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## Intro



Hi, this is Little Ricky the dragon. That's what they used to call me when I was young. I have a twin brother called John.

We are best of friends. I hope you read the book dragon tales. This told our incredible story. It was and still is an incredible adventure.

Many stories were told about Shamballa. This is not a fish tale. You learned how a bunch of young misfits dragons who couldn't fit in was kicked out of their homes in England. That's where the story begins. They began an incredible external and internal journey. Many of their teachings are still in existence today.

The foundation for Taoism, Confucius, Yogic, Jainism, and Buddhism all stem from our work. You probably don't know that dragons live an extremely long time. We live 5 to 10 thousand years.

This is even for dragons who party night and day and never take care of themselves. The enlightened dragons have found the elixir of life. They have become one with the universe and no longer have a physical body.

That's why you can enter our cave and see no evidence of us. The entire community of dragons and men went to the unknown. This has only happened a few times in your history. In your Americas, a few indigenous tribes also learned how to do this

We learned how to be in balance with the universe. This is something you need to learn in quite a desperate way. Mankind is spinning chaos all around. Your minds are out of control.

Nobody taught you how to master your mind and emotions. We went through the same problems you did. Even when we landed in Tibet we had no control of our minds and emotions.

It was just like you today except we were dragons. Yet somehow we learned along the way. Being in a cave helped a lot. We only flew at night. That was the safe time to do so.

We loved flying amidst the stars. It was total freedom. Well, at least we thought so. Somehow we gradually learned how to meditate. It was by happenstance. Zoran was just sitting there staring at the wall and he felt this incredible power behind his breath.

He got so excited and still at the same time. He told us his story. Gradually I mean we began to learn how to meditate. Most of the time it was a hit and miss. Yet we kept up with it. What are you going to do during the daytime?

We did this for five thousand years. You can imagine by practicing something for five thousand years one got quite good at this.

We became enlightened dragons. War and strife left our consciousness a long time ago. Our minds became one. We were one with the universe and yet still existed in a dragon body.

When the young Tibetan kids showed up we were astonished, to say the least. They were in the same mindset we were in thousands of years ago. They were young and innocent.

Yet they had no idea of how magnificent they were. They asked us to train them. Well, we never taught humans before. Thousands of years ago they would hunt us down one by one and kill us. Not a pretty picture.

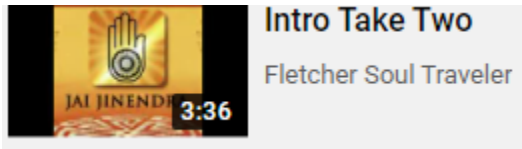
This is how Shamballa got started. We had a huge cave. I mean a huge cave. An entire city could have lived there. Over a thousand years we built this entire city. It was known throughout the land but still was a secret.

One had to have a good heart to enter this kingdom. We still had our share of misfits yet even they transformed. You see the power of love and kindness will melt any negative emotions over time. There was only a small handful out of millions who didn't transform.

This book is about the teachings of dragons. One can achieve enlightenment from these teachings. As I said before many of the world's religions stem from these teachings.



## Intro Take Two



Jai Jinendra.

I just work up. It's 3:33 in the morning. What a glorious day it is! This is Intro Take Two.

Imagine you have a Lotus car inside yet you don't know it. It lies inside your garage. The garage door is down. Your car is covered with dust and cobwebs. You have no idea such a precious car lies inside of you.

Suppose there were humans long ago who discovered their inner car. They discovered how to open the inner garage. They discovered how to clean the dust off the car along with the cobwebs.

Yet they still were missing one thing. You might ask what that is. This car was meant to be driven. It took years yet they discovered almost by accident how to back the car out of the driveway.

Then it took some time to learn how to drive the car without getting into an accident. Finally, they learned how to drive on the universal highway of life.

Imagine thousands of years ago a human being named Rishabha was the first Jain to discover that we are the universe. We just don't know it. Imagine that the Jains had 24 liberated who taught practical tools so you could do the same thing. Note your inner car is meant to be driven.

The last great teacher was Mahavira.

Born: 599 BC · Vaishali, India

Died: 527 BC · Pawapuri, India

These great teachers are known as Thirthankar. One who is a master mechanic in life. Note they can't drive the car for you. You have to drive the car yourself.

Nobody can drive the car for you. Yet these great masters provide a roadmap so you can discover your true nature.

Jai Jinendra is a saying to honor those great teachers. They exist inside of you. The Jains use this saying when they first start a conversation and end the conversation. Your mind is a tuning fork. Whatever you focus on you become.

In the West, we say what's up or what's happening. It might be as simple as Good morning. Yet we are just skimming the surface in life. There is an infinite ocean of love inside of you.

Welcome to the path of self-discovery. You are magnificent and glorious. You just have to discover your true nature. These are universal tools.

Come with me on this journey. You are hardwired and have the software to discover your true nature. Your health and well-being are depended upon it.

Jai Jinendra

## Jainism



The following came from my book Non Violence.

PDF



YouTube



[Click here What is Jainism? Jain Beliefs and Teachings \(Religion vs Spirituality\)](#)

## Mahavira



Mahavira, also known as Vardhamana was the 24th Tirthankara of Jainism. He was the spiritual successor of the 23rd Tirthankara Parshvanatha. Jain tradition holds that Mahavira was born in the early part of the 6th century BCE into a royal Kshatriya Jain family in present-day Bihar, India. Wikipedia

Born: Vaishali, Ambaratej Singh, India

Died: Pavapuri, India

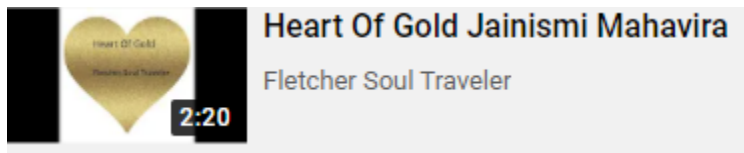
Full name: Vardhamana

Height: 6' 0"

Other name: Vīr, Ativīr, Vardhamāna, Sanmati, Nāyāputta

Parents: Trishla, Siddharth

1



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<sup>1</sup> <https://www.goodreads.com/author/quotes/7061021.Mahavira>

## Quotes

- “Do not injure, abuse, oppress, enslave, insult, torment, torture, or kill any creature or living being.”
- “Can you hold a red-hot iron rod in your hand merely because some one wants you to do so? Then, will it be right on your part to ask others to do the same thing just to satisfy your desires? If you cannot tolerate infliction of pain on your body or mind by others' words and actions, what right have you to do the same to others through your words and deeds?”

