

A short discussion with the mathematical calculation of the *yugas* or ages will explain the fact that the present age for the world is Dwapara Yuga, and that 194 years of the Yuga have now (A.D. 1894) passed away, bringing a rapid development in man's knowledge.

We learn from Oriental astronomy that moons revolve around their planets, and planets turning on their axes revolve with their moons round the sun; and the sun, with its planets, and their moons, takes some star for its dual and revolves around it in about 24,000 years of our earth—a celestial phenomenon which causes the backward movement of the equinoctial points around the zodiac. The sun also has another motion by which it revolves round a grand center called *Vishnunabhi*, which is the seat of the creative power, *Brahma*, the universal magnetism. *Brahma* regulates *dharma*, the mental virtue of the internal world.

When the sun in its revolution round its dual comes to the place nearest to this grand center, the seat of *Brahma* (an event which takes place when the Autumnal Equinox comes to the first point of Aries), *dharma*, the mental virtue, becomes so much developed that man can easily comprehend all, even the mysteries of Spirit.

The Autumnal Equinox will be falling, at the beginning of the twentieth century, among the fixed stars of the Virgo constellation, and in the early part of the Ascending Dwapara Yuga.\*

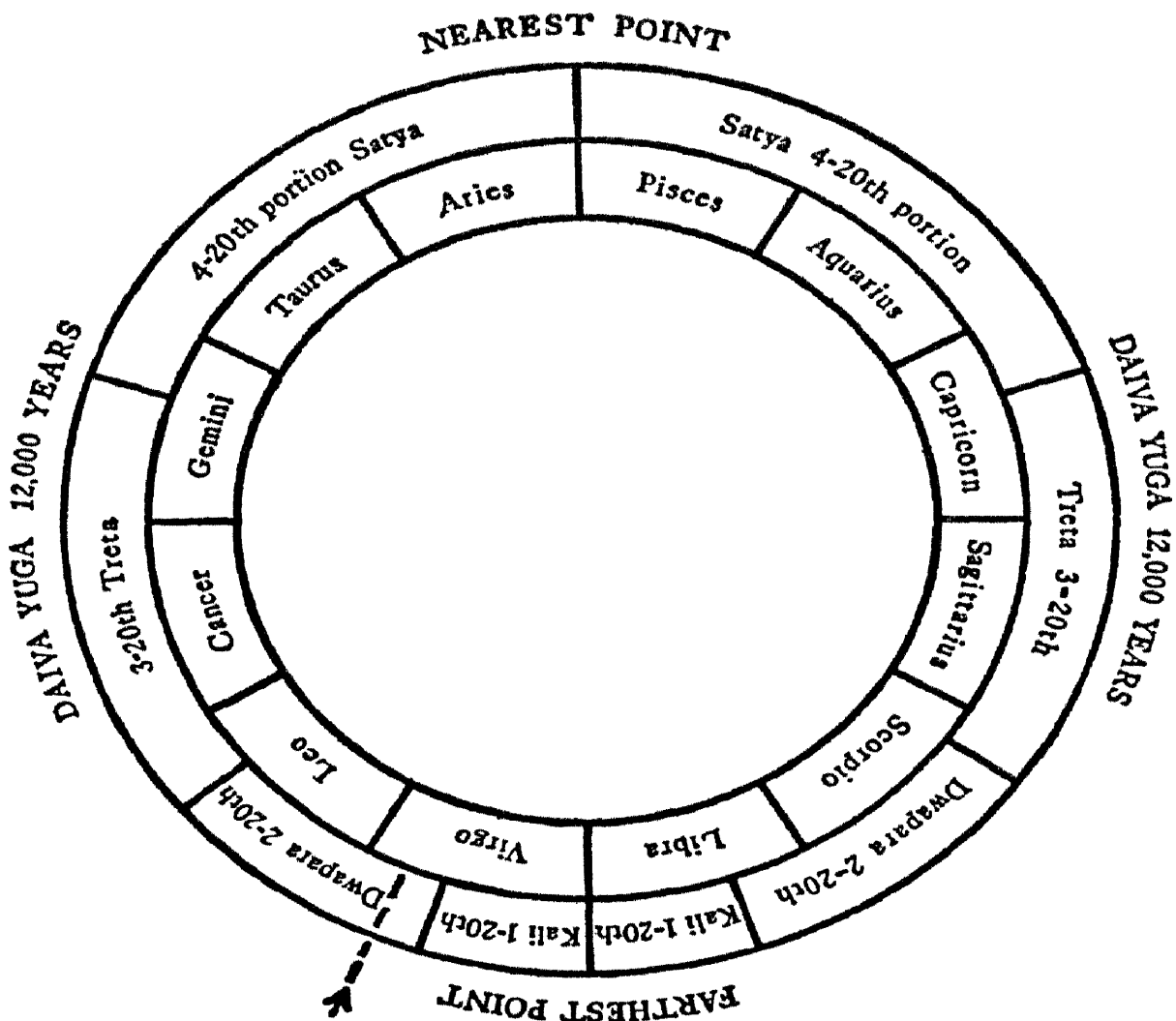
After 12,000 years, when the sun goes to the place in its orbit which is farthest from *Brahma*, the grand center (an event which takes place when the Autumnal Equinox is on the first point of Libra), *dharma*, the mental virtue, comes to such a reduced state that man cannot grasp anything beyond the gross material creation. Again, in the same manner, when the sun in its course of revolution begins to advance toward the place nearest to the grand center, *dharma*, the mental virtue, begins to develop; this growth is gradually completed in another 12,000

years.

Each of these periods of 12,000 years brings a complete change, both externally in the material world, and internally in the intellectual or electric world, and is called one of the Daiva Yugas or Electric Couple. Thus, in a period of 24,000 years, the sun completes the revolution around its

XU

## DIAGRAM



Virgo is the sign opposite Pisces. The Autumnal Equinox is now falling in Virgo; the opposite point, the Vernal Equinox, is perforce now falling in Pisces. Western metaphysicians, who consider the

Vernal Equinox to have chief significance, therefore say the world is now in the "Piscean Age."

The Equinoxes have a retrograde movement in the constellations; hence, when the Equinoxes leave Pisces-Virgo, they will enter Aquarius-Leo. According to Swami Sri Yukteswarji's theory, the world entered the Pisces-Virgo Age in A.D. 499, and will enter the Aquarius-Leo Age two thousand years later, in A.D. 2499. (*Publisher's Note*)

dual and finishes one electric cycle consisting of 12,000 years in an ascending arc and 12,000 years in a descending arc

Development of *dharma*, the mental virtue, is but gradual and is divided into four different stages in a period of 12,000 years. The time of 1200 years during which the sun passes through a 1/20th portion of its orbit (see Diagram) is called Kali Yuga. *Dharma*, the mental virtue, is then in its first stage and is only a quarter developed; the human intellect cannot comprehend anything beyond the gross material of this ever-changing creation, the external world.

The period of 2400 years during which the sun passes through the 2/20th portion of its orbit is called Dwapara Yuga. *Dharma*, the mental virtue, is then in the second stage of development and is but half complete; the human intellect can then comprehend the fine matters or electricities and their attributes which are the creating principles of the external world.

The period of 3600 years during which the sun passes through the 3/20th part of its orbit is called Treta Yuga. *Dharma*, the mental virtue, is then in the third stage; the human intellect becomes able to comprehend the divine magnetism, the source of all electrical forces on which the creation depends for its existence.

The period of 4800 years during which the sun passes through the remaining 4/20th portion of its orbit is called Satya Yuga. *Dharma*, the mental virtue, is then in its fourth stage and completes its full development; the human intellect can comprehend all, even God the Spirit beyond the visible world.

Manu, a great *rishi* (illuminated sage) of Satya Yuga, describes these Yugas more clearly in the following passage from his *Samhita*:

चत्वार्यहः सहस्राणि वर्षान्तु कृतं युगम् ।  
तस्य तावच्छती सन्ध्या सन्ध्यांशश्च तथाविधः ॥  
इतरेषु ससन्ध्येषु ससन्ध्यांशेषु च त्रिषु ।  
एकापायेन वर्तन्ते सहस्राणि शतानि च ॥  
यदेतत् परिसंख्यातमादावेव चतुर्युगम् ।  
एतद् द्वादशसाहस्रं देवानां युगमुच्यते ॥  
दैविकानां युगानान्तु सहस्रं परिसंख्यया ।  
ब्राह्ममेकमहर्ज्ञयं तावती रात्रिरेव च ॥

---

Four thousands of years, they say, is the Krita Yuga (Satya Yuga or the "Golden Age" of the world). Its morning twilight has just as many hundreds, and its period of evening dusk is of the same length (i.e.,  $400+4000+400=4800$ ). In the other three ages, with their morning and evening twilights, the thousands and the hundreds decrease by one (i.e.,  $300+3000+300=3600$ ; etc.). That fourfold cycle comprising 12,000 years is called an Age of the Gods. The sum of a thousand divine ages constitutes one day of Brahma; and of the same length is its night.

The period of Satya Yuga is 4000 years in duration; 400 years before and after Satya Yuga proper are its *sandhis* or periods of 1mutation with the preceding and the succeeding Yugas respectively; hence 4800 years in all is the proper age of Satya Yuga. In the calculation of the period of other Yugas and Yugasandhis, it is laid down that the numeral one should be deducted from the numbers of both thousands and hundreds which indicate the periods of the previous Yugas and *sandhis*. From this rule it appears that 3000 years is the length of Treta Yuga, and 300 years before and after are its *sandhis*, the periods of mutation, which make a total of 3600 years.

So 2000 years is the age of Dwapara Yuga, with 200 years before and after as its *sandhis*; a total of 2400 years. Lastly, 1000 years is the length of Kali Yuga, with 100 years before and after as its *sandhis*; a total of 1200 years. Thus 12,000 years, the sum

total of all periods of these four Yugas, is the length of one of the Daiva Yugas or Electric Couple, that is, 24,000 years, make the electric cycle complete.

From 11,501 B.C., when the Autumnal Equinox was on the first point of Aries, the sun began to move away from the point of its orbit nearest to the grand center toward the point farthest from it, and accordingly the intellectual power of man began to diminish. During the 4800 years which the sun took to pass through one of the Satya Couples or 4/20th part of its orbit, the intellect of man lost altogether the power of grasping spiritual knowledge. During the 3600 years following, which the sun took to pass through the Descending Treta Yuga, the intellect gradually lost all power of grasping the knowledge of divine magnesium. During the 2400 years next following, while the sun passed through the Descending Dwapara Yuga, the human intellect lost its power of grasping the knowledge of electricities and their attributes. In 1200 more years the sun passed through the Descending Kali Yuga and reached the point in its orbit, which is farthest from the grand center; the Autumnal Equinox was on the first point of Libra. The intellectual power of man was so much diminished that it could no longer comprehend anything beyond the gross material of creation. The period around A.O. 500 was thus the darkest part of Kali Yuga and of the whole cycle of 24,000 years. History indeed bears out the accuracy of these ancient calculations of the Indian *rishis*, and records the widespread ignorance and suffering in all nations at that period.

From A.O. 499 onward, the sun began to advance toward the grand center, and the intellect of man started gradually to develop. During the 1100 years of the Ascending Kali Yuga, which brings us to A.D. 1599, the human intellect was so dense that it could not comprehend the electricities, *Sukshmathuta*, the fine matters of creation. In the political world also, generally speaking, there was no peace in any kingdom.

Subsequent to this period, when the 100-year transitional *sandhi* of Kali Yuga set in, to effect a union with the following Dwapara Yuga, men began to notice the existence of fine matters, *pan-chatartmatra* or the attributes of electricities; and political peace began to be established.

About A.D. 1600, William Gilbert discovered magnetic



forces and observed the presence of electricity in all material substances. In 1609 Kepler discovered important laws of astronomy, and Galileo produced a telescope. In 1621 Drebbel of Holland invented the microscope. About 1670 Newton discovered the law of gravitation. In 1700 Thomas Savery made use of a steam engine in using water. Twenty years later Stephen Gray discovered the action of electricity on the human body.

In the political world, people began to have respect for themselves, and civilization advanced in many ways. England united with Scotland and became a powerful kingdom. Napoleon Bonaparte introduced his new legal code to southern Europe. America won its independence, and many parts of Europe were peaceful.

**With** the advance of science, the world began to be covered with railways and telegraphic wires. By the help of steam engines, electric machines, and many other instruments, fine matters were brought into practical use, although their nature was not clearly understood. In 1899, on completion of the period of 200 years of Dwapara Sandhi, the time of mutation, the true Dwapara Yuga of 2000 years "commence and will give to mankind in general a thorough understanding of the electricities and their attributes.

Such is the great influence of time which governs the universe. No man can overcome this influence except him who is blessed with, pure love, the heavenly gift of nature, and becomes divine; being baptized in the sacred stream *Prana:va* (the holy *Aum* vibration), he comprehends the Kingdom of God.

The position of the world in the Dwapara Sandhi era at present (A.D. 1894) is not correctly shown in the Hindu almanacs. The astronomers and astrologers who calculate the almanacs have been guided by wrong annotations of certain Sanskrit scholars (such as Kulluka Bhatta) of the dark age of Kali Yuga, and now maintain that the length of Kali Yuga is 432,000 years, of which 4994 have (in A.D. 1894) passed away, leaving 427,006 years still remaining. A dark prospect and fortunately one not true.

The mistake crept into almanacs for the first time about 700 s.c. during the reign of Raja Parikshit, just after the

completion of the last Descending Dwapara Yuga. At that time Maha- raja Yudhisthira, noticing the appearance of the dark Kali Yuga, made over his throne to his grandson, the said Raja Parikshit. Maharaja Yudhisthira, together with all the wise men of his court, retired to the Himalayas Mountains, the paradise of the world. Thus there was none in the court of Raja Parikshit who could understand the principle of correctly calculating the ages of the several Yugas.

Hence, after the completion of the 2400 years of the then current Dwapara Yuga, no one dared to make the introduction of the dark Kali Yuga more manifest by beginning to calculate from its first year and to put an end to the number of Dwapara years.

According to this wrong method of calculation, therefore, the first year of Kali Yuga was numbered 2401 along with the age of Dwapara Yuga. In A.D. 499, when 1200 years, the length of the true Kali Yuga, was complete, and the sun had reached the point of its orbit farthest from the grand center (when the Autumnal Equinox was on the first point of Libra in the heavens), the age of Kali in its darkest period was then numbered by 3600 years instead of by 1200.

With the commencement of the Ascending Kali Yuga, after A.O. 499, the sun began to advance in its orbit nearer to the grand center, and accordingly, the intellectual power of man started to develop. Therefore the mistake in the almanacs began to be noticed by the wise men of the time, who found that the calculations of the ancient *rishis* had fixed the period of one Kali Yuga at 1200 years only. But as the intellect of these wise men was not yet suitably developed, they could make out only the mistake itself, and not the reason for it. By way of reconciliation, they fancied that 1200 years, the real age of Kali, were not the ordinary years of our earth, but were so many *daiva* years ("years of the gods"), consisting of 12 *daiva* months of 30 *daiva* days each, with each *daiva* day being equal to one ordinary solar year of our earth. Hence according to these 1200 years of **Kali** Yuga must be equal to 432,000 years of our earth.

In coming to the right conclusion, however, we should take into consideration the position of the Vernal Equinox at spring in

the year 1894.

The astronomical reference books show the Vernal Equinox to be 20°54'36" distant from the first point of Aries (the fixed star Revati), and by calculation, it will appear that 1394 years have passed since the time when the Vernal Equinox began to recede from the first point of Aries.

Deducting 1200 years (the length of the last Ascending Kali Yuga) from 1394 years, we get 194 to indicate the present year of the world's entrance into the Ascending Dwapara Yuga. The mistake of older almanacs will thus be clearly explained when we add 3600 years to this period of 1394 years and get 4994 years—which according to the prevailing mistaken theory represents the present year (A.D. 1894) in the Hindu almanacs.

[Referring to the Diagram given in this book, the reader will see that the Autumnal Equinox is now (A.O. 1894) falling among the stars of the Virgo constellation, and in the ascending Dwapara Yuga.]

In this book, certain truths such as those about the properties of magnetism, its auras, different sorts of electricities, etc., have been mentioned, although modern science has not yet fully discovered them. The five sorts of electricity can be easily understood if one will direct his attention to the nerve properties, which are purely electrical in nature. Each of the five sensory nerves has its characteristic and unique function to perform. The optic nerve carries light and does not perform the functions of the auditory and other nerves; the auditory nerve in its turn carries sound only, without performing the functions of any other nerves, and so on. Thus it is clear that there are five sorts of electricity, corresponding to the five properties of cosmic electricity.

So far as magnetic properties are concerned, the grasping power of the human intellect is at present so limited that it would be quite useless to attempt to make the matter understood by the general public. The intellect of man in Treta Yuga will comprehend the attributes of divine magnetism (the next Treta Yuga will start in A.D. 4099). There are indeed exceptional personages now living who, having overcome the influence of Time, can grasp today what ordinary people cannot.

grasp; but this book is not for those exalted ones, who require nothing of it.

In concluding this introduction, we may observe that the different planets, exercising their influence over the various days of the week, have lent their names to their respective flays; similarly, the different constellations of stars, having influence over various months, have lent their names to the Hindu months. Each of the great Yugas has much influence over the period of time covered by it; hence, in designating the years it is desirable that such terms should indicate to which Yuga they belong.

As the Yugas are calculated from the position of the equinox, the method of numbering the years in reference to their respective Yuga is based on a scientific principle; its use will obviate much inconvenience which has arisen in the past owing to association of the various eras with persons of eminence rather than with celestial phenomena of the fixed stars. We therefore propose to name and number the year in which this introduction has been written as 194 Dwapara, instead of A.D. 1894, to show the exact time of the Yuga now passing. This method of calculation was prevalent in India till the reign of Raja Vikramaditya, when the *Samvat* era was introduced. As the Yuga method of calculation recommends itself to reason, we follow it, and recommend that it be followed by the public in general.

xxu.

Now, in this 194th year of Dwapara Yuga, the dark age of Kali having long since passed, the world is reaching out for spiritual knowledge and men require loving help one from the other. "The publishing of this book, requested from me by my holy *paranguru maharaja* Babaji, will, I hope, be of spiritual service.

*Swami Sri Yukteswar Giri*

Serampore, West Bengal

'The 26th Falgun, 194 Dwapara

**(A.O. 1894)**

## The Four Yugas - Epochs of Hinduism



Lord Krishna Preaching Gita to Arjuna - Wood Inlay Work

"Paritranaya Sadhunam, Vinashaya Cha Dushkritam,  
Dharmasamsthapanarthaya, Sambhavami Yuge Yuge!"

"For the protection of the good and the destruction of the evil,  
For the purpose of reinstating righteousness, I shall incarnate in every Yuga!"

The above were the words spoken by Krishna in a revelation he made about his own divinity to Arjuna, during the Great War of Kurukshetra.

### What is a Yuga?

According to Hindu philosophy, the world is made up of four main "Yugas" - ages, epochs or cycles of time - each made up of tens of thousands of human years. These 4 yugas are the Satya Yuga, the Treta Yuga, the Dvapara Yuga and lastly, the [Kali](#) Yuga. According to the laws of Hindu cosmology, the Universe is created wholly, only to be destroyed entirely,

once in every 4.1 to 8.2 billion years. This is believed to constitute one full day and night for Lord Brahma, the Creator of the Universe. One Brahma's lifetime is considered to be around 311 trillion and 40 billion years. These Yugas are believed to repeat themselves in cyclical patterns, much like the waxing and waning of the moon; like the four seasons; like the rising and ebbing of tides.

Each of these four Yugas involves stages of change; of evolution; one in which not only the physical universe undergoes change, but the whole thought process and consciousness of mankind metamorphoses either for better or for worse, depending upon that particular Yuga. The entire cycle of a Yuga starts from its highest point, the Golden Age of enlightenment. From there, it gradually proceeds stage by stage, till it reaches a Dark Age of evil and ignorance, again moving ahead towards positivity, reaching back to the Golden Age, in order to complete the cycle. One entire cycle of the Yuga, Hindus believe, denotes the time the solar system takes to revolve around another star.

### Time Duration of Each of the Four Yugas

According to the Laws of Manu, which was the earliest known text describing the four yugas in detail, the length of each yuga is as follows:

4800 years + 3600 years + 2400 years + 1200 years, which equals 12,000 years. This figure denotes only a half cycle and hence, the entire cycle takes 24,000 years to complete. This is also one precession of the equinox.

There is no clear mention here of the exact span of a year of life for demigods. However, the most recent interpretation of the Srimad Bhagavatam seems to indicate that the duration of the Satya Yuga is equivalent to about 4,800 years of the demigods; the duration of the Dvapara Yuga is about 2,400 years; and that of the Kali Yuga is about 1,200 years of the demigods. Hence, one could probably infer from these statistics that one year of a demigod would be the equivalent of about 360 human years.

This would also lead us to believe that the Satya Yuga lasted for  $4,800 \times 360$ , that is, about 1,728,000 years. The Treta Yuga, on the other hand, went on for  $3,600 \times 360$  years, which works out to 1,296,000 years. Similarly, the Dvapara Yuga continued for  $2,400 \times 360$ , that is, 864,000 years. The Kali Yuga is supposed to be the shortest of them all, lasting for only  $1,200 \times 360$  years, which totals to 432,000 years. From the aforementioned statistic, it can be understood that the four Yugas follow a timeline ration of 4:3:2:1.

As mentioned earlier, each subsequent age is witness to a gradual decline of wisdom, knowledge, intellect, life span,

physical and spiritual strength in humankind as a whole. This automatically also implies decline and destruction of dharma or righteousness.

- **Satya Yuga** - Dharma reigned supreme at this time, with human stature being estimated at 21 cubits. The average human lifespan at this point in time was 100,000 years.
- **Treta Yuga** - This yuga witnessed the decline of virtue to a quarter of the previous one. Human stature was valued at 14 cubits and average human lifespan was 10,000 years.
- **Dvapara Yuga** - Virtue and sin were divided into equal halves. Normal human stature was 7 cubits and human lifespan went down to 1000 years.
- **Kali Yuga** - This yuga has only one quarter virtue and the rest is taken over by sin. Human stature is reduced to 3.5 cubits and average human lifespan is about 100 years. It is believed that, towards the end of this terrible Dark Age, average human lifespan would go down to 20 years.

Let us now analyze each one of these Yugas in detail.

## Satya Yuga

The Satya Yuga, also referred to as Sat Yuga and Krita Yuga, marks the "Yuga of Satya" of Truth. This is an age when the whole of mankind is ruled by the most benevolent [Gods](#) and also where one can find the purest and most ideal behaviour in one and all. In this particular Yuga, mankind allows intrinsic goodness to reign supreme. Also commonly referred to as the "Golden Age", this is the most balanced and idealistic life that a human being can ever lead.

It is believed that the Dharma Bull, which embodies the quality of morality, stood on all four legs during this period. During the Treta Yuga, it would be reduced to three, and two in the Dvapara Yuga, which comes next. At present, in the immoral age of Kali, the Bull is believed to be standing only on one leg.

## Satya Yuga According to Holy Texts

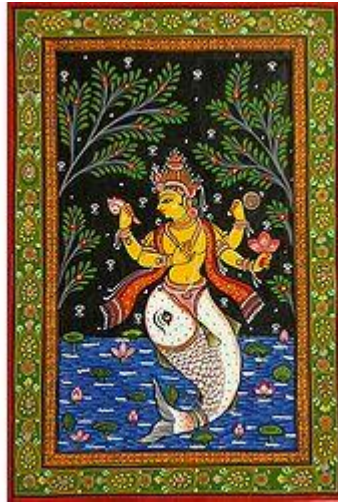
The Satya Yuga is the first and the most significant one of all the four Yugas. This epoch is witness to men that possessed true knowledge and wisdom; and were constantly undertaking meditation, penance and other austerities. Generally speaking, all the main pillars of religion are firmly embedded in this Yuga.

During Satya Yuga, all the [people](#) performed only Punya Karmas or good, sublime, deeds. This was a time when there was

nothing like evil, cheating and deceit. There was no class, caste and creed difference and everyone was treated as one. No one had worldly desires or the mindset to conquer or overpower someone else. There was no hatred or enmity with someone else. Hence, the Krita Yuga was also one where people were free of sorrows, sadness, disease and decay.

### Krita Yuga and Akshaya Tritiya

The Krita Yuga is believed to have begun on the Vaishakh Shukla Tritiya day, also commonly known as the Akshaya Tritiya. In this era, the Supreme Lord, Sri Maha [Vishnu](#), took the first four of his avatars, namely, Matsya (the Fish), Kurma (the Tortoise), Varaha (the Boar) and Narasimha (the Half-Man Half-Lion form).



Matsya Avatar - Orissa Pattachitra Painting





Kurma Avatar - Orissa Pattachitra Painting



Varaha Avatar - Orissa Pattachitra Painting



Narasimha Avatar - Orissa Pattachitra Painting

It is believed that the average height of human beings was more than what it is today. The only text which was supposedly followed during this epoch was Manu's Dharma Shastra.

It is also said that the Satya Yuga would be re-established by Kalki after the end of the Kali yuga. At the start of this new era, it is said that the [Sun](#), Moon and Jupiter would jointly enter the Pushya Nakshatra or the Zodiac of Cancer. During this point in time, the stars and constellations would become resplendent and all of them would be considered auspicious.

Resultantly, all creatures would experience well-being and happiness. It is further prophesized that Vishnu's final incarnation, Kalki, would take birth in a Brahmin family. This mighty, intelligent and valiant avatar would engage in good of all benefactors. He would look like a soldier and would wield the power to be armed with all the weapons, armours and an army, all at a mere thought. Kalki would be hailed as the Supreme King and would have no equal and hence, no enemy. He would be a benevolent and radiant Brahmin; the one born to emancipate the ones in misery.

Kalki is believed to be coming with the mission of destroying the Kali Yuga and reinstate the glory of the Satya yuga. In the Satya yuga, Bhagwan Kalki would destroy all sins and evils. He would perform the Ashwamedha Yagya and then leave the whole world under the care of Brahmins. He would hence re-establish the auspicious ideals and principles propounded by Lord Brahma. After completing his mission, he would travel deep into the forest to practice penance.

It is prophesized that many would want to follow the ideals set by Bhagwan Kalki and would re-engage themselves in spiritual and religious activities. This would significantly add to the amount of good deeds performed during the new Satya Yuga.

Effectively, one would see the creation of wonderful gardens, temples and Dharmashalas (Resting Inns). Brahmins, sages and ascetics would always be absorbed in penance and the authorized ones would keep performing holy yagyas to raise the element of spirituality among the peoples of the world. The Brahmins would tirelessly continue studying the religious texts, teaching them, giving away their money to charity and performing such other punya karmas (holy deeds).

This era would also usher in better agriculture and, as a result, richer crop produce and abundance for all, throughout the course of all the four seasons. While people would generously donate their money to the needy, the rulers would protect their subjects and land, with all sincerity and service-mindedness.

The Vaishya or trader class would also conduct business in a fair and honest manner, only taking the money that they justly deserve, without fleecing their customers. The Kshatriya class of warriors would also be transformed by this change

in era. They would be more inclined to the mere exhibition of valiance and might, as against warring with each other to prove the same. The Shudras would sincerely serve the Brahmins, Kshatriyas and Vaishyas, who in turn, would also treat them with love and respect. This attitude of mind would last all through the course of the newly formed Satya Yuga.

In this yuga, the Sanatana Dharma (Eternal Religion) would be re-established and would emerge stronger than ever before. All the gods, demigods, demons, Gandharvas and Yakshas would give up their hatred and jealousy for each other and join forces to form a uniform, strong, whole. People too would renounce their ill-will and negativity, never point out faults in others and generally live a life of peace and happiness. As a result, a mere thought would work miracles and transform itself into materialization of positive action.

All people would easily attain divinity and would be pure, pious and utterly unselfish. They would effortlessly be able to attain the sublime state of uniting with the Paramatma. Very valiant, wise, intelligent and talented people would take birth in this era. These people would then give birth to thousands of children, many of whom would go on to become great saints, sages and seers of this era.

### Satya Yuga to the Brahma Kumaris

According to the Brahma Kumaris and the Prajapita Brahma Kumaris, each Yuga consists of five ages in a single cycle of 5000 years. In this cycle, the Sat Yuga or Golden Age emerges as the very first yuga and lasts for a period of 1250 years.

### Treta Yuga

The Treta Yuga is the second of the four yugas. The most important events that took place in this particular yuga were Lord Sri Maha Vishnu's fifth, sixth and seventh incarnations as Vamana, Parashurama and Sri Ramachandra respectively. While the Dharma bull had been standing on all four legs during the preceding Satya Yuga, in this yuga, it is said to stand only on three legs during this period.

We go on to discuss each of the three incarnations of Vishnu during this Treta yuga.

## Vamana



Vaman Avatar - Orissa Pattachitra Painting

In his fifth avatara, Vishnu incarnated as Vamana, the dwarf. He was born to Aditi and his main avatara lakshya (mission) was to subdue King Mahabali, who came from the Asura race.

Mahabali, a wise and humble king, was the grandson of Prahlada. So good was he and so happy were his subjects during his rule in Kerala, that Indra, the King of the Devas, felt insecure that his position may eventually be taken over by Mahabali. He hence requested Vishnu to destroy the great ruler, who ironically, was himself a great bhakta (devotee) of Vishnu.

Accordingly, Vishnu took the form of Vamana, a short-statured, podgy Brahmin, in order to send Bali to Patala, the Netherworld. Vamana entered the yagnashala, where Bali was conducting a sacrificial ritual. This was a major affair, where the King paid his respects to all the Brahmins present there, also giving them whatever they asked for, thereby fulfilling their every wish. When Bali saw Vamana enter the venue, he rushed to him, fell at his feet, seated him comfortably and washed his feet with water.

When Bali asked the Brahmin to ask for the Dakshina he wished for, Vamana requested for just three feet of land. Surprised and rather amused by this small demand, Bali promised the same to him.

Immediately, Vamana took a Vishwarupa (gigantic form), spanning from the earth to the sky. While his one step spanned

the entire universe, the second one measured the entire skies. He asked an astounded Bali where he would place his third step. The king, understanding that this was Vishnu himself, humbly bowed down and offered his own head. Vamanan smiled and placed his foot on his head, sending him down to Patala. There, Vishnu offered him a luxurious place to live and also sovereignty of one of the lower worlds. Vishnu also gave him the boon of being able to visit his subjects once every year. This is celebrated throughout all of Kerala as the festival of Onam.

## Parashurama



Parashurama Avatar - Orissa Pattachitra Painting

Next, Vishnu incarnated as the Brahmin, Parashurama. Since there were too many Kshatriyas who were constantly at war with each other at the time, he incarnated in order to destroy most of the world's warriors. However, the Kshatriyas who survived produced children, thereby increasing the population and getting it back to what it originally was. Eventually, the avatara of Parashurama ended, though some believe that he continued to live on as a mighty warrior-hermit for many years after that.

Parashurama is known to have had an awful temper and once angrily confronted Lord Sri [Rama](#), several years later. Rama, however, effortlessly established his supremacy over him. Finally, Parashurama acknowledged his powers and retired into the mountains.

Parashurama also lived on during the next Dvapara Yuga. There, he had a duel with Bhishma for the sake of begetting Amba. He, however lost to Bhishma. Later, he taught Karna the method to use the Brahmastra. But when he came to

know that Karna was a Kshatriya and not a Brahmin as he thought him to be, he cursed that Karna would forget all that he ever learnt, just at the time when he would need it the most. Incidentally, Parashurama had vowed never to teach any Kshatriya.

## Sri Rama



Rama Avatar - Orissa Pattachitra Painting

Next, Vishnu took the avatara of Lord Sri Rama, also known as Ramachandra. His mission was to curb the steady rise of evil and to destroy Ravana, the demon king of Lanka. Ravana had conquered all the three worlds and was terrorizing everyone, including the Devas. Ravana's son, Meghanada, had earned himself the name Indrajit, by defeating Indra. All the gods were under his control.

At the behest of the devas, Vishnu incarnated as the son of King Dasaratha and Kausalya. His stepmother, Kaikeyi, was very jealous of him. She cleverly sent Rama away to the forest on exile for a period of 14 years. During this time, Ravana, who had always wanted to make Rama's wife Sita, his own, kidnapped her and took her away to Lanka.

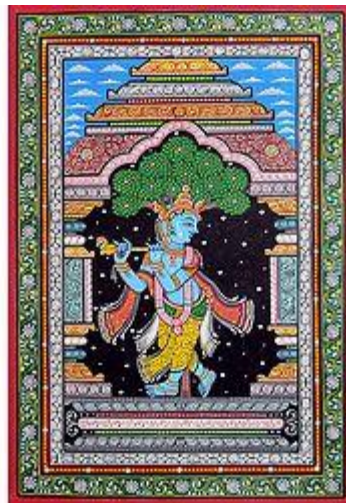
Rama, together with Hanuman and the Vanarasena (Army of Monkeys), fought Ravana and won against him, thereby restoring peace on earth. Taking Sita back to Ayodhya, he was coronated King. From then, Rama ruled the Kingdom of Ayodhya for eleven-thousand years. This Golden Age is also known as the Rama-rajya or Rama's Kingdom, which was considered a veritable heaven on earth.

Rama, though known as the Maryada Purushottam, had committed certain mistakes during his own lifetime. Before bringing back Sita to Ayodhya, he had asked her to undergo an agnipariksha (trial by fire). She willingly did so and, due to her purity, came out unscathed. They peacefully lived together in Ayodhya for a while, after which they realized that Sita was pregnant.

Rama overheard some of his subjects talk about Sita's time in Lanka and discussing whose child it was that Sita was carrying. He immediately ordered his brother, Lakshmana, to leave her in the forest, where Sita eventually gave birth to Lava and Kusha. When he finally met his sons some years later in the forest, he requested Sita to come and live with him again. Sita, who was still smarting from her repeated humiliation at his hands, refused and asked her mother, Bhoomi Devi (Mother Earth) to accept her. At that instant, the earth opened up under her feet and Sita joined her mother forever.

These three avatars of Vishnu indicate the steady decline of the Dharma in the Treta yuga. It further declines during the next yuga, the Dvapara Yuga.

### Dvapara Yuga



Murlidhar Krishna - Orissa Pattachitra Painting

The Dvapara Yuga, the third of the four yugas, mainly talks about the life and times of Lord Sri Krishna, the ninth avatara of Maha Vishnu. In fact, this yuga ends when the Krishna completes his life mission and returns to his original abode of Vaikuntha.



The two mainstays of religion in the Dvapara yuga were Kama and Artha. This also marked the time when Vishnu assumed a glowing yellow colour. During this time, the Vedas too were categorized into four parts, namely, Rig, Sama, Yajur and Atharva. With this classification of the four Vedas came the different Varnas or classes of society, each assigning people belonging to a particular class with a particular set of activities.

### The Emergence of Varnas or Classes

It is believed that all people belonging to the Dvapara Yuga were predominantly the pleasure-seeking variety and also had a highly competitive [nature](#). This reduced their ability to reach out towards the supreme divinity and they ceased to be wholly truthful in their actions. As a result, the people in this Yuga started being victimized by various ailments and illnesses, as also by various unnatural forms of desires.

After a long while of suffering from these varied conditions, these people realized their fault and decided to bring back the balance in their lives by performing penance and other austerities. While some of these people conducted Yagnas for seeking divine intervention, others did so merely to attain material benefits.

### The Brahmin Class

The Brahmins became deeply involved in Yagyas, contemplation, meditation, charity and teaching activities. They did this in order to attain celestial bliss and the grace of the divine. With constant meditation and austerities, many of them also developed a sense of calm and self-restraint.

### The Kshatriya Class

Kshatriyas being rulers and warriors, their duty was to protect their subjects. Many of the rulers were wise and humble and strived to protect their provinces and states. They were sincere in their efforts and executed all policies, maintaining the law of the land.

However, a few rulers lacked all these positive qualities and instead, conspired along with other evil people in order to attain more material benefits. Such rulers committed violent sins, torturing their subjects, including women and children.

The Dvapara Yuga mainly included two Kshatriya dynasties, the Surya Vansha and the Chandra Vansha.



## The Vaishya Class

The Vaishyas included mostly landowners and merchants. Their duties comprised trade, business and agriculture. The Vaishyas among this class who were generous and giving eventually attained higher planes of existence due to their charity and hospitality.