Do unto others as you would like to be done by. Injury or violence done by you to any life in any form, animal or human, is as harmful as it would be if caused to your own self.”

- “Kill not, cause no pain. **Nonviolence is the greatest religion.**”
- “In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self.”
- “All breathing, existing, living, sentient creatures should not be slain, nor treated with violence, nor abused, nor tormented, nor driven away.”
- “A man is seated on top of a tree in the midst of a burning forest. He sees all living beings perish. But he doesn't realize that the same fate is soon to overtake him also. That man is fool.”

## Eight limbs on the tree of life



This journey of self-discovery is infinite. It's like peeling an onion. There are infinite layers to this onion. A person can never clap your hands and say I've mastered it all.

Our whole sense of understanding the world around us has to change. The journey is going from a reactive state to a pro-active state.

Going from the hurricane state of the mind to absolute silence.

This takes time and patience. You see darkness is the flip side of the coin of light. You can walk into a room when it's dark flip on the switch and the lights will turn on.

In the same manner, you can walk into a room where there is light and then turn off the lights, and darkness will occur. Darkness is simply the absence of light. In both examples, you decide whether darkness or light will manifest in the room.

The same goes for your life. Most of us are unconscious therefore we don't make proper decisions. We live on automatic pilot so we have our ups and downs in life. Nothing is stable.

We spend our lives not wanting to change even if it means for us to have miserable lives. We don't know that we can climb out of the hole that we have dug. This is the state of mind today.

We don't ask questions about life. Even during this shutdown when Mother Nature is sending us to our rooms we aren't asking questions like why. We are so busy and bored to get back to our everyday life.

The eight limbs represented the tree of life and how we can be in harmony with it. Over time one discovers one is a scientist, physiologist, dreamer, mystic, lover, and practical. One learns to have the feet on the ground and your head in heaven.

Patanjali set out his definition of yoga in the Yoga Sutras as having eight limbs (अष्टाङ्ग aṣṭ āṅga, "eight limbs") as follows:

The eight limbs of yoga are abstinence, observances, yoga postures, breath control, withdrawal of the senses, concentration, meditation, and samadhi (absorption).

Imagine a doctor prescribing a program that will heal you in your body, mind, and soul. Note the doctor does not heal you. You heal yourself.

In the last fifty years, yoga has been mainstream in America. When I first started practicing yoga in 1971 you were considered a weirdo to practice yoga. Yoga posture is only one limb on the tree.



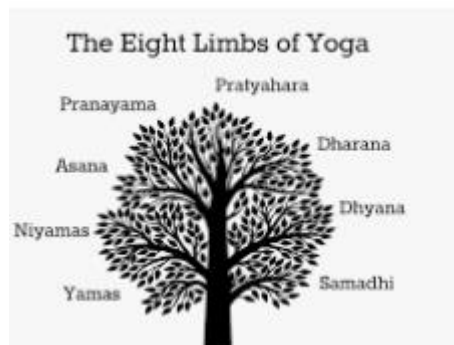
2

This is a living tree. You are a living tree. So many benefits occur just by practicing yoga postures. People's health and state of mind have been drastically improved just by doing these. Note practicing yoga postures is only one limb on the tree of life. We will talk about the various limbs in separate chapters.

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<sup>2</sup> <https://www.youtube.com/watch?v=vSaf47zusx4>

## Eight limbs Commentary



Hi. This is little Ricky the dragon. The concept of the eight limbs on the tree of life has been around for eternity. The dragons did not invent this. Mind you they discovered this over fifty thousand years ago.

This tree has been existing for eternity. As the tree grows the roots get stronger. The dragon in Tibet morphed and changed to have a better understanding of this process. Help is always around us.

Signposts are always there. Yet with our current mindset, we ignore them. Note nothing is cast in stone. There are infinite ways to discover the jewel within. This process of discovering the jewel within was adapted by the Yogic traditions and the Jains.

The Tibetan Buddhists use a similar system that the dragons developed. They use the system of fire within to purify the mind, body, and soul. The dragons knew there had a fire within.

That's why they could breathe fire. Yet they didn't know the power behind the fire. It's similar today most people aren't aware and conscious of the power behind the breath.

Most people will roll their eyes when you say the power that is keeping you alive is the same power keeping the universe alive. The dragons had this understanding. Mind you in the beginning they didn't have a clue.

Baby steps are taken for this understanding to be conscious inside of you. The dragons built a series of systems to help an individual to achieve this in one lifetime.

Even with this system set in a place nobody can do the work for you. You may have the greatest coach in the universe yet without practicing one will go nowhere.



Our series of systems all were developed in our precious cave. You could say this was our destiny. Our brothers and sisters in England most of them carried the same lifestyle for thousands of years.

They had no interest in pursuing the inner jewel. No wonder we were kicked out. Yet over time, many dragons heard about Shamballa. Mind you they were faint rumors.

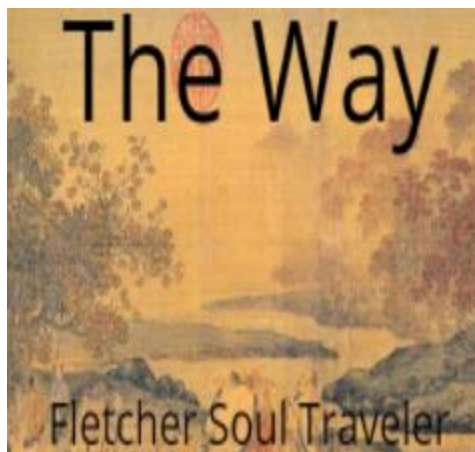
Many of them left England and took the long journey to Tibet. They were astonished by what they saw. Imagine seeing a city that had millions of dragons and people living in harmony with each other.