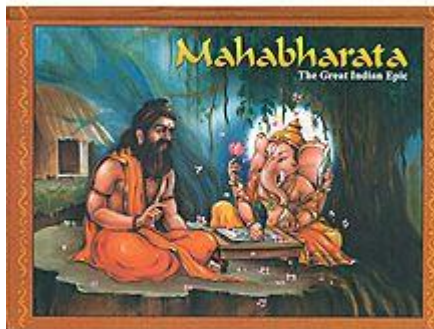
## The Shudra Class

The duty of Shudras was to involve themselves in highly physical labour. Their form of labour was very different from that of the other three classes. However, they were not discriminated against. Interestingly enough, Vidura, the famous Prime Minister of Hastinapura, was born into the Shudra community. However, he attained the status of a Brahmin due to his level of learning, wisdom and righteousness. Krishna too was brought up in a Vaishya family, though he was born a Kshatriya.

The Brahmin, Kshatriya and Vaishya classes were supposed to protect the Shudras.

## The Fall of Dharma during the Dvapara Yuga

The dharma took a steep fall during the Dvapara Yuga, mainly because of the wrongdoings of certain rulers, who ultimately brought defeat both to themselves and to the land that they ruled.



### Mahabharata - the Great Indian Epic - Book

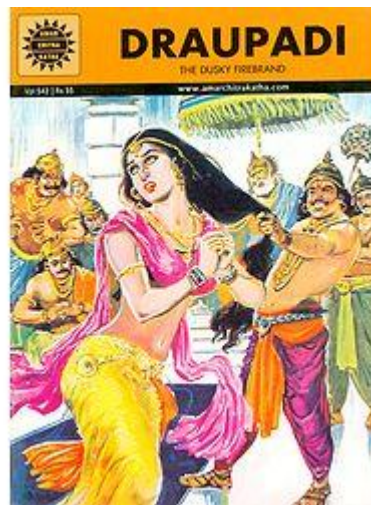
This yuga predominantly talks about the Mahabharata, featuring the tale of the Pandavas and the Kauravas. These warring factions, actually cousins, had a raging rivalry between them. The Pandavas, or the five sons of Pandu, were on

the side of the dharma. This was the reason that they also had Krishna on their side. The Kauravas; the 100 sons of Dhritarashtra and Gandhari; were always filled with discontent and jealousy for their cousins and looked for every opportunity to defeat or demean them.

Inviting the eldest Pandava, Yudhisthira, for a game of dice, Duryodhana, the eldest of the Kauravas, cheated the former of all his belongings and property; even going so far as gaining supremacy over his brothers and their wife, Draupadi.

Having had an eye on Draupadi and being resentful that he could not win her hand in marriage, Duryodhana proceeded to humiliate her in public, in the sabha (court) of elders present there. He asked his brother, Dushasana, to bring Draupadi to the court. Dushasana dragged her by her hair and presented her before the shocked sabha, draped in a single piece of fabric. Duryodhan next asked Dushasana to disrobe her.

In spite of Draupadi's pleas, all the elders present there did not come forward to help her. Even her five husbands remained rooted to their place, their heads held down in shame.



### Draupadi - The Dusky Firebrand - Book

Dushasana began to disrobe her slowly. Draupadi, realizing that only Krishna could help her out now, started calling out to her Sakha. Immediately, Krishna covered her with unending reams of fabric. Dushasana eventually got tired and fell to the ground. Thus, Krishna protected Draupadi's modesty. However, the deed had been done and a [woman](#) had been humiliated in a way unthinkable for any royal dynasty of that stature.

While this had already incensed the Pandavas, further instances of adharmic (unrighteous) behaviour by the Kauravas finally drove the former to think of war. Eventually, the great war of Kurukshetra broke out among the Pandavas and the Kauravas.

After days of fighting and many acts of injustice committed by both sides; mostly by the Kauravas; the Pandavas won the war.

All these acts of injustice further brought down the level of dharma, also setting the stage for a further steeper decline in the next yuga, the Kali Yuga.

## Kali Yuga

The Kali Yuga, literally the age of the apocalyptic demon, Kali, is the last of the four Yugas. Though the Kali Yuga is believed to last about 432,000 years, there is no record of the start of or the exact time duration of this Yuga. However, it is generally believed that the Kali Yuga commenced the day Krishna left his mortal coil and proceeded toward his actual abode, Vaikuntha.

According to Hindu philosophy, the Kali Yuga symbolizes the Dark Ages and marks a time when human civilization faces a steep downward spiral, due to an alarming decline in spirituality and dharma. Interestingly, the word "Kali" implies "strife, war or contention".

According to the Mahabharata, the following are some of the main attributes of Kali:

- Rulers will become aggressive and unreasonable, levying unjust taxes on their subjects.
- They will no more be inclined to protect their subjects - they will consider only their own well-being.
- People will flee migrate from their own land in order to find safety, security and a means of livelihood.
- Greed and avarice will reign supreme and violence will result from an open display of animosity between human beings.
- Qualities such as morality will disappear and no one will see anything wrong with destroying others at the slightest provocation.

- Promiscuity will be viewed as a socially acceptable form of behaviour and an increasing number of people will give in to the use of alcohol and drugs.
- While virtue will eventually fade out, sin will take over and flourish till the very end of this yuga.

At the end of the Kali Yuga, there will come a point when things just cannot get any worse. It is said that the Lord will incarnate at that time, in order to destroy all wrongdoers and restore balance on earth.

### At the Start of the Kali Yuga

Many experts believe that the Kali Yuga started on 18 February, 3102 BC. According to the Brahma Vaivarta Purana, the first ten thousand year period of this yuga would be special, as it would consist of a few bhakti yogis. This, the Purana believes, would happen only in this particular cycle of Maha Yugas.

Lord Krishna is believed to have told Mother [Ganga](#) about the Kali Yuga, just before it started. It is widely believed that this yuga commenced about 5000 years ago. By that figure, we would still have another 5000 years of this Golden Era within the Kali Yuga.

Krishna stated that some of his devotees would still be present on the earth at this time. After this time, all these devotees would depart and there would be only one varna - the class of the outcaste. Krishna also said that for these initial ten thousand years, deities and demigods would be worshipped and the Puranas would have some value yet.

### Towards the End of the Kali Yuga



## Krishna Resting on Leaf - Marble Dust Statue

At the end of the Kali Yuga, it is believed, Krishna will come down on earth, taking the form of an infant on a leaf. He will take this final incarnation in order to destroy all evil and recreate everything on earth, starting right at the very beginning.

Many Hindu scholars believe that we are in the final stages of the Kali Yuga and the inevitable Pralaya or apocalypse is very close. Many of these scholars agree with the Mayan perspective of the End of Days, which states the world will come to an end in December 2012.

### Personification of Kali

It is believed that Kali (not to be confused with the Hindu [goddess](#) Kali), the reigning lord of the Kali Yuga, is the greatest enemy of Lord Sri Kalki; the tenth and final avatara of Lord Sri Maha Vishnu. The Vishnu Purana states that Kali is a negative manifestation of Vishnu himself. Many times, [God](#) takes a negative form in order to cause destruction, only to begin the process of creation all over again. This too is believed to be one of his leelas (miracles).



## Kalki Purana - Book

The Kalki Purana too speaks of Kali as an antagonistic aspect of Vishnu. At the end of this yuga, the Purana states, Kalki would return to battle with the dark forces on earth. Eventually, all evil would be vanquished and banished from the face of the Earth and a new Satya Yuga would commence.

Staunch Hindus believe that one should constantly meditate on God and continue performing as many good deeds as possible, so as to mitigate the ill-effects of Kali on their lives and also attain Nirvana in this lifetime.

Lord Sri Kalki



Kalki Avatar - Photo Print

It is believed that Lord Vishnu would manifest on this Earth at the very end of the Kali Yuga. In his final coming, he would take the form of the Divine Warrior, Kalki. Kalki would arrive seated on a white steed, flashing a brilliant sword, "blazing like a comet". This last avatara of Vishnu would finally lead to the end of the world, only to restart another process of creation, also restoring spirituality and dharma on earth.

### Symbolic Significance of the Four Yugas

According to Hindu philosophy, Kaala or time is a manifestation of the Supreme Lord himself. This Brahman is indivisible, timeless and eternal. Hence, the Lord God contains the past, present and future within himself. However, once the Lord creates the physical world, time becomes divisible and starts moving cyclically, thus giving rise to the Kalachakra, or the Wheel of Time. God uses this concept of time in order to prevent chaos, as also to create the illusion of impermanence in Samsara - creating the cycle of life and death.

Both Prakruti (Nature) and Purusha (Self) are both eternal, but while the Self is static and unchangeable, Nature is dynamic and subject to change, growth and evolution. When the Self is exposed to Nature, it goes through all the changes that the latter is ordained to experience. The Purusha becomes free of these changes only when it realizes its own transcendental nature and dares to travel beyond its limitations.

The Kalachakra puts us through repeated cycles of joy and suffering, depending upon our individual levels of karma. Time in [Hinduism](#) is cyclical, and not linear, in nature. Hence, the entire process of creation is viewed as a cyclical movement of evolution and involution. This entire process comprises four different phases - the start, the middle and the end, after which there is a period of rest.

It is said that when one cycle of creation ends, God withdraws all of his energies into himself and rests for a period of time, when he is utterly inactive. After this period of rest, God resumes his activity and begins to recreate a whole new world, manifesting himself in an infinite number of new living beings and life forms.





## Keys to the Yugas or Cycles of the Ages: Subyugas in the Sri Yukteswar Yuga Cycle

- [Dr David Frawley](#)
- [June 13, 2017](#)
- 2:09 pm
- [No Comments](#)

<sup>2</sup>The following article is authored by David Frawley (Pandit Vamadeva Shastri) – Sri Yukteswar, the guru of Paramahansa Yogananda, in his book the *Holy Science (Kaivalya Darshana)* has provided an excellent model for understanding human history through the four Yugas of Hindu thought, which he has explained in a new way that brings much clarity into the system.

*The purpose of the present article is to suggest an additional enhancement to Yukteswar's Yuga theory, adding a set of 'subyugas' or minor yugas to add more detail to it.*

These additional subperiods can explain historical changes over centuries that the Yuga model of thousands of years can miss. *They also tell us why, though we are no longer in the Kali Yuga, that we are still in a difficult time that is likely to continue for some decades.*

First of all, let us take a quick overview of Sri Yuktewar's Yuga theory. Yukteswar proposes a four yuga cycle of 12,000 years with transitional periods called 'sandhis' coming in between. Each sandhi is 10% the length of the main period and occurs at both its beginning and end.

Kali Yuga of 1000 years has two sandhis of 100 years for a total of 1200 years. Dwapara Yuga of 2000 years has two sandhis of 200 years for a total of 2400 years. Treta Yuga of 3000 years has two sandhis of 300 years for a total of 3600 years. Satya Yuga of 4000 years has two

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<sup>2</sup> <https://www.vedanet.com/keys-to-the-yugas-or-cycles-of-the-ages-subyugas-in-the-sri-yukteswar-yuga-cycle/2017/>

sandhis of 400 years for a total of 4800 years. This makes for a total of 12,000 years for the cycle of the four yugas.

Yukteswar has the yuga cycles coming in pairs. One set of 'descending Yugas' from Satya to Treta, Dwapara and Kali is followed by another set of 'ascending Yugas' from Kali to Dwapara, Treta and Satya. According to him the midpoint of the descending and ascending yuga cycles occurred around 500 AD.

*In addition to this scheme of Yugas and Sandhis, I am proposing dividing up each Yuga itself into four sections or subyugas of Satya, Treta, Dwapara and Kali in the same relative proportions.*

We can divide up the 1000 year yuga of Kali into four yugas, 400 years of Satya Kali, 300 years of Treta Kali, 200 years of Dwapara Kali and 100 years of Kali Kali. We would divide up Dwapara Yuga of 2000 years into 800 years of Satya Dwapara, 600 years of Treta Dwapara, 400 years of Dwapara Dwapara and 200 years of Kali Dwapara. In this manner, we can bring more specificity into the kind of historical changes that we can expect during the long period of each Yuga.

Relative to 'descending yugas', I would begin them with the Satya period as they begin with a period in which there is the greatest light. Relative to the 'ascending yugas', I would end them with the Satya period in which there is the greatest light.

Below I have listed the regular Yugas and their sandhis (transitional periods) along with the proposed subyugas that occur within each Yuga. This provides the following scheme.

<b>Ascending Dwapara Yuga proper</b>	<b>1900 – 3900 AD</b>
Satya subyuga	3100 – 3900 AD
Treta subyuga	2500 – 3100 AD
Dwapara subyuga	2100 – 2500 AD
Kali subyuga	1900 – 2100 AD
Dwapara Yuga sandhi	1700 – 1900 AD
Kali Yuga sandhi	1600 – 1700 AD
<b>Ascending Kali Yuga proper</b>	<b>600 – 1600 AD</b>

Satya subyuga	1200 – 1600 AD
Treta subyuga	900 – 1200 AD
Dwapara subyuga	700 – 900 AD
Kali subyuga	600 – 700 AD
Ascending Kali Yuga sandhi	500 – 600 AD
Descending Kali Yuga sandhi	400 – 500 AD
<b>Descending Kali Yuga proper</b>	<b>600 BCE – 400 AD</b>
Kali subyuga	300 – 400 AD
Dwapara subyuga	100 – 300 AD
Treta subyuga	200 BCE – 100 AD
Satya subyuga	600 – 200 BCE
Kali Yuga sandhi	700 – 600 BCE
Dwapara Yuga sandhi	900 – 700 BCE
<b>Descending Dwapara Yuga proper</b>	<b>2900 – 900 BCE</b>
Kali subyuga	1100 – 900 BCE
Dwapara subyuga	1500 – 1100 BCE
Treta subyuga	2100 – 1500 AD
Satya subyuga	2900 – 2100 BCE
Dwapara Yuga sandhi	3100 – 2900 BCE
Treta Yuga sandhi	3400 – 3100 BCE
<b>Descending Treta Yuga proper</b>	<b>6400 – 3400 BCE</b>
Kali subyuga	3700 – 3400 BCE
Dwapara subyuga	4300 – 3700 BCE
Treta subyuga	5200 – 4300 AD
Satya subyuga	6400 – 5200 BCE
Treta Yuga sandhi	6700 – 6400 BCE
Satya Yuga sandhi	7100 – 6700 BCE

Descending Satya Yuga proper	11,100 – 7100 BCE
Kali subyuga	7500 – 7100 BCE
Dwapara subyuga	8300 – 7500 BCE
Treta subyuga	9500 – 8300 BCE
Satya subyuga	11,100 – 9500 BCE

I believe that this addition of the subyugas explains a lot historically.

For example, the Satya Subyuga of the Descending Kali Yuga from 600 – 200 BCE was the main period of religious and philosophical development in the ancient world, particularly through the the Indians, the Chinese and the Greeks, when Vedantic, Buddhist, Taoist and Greek philosophies were at there highest. This would agree with it being the Satya or spiritual portion of the descending Kali Yuga.

The Satya subyuga of the Ascending Kali Yuga from 1200 – 1600 AD marked the High Middle Ages, the Renaissance and Reformation in which there was also a development of knowledge in Europe. This would agree with it being the Satya or spiritual portion of the ascending Kali Yuga.

The Descending Dwapara Yuga and its Satya subyuga (2900 – 2100 BCE), Treta subyuga (2100-1500 BCE) and Dwapara subyuga (1500 – 1100 BCE) correspond fairly well with the Old, Middle and New Kingdoms of ancient Egypt. These are the usual periods given by scholars for their main flourishing. After 1100 BCE, the civilization of ancient Egypt declined severely.

*In this regard, it is important to note that the current Kali subyuga of the Dwapara Yuga that runs from 1900 – 2100 AD explains our continued global problems even though Dwapara proper has already begun. These problems will probably not be resolved until 2100 AD when the Kali subyuga ends and the Dwapara subyuga of Dwapara Yuga begins.*

Presently we stand only slightly more than half way through the Kali subyuga of Dwapara Yuga. The question is whether the second half will be as destructive as the first half.

*So the good news that Sri Yukteswar taught, that we are in Dwapara Yuga, needs to be tempered with the fact that we are also in its Kali subyuga. This means that some of the negative influence of the previous Kali Yuga will remain. These are reflected in our current ecological crisis and in the problem of religious fundamentalism and terrorism.*

We must also recognize that Dwapara Yuga itself is not a spiritual age like Satya Yuga. It is an age of subtle materialism that brings some development over the gross materialism of Kali Yuga. But the powers that Dwapara develops from electricity to nuclear and the mass media create their challenges as well, along with their more dangerous weapons and possibility of a greater civilizational collapse. The beginning of Dwapara Yuga can result in wars and disasters greater than Kali Yuga because the energies and weapons are stronger!

We should additionally note that the cycle of the yugas does not proceed in a uniform way but through a series of transformations, which can have a destructive side. Often the forces of darkness increase or amass before they are eliminated or cast out. So struggles between the powers of light and the powers of darkness can heighten even in an era of generally increasing light, such as we see today.

The twenty-first century therefore is an important transitional period. As Dwapara Yuga moves forward, the shadow of Kali Yuga lingers on along with the immaturity of the new Yuga. *As we are half way through this Kali subyuga that began around 1900, we can expect the next hundred years to present similar challenges to the planet as the twentieth century, though with greater technological capacities and dangers.*

### Another Level of Subsubyugas

We can add a third level to the Yugas or 'sub-subyugas'. For the

current		subyuga		these		would		be.
1900	–	1920		Dwapara		Kali		Kali
1920	–	1960		Dwapara		Kali		Dwapara
1960	–	2020		Dwapara		Kali		Treta
2020 – 2100 Dwapara Kali Satya								

In this scheme, we see that the Kali Kali subsubyuga of Dwapara Yuga was marked by the First World War. The Dwapara Kali subsubyuga was marked by the Second World War. The Treta subsubyuga has not yet been marked by another world war but has had the Cold War and now the global war on terrorism.

We are not beyond further World Wars or global calamities. The centralization of the global politics, media and economy as Dwapara Yuga is developing, may make our society more vulnerable to attack and collapse. 2020 will mark a change from Dwapara Kali Treta, in which we are now in, to Dwapara Kali Satya. One should expect more positive developments after that time, though one can still not rule out some major restructuring of human civilization and a good deal of suffering along the way.

In conclusion, I would urge any who follow Yuktewar's yuga theory to look into the additional possible influence of these subyugas.

**Our current global difficulties are not a sign that we remain in Kali Yuga but that we are in the Kali aspect of Dwapara Yuga. During this dangerous period we have the new energy of Dwapara Yuga but have not yet learned the wisdom to use it properly. This period will last throughout the coming century! So major shifts are yet to come.**

## Sri Yukteswar Reasoning Behind The Cycles of Time

Posted on [July 19, 2018](#)

<sup>3</sup>In much of India, the tradition has been that the world is still in Kali Yuga and we have 300,000 more years of experiencing Kali Yuga before we evolve to Dwapara Yuga. However, in 1894, Yogananda's guru, Swami Sri Yukteswar, wrote the groundbreaking book, *The Holy Science*. In this book Sri Yukteswar addresses the discrepancy between his 24,000 year yuga cycle knowledge and the traditional Indian cycle belief.

Sri Yukteswar points out that thousands of years ago, toward the end of descending Dwapara Yuga, (roughly 900 to 700 B.C.) errors had crept into the Indian almanacs that were used to calculate the length of the yugas. Compounding this problem was the darkening effect of the descending yuga which led unenlightened people to adjust the calculations, which resulted in the far longer cycle of current India tradition.

According to Joseph Selbie, co-author with David Steinmetz of *The Yugas, Keys to Understanding Our Hidden Past, Emerging Present and Enlightened Future*, "While it is quite possible that there is in fact a longer yuga cycle of which the 24,000 year cycle is a sub-cycle, it is unlikely that the current traditional cycle, which was derived erroneously, accurately describes that longer cycle."

Sri Yukteswar's introduction to *The Holy Science* includes his explanation of the Yuga Cycle – revolutionary because of his premise that the earth is now in the age of Dwapara Yuga, not the Kali Yuga that most Indian pundits believe to be the current age. His theory is based on the idea that the sun "takes some star for its dual and revolves round it in about 24,000 years of our earth – a celestial phenomenon which causes the backward movement of the equinoctial points around the zodiac." The common explanation for this celestial phenomenon is precession, the 'wobbling' rotating movement of the earth axis.

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<sup>3</sup> <https://anandacollege.org/sri-yukteswar-reasoning-behind-the-cycles-of-time/>

# The Yuga Cycles & Yogic Astronomy.

## What are the Four Yugas?



By The Human Origin Project



The Yuga Cycles is an ancient Indian time keeping method that records cycles of time into the trillions of years.

<sup>4</sup>The ancient Indian Civilization recorded some of the most masterful astronomy ever conceived. Known as the **Yuga Cycles**, it is a long-form [calendar system](#) that spans trillions of years.

The **Yuga cycles** mirror the [Greek Great Year](#) described by Plato. Today astronomers understand this period known as the [precession of the equinoxes](#). Precession is a 25 920 year cycle that measures the slow rotation of the background stars relative to rising sun on the [vernal equinox](#). Originally described in the Vedas, the oldest known written texts on planet earth, the **Yuga cycles** describe this slow rotation of the [zodiac constellations](#). Each period describe ascending and descending periods of life on earth.

Today it's most widely believed that we are in the Kali Yuga, but some [Hindu](#) scholars discuss whether this is true or not.

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<sup>4</sup> <https://humanoriginproject.com/the-yuga-cycles-yogic-astronomy-what-are-the-four-yugas/>



In this article we'll get to know the foundations of the **Yuga Cycles**.

The Yugas and Long-Count Calendar

To understand the **Yuga cycles**, we must see that them as a measure of time.

Yogic astronomy divides the [orbit of the Earth](#) around the Sun into 27 segments, called *nakshatras*.

- Each nakshatra is further divided into four equal sectors called *padas* or steps. Multiply 4 by 27 and it equals 108.
- These 108 units mark the 108 steps that the [Earth takes through space](#).
- Each nakshatra equals one half of the moon cycle around the Earth. The cycles within the human body respond and correspond to that.

The nakshatras describe in detail the motion of the earth, sun and moon.

The **Yuga cycles** are a way to divide the motion of the [earth](#), sun, and other astronomical figures.

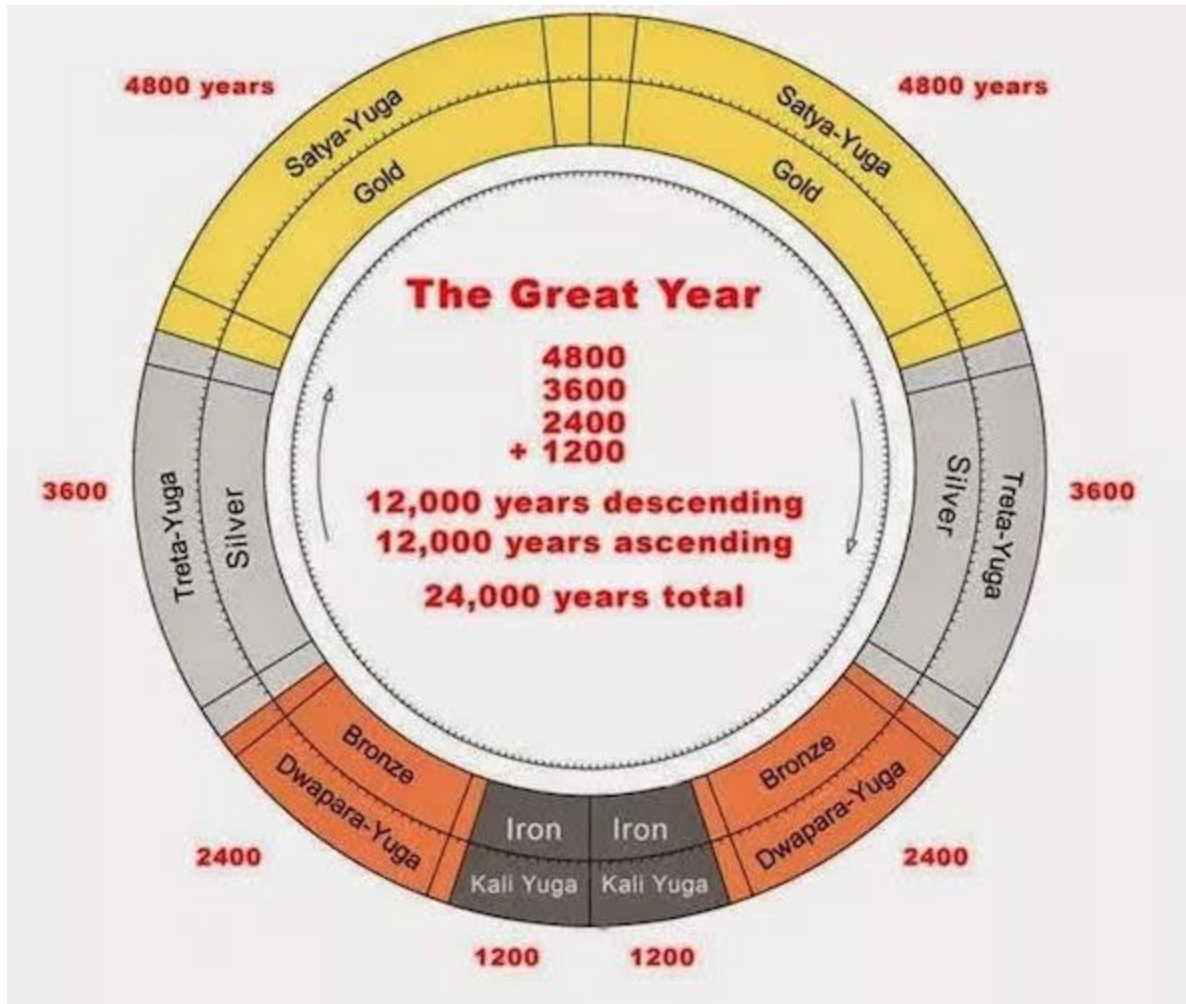
It's based on the notion that the sun has a third motion as it revolves around its partner star somewhere in the cosmos.

Today [binary star systems](#) are known to be far more common than single [star systems](#).

What are the 4 Yuga Cycles?

The Yugas are a cycle that spans over a period of roughly 25,920 years and is associated with the precession of the [equinoxes](#), or the 'Great Year'.

It is broken up into four eras known as "Yugas". They each correspond to a period in relation to humanity's level of perception of the non-material or spiritual universe.



**Image:** The Yuga Cycles are broken into Satya, Treta, Dwapara, and Kali Yugas.

Each of the four Yugas is assigned to specific amounts of time throughout the cycle. These are generally have the ratio of 4:3:2:1, with the smallest denomination of this ratio roughly 1296 years.

Today the lengths of each period is disputed, above is the most widely accepted version. However, we will explore the different interpretations in future articles.

As the entire cycle is roughly 25,920 years long, the Kali Yuga, or Iron Age, lasts for 2,592 years. The Satya Yuga or Golden Age has a longer length of 10,368 years.

When estimating these times we must take into account the elliptical orbit the sun makes with its supposed [binary twin](#).

As it approaches its twin and encounters a greater gravitational pull, the sun behaves similar to a car approaching a sharp corner on a road.

Its velocity decreases as it makes a close orbit around its twin, before it is slingshot back out into space once more.

As it approaches, there would be such a gravitational pull on our sun that we would stay in that area of the universe for longer than we would be away from it.

Our sun would be drawn with such gravity towards its twin before being slung back out into space once more.

What are the 4 ‘Yugas’?

1. **Satya Yuga**
2. **Treta Yuga**
3. **Dwapara Yuga**
4. **Kali Yuga**

#### **1) Satya Yuga or the Golden Age**

The Golden Age marks the time of humanity’s purest era, where truth and love is valued over all else and balance reigns on the planet. It is believed that spiritual senses are at their peak too, with mankind’s ability to perceive the non-material at an all time high.

As humanity is currently in the depths of the Kali Yuga, we are the lowest point of the descending cycle, about to begin the long journey back up. It won’t be for roughly another 12,000 years, or half-cycle, that we will return to the top of the Satya Yuga or Golden Age.

#### **2) Treta Yuga or the Silver Age**

As we enter the third quarter of the Yuga cycle, humanity is thought to be able to comprehend the subtle energies at play throughout the universe. Things that seem unimaginable in modern times start to become perceived.

These include sensing natural electromagnetics and other subtle energies like electricity in the air, as well as refined awareness of seemingly paranormal phenomenon like synesthesia and telepathy.

#### **3) Dwapara Yuga or Bronze Age**

The second quarter of the cycle is linked to mental virtue. It is believed that, during this period, we will begin to comprehend spiritual ideas and begin adopting them worldwide.

#### **4) Kali Yuga**

The Kali Yuga is the fourth and present age of the world cycle of Yugas, or “ages.” It’s also the end of the four ages that comprise a cycle and is often

referred to as the dark age. In [Hindu belief](#), the Kali Yuga leads to destruction of the world and then the creation of a new cycle of the four yugas.

It is filled with war and conflict. Spiritually, civilization degenerates throughout the yuga, as people drift farther and farther from the Divine. At the end of the Kali Yuga, Hindus believe that Lord Shiva will come in the form of Lord Kalki to punish and cleanse the world, which will have devolved to the point of being incapable of enlightenment. The resulting transformation and re-creation of the universe is the start of a new cycle of yugas.

Which Yuga are we currently in?

In his 1894 book *The Holy Science*, Yukteswar Giri explains the link between the Yuga cycles and human behavior. Kali Yuga, or the Iron Age, is where we currently reside.

Being the first quarter, it is the lowest point in the cycle, and we are only just beginning the ascending stage. It is at this time that humanity can barely perceive anything outside gross materialism. In other words, it can't get much worse than this!

The number of years the Yuga Cycle and Great Year takes to complete varies quite dramatically depending on which source you consult, but the most common number of 25,920 years has been adopted not only by modern researchers, but also by much of the ancient world.

This number was so important in fact, that many ancient cultures understood this phenomenon and based their systems of measurement on factors of the length of the Great Year, and included these precessional numbers in many [ancient structures](#) found all over the world.

From sites like [Angkor Wat in Cambodia](#), all the way to the great [Pyramid of Giza in Egypt](#), multiples of these numbers in some form appear again and again, highlighting the importance they held over [civilizations](#) from a bygone era.

Although it may appear to be an ancient idea, we still incorporate these numbers into modern day life. 60 second minutes, 60-minute hours, as well as 24-hour days, are all factors of the widely accepted Yuga Cycle length of 25,920.

While they are the same length, the Yuga Cycle is slightly different to the [precession of the equinoxes](#) or great year in that it measures eras of time in relation to humanity's perception of the universe. As the cycle flows, there are

ascending and descending periods of time that are thought to tie to [mankind's spiritual awareness](#).

Throughout the cycle, it is understood that the human race goes through times of greater connection with the spiritual world, as well as periods of time based on materialism and non-spirituality. As a result of this, there are certain stages of the Yuga Cycle that are thought to have physical effects on [planet earth](#).

It is written by many ancient sources that this phenomenon is not something of science fiction, but the astronomical cycle of sun's grand wider with its [binary twin](#).

How Does the Yuga Cycle Work?

Imagine the heavens as a grand clock with certain constellations relating to numbers on that clock's face. Throughout the Yuga Cycle, these constellations move throughout the sky, and depending on where they appear, they help us calculate the current point within the cycle.

The constellations are each represented by a sign of the [zodiac](#), and depending on which sign is visible on sunrise on the [autumnal equinox](#) determines where we sit within the Great Year. As there are 12 signs of the zodiac, so too are there 12 months of the Great Year.

Because the cycle itself is so long, the slow movements of stars are barely perceptible to us. In fact, it takes roughly a human lifetime—72 years—for a star to move just one degree through the sky. Remember, it isn't until a full 360 degrees has been completed that a Great Year or Yuga Cycle restarts.

To get an idea of perspective, you can try to measure this yourself. Next time there is a full moon and you are able to see it on a clear night, imagine it as being half a degree of the entire Yuga Cycle. Double its diameter and you are envisioning a full degree of the Cycle.

To understand this slow motion of the heavens would have required extreme patience and information acquired over thousands and thousands of years.

What Causes the Yuga Cycles?

As planet Earth moves throughout the cosmos, the Yuga Cycle continually ticks like a master clock. But what causes this slow spin?

While the background of stars is constantly moving as time goes by, there is one star that appears not to move at all; [Sirius](#). What is interesting about the [Sirius star](#) is the fact that it appears to be the sibling star to our sun.

That is, it seems logical that our sun is in a binary relationship with it, causing it to appear still against a moving background of stars.

This idea might seem strange for us, but it was completely accepted by many ancient cultures from around the world. It has long been discussed by ancient cultures that the sun is not a lone ranger in the cosmos, but instead paired with a [binary partner](#). This is most apparent in Hindu cosmology, with many references to this idea.

### Conclusion

It is still a mystery as to how the Ancients came to understand the Yuga Cycles. For such a long period of time, a comprehensive picture would have needed insanely long observations passed down over many generations.

Just the sheer amount of time the **Yuga Cycles** span is hard to comprehend. For the entire cycle to be observed by a culture, it would require 360 lots of 72 years. If we say 72 years is more or less the lifespan of just one individual, that is a whole lot of lifetimes to spend observing the skies.

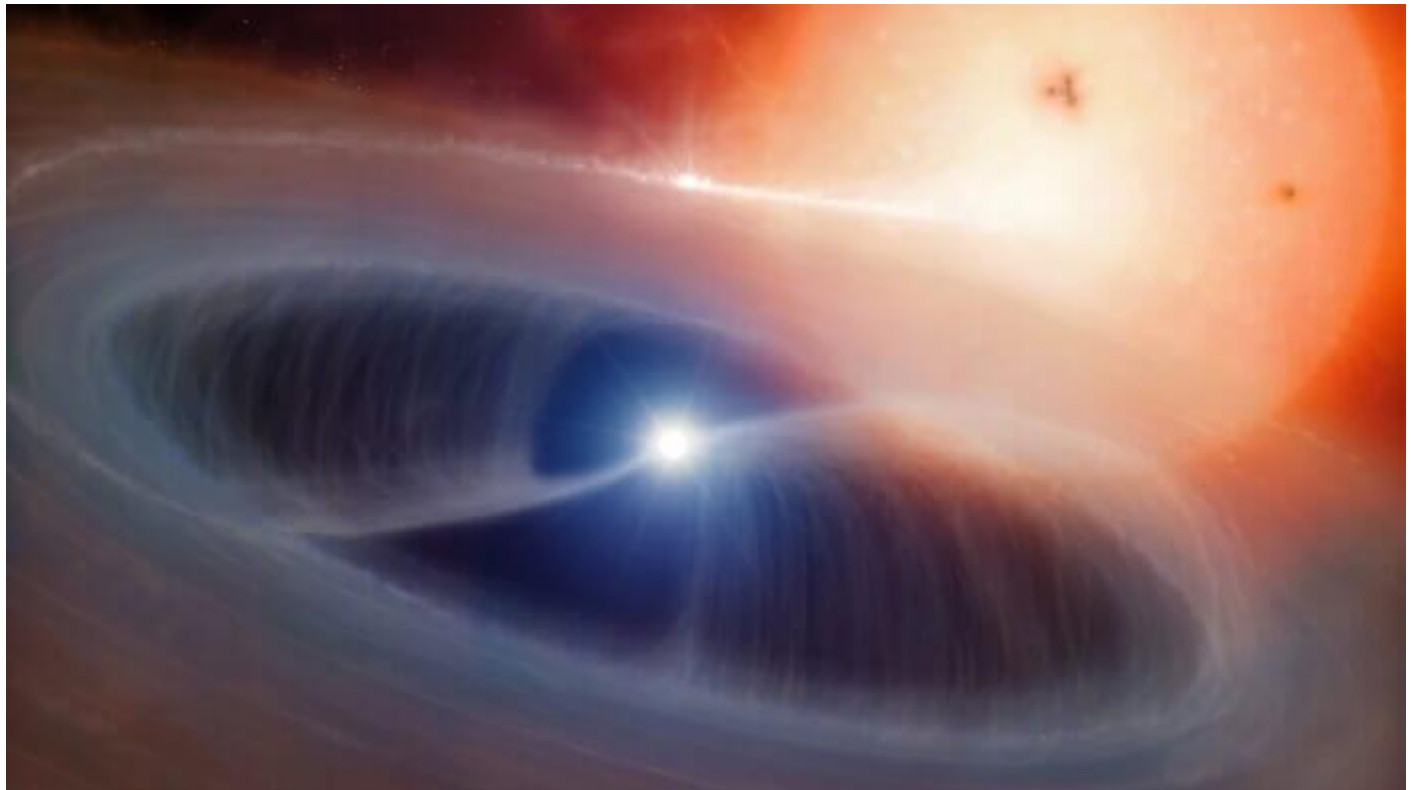
How do you think the ancients came to understand the **Yuga cycles**?