The standard of living even surpasses what we have today. Unity and kindness were in the air. Heaven was on earth. Their feet were on the ground and their heads were in heaven. Lao Tzu was so impressed he left China and never returned.

He left the book the Tao Te Ching a masterpiece that millions of people still read. China was not ready for this. It still isn't ready. Lao Tzu saw with his own two eyes the ideas expressed in his book were manifested in Shamballa.

The kicker was that the dragons started this city. Initially, it was some dragons learning how to discover the jewel within. When the young Tibetan children discovered the cave they at first were reluctant. They overcame their reluctance.

Infinite wisdom is everywhere. The jewel lies inside of you. What are you going to do about it? We can achieve Shamballa here on earth. You can solve this puzzle.



## 1. Yamas social restraints

Yamas (Sanskrit: यम), and their complement, Niyamas, represent a series of "right living" or ethical rules within Hinduism and Yoga. It means "reining in" or "control". These are restraints for proper conduct. They are a form of moral imperatives, commandments, rules, or goals.



In order for Shamballa to be created the dragons went through many different cycles of behavior before becoming enlightened.

They went from me to we. When we only concentrate on me many problems occur. Take a look at the world today. Such chaos exists. People are divided on so many issues. Truth becomes fiction and fiction becomes the truth.

People hate one another because of their beliefs. When little Ricky arrived in Tibet it took him over a thousand years to develop we consciousness. In Shamballa, these rules became a part of life.

Because their society was in a state of oneness these rules automatically were followed. Granted it took time and effort. They fell many times in the process. Yet they had the courage and tenacity to continue.

We would be in a better place if the world at large would be kind to each other. The Dragons believed that kindness was the foundation of living a good life. As the Dalai Lama said kindness is my religion.

## Jain ethics and five vows



See also: [Yamas § Five Yamas](#)

I find it quite fascinating that both the Jains and the Pantajali's Yoga sutras both have the same names and the same five rules. The Yoga sutras used the word Yamas social restraints. Jainism teaches five ethical duties, which it calls five vows.

PDF



YouTube



Ahinsa (अहिंसा): Nonviolence, non-harming other living beings.



In the west, they use Ahimsa while the Jains use Ahimsa.

Both Gandhi and Martin Luther King Jr. used non-violence for their causes. What does that have to do with me? Just think America has only spent around thirty years not fighting a war.

Where do these wars begin? Inside of our minds. Our movie industry makes billions promoting violence.

Bullying is rapid among children. The United States has more murders than any western civilization. More people in America have died from shootings than all the wars that soldiers have died in.

Violence is almost the norm in America. We talk about the Wild West but today in Kansas citizens can walk around with weapons. Just last week, a group with sub-automatic guns held a rally in the Michigan congress hall.

We have millions of people hooked on drugs and opioids. Drug manufacturers made billions knowing that people misused the drugs. Many of them got hooked by taking the drugs prescribed by their doctors. People flame each other on Facebook.

This all stems from a violent mind. People love violent movies and shows on TV. We have become numb and immune to it. Violence creates dark storms in the mind.

Being nonviolent starts with clearing out your own rock, boulders, and weeds. It all stems from our disharmony in the mind and body connection. Violent people are in a state of fear.

Anything small thing can tip them off. The opposite of violence is peace. Peace only comes from within. Peace is a state of awareness. It is a state of being.

When a person lives in peace automatically one is non-violent and non-harming. That means to oneself and others. True peace is the awareness that we are all one. This being goes from the awareness of me to w

Satya (सत्य): truthfulness, non-falsehood



This is so much more than speaking the truth. There is an Indian saying sat chit Ananda which means truth is the consciousness of bliss. When the mind is absorbed in truth the mind will be in bliss. Truth is a state of being. Absolute truth occurs when one's will is aligned with the

will of God. This is the ultimate state for man. One goes from darkness to light. Mind you this is an endless journey.

"Je Evam Janai, Se Savvam Janai"

He who knows the one knows all.

Asteya (अस्तेय): non-stealing



Everyone knows that you shouldn't steal a purse from an old lady. Well, I hope so. Some people are so desperate they will do so. At its deepest is letting go of the desire to possess or steal anything.

This gets quite deep. Stealing is manifesting as greed. Whichever you want and don't possess you can't take it away from someone. This is very subtle.

In the business world, people steal ideas all the time. My wife told me stories where she performed something and her boss got all the credit. We live in a world where we are trained at a young age to possess goals, objects, and things.

We try to outmaneuver each other. We are taught to be clever. Which are other weaknesses and obstacles? Most people who are clever are probably cunning and want their way. They try to control the situation. These traits must be overcome.

All spiritual traditions talk about weeding the inner garden. One must be conscious and aware. Non-stealing is a state where thought, words, and actions are in alignment with their soul.

This takes constant awareness and effort. One must begin to monitor one's thoughts and actions. The Kabbalah would say stop, look, and listen before, during, and after you speak. In each moment be aware and conscious. Remember you are peeling the onion in life. One is fine-tuning the guitar of life.



Brahmacharya (ब्रह्मचर्य): chastity, marital fidelity or sexual restraint



The following came from Sri Sri Ravi Shankar <sup>3</sup>

Brahmacharya is Godly conduct. Godly conduct brings you strength, lots of strength. Brahmacharya has a higher meaning than just Godly conduct. Brahma means infinity, charya means moving in

infinity.

Knowing your vast nature. Not thinking that you are just the body, but you walk like you are a glow of light. You move in the world as though you are in space. This is when Godly conduct naturally happens.

Do you see what I am saying? When you are sitting in meditation you do not feel like you are a body, a lump of heavyweight, 80 pounds, 90 pounds, 100 pounds, 60 kilos sitting there solid. You feel so light as though you are like a feather. Isn't it?

So many people cheat on their marriage. At times it is an epidemic in society. One thinks the grass is greener on the other side of the hill.