# The Science of Sirius Mythology & Our Two Sun Solar System



By The Human Origin Project



<sup>5</sup>If you had a long lost brother or sister, would you try and find them? Of course they are a part of you.

The idea that earth has two suns seems outlandish at first. If you look at the sky, one sun rises during the day.

Why would anyone ever think that our solar system has two suns?

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<sup>5</sup> <https://humanoriginproject.com/sirius-mythology-two-sun-solar-system/>

To begin, we know very little about how our own sun, or star, came to be. Current models suggest that the solar system formed in a nebular and gas cloud are just guesses.

Today, new research into star formation and dynamic galaxy systems are telling a new story. They reveal the likelihood of our sun being a binary star (having a twin or sibling).

Do we really have two suns?

It's a very big question. The [binary-star hypothesis](#) is building momentum. So, what is the binary star partner of our sun? Everything we know about our sun relates to our calendar. It measures the earth's orbit and other bodies in the solar system.

Calendars have their roots, all over the planet in ancient astronomy. Do these ancient societies understand the binary twin?

Sirius mythology was the focus of ancient folklore all around the world.

When we combine a modern and ancient view of the calendar system the evidence for a Sun-Sirius star partner becomes very apparent.

Could the Sirius star, not only be the brightest star in the sky but our second sun? Would it prove Sirius mythology to be real?

It's a mystery, that if solved, would be a critical piece of the human origin story.

Do binary stars exist?

Astronomy moved from an earth-centered universe to a solar system model very slowly. In 1532 Copernicus wrote his sun planet model, which he was too scared to publish. In 1632 Galileo was brave enough to do so. He was



persecuted by the church for his efforts. It then took two hundred years until 1835 for the solar system to be finally published again.

Since the 20<sup>th</sup> century, astronomers are moving towards a similar leap in human thought. It is a known fact that most stars exist in binary systems. Today astronomy is in the pursuit of the sibling of our own sun. It could be the biggest advancement of human thought, since the discovery of the solar system.

Our reality is that the sun is a tiny star in a sea of potential brothers and sisters. The dynamic universe theory explains our solar system is in a spinning spiral galaxy. Within this swirling corkscrew, stars have orbital siblings or binaries. They come from star nurseries that birth multiple star partners.

Research confirms binary star systems are more normal than single systems. Nasa states that 90% of stars begin with a binary partner.

It also *confirms* that our solar system was once a binary system. We have stopped short of saying what that partner is.

Let's now explore Sirius mythology alongside modern astronomy.

#### The Gregorian Calendar and Leap Year Paradox

We take it for granted the idea that the earth rotates the sun. It's the most influential force for life on earth. From day-night cycles to seasonal change, in modern society, it's easy to forget your deep connection to the sun.

Have you stopped to think about how your calendar tracks the movements of the solar system? The earth rotates on its axis for day and night. It also orbits around the sun for the year.

The Gregorian calendar is the most widely used system today. It states the date as Month, Day, and Year.

Years are split into twelve months. It's designed to measure the movement of the earth around the sun. Time is divided into day or the rotation of the earth on its axis. Months, or the lunar cycle. And years, the rotation of the earth around the sun.

The *problem* is that it doesn't quite work. [Gregorian calendar years](#) are an estimation. It uses leap years, as fudging method to stop the drift between solar and lunar years (there are actually 12.37 lunar months to a solar year). That means without leap years, the calendar falls out of sync with the day and month cycles. Even with leap years, our calendar loses a day over the space of 3200 years.

That may not seem like a lot. However, today [research](#) has recorded the Gregorian Calendar results in seasonal drift. It's proof the system does not work properly.

The Gregorian calendar nearly works. Is the reason that it is out of sync due to a missing factor? Is the missing piece really that our solar system revolves around another star. Otherwise known as a binary partner for the sun. That orbit would influence the orbit of planets within our own solar system. Exactly what calendars are supposed to measure.

A binary star or two sun system could fix the Gregorian calendar. As it turns out, ancient calendar systems are more accurate.

The dog star, Greek Calendar and Sirius mythology

The Gregorian Calendar system was introduced by Pope Gregory XIII in October 1582. Roman dating systems were being adjusted on previous attempts to line the solar and lunar years. The Gregorian calendar was designed to improve the Julian calendar that was losing one day every 128 years! That's very inaccurate.

If we explore ancient calendars, we find different methods of measuring the solar year. The Greeks used the Hellenic calendar. There was actually no one set Hellenic Calendar used across Classical Greece.

The calendars were different, but most used Sirius to calibrate the beginning of the year. That's the cycle that measures the rise of Sirius, also known as the Dog Star, known to the Greeks as Sothis. The cycle takes roughly 1460 days, depending on what calendar system you use. It's why Sirius mythology was built into Greek philosophy.

The Greek calendar didn't start the year from an arbitrary date like ours. Instead, they would observe the rise of Sirius on the dawn of the longest day of the year. Known as the summer solstice, Sirius would appear just after the moment of sunrise. This is named the **heliacal rising of Sirius**. The Greek system began when this moment was observed. The moment when Sirius rose like a second sun in the sky.

It may explain why there was no need for leap years. The Greeks used the rise of our second sun, or binary star partner Sirius, to calibrate the solar and lunar calendars.

Egyptian astronomy, Sirius mythology, and ancient calendars.

The Greeks weren't the first or only culture to use Sirius to begin the calendar year. The Egyptian calendar was also based on Sirius. In fact, the Greeks in all likely-hood acquired the method from Egypt.

In [ancient Egypt](#), New Year's Day was signaled by the annual heliacal rising of the star Sirius. In Egyptian, it's known as Sothic. For a long time, it was thought this longer cycle was calibrated to the rise and fall of the river Nile. However, the tidal flooding of the Nile is highly unpredictable.

Sirius in Egypt could be observed on the eastern horizon just before dawn on the summer solstice. The timing of its rise would determine whether an extra month with a few days would be employed that year. The rise of Sirius determined the calendar year.

This method allowed for incredibly accurate date-keeping. The various lunar calendars governed by a 365-day civil calendar moved forward through the season without ever being corrected throughout the entire Egyptian history. Unlike the Gregorian calendar, the seasons stayed alongside the important first day of the first month of the solar year.

Across the globe, ancient cultures would use this system. In [ancient Mesopotamia](#), to the Dogon tribe in Mali, to the Hindu Yuga traditions across India, to the [ancient Mayans in Mexico](#), New Zealand, and China, Sirius would set the beginning of the year. They all had Sirius mythology outlining its importance.

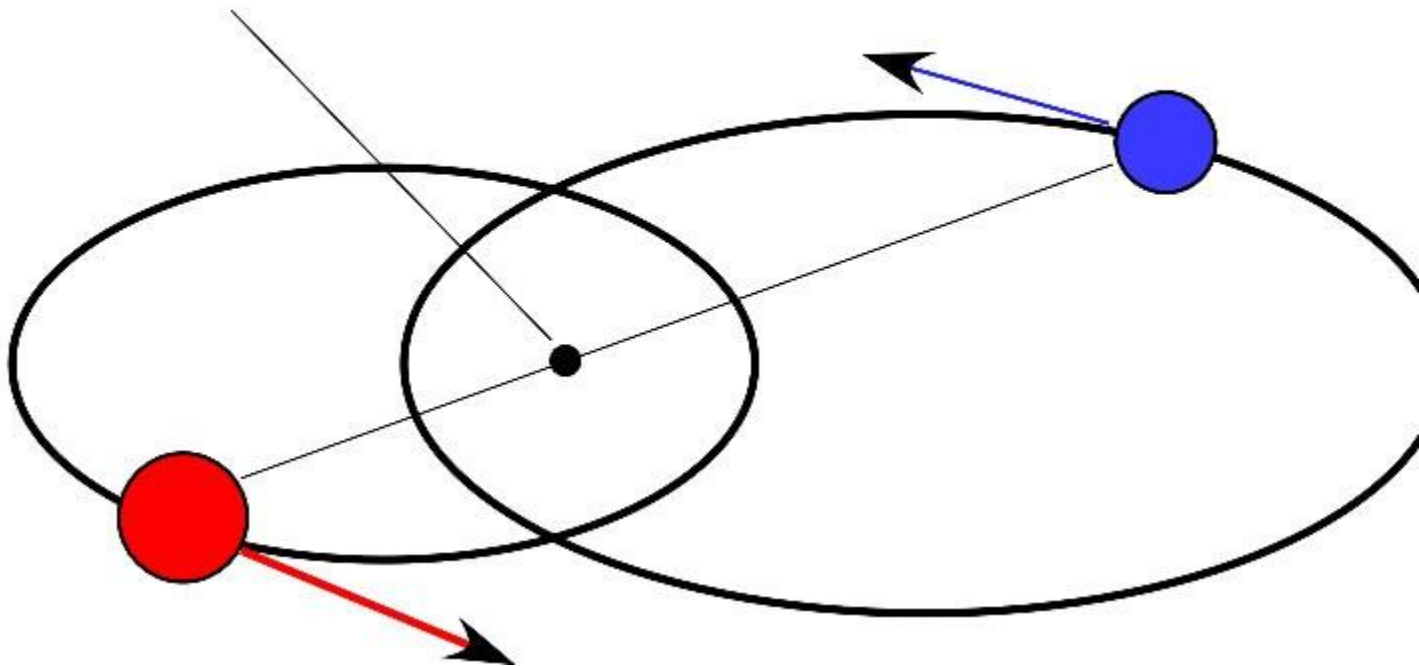
By the time the Roman calendar was employed it lost the calibration point. Without setting the year to the rise of Sirius, the imperfect leap year method was needed to stop drifting of the seasons.

Ancient calendar systems could be evidence that our solar system is rotating around its binary partner Sirius.

What is a binary star?

Here's how a binary star system works. Two stars rotate around a center of mass, known as the barycentre.

## Center of mass



Binary stars orbit around a center of mass known as the barycentre.

If the two objects have equal mass, the size of orbits will be equal. If the two have different masses, the lighter star follows a larger path around the barycentre.

Binary stars systems can exist in double, triple, and quadruple partners. Which may even be possible for our sun.

The types of binary partners for our sun includes:

- **Another star**
- **A brown dwarf**
- **A black hole**

Actually detecting the partner isn't as easy as it sounds.

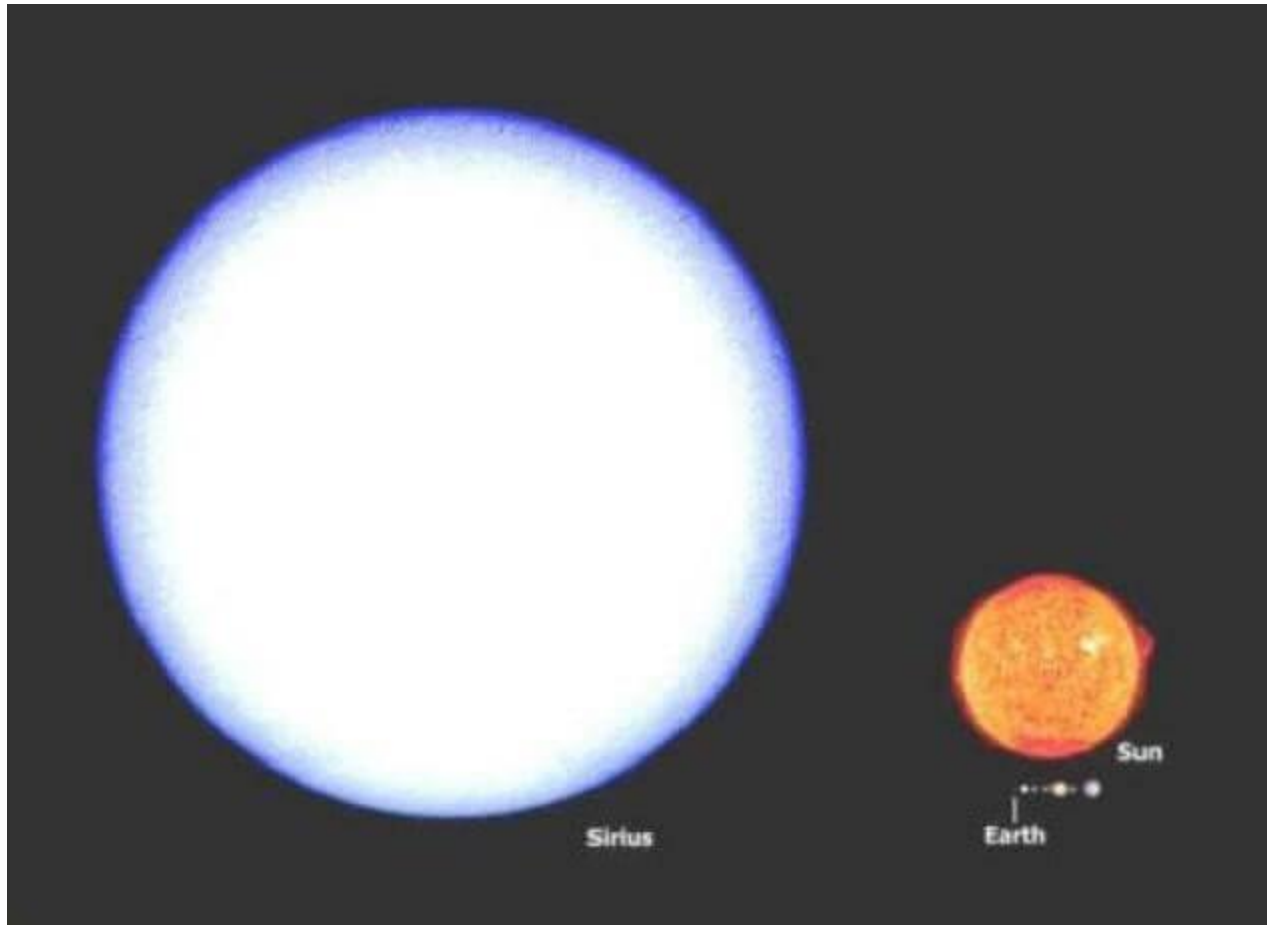
The star sibling could be a difficult to detect brown dwarf. Or it could be another invisible object. Astronomers are only just detecting low magnitude, distant objects.

NASA has been on the lookout for binary stars. In 2011 the [Wide-field Infrared Survey Explorer](#) (WISE) completed its 1.25-year mission. It discovered a number of brown dwarfs within 20 light-years. However, none of these were located near the solar system making them unlikely binary partners. The largest non-planet, non-moon object in *our solar system* was found recently. Sedna, and the year before this, KX76 a body larger than Pluto's moon was found. It was discovered after using virtual observatory techniques to comb through 18 years of data in 1-1/2 months.

One possible distance of our second sun (under Newtonian dynamics) is 20 to 30 times farther than Pluto.

Had ancient cultures identified the partner already in the dog-star Sirius?

How does a two sun solar system work?



Sirius A compared to our own sun and earth.

A sun Sirius binary system would mean our sun is the smaller sibling. At 8.6 light years away, Sirius is 71 percent larger than the sun. Sirius isn't a single star but a dual binary (and likely triple star) system.

That means Sirius provides *at least* two larger siblings. The visible blue giant we see in the sky is called Sirius A. It has an almost invisible partner known as the white dwarf Sirius B. A white dwarf star has reached a part of its life-cycle and collapsed to a very dense form.

So dense, Sirius B is **92 000** times the density of our own sun.

Both mass and density differences affect a potential binary system. In a dual orbit, our tiny sun would take an extremely wide orbit around **Sirius A and Sirius B.**

So wide, we may not have developed the technology to detect Sirius as our binary yet.

In our solar system, the planets orbit the sun. In the binary star system, the whole solar system orbits Sirius A and Sirius B.

If this is the case, there may be ways to detect Sirius as our second sun.

The precession of the equinoxes and the motion of the solar system

One line of evidence for a binary-star system is the cause of the [precession of the equinox](#). Precession is the very slow movement of the background stars in the sky. It's like a huge celestial clock that moves over a time period of roughly 24 000 years.

The constellation that the [sun rises into on the spring equinox](#) acts as the arm of the clock pointing at the hour. Today, the sun rises very close between Pisces and Aquarius. The slow shift of these constellations is the precession of the equinoxes. What causes precession is still thought to be the Lunisolar theory. It's the wobble of the earth due to the gravity of the moon and sun.

The dynamic universe model has revealed serious problems with the wobble or Lunisolar theory. Newtonian equations that use the Lunisolar theory to calculate the rate of precession don't work. They set the movement of the sun at zero (motionless). However, it's now well known that our solar system is moving.

Precession of the equinox is far better explained as a movement of our entire solar system against the background stars. The binary-star system helps fix the Lunisolar theory. It includes the speed of movement of the sun, with the motion of the whole solar system that follows.

If precession is the movement of the entire solar system, the question remains. What are we orbiting around?

Can we now link this orbit to the binary partner Sirius?



## Sirius, the Flooding of the Nile and Precession Paradox

Precession is the measure of the sunrise against the background of star constellations on the spring equinox. The constellations move like a 12-handed clock across the sky.

If Sirius is the sun's binary partner, like the sun, it should have no motion against the star background. In other words, Sirius should not precess, as the rest of the star background do.

For evidence, we can look at the history of Sirius in the sky. In Egypt, the rise of Sirius on the horizon marked the beginning calendar. For agricultural importance alone, it signals the flooding of the Nile that happens soon after.

This method defies observations of precession of stars. Why would Sirius remain in this one spot? Sirius should precess along with the other constellations. That's if it's not in a binary orbit with our sun. In which case it would stay steady and rise in the same place.

If Sirius precesses would not be an inaccurate measurement for the flooding of the Nile. Today, the flooding occurs after the June rainy season in Ethiopia. It's where the Blue Nile rises. Sirius' heliacal rising remains a central marker of the year throughout Egyptian history.

So despite precession of the equinoxes, Sirius, and the solstice remained locked at the same distance from one another during most of Egyptian history.

The Egyptian calendar could be evidence that Sirius is steady in the sky. As a binary partner would be.

Today we can calculate the movement of Sirius compared to the precession of the equinox.



## Measuring the precession of Sirius– The Sirius Research Group

The Sirius Research group has studied whether Sirius does indeed move with the sun. Since 1988 they have recorded the position of Sirius for approximately 20 years. To date, they have recorded NO movement in its location relative to the precession of other constellations.