Yeah, it's burnt. One who wants to be humble in life must not cheat and still be in life. One does not possess another wife or husband. To reach the goal of realization one must be in alignment with your true self. One must not harm or hurt anyone.

By having marital fidelity trust is broken in the marriage. Once trust is broken it's hard to put back together again.

Our society is obsessed with sex. Many kids are brought up on pornography. The sexual act is something that is not special. When I was young many of my friends would boast about who they got laid with.

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<sup>3</sup> <https://www.artofliving.org/us-en/yoga/patanjali-yogasutra/knowledge-sheet-70>

It was a trophy. Madison Avenue sells sex. Sex makes a lot of money for them. We have taken something precious and downgraded it where young women are getting date raped.

There is a huge slave trade for young runaways. Tremendous sexual violence occurs daily in the world today. We are going from darkness to light. The world at large has a long way to go.

Aparigraha (अपरिग्रह): non-avarice, non-possessiveness



The definition of avarice is: an excessive or insatiable desire for wealth or gain:  
GREEDINESS

Imagine we have eight billionaires who have more wealth than half of the world's population. Yet they are never satisfied. They are like a ghost who drinks a glass of whiskey

and it simply drains to the ground. T

hey can never be satisfied. How many people lie and cheat to get to the top. We have politicians who in crisis hold on to their power and ignore the desperate prayers from their citizens.

I'm writing this during the global shutdown. Over 30 million people have lost their jobs. No money is coming in. Politicians are fighting with one another so they can hold on to their power.

Our school systems teach our children that it is the survival of the fittest. You must fight your way to the top. Your fellow student is your enemy. You have to outfox him. Mind you this starts at a young age. It is built into our subconscious. The mentality of conquering the Wild West is much alive today.

We are destroying this planet because of this. Mother Nature has sent us to our rooms to think things over. Unfortunately, we just want things to come back to normal without thinking about the reason why.

The definition of possessiveness is demanding someone's total attention and love. Many people don't have the awareness of self-love inside of themselves.

Consequently, they demand their partner for total attention and love. This will always lead to disaster. This is the lowest state of love when one tries to control one another.

Love is not an object to be controlled. Love is not a trophy to show off to the world. Look how beautiful she is? God is love and love is God. A person who understands this and puts his life obtains a state of awareness that goes beyond these petty issues.

Unfortunately, mankind is stuck somewhere in the middle. Remember our subconscious is running the show.

Jainism prescribes seven supplementary vows, including three *guṇa vratas* (merit vows) and four *śikṣā vratas*.<sup>[97][98]</sup> The [Sallekhana](#) (or *Santhara*) vow is a "religious death" ritual observed at the end of life, historically by Jain monks and nuns, but rare in the modern age.<sup>[99]</sup> |

n this vow, there is a voluntary and gradual reduction of food and liquid intake to end one's life by choice and with dispassion,<sup>[100][101]</sup> This is believed to reduce negative karma that affects a soul's future rebirths.<sup>[102]</sup>

## Fourteen Video Game Stages Of Spiritual Development



4

Jainism acknowledges that the soul advances to its liberated stage in various steps, called Gunasthan or “The Stages of Spiritual Development”. Through these fourteen stages of development, the soul gradually frees itself, firstly from the worst, then from the less bad, and finally from all kinds of karma, and manifests the innate qualities of knowledge, belief, and conduct in a more and more perfect form.

Here we will take a glance at each stage of spiritual development. Dharma Dhyana or Righteous Meditation plays an important role in climbing each stage and the external austerities like fasting, giving up tasty food, etc helps in supporting meditation.

The goal is to reach the highest type of meditation (Shukla Dhyana) and liberation.

This sounds to me like a cosmic video game that I constantly talk about.

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<sup>4</sup> <http://jaincosmos.blogspot.com/2013/11/jain-meditation.html>

Head	Gunasthāna	Meaning
<b>Belief</b> (Rationality in perception)	1. <i>Mithyātvā</i>	The stage of wrong believer (Gross ignorance)
	2. <i>Sasādana</i>	Downfall from right faith
	3. <i>Misradrsti</i>	Mixed right and wrong belief
	4. <i>Avirata samyagdrsti</i>	Vowless right belief
<b>Minor Vows</b> (Commencement of Right conduct)	5. <i>Deśavirata</i>	The stage of partial self-control
<b>Right conduct:</b> <i>Mahavrata</i> s (Major Vows)	6. <i>Pramattasamyata</i>	Slightly imperfect vows
	7. <i>Apramatta samyata</i>	Perfect vows
	8. <i>Apūrvakaraṇa</i>	New thought-activity
	9. <i>Anivāttibādara-sāmparāya</i>	Advanced thought-activity (Passions are still occurring)
	10. <i>Sukshma samparaya</i>	Slightest delusion
	11. <i>Upasānta-kasāya</i>	Subsided delusion
	12. <i>Ksīna kasāya</i>	Destroyed delusion
	13. <i>Sayoga kevali</i>	Omniscience with vibration
	14. <i>Ayoga kevali</i>	The stage of omniscience without any activity

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1. The stage of the wrong believer: the lowest stage with ignorance, delusion, and with intense attachments and aversions. This is the normal condition of all souls involved in the mundane world and is the starting point of spiritual evolution.

2. The stage of one who has a slight taste of right belief: Indifference to reality with the occasional vague memory of spiritual insight.

3. The stage of mixed belief: Fleeting moments of curiosity towards understanding reality.

4. The stage of one who has a true belief but has not yet self-discipline: Awareness of reality with trust developed in the right view, combined with a

<sup>5</sup> [https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XicHiEiYLidh8\\_JM7KNqXgxR5VrkPDD4ail](https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XicHiEiYLidh8_JM7KNqXgxR5VrkPDD4ail)

willingness to practice self-discipline. The soul may be able to subdue the four passions namely anger, pride, deceit, and greed.

5. The stage of partial self-control: At this stage, the right view and discipline start to develop. The soul now begins to observe some of the rules of right conduct to perfect itself. With the discipline of introductory or minor vows, the soul starts on the process of climbing the spiritual ladder.

6. The stage of complete self-discipline, although sometimes brought into wavering through negligence: Major vows are taken up with firm resolve to control passions. There may be failures due to a lack of full control over passions and carelessness.

7. The stage of self-control without negligence: At this stage, self-discipline and knowledge develop more. The intense practice of vows assisted in better self-control and virtually replaced carelessness with spiritual vigilance and vigor.

8. The stage of one in whom the passions are still occurring in a gross form: The stage of one in whom the passions are still occurring in a gross form. Closer to perfect self-control over actions, higher control over the mind, thought and passions with the soul ready for a reduction of the effects of conduct-deluding karma.

9. The stage of higher control over the removal of passions and the elimination of conduct-deluding karma begins.

10. The stage of one in whom the passions occur in a subtle form but complete elimination of all passions except for a subtle degree of attachment.

11. The stage of one who has suppressed every passion but still does not possess omniscience. Suppressed passions and lingering conduct-deluding karma may rise to drag the soul to lower stages; fleeting experiences of equanimity.

12. The stage of who has annihilated every passion. This is the point of no return. All passions as well as conduct-deluding karma are eliminated. Permanent internal peace achieved. No new bondage from this point onwards.

13. The stage of omniscience with the physical body. The all Destructive karma eliminated and the Arihant stage reached. The perfected soul is still trapped in the physical body due to the presence of remaining Non-Destructive Karma. The Lord Arihant now preaches others the path of liberation and helps seekers showing the path to cross the ocean of rebirths and reach the safe shore.

14. The stage of omniscience without the physical body. Siddha Stage reached and the purest soul after destroying the remaining non-destructive karmas attains Nirvana and reaches the abode of the liberated soul. Now the soul is free from the cycle of births and deaths and enjoys infinite bliss.

See Wikipedia.

[https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XjcHiEIYLidh8\\_JM7KNqXgxR5VrkPDD4ail](https://en.wikipedia.org/wiki/Gunasthana?fbclid=IwAR0MX5f3JJX3CTANfC3IjBI-XjcHiEIYLidh8_JM7KNqXgxR5VrkPDD4ail)

## The video game of life



One of my favorite expressions is “You are the universe. You just don’t know it”. What a powerful expression. Does that excite you at all? We are so much grander than we think.

Most people would probably say I don’t believe it. I have been meditating for many moons. In fact, since day one I have loved to meditate. My intuition tells me this is true. Wherever I go this experience goes with me.

In the beginning, I would meditate on God. After some point in time, God meditates on me.

The same energy that is made up of the universe lies inside of me and I’m aware of that. The energy is pure kindness. This energy is pure love and compassion.

This energy is our true nature. You see we don’t die. We are eternal. Our bodies will die yet we will live forever.

Meditation is the link between man and the universe. Imagine having a URL to God. If you don’t have that URL you can’t go to that website. But if you enter that proper URL in your browser and hit enter, presto you are at that site.

Meditation is the URL that you enter into the browser of life. Mind you this web page is always changing. It is not a static site. All the knowledge of the universe lies there.

But to tell you the truth the main key is to transform yourself and become a better person.

It’s like taking a shower. This is not just an ordinary shower. This is a shower of kindness. This is a shower of love and compassion. This is a shower of patience.

Slowly, I mean slowly one transforms. One begins to pull the negative weeds within. Weeds such as anger, greed, war, and on and on and on.

Nobody gets a free ride in life. Everyone is responsible for their actions. We must be conscious and aware of every moment of our life.



Life is like a video game. At each level, you play the game becomes more interesting and exciting.

Imagine life throws you a curveball. Someone says something to you that you don't agree with. We see this all the time. Just look at people flaming each other on Facebook.

Now think that in this video game of life the pitcher throws a curveball your way to see how you would react.

If you react and flame someone you get a strike. If you don't react and simply smile with kindness you hit the ball out of the park. You then go to the next level in the game of life. This person loves to play video games and is aware of the steps he takes day in and day out.

We have never been trained in this game. We have never been taught that this video game of life exists inside of ourselves. We just constantly react to situations. We are like a ship without a rudder.

The goal of this video game is to become like the universe. The universe is kind. The universe is love and compassion. The universe doesn't judge us.

The universe doesn't say look at how many strikes are against us. The universe says you have free will so why judge? Yet this video game of life provides all the necessary levels where you know this is a divine game.

Bugs Bunny once said, "Don't take life so seriously because you will never get out of it alive". I like that. Don't take life so seriously. Be like the sun in the sky. Just shine. Don't react to every situation.

Yet when dear old Bugs said you will never get out alive the great video masters of old have a different story. They said you could be aware of your true nature while you are alive. Big difference.

When I was young I was scared to death of dying. I was told when you die that you simply vanish and never become aware again. I didn't like that story. So I have spent many moons pursuing this answer.

To be frank I still don't want to die. I love this place. Yet in my experience, I'm bringing heaven down to earth. Heaven lies inside of us. It's not a place we go to. Heaven is a state of mind.

Depending on how we are proactive and aware or simply reacting in this video game of life will correspond to our state of mind. People ask me why I love Eastern thought.

Well for one the Buddhists have been talking about a crystal clear mind for over three thousand years.

In the West, it was only in the mid-eighties did universities gave a class on subjects like happiness. Buddhist have been talking about this since day one.

I'm not saying you have to be a Buddhist. I'm not. I adore all religions. There is a thread that ties all religions together. It is the thread of love.

I'm just saying that in the west we need to become more aware of this video game of life, The world needs us to step up and consciously be aware and play this game with a sense of knowingness.

For example, it's a little dangerous in this video game of life when our President tweets at three o'clock in the morning. He ridiculed little rocket man. My button is bigger than your button.

These kinds of words can lead to nuclear war. Our words and actions can either bring heaven to earth or a modern-day hell. Just take a look around the world today. We need to be aware and as my friend, Bill Cunningham told me we need more respect in this world.

We are all in the same boat together. We either sink or swim. We need to be more tolerant, kind, and respectful of each other. Mankind needs to be a kind man.