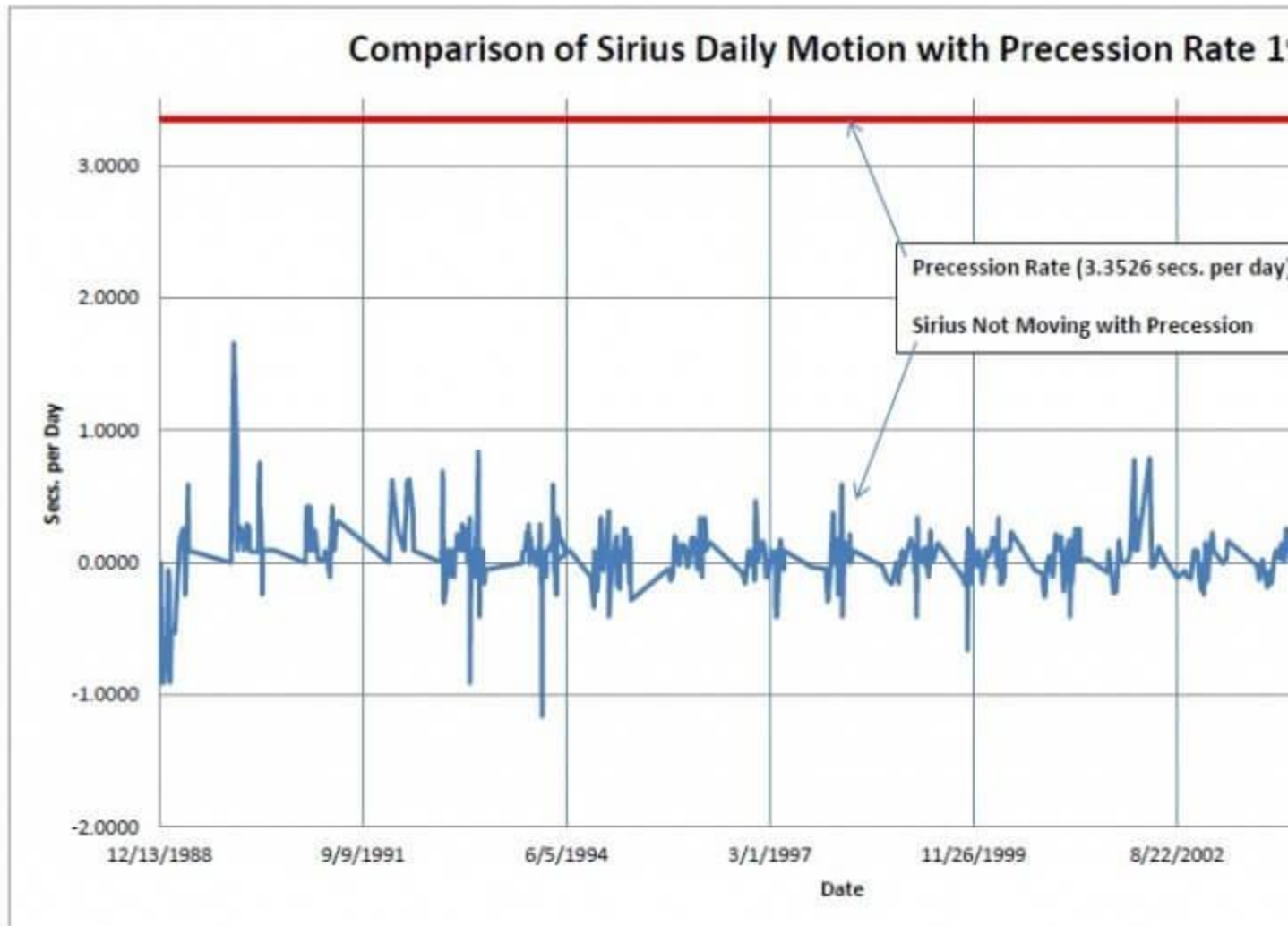
Every year, on July 4, the sunrise at 30 degrees' latitude (the Giza Plateau or Memphis) the rise of Sirius can be seen.

Throughout history, many accounts have observed Sirius, and the sun locked together.

The research looks at the movement of Sirius relative to the position of the sun, compared to background stars. Sirius is displaced in the same direction, almost exactly.

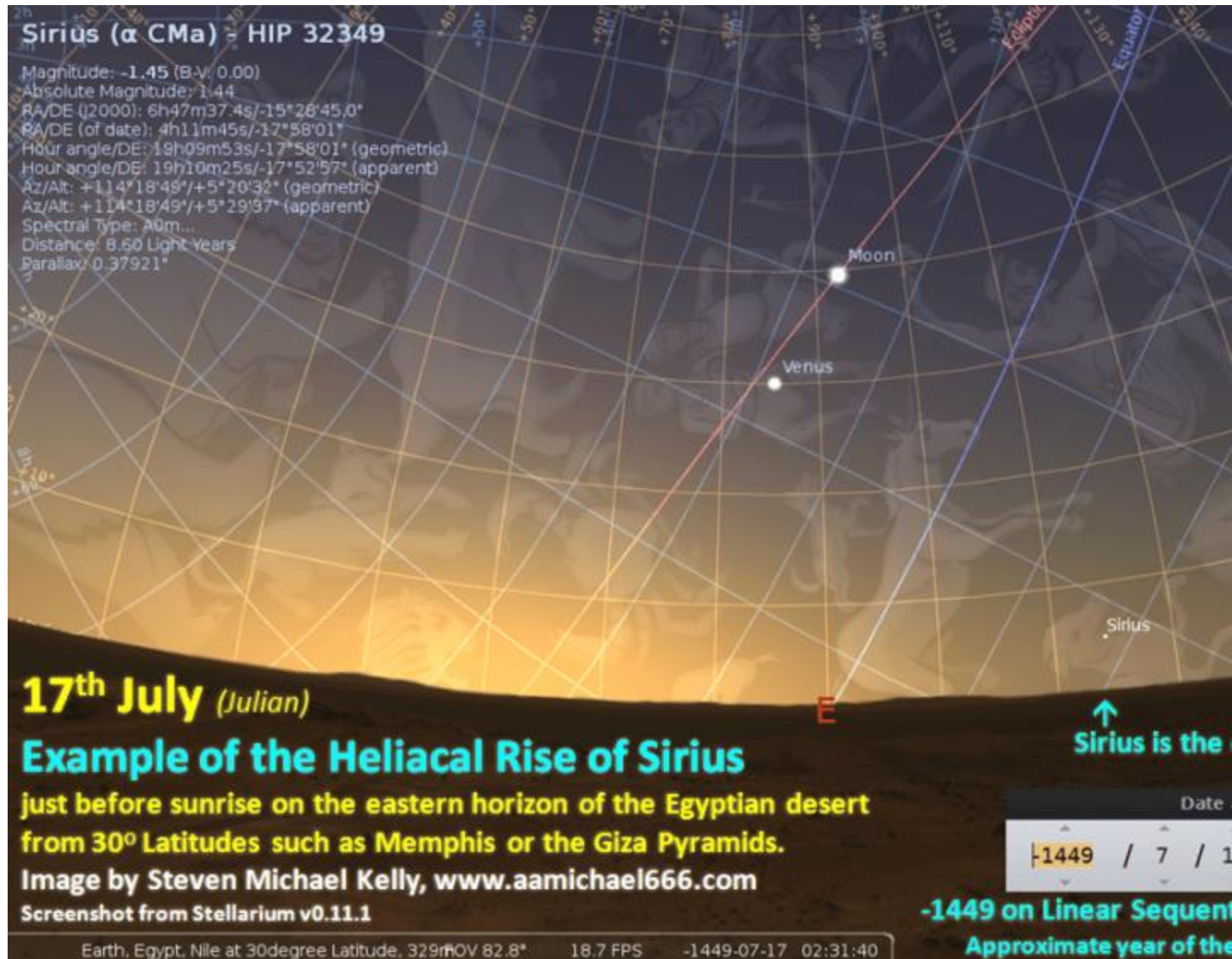
The following graph displays actual measured daily transit readings of Sirius (blue line). It compares this to readings of the precession rate (red line). That's the rest of the stars in the sky.

The data is clear evidence that demonstrates that *Sirius does not precess*.



Transit of Sirius compared to the precession of other stars in the sky. [Source](#)

Is Sirius our Solar System's second sun?



The heliacal rise of Sirius just before sunrise on the eastern horizon of the Egyptian Desert. [Source](#)

Proving that our sun is a binary sibling to Sirius could be one of the biggest finds of the 21<sup>st</sup> century. The evidence is etched into thousands of years of ancient astronomy and calendar systems.

The Gregorian calendar deviates precisely in its start point from the heliacal rise of Sirius. Leap years are a fudging method to stop the drift, but it still happens, and the shift in seasons is now recorded by climate scientists.

Today, astronomers have confirmed both theory and observations that support a binary system. Unlike all the other stars in the sky, Sirius does not move against the sun during the [precession of the equinoxes](#).

The 4<sup>th</sup> of July rise of Sirius may be the precise way to measure the beginning of the year. That's the point in time when the earth, the sun, and Sirius all line-up together. It occurs during their orbit around a central point. That central point may be a third binary partner. Let's leave possible third binary partners for another day.

From there, our sun and Sirius continue their majestic dance, moving apart, and inevitably back together.

*This was a short exploration of the basis of the binary star theory. The Human Origin Project will be following the evidence of Sirius as a binary partner to our sun.*

Now we want to hear from you. What evidence do you believe is most compelling behind Sirius mythology, the two-sun theory, and the problems of the Gregorian calendar.

## Binary Stars

Many ancient cultures have said that our sun has a brother or sister in the sky.

You may laugh at this yet civilizations all around the world have said this.

We have the Gregorian calendar which Augustus and Julius Caesar added days to the calendar.

One had to appear more powerful than another.

It was mostly out of ego, not a good and practical idea.

Every four years we must have a leap year to make up for their unwise decision.

Lately, scientists have said that most stars are binary stars.

Many modern-day scientists are beginning to accept the wisdom of the ancient ones.

Many ancient cultures have said that the sun revolves around a distant star.

It takes around 12,000 years to go around the star.

After 12,000 years it proceeds to orbit backward.

This 24,000-year cycle has been explained in many indigenous cultures around the world.

The ancient astrologers mapped out a cycle that goes from darkness to light in this manner.

It seems like the universe is a part of us and we are a part of the universe.

Guru Nanak once said that everyone knows that the ocean contains a drop of the ocean.

But only a wise man understands that the drop contains the entire ocean.

We are so busy texting on the freeway of life that the majority of people never ponder and think what an incredible journey we are on.

We are going from darkness to light



# The Great Central Sun

July 6, 2021



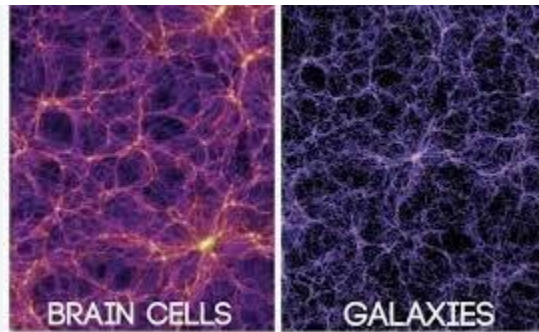
## The Great Central Sun

<sup>6</sup>Everything in the material sphere has a corresponding yet hidden spiritual component. Another way to think about it is that everything has a soul. Everything has an animating principle, an invisible, ethereal portion that is connected to the Creator. Everything from dense rock, plants, animals, human beings, all the way up to planets and stars has a spirit. This concept is one that Scientific Materialism refuses to deal with even though their own experiments prove it to be true. If we have a “science” that’s concern is only to catalogue what can be measured objectively with our senses then we are missing out on 95% of what’s happening in the Universe. Through meditation, psychedelics, out-of-body experiences, psychic events, and altered states of consciousness of all kinds we’re given a glimpse into what’s possible in this vast and eternal spectrum of oneness. The scientific issue is that these are mostly subjective experiences, even though there have been many studies that verify the existence of ESP, science requires objective reasoning so there’s a paradox at play. How are we to bridge this gap between the supernatural and the propensity of “science” to ignore the mystical?

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<sup>6</sup> <https://www.thestarscience.com/blog/the-great-central-sun>





The Universe is a giant mind and it's connected by a neural network, just like our brains, as above so below. It's comprised of distinct energetic patterns held at particular resonant frequencies that interact with each other. This process is so vast and complex that it's impossible to grasp its enormity with our brains because we're a fractal of the larger whole. This network is held together by a system of Central Suns. They are massive hubs of consciousness that govern a specific range of frequency where sub-levels of creation can take place. These Central Suns are conglomerates of consciousness that offer light and love to lower levels of awareness and experience.

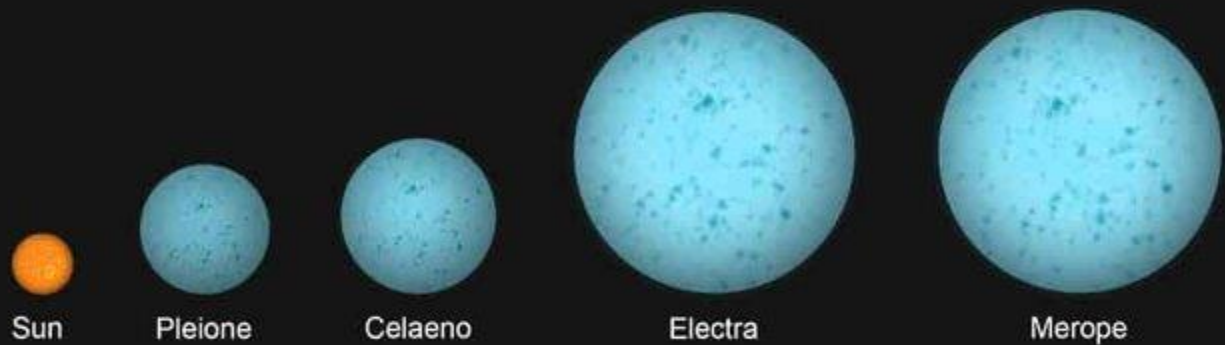
In this sense, Suns are like the batteries of the Universe. The wattage of each Sun has a different resonate power and frequency that's right for the level of learning that its particular solar system needs for growth. Each Sun is inherently connected to the light of Source energy so stars, Suns, and Central Suns are energetic portals that help to illuminate their portion of the Universe with the Creator's loving light. It's a point of integration between Spirit and Matter in the cosmos. Each Sun has its own Spirit that resides in another dimension containing millions of elevated consciousnesses.

These Suns are like a filtration system for the loving awareness of the Creator. They help sustain life and feed the growing levels of consciousness of the substrata that they govern and cultivate higher levels of awareness in the evolving life in its system. The power of Source is so tremendous that it will vaporize any consciousness whose resonate frequency is at a low vibration, so the Suns and Central Suns help to transmute this light into more manageable frequencies



enabling lower levels of awareness to grow towards this immense vibration of love.

In our solar system, our Sun is part of a larger network of Central Suns. Our immediate Central Sun is [Alcyone](#), the brightest star in the [Pleiades](#) cluster in the constellation of Taurus. It's part of the grouping we call the [Seven Sisters](#). It's about 6 solar masses or 600 % of our Sun's mass. It's also 10 times the size so it's gigantic. Our Sun is in constant communication with Alcyone. It's like a cosmic dance that the two engage in as a way to pass information, energy, and insights on to the development of ascending collectives in this part of the galaxy. When our Sun gets closer to Alcyone consciousness ascends. As it moves further away, a period of darkness results.



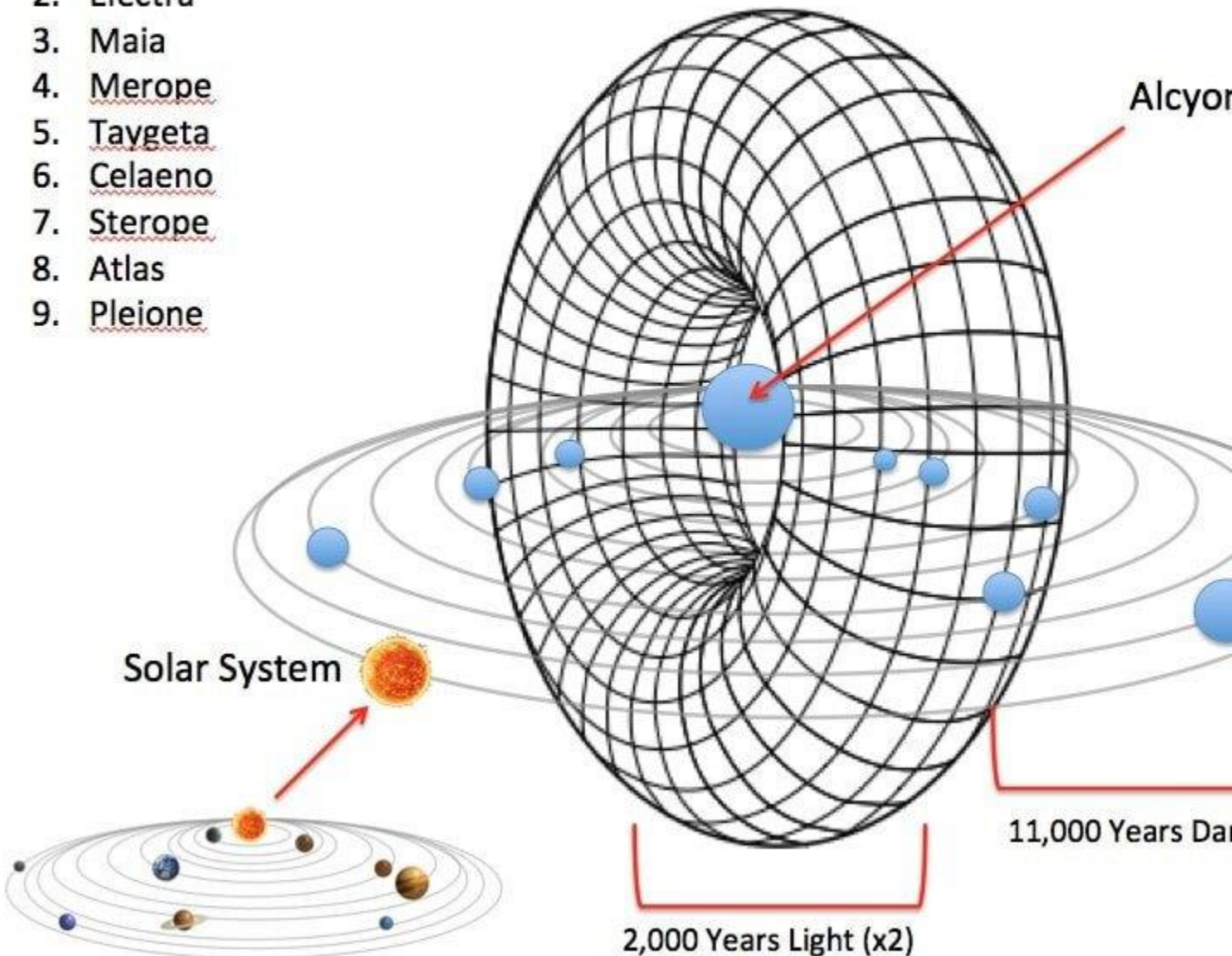
This process is part of a 26,000 year cycle where our Sun, and solar system, completes a full cycle in its orbit around the Central Sun. It's also connected to a larger 500,000, and 2,000,000 year cycles as we return to our source back to the Creator. As our Solar System makes its way through the Universe it passes through various energy fields in space. We are closing in on one of those energy fields now known as the Photon Belt. This is an incredibly spiritual field and is part of the even Greater Central Sun in our galaxy, Sirius. Photons of light emanate from the Central Sun and bathe our planet as we pass through it. It's a process whereby the darkness of egoic unconsciousness is illuminated and upgrades in awareness transpire. It's a process of synchronicity where our Sun, the Central Sun, and the Greater Central Sun align at the galactic center. This system is part of the [Yuga Cycle](#), a cyclical pattern that initiates the decline and expansion of consciousness. We're seeing a spike in awareness as more people wake up and darkness is exposed.

● = 7 Sisters Pleiades

1. Alcyone
2. Electra
3. Maia
4. Merope
5. Taygeta
6. Celaeno
7. Sterope
8. Atlas
9. Pleione

## Solar System - 26,000 years

Orbiting Alcyone & Transiting Photo



Sirius is roughly 26x brighter than our Sun and shines like a shimmering diamond in our skies. Many of the fixed stars in astrology are sending us beams of information and it can be beneficial to identify and communicate with them in the night sky when the opportunity arises. To have a planet or point in your chart at the degree of a fixed star has great meaning and effect on the life trajectory for better

or worse. Regardless, the fixed stars are powerful portals of information transmission.



Think about the enormous force that our Sun exerts in our little corner of the galaxy. It takes immense power to hold 9 planets and thousands of asteroids in its orbit. Then contemplate the task of the Central Suns in holding entire solar systems in its grasp and we can get a sense of the magnitude of this galactic system of spiritual enfoldment.

The **Grand Central Sun** is the connection to source energy for all conscious existence within our universe. It's like a giant battery that filters energy from Source and parses it out to other Central Suns so conscious awareness can grow in lower levels of experience all the way down to dense matter. So we are all connected to Source. Everything in the Universe is connected to this great Mind, all layers of consciousnesses up the ladder to our universal consciousness. The Universe is like a machine that absorbs conscious experience had by its lower-frequency components (all galaxies, systems, planetary realms, and incarnate beings) and shares that wealth of experience back to Source.

Everything is light. The entire Universe is comprised of the light of the Creator but at present our senses and instruments of measurement cannot detect the frequencies of light that fill the void. One of the purposes of this matrix dreamland is to shed the distortions and projections and open up to the light within us. It's like a maze where at the center is you and you are made up of loving awareness. But we must use the illusion of the matrix to awaken. This is what Jesus meant when he said

“The Kingdom of Heaven is within.” It’s not in this external material sphere we call reality.

The nature of the Sun is giving. It radiates light, heat, and energy and asks nothing in return. This is what we are all striving towards. To become beings that radiate life force energy with great power and wisdom. As we move towards the Central Sun it sends messages and vibrations that upgrade consciousness. If it feels our love it feeds it. If it feels our fear it sends us experiences that open us up to love and sometimes these can be difficult and full of upheaval. In the light, we can see the mirror’s reflection. We should all be striving to shed ourselves of ignorance and move towards the realization that underlying literally everything is an immense vibration of loving awareness. Coming into alignment with the Central Sun means opening the doorway of the heart and transmuting fear into love. We can move into a higher dimension where fear does not exist, our hearts burning with the fire of the Sun. So ultimately there’s nothing really to worry about. Even though ignorance and darkness seem real on this plane of existence, it’s all trending towards the light. We’ll all make it there one way or another, it’s just that the ride may be bumpier for some.

Bless.

[A GREAT CENTRAL SUN The Herald Democrat, November 23, 1909](#)



## SIRIUS - THE GRAND CENTRAL SUN - THE GOD STAR

Justice Bellucci • 6.3K views

Great Central Sun is a source and Center of the All-Pervading Presence of the Great "I AM" It is a point of integration of the...

## The central sun

Imagine before this universe was even created there was the great central sun.

Mind you it wasn't a physical sun.

Modern-day scientists would probably say this is the quantum field.

In this quantum field, there is a universal mind.

Albert Einstein's theory was that we are a fragment of the universal mind.

Each one of us seems so separate and yet our minds are the same

It is quite a paradox.

Anyway, getting back to our story.

The entire universe came from the central sun.

There is a direct connection and interchange of wisdom between the creator and  
the creation

We are all interconnected.

Unfortunately, we prefer to text on the freeway of life.

This subject matter is much too boring for the average person.

All I need is my Starbucks coffee

Once I drink my coffee maybe I'll listen to you.

Everything returns to its source.

Eventually, the entire universe will someday disappear like a thief in the night.

Yet the quantum field is beyond time and space. It is eternal and infinite.

A wise man understands this following riddle.

If thy eye be single, the whole body will be full of light.

One who experiences this understands the meaning behind these words.

## Darkness Before Dawn:

January 27, 2021 by [Jean-Jacques](#)

As we go through intensified global change and energy shifts, this thought-provoking series – **Darkness Before Dawn** – could not have come at a better time. In it, Jacques explores the transition we're going through and the greater impact of the position of the earth.

*If you'd like to start from the beginning, read [Part 1: Why the World Has Become so Polarised](#), [Part 2: Maya Katun Prophecy is Unfolding in Real-Time](#) and [Part 3: Preparing for The Hero's Journey](#)*

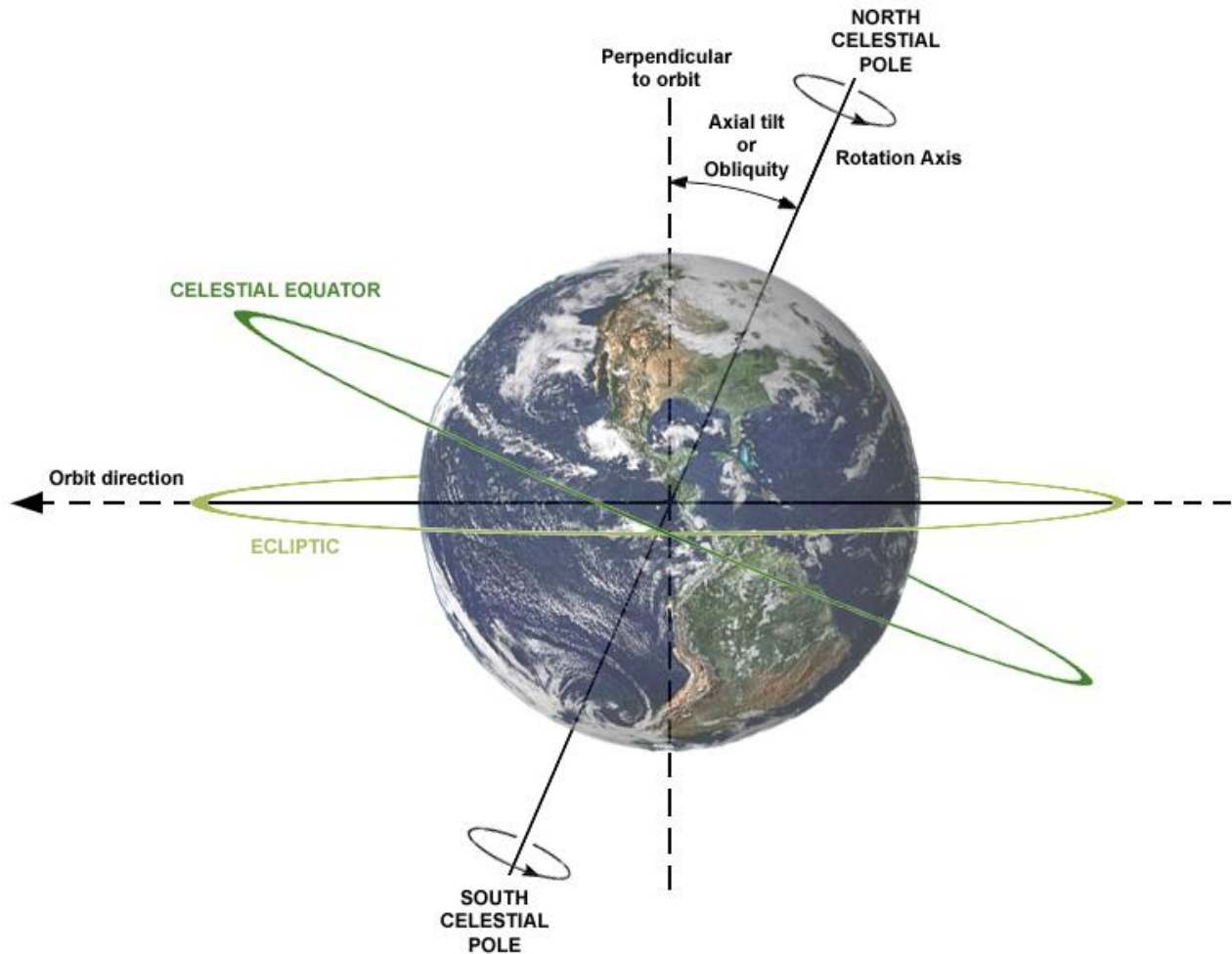
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## The Precession of the Equinoxes' Cycle

An alternative explanation for the **current upheaval in the world** is related to the earth's present position in the (approx.) 26,000 years *Precession of the Equinoxes' Cycle*.

This cycle refers to the **shifting orientation of the earth's axis** caused by the pull of the gravitational forces of the Sun and other celestial bodies. These forces cause the earth's axis to be slightly tilted and, as it spins, it wobbles slightly over time, similar to the motion of a spinning top.





[Credit: Axial Tilt Obliquity](#)

**The result is that the orientation of the earth's poles is not constant.**

Over time, the North and South Poles point to different constellations. Consequently, the star map that's viewable at night from any position on earth changes over time, too.

The time that it takes for the earth's poles to come full circle to point to their original positions again is variable – but falls within a band of 24,000 to 26,000 years. The estimated average length of one completed *Precession of the Equinoxes' Cycle* is currently defined as 25,772 years [\[1\]](#).



# A Common Astronomical Framework

According to writers Giorgio de Santillana and Hertha Von Dechend in their seminal book *Hamlet's Mill: An Essay on Myth & the Frame of Time* published in 1969 [\[2\]](#), at least 30 ancient – and not so ancient – civilizations and cultures have **used the *Precession of the Equinoxes' Cycle* for the mapping of time**, making it the most common astronomical framework used for that purpose.

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## Correlation, Compatibility, and Discrepancies

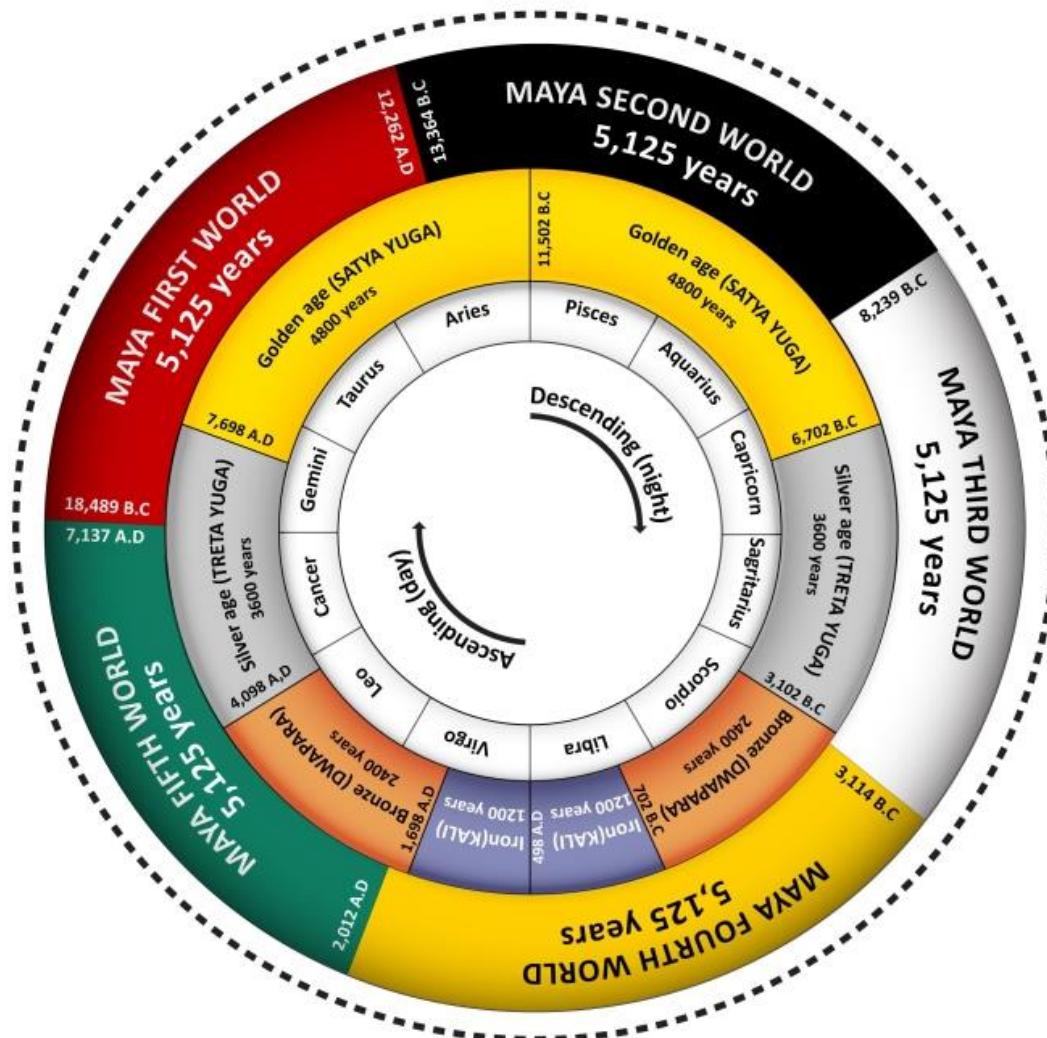
Interestingly, **the Maya civilization** appears to be a notable exception. There seems to be no conclusive evidence that the Mayas based their calendars on the *Precession of the Equinoxes' Cycle*.

**Susan Milbrath**, the curator of Latin American Art and Archaeology at the Florida Museum of Natural History, stated, for example, in a 2007 newsletter of the Institute of Maya Studies that:

*"Nowhere do we see a Maya record that accurately records the cycle of precession of the equinox known to us today [\[3\]](#)."*

Nevertheless, the **Maya Five Worlds model** (explained in the article [The Maya World Tree](#)) matches the length of the *Precession of the Equinoxes' Cycle* almost perfectly.

It is beyond the scope of this essay to definitively determine whether or not the Mayas were aware of the *precession of the equinoxes*, but it's also not necessary for the particular objectives of this essay.



EnergyShifts.net

[Credit: Energy Shifts](#)

Five consecutive 5,125-year **Maya Great Cycles** (which are Maya's World Ages depicted in their creation story and measured by their *Long Count* calendar) result in a total of 25,625 Gregorian years when added up. This makes the *Maya Five Worlds model* very valuable for pinpointing and analyzing our present

position in time from a big picture perspective and within the context of the *Precession of the Equinoxes' Cycle*.

Another ancient cycle that correlates with, and in this case is based upon, the *Precession of the Equinoxes Cycle*, is a particular version of the **Vedic Yuga Cycle from India**. That version is a fractal (a cycle within a cycle) of the more commonly known and used *Maha Yuga Cycle* (also known as the *Chatur Yuga Cycle*) of India which has a duration of 4,320,000 years.

The 24,000-year *precession of the equinoxes'* version of the longer *Yuga* cycles was reintroduced to the world by the Hindu sage **Swami Sri Yukteswar Giri** in his influential book *The Holy Science*, published in 1894. Sri Yukteswar states in his book that the 24,000-year version was lost to the world during the Dark Age of *Kali Yuga* when many wise men retired to the mountains and a lot of knowledge was lost <sup>[4]</sup>. The 24,000-year version of the cycle goes as far back <sup>[5]</sup> as the Laws of Manu which date back to at least 1,500 BC <sup>[6]</sup>.

As can be seen from the numbers stated above, the length of both the *Maya Five Worlds model* (25,625 years) and the fractal version of the *Vedic Yuga Cycle* (24,000 years) differs somewhat from the current average length of the *Precession of the Equinoxes' cycle*, which is 25,772 years.

The *Maya Five Worlds model* is the closest match with a 147-year difference, while the *Vedic Yuga Cycle's* fractal is 1,772 years shorter than the *Precession of the Equinoxes' Cycle*, even though it is based upon it.

This is a curious discrepancy and – as will be shown later – knowing the reason behind it will prove to be very **beneficial from a big picture perspective in understanding the rise and fall of consciousness**.