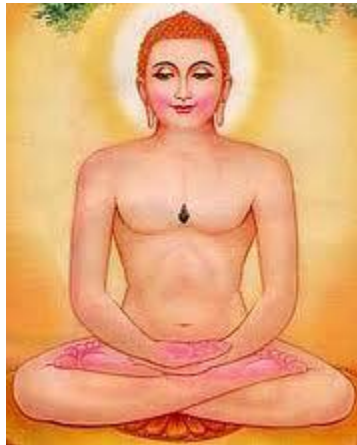
That's the most difficult thing in life. Look at all the conflicts and wars around the world. It's so easy to flare up with anger. It's so easy to put gasoline on the fire. Yet to act with kindness in the face of adversity is the most difficult thing to do.

You are a piece of the puzzle in life.

## Did Jainism Help Shape the American Civil Rights Movement?

By Andrew Bowen

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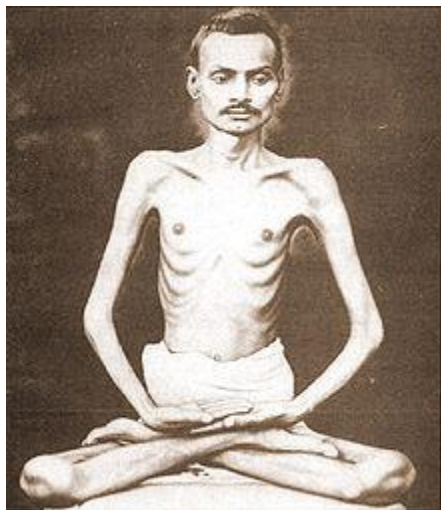
The American Civil Rights movement during the mid-1950s to early '70s marked one of the most tumultuous periods of social change and unrest in American history.

A wave of political and social conservatism consumed the national attention during the 1950s after the end of World War II and now with the African-American Civil Rights Movement in full swing, the fires of change swept through American culture.

So how could Jains, who are hardly known outside of academia in the United States at this time, have any influence on social movements in America?

As with many events in our lives, it isn't the impact that reaches you, but the ripple.

Meet our impact point. Shrimad Rajchandra



Shrimad Rajchandra was a Jain philosopher who lived in India between 1867 and 1901. After watching a funeral pyre at a young age, it is said that Shrimad Rajchandra suddenly recollected all of his past lives, thus gleaning all the knowledge and spiritual wisdom he attains in those periods.

He would go on to spend the rest of his life teaching and writing about spiritual concepts within the Jain framework until he died at the age of 32. His most important literary work, which bears his name, is highly regarded even today.

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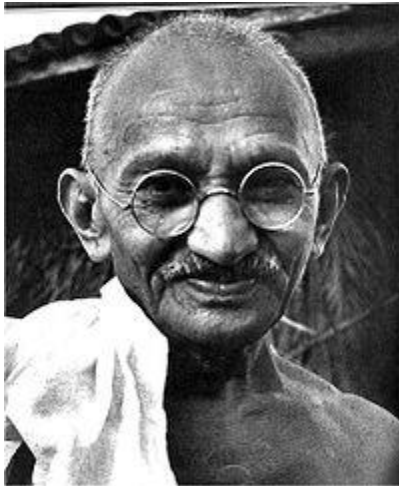
<sup>6</sup> <https://www.beliefnet.com/columnists/projectconversion/2011/11/did-jainism-help-shape-the-american-civil-rights-movement.html>

What is interesting about his story (among other things) is that Shrimad Rajchandra made a very special friendship with one of history's most endeared activists. Mahatma Gandhi. Gandhi himself regarded Shrimad Rajchandra as not only a friend but a spiritual guide.

***"I have drunk to my heart's content the nectar of religion that was offered to me by Shri Raichandbhai.***

***Raichandbhai hated the spread of irreligion in the name of religion and he condemned lies, hypocrisy, and other vices that were getting a free hand in his time.***

***He considered the whole world as his relative and his sympathy extended to all living beings of all ages."*** –Mahatma Gandhi



Mahatma Gandhi is who many of us think of regarding civil disobedience and non-violent resistance.

Under the influence of his native Hindu faith, his mentor Shrimad Rajchandra who preached ahimsa (non-injury), and a love for freedom,

Gandhi began civil rights and liberation movements in South Africa during his early years as an attorney before moving on to his native India.

Gandhi is known for his non-violent resistance against British rule in India which after years of struggle, led to its independence in 1947. He was assassinated in 1948.

***"The science of war leads one to dictatorship, pure and simple. The science of non-violence alone can lead one to pure democracy...Power based on love is a thousand times more effective and permanent than power derived from fear of punishment..."*** –Mahatma Gandhi



From America's South, its philosopher and propagator of non-violence and change soon rose. Martin Luther King Jr., Jr., a Baptist preacher from Georgia, was a tremendous personality.

An academic marvel with a flair for leadership and activism, he helped found the SCLC (Southern Christian Leadership Conference) and was a prominent leader in the NAACP.

King led the Montgomery Bus Boycott of 1955 which opposed the Montgomery Alabama transit segregation policy and played a pivotal role in

the 1963 March on Washington where he delivered his "I Have a Dream" speech.

While King cited many influences for his position on non-violent activism, he spoke warmly of none other than Mahatma Gandhi. King was greatly impacted by Gandhi's work after visiting India, a trip that may have helped shape the American political and social structure forever.

***"Since being in India, I am more convinced than ever before that the method of nonviolent resistance is the most potent weapon available to oppressed people in their struggle for justice and human dignity. In a real sense, Mahatma Gandhi embodied in his life certain universal principles that are inherent in the moral structure of the universe, and these principles are as inescapable as the law of gravitation."*** –Martin Luther King Jr., Jr.

With the help of King and many others in the struggle for racial equality, America eventually adopted the Civil Rights Act of 1964, the Voting Rights Act of 1965, the Immigration and National Services Act of 1965, and the Fair Housing Act of 1968 among others.

For his service to humanity, King was awarded the Nobel Peace Prize. He was assassinated in 1968.

Ripples. Martin Luther King Jr., Jr. was an American Christian. Gandhi was a Hindu. Shrimad Rajchandra was a Jain philosopher. Lord Mahavira taught his people 2,500 years ago in northern India.

Each ripple reached out, inch by inch, and eventually covered the world. And the influence of non-violent activism is still alive today with our current Occupy Movement, which has spread globally.

So now we see how Jainism subtly influenced social change across centuries and nations without converting a single soul, without coercion, without force, but simply because it makes sense.



What sort of ripple will you form today?

## My Trip to the Land of Gandhi- Martin Luther King Jr.



Author: King, Martin Luther, Jr.

Date: July 1, 1959, to July 31, 1959

Location: Chicago, Ill.

### Details

In his account of his India tour published in *Ebony* magazine, King notes that Gandhi's spirit is still alive, though "some of his disciples have misgivings about this when . . . they look around and find nobody today who comes near the stature of the Mahatma."<sup>1</sup> Lamenting India's pervasive economic inequalities, King observes that "the bourgeoisie—white, black or brown—behaves about the same the world over," and he calls upon the West to aid India's development "in a spirit of international brotherhood, not national selfishness."

For a long time, I had wanted to take a trip to India. Even as a child the entire Orient held a strange fascination for me—the elephants, the tigers, the temples, the snake charmers, and all the other storybook characters.

While the Montgomery boycott was going on, India's Gandhi was the guiding light of our technique of non-violent social change. We spoke of him often.

So as soon as our victory over bus segregation was won, some of my friends said: "Why don't you go to India and see for yourself what the Mahatma, whom you so admire, has wrought."

In 1956 when Pandit Jawaharlal Nehru, India's Prime Minister, made a short visit to the United States, he was gracious enough to say that he wished that he and I had met and had his diplomatic representatives make inquiries as to the possibility of my visiting his country sometime soon. Our former American ambassador to India, Chester Bowles, wrote me along the same lines.<sup>2</sup>

But every time that I was about to make the trip, something would interfere. At one time it was my visit by a prior commitment to Ghana.

<sup>3</sup> At another time my publishers were pressing me to finish writing *Stride Toward Freedom*. Then along came Mrs. Izola Ware Curry.

When she struck me with that Japanese letter opener on that Saturday afternoon in September as I sat autographing books in a Harlem store, she not only knocked out the travel plans that I had but almost everything else as well.

After I recovered from this near-fatal encounter and was finally released by my doctors, it occurred to me that it might be better to get on the trip to India before plunging too deeply once again into the sea of the Southern segregation struggle.

I preferred not to take this long trip alone and asked my wife and my friend, Lawrence Reddick, to accompany me. Coretta was particularly interested in the women of India and Dr. Reddick in the history and government of that great country.

He had written my biography, *Crusader Without Violence*, and said that my true test would come when the people who knew Gandhi looked me over and passed judgment upon me and the Montgomery movement.

The three of us made up a sort of 3-headed team with six eyes and six ears for looking and listening.

The Christopher Reynolds Foundation made a grant through the American Friends Service Committee to cover most of the expenses of the trip and the Southern Christian Leadership Conference and the Montgomery Improvement Association added their support.<sup>4</sup> The Gandhi Memorial Trust of India extended an official invitation, through diplomatic channels, for our visit.<sup>5</sup>



And so on February 3, 1959, just before midnight, we left New York by plane. En route, we stopped in Paris with Richard Wright, an old friend of Reddick's, who brought us up to date on European attitudes on the Negro question and gave us a taste of the best French cooking.<sup>6</sup>

We missed our plane connection in Switzerland because of fog, arriving in India after a roundabout route, two days late.

But from the time we came down out of the clouds in Bombay on February 10, until March 10, when we waved goodbye at the New Delhi airport, we had one of the most concentrated and eye-opening experiences of our lives. There is so much to tell that I can only touch upon a few of the high points.

At the outset, let me say that we had a grand reception in India. The people showered upon us with the most generous hospitality imaginable. We were graciously received by the Prime Minister, the President, and the Vice-President of the nation; members of Parliament, Governors, and Chief

Ministers of various Indian states; writers, professors, social reformers, and at least one saint.<sup>7</sup> Since our pictures were in the newspapers very often it was not unusual for us to be recognized by crowds in public places and on public conveyances.<sup>8</sup>

Occasionally I would take a morning walk in the large cities, and out of the most unexpected places someone would emerge and ask: "Are you Martin Luther King Jr.?"

Virtually every door was open to us. We had hundreds of invitations that the limited time did not allow us to accept.

We were looked upon as brothers with the color of our skins as something of an asset. But the strongest bond of the fraternity was the common cause of minority and colonial peoples in America, Africa, and Asia struggling to throw off racialism and imperialism.

We had the opportunity to share our views with thousands of Indian people through endless conversations and numerous discussion sessions. I spoke before university groups and public meetings all over India.

Because of the keen interest that the Indian people have in the race problem these meetings were usually packed. Occasionally interpreters were used, but on the whole, I spoke to audiences that understood English.

The Indian people love to listen to the Negro spirituals. Therefore, Coretta ended up singing as much as I lectured. We discovered that autograph seekers are not confined to America.

After appearances in public meetings and while visiting villages we were often besieged for autographs. Even while riding planes, more than once pilots came into the cabin from the cockpit requesting our signatures.

We got good press throughout our stay. Thanks to the Indian papers, the Montgomery bus boycott was already well known in that country. Indian publications perhaps gave a better continuity of our 381-day bus strike than did most of our papers in the United States.

Occasionally I meet some American fellow citizen who even now asks me how the bus boycott is going, apparently never having read that our great day of bus integration, December 21, 1956, closed that chapter of our history.

We held press conferences in all of the larger cities—Delhi, Calcutta, Madras, and Bombay—and talked with newspapermen almost everywhere we went.

They asked sharp questions and at times appeared to be hostile but that was just their way of bringing out the story that they were after. As reporters, they were scrupulously fair with us and in their editorials showed an amazing grasp of what was going on in America and other parts of the world.