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## The Value of Comparative Energy Systems

The advantage of using the above two cycles side by side is that **both cycles measure and define consciousness** (each in their own way) within the same

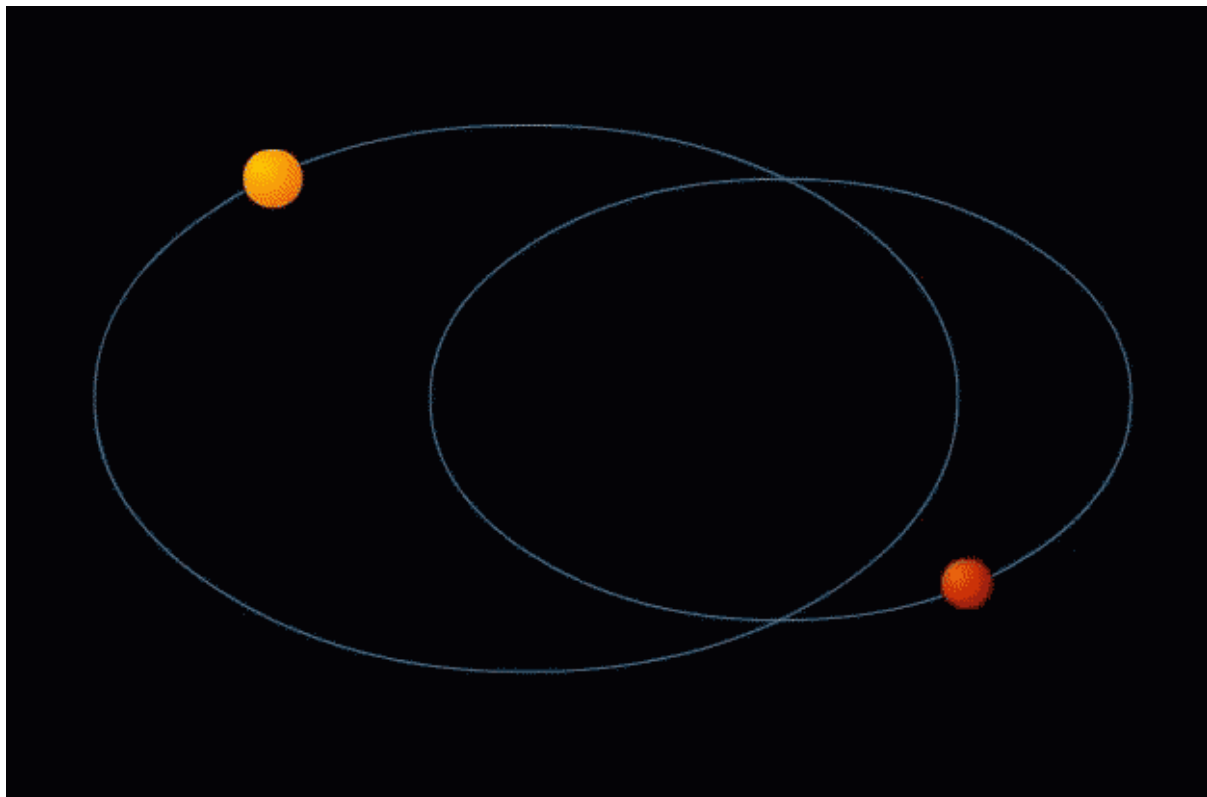
overall timeframe, which is the *Precession of the Equinoxes' Cycle*. By using both these complementary frameworks, a more holistic and comprehensive understanding can be arrived at.

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## We are in a Binary Star System

The reason why the Vedic *Yuga Cycle's* fractal is only 24,000 years in length is that – according to the Sri Yukteswar model – the *precession of the equinoxes* happens not because of the wobble of the earth's axis, but is due to **our entire solar system being part of a binary star system**.

What that entails is that our Sun is in an elliptical orbit with a companion star (thought to be Sirius) around the two stars' common gravity center (known as a *barycentre* [\[4\]](#)). This concept is discussed in great detail in Walter Cruttenden's acclaimed book, *Lost Star of the Myth and Time*, published in 2005 [\[8\]](#).



The premise is that when two binary stars move closer to each other in the region where their orbits overlap (i.e. closer to their *barycentre*), **their orbiting speeds accelerate**. Their mutual magnetism would increase as they move closer to each other. This orbit acceleration happens only for a portion of the full cycle with the result being that the overall cycle is shorter in duration, resulting in only 24,000 years.

Neither the modern understanding of the *Precession of the Equinoxes' Cycle* nor the *Maya Five Worlds model* takes this temporary acceleration into account mathematically. Should the two aforementioned cycles, indeed, factor such a phenomenon in, those cycles would match the 24,000-year Vedic *Yuga Cycle* closer. The reverse would be true, too; if the 24,000-year Vedic *Yuga Cycle* ignores the occurrence of a temporary orbit acceleration, its length would naturally be closer to that of the other two cycles.

Although modern scientists have not yet confirmed that our Sun has a dual star, a lot of evidence points to that being more likely than not.

In 2017, it was announced that a physicist from Berkeley University and an astronomer from Harvard University had determined that it's almost certain that **our Sun originated as part of a binary star system** and that most stars similar to our Sun are 'almost certainly' born as binaries [\[9\]](#).

Walter Cruttenden states in the second edition of his book (published in 2018 [\[10\]](#)) that, according to NASA, **more than 80% of stars are currently binary star systems or multiple star systems**.

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## The *Vedic Yuga Cycle* as a Framework for Consciousness

This brings us back to the subject of the *Precession of the Equinoxes' Cycle* as **a framework for consciousness**.

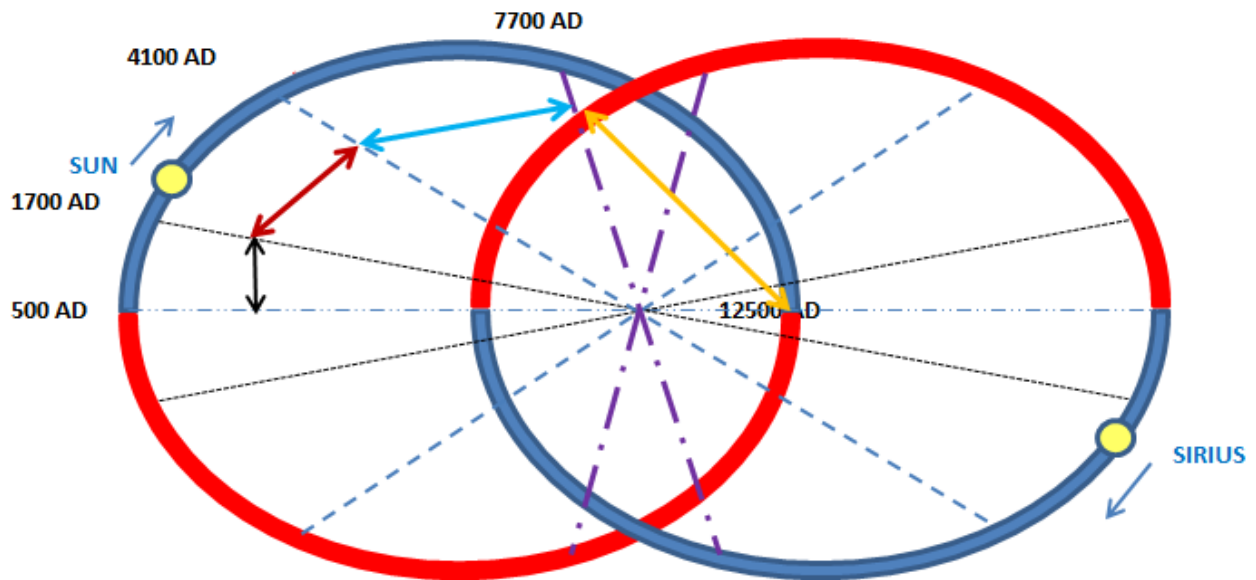
*The implication of our Sun being in an orbit with a companion star is that consciousness increases when our Sun's proximity is closer to the barycentre of the two orbiting stars.*

This is where the **Vedic Yuga Cycle** is so valuable because it defines that framework in detail. The top of the cycle is closest to the barycentre and contains the highest, brightest and longest age known as Satya Yuga. That is the famous Golden Age with the most advanced level of consciousness. The two following levels further away from the barycentre are Treta Yuga first, which is the Silver Age, and then Dwapara Yuga, which is the Bronze Age. Each level/age is shorter than the one before and is incrementally lower in consciousness, too, and they have their own particular characteristics as well.

At the very bottom of the cycle is **the notorious Kali Yuga Age**, also known as the Iron Age. This is the shortest and darkest age and contains energy that is dim, dense, and very materialistic – and these attributes are reflected in the general consciousness of humans who lived during that age.

*When our Sun is the farthest away from the dual-star orbit's common centre of gravity, we are almost literally in the dark because we are so far away from the universal magnetism (Brahma [\[11\]](#)) emanating from the barycentre which regulates mental virtue (dharma [\[11\]](#)).*

Whether consciousness would be either rising or falling over time would depend on whether our Sun is moving towards *Vishnunabhi* (the name given by Sri Yukteswar for the *barycentre* [\[11\]](#)) on the ascending arc of the *Vedic Yuga Cycle*, or away from it on the descending arc. These two half-rounds of the overall cycle are called 'electric couples' [\[12\]](#) because a **vortex-like energy** is said to be generated between the two of them by the orbit [\[13\]](#).



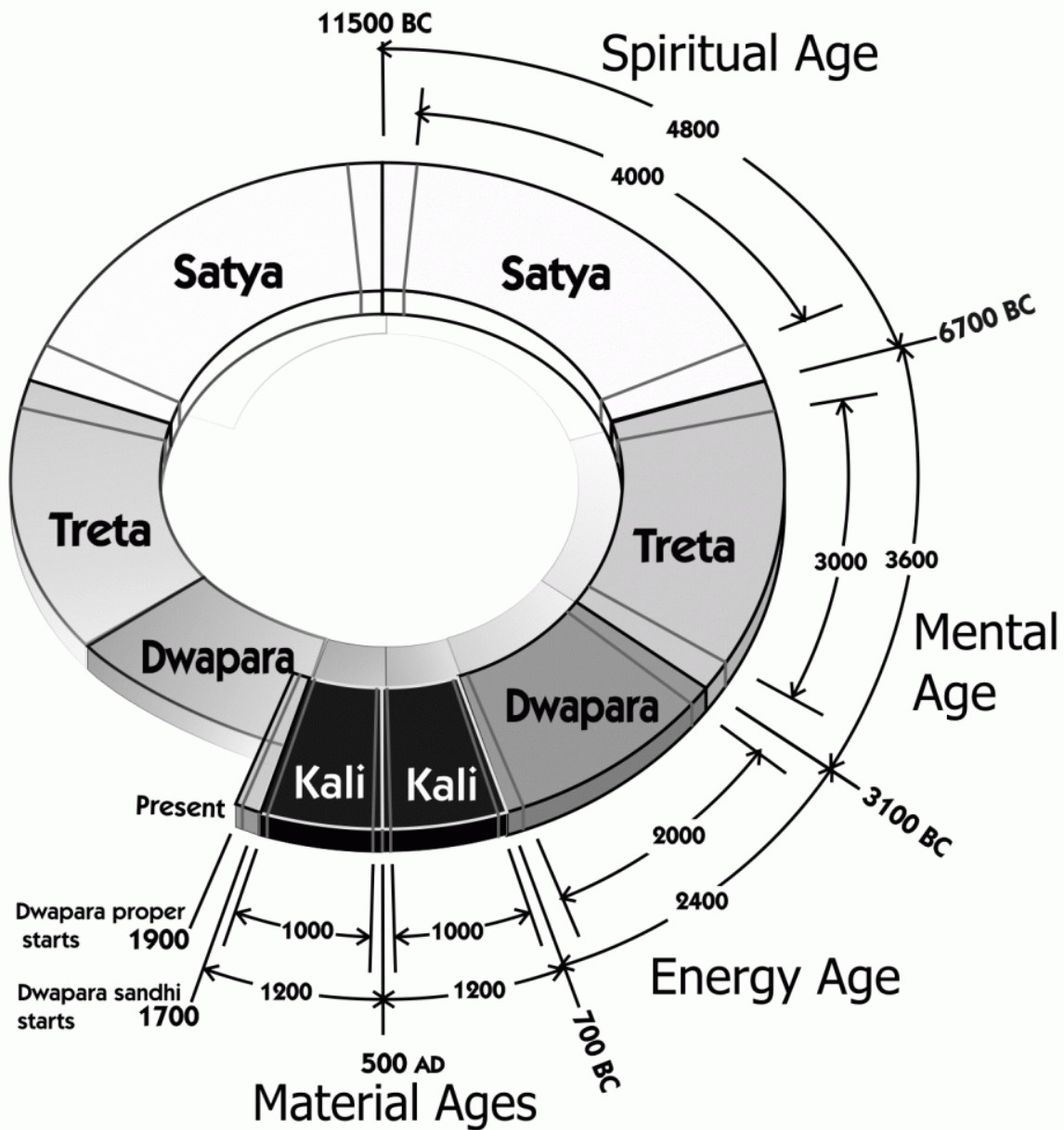
[Source: AstroJazz Blog](#)

As far as consciousness is concerned, **a slow descent of spirit** into matter happens on the Sun's journey away from the *barycentre*, whereas **a slow rise of spirit** out of matter occurs on the ascending arc during the journey back to the top of the cycle.

## Q: Where are we currently in the Vedic *Yuga* Cycle?

In the year 2020, we find ourselves 1,522 years along the ascending arc of the Vedic *Yuga* Cycle. The shift-point from the descending to the ascending arcs happened in AD 498. Within the context of the overall 24,000-year Vedic '*Great Year*' *Yuga* Cycle, we can see that **human consciousness is still relatively low** in general, but the trend is clearly upwards and will be so for thousands of years to come.





[Credit: David Steinmetz](#)

## The Big Picture View

The big picture view, also, is that although we are clearly on the ascending arc of evolution in the long term, the Maya *Fourth World* to *Fifth World* (see *Part 3*)



transition is causing an interim dark period where **the collective consciousness of humanity is in turmoil** due to a confluence of many shifting energies within the same timeframe.

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## Expectations vs Outcomes

Few people expected so much turmoil to arrive so suddenly in 2020, whereas if it happened just after 2012 it might have been less surprising.

However, it always takes a while for shifts to build momentum, and the larger the shift, the longer the delay. It would seem, though, that **the real shift is now finally underway**.

Hardly anyone expected a decline in consciousnesses after 2012 either because shifts in consciousness are usually perceived as linear progressions that rise from low to high. Moreover, it was presumed in some esoteric circles that 2012 would bring an almost instant positive quantum shift in consciousness – and, when that didn't happen, most people assumed that it would then probably happen just slowly.

Nevertheless, discerning observers would have noticed that there has, indeed, been a **decline in consciousness** (in some respects) in recent years, notwithstanding all the technological progress in the world (please see [The Soul Incubator – Part 4](#) for examples).

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## The Depth of Submersion

*A regression in consciousness is a feature of dark times, and dark times are a feature of world transitions.*

The crux of the matter is that we don't know how **deep this transitional submersion into the collective unconsciousness** will be, and we don't know how much of the world will be left standing after the collective emerges from its journey through the *Dark Night of the Collective Soul* ([Darkness Before Dawn – Part 3](#)).

Fortunately, mitigating a general regression in consciousness can be done by **elevating individual consciousness** through the strengthening of autonomous functioning (through individuation) and this is one of the most effective ways of building resilience in the face of mass collective unconsciousness (see *The Soul Incubator* – [Part 3](#) & [Part 4](#)).

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## The Light on the Horizon

We will be surfacing from our transition submersion at a higher level on the ascending arc of the Vedic *Great Year Cycle* compared to the level where we went under.

The question is:

*Will our present level of consciousness be compatible with that higher level when we arrive there?*

This question will be explored along with others in the next chapter. *To be continued ...*

*Written by J.J. Montagnier*

## Think Outside Of The Box

I think that humanity needs to think outside of the box. Both the Indian concept of karma and the works of Carl Yung studying the subconscious mind are in alignment. Modern-day scientists are saying the same thing.

Mankind is playing the same tapes over and over again. History goes in cycles. War, war, and war. We have been fighting ever so long. We are running on a treadmill and going nowhere.

Karma is running our lives in the past not the present. Imagine 95% of our actions are dictated by our subconscious yet we are not aware of it. This has been going on for thousands of years. It is hardwired into our system.

Karma is displayed in every action we take. It does not judge us. It is simply like a hard drive storing all of our subconscious memories. You can't separate your thoughts and emotions. Both of them are intertwined.

Karma is simply playing the same tapes over and over again. It is not the universe playing some joke on you yet it is you playing the joke on yourself.

The universe does not judge. We do a great job of judging ourselves and others. Thinking outside of the box is the answer to life.

To start thinking outside of the box one must see that life is a series of cycles and patterns. It's like Groundhog Day yet the cycles are longer.

Many people who study the past can predict the future based on our past actions. History repeats itself. We spend most of our lives oblivious to this.

In the East, this concept had been known for thousands of years. It is a part of their culture. Yet even still it's at a subconscious level. It's not truly realized. At this present moment, only a small portion of humanity is discovering their true nature and thinking outside of the box.

As I said before Mystics and modern-day scientists are merging today. So many incredible discoveries are happening. Scientists are studying the scientific aspects of meditation.

Just think in the seventies a brain wave capturing device cost around \$20,000. Today it costs in the \$150.00 to \$250.00 range. These devices have many different types of guided meditation to assist you on your way.

Many of them use binary beats which Robert Monroe discovered in the mid-fifties. Binary beats are two different signals one going into the left ear and one going into the right ear.

Both of these create a wave that creates synchronicity between the left and right hemispheres. They are great training wheels for beginners. It is being used at all levels of life.

It makes the journey a lot easier. Scientists have mapped out the various brain wave states. The goal is to be consciously aware of the quantum field in every moment.

These devices are stepping stones to be used. For thousands of years, people used fire, chanting, and doing mantras to get into this state. Science is helping to bridge that gap.

There are countless methods out there to assist you in reprogramming your subconsciousness. These are exciting times. Mankind is slowly learning to think outside of the box. Remember only you can change. Nobody can do the work for you.

## Take Off Your Mask

We come into this world knowing we are the universe.

Over time we have forgotten our true nature.

We create masks to reflect who we think we are.

Over time we play stupid games with one another.

My mask is better than yours.

I'm declaring war on you.

I don't like your mask.

I going to gossip about you.

I like your mask.

I'm still going to gossip about you.

The great masters have said take off your mask.

Discover your true nature.

Remember who you were before you were born.

## We see only 1% of the light spectrum

I find it quite fascinating that we see only 1% of the light spectrum.

Yet we have the hardware and software to discover God.

One of the greatest Mystics once said the following.

If the eye be single thy whole body shall be filled with life.

The world of science and mystics are merging.

Modern-day scientists are talking about the human body being wired to the quantum field.

We can only see 1% of the light spectrum with our physical eyes.

Yet inside of us lies the pineal gland which is the doorway to the quantum field.

Mankind thinks what he sees is real.

Yet we are almost missing the entire picture.

The great mystics call this Maya.

Maya is a great illusion.

Ponder this over.

We can't even imagine what we are missing.



## Closing

I hope you got something out of this book. I find it fascinating that we only see 1% of the light spectrum.

Yet, most of humanity is texting on the freeway of life.

The older I get I see the incredible beauty of the universe and the universe within.

We can never rest on our laurels. There's always something new to learn.

Common sense is uncommon. Maybe just maybe you will think about how incredible it is that we are alive.