The trip had a great impact on me. It was wonderful to be in Gandhi's land, to talk with his son, his grandsons, his cousin, and other relatives; to share the reminiscences of his close comrades; to visit his ashrama, to see the countless memorials for him, and finally to lay a wreath on his entombed ashes at Rajghat.<sup>9</sup> I left India more convinced than ever before that non-violent resistance is the most potent weapon available to oppressed people in their struggle for freedom.<sup>10</sup>

It was a marvelous thing to see the amazing results of a non-violent campaign. The aftermath of hatred and bitterness that usually follows a violent campaign was found nowhere in India.

Today a mutual friendship based on complete equality exists between the Indian and British people within the Commonwealth. The way of acquiescence leads to moral and spiritual suicide. The way of violence leads to bitterness in

the survivors and brutality in the destroyers. But, the way of non-violence leads to redemption and the creation of a beloved community.

The spirit of Gandhi is very much alive in India today. Some of his disciples have misgivings about this when they remember the drama of the fight for national independence and when they look around and find nobody today who comes near the stature of the Mahatma.

But any objective observer must report that Gandhi is not only the greatest figure in India's history but that his influence is felt in almost every aspect of life and public policy today.

India can never forget Gandhi. For example, the Gandhi Memorial Trust (also known as the Gandhi Smarak Nidhi) collected some \$130 million soon after the death of "the father of the nation."

This was perhaps the largest, spontaneous, mass monetary contribution to the memory of a single individual in the history of the world. This fund, along with support from the Government and other institutions, is resulting in the spread and development of Gandhian philosophy, the implementation of his constructive program, the erection of libraries, and the publication of works by and about the life and times of Gandhi.

Posterity could not escape him even if it tried. By all standards of measurement, he is one of the half-dozen greatest men in world history.

I was delighted that the Gandhians accepted us with open arms. They praised our experiment with the non-violent resistance technique at Montgomery.

They seem to look upon it as an outstanding example of the possibilities of its use in western civilization. To them, as to me it also suggests that non-violent resistance when planned and positive in action can work effectively even under totalitarian regimes.

We argued this point at some length with the groups of African students who are today studying in India.<sup>11</sup> They felt that non-violent resistance could only work in a situation where the resisters had a potential ally in the conscience of the opponent.

We soon discovered that they, like many others, tended to confuse passive resistance with non-resistance. This is completely wrong. True non-violent resistance is not unrealistic submission to evil power. It is rather a courageous

confrontation of evil by the power of love, in the faith that it is better to be the recipient of violence than the inflictor of it, since the latter only multiplies the existence of violence and bitterness in the universe, while the former may develop a sense of shame in the opponent, and thereby bring about a transformation and change of heart.

Non-violent resistance does call for love, but it is not sentimental love. It is a very stern love that would organize itself into collective action to right a wrong by taking on itself suffering. While I understand the reasons why oppressed people often turn to violence in their struggle for freedom, it is my firm belief that the crusade for independence and human dignity that is now reaching a climax in Africa will have a more positive effect on the world, if it is waged along the lines that were first demonstrated in that continent by Gandhi himself.<sup>12</sup>

India is a vast country with vast problems. We flew over the long stretches, from North to South, East to West; took trains for shorter jumps, and used automobiles and jeeps to get us into the less accessible places.

India is about a third the size of the United States but has almost three times as many people. Everywhere we went we saw crowded humanity—on the roads, in the city streets and squares, even in the villages.<sup>13</sup>

Most of the people are poor and poorly dressed. The average income per person is less than \$70 per year.

Nevertheless, their turbans for their heads, loose flowing, wrap-around dhotis that they wear instead of trousers, and the flowing saris that the women wear instead of dresses are colorful and picturesque. Many Indians wear part native and part western dress.

We think that we in the United States have a big housing problem but in the city of Bombay, for example, over a half million people sleep out of doors every night.

These are mostly unattached, unemployed, or partially employed males. They carry their bedding with them like foot soldiers and unroll it each night in any unoccupied space they can find—on the sidewalk, in a railroad station, or at the entrance of a shop that is closed for the evening.

The food shortage is so widespread that it is estimated that less than 30% of the people get what we would call three square meals a day. During our great depression of the 1930s, we spoke of "a third of a nation" being "ill-housed, ill-clad, and ill-fed."

For India today, simply change one-third to two-thirds in that statement and that would make it about right.

As great as is unemployment, under-employment is even greater. Seventy percent of the Indian people are classified as agricultural workers and most of these do less than 200 days of farm labor per year because of the seasonal fluctuations and other uncertainties of mother nature. Jobless men roam the city streets.

Great ills flow from the poverty of India but strangely there is relatively little crime. Here is another concrete manifestation of the wonderful spiritual quality of the Indian people.

They are poor, jammed together, and half-starved but they do not take it out on each other. They are a kindly people. They do not abuse each other—verbally or physically—as readily as we do. We saw but one fist fight in India during our stay.<sup>14</sup>

In contrast to the poverty-stricken, there are Indians who are rich, have luxurious homes, landed estates, fine clothes, and show evidence of over-eating. The bourgeoisie—white, black or brown—behaves about the same the world over.

And then there is, even here, the problem of segregation. We call it race in America; they call it caste in India. In both places, it means that some are considered inferior, treated as though they deserve less.

We were surprised and delighted to see that India has made greater progress in the fight against caste "untouchability" than we have made here in our own country against racial segregation.

Both nations have federal laws against discrimination (acknowledging, of course, that the decision of our Supreme Court is the law of our land). But after this has been said, we must recognize that there are great differences between what India has done and what we have done on a very similar problem.

The leaders of India have placed their moral power behind their law. From the Prime Minister down to the village councilmen, everybody declares publicly that untouchability is wrong.

But in the United States, some of our highest officials decline to render a moral judgment on segregation and some from the South publicly boast of their determination to maintain segregation. This would be unthinkable in India.

Moreover, Gandhi not only spoke against the caste system but he acted against it. He took "untouchables" by the hand and led them into the temples from which they had been excluded.

To equal that, President Eisenhower would take a Negro child by the hand and lead her into Central High School in Little Rock.

Gandhi also renamed the untouchables, calling them "Harijans" which means "children of God."

The government has thrown its full weight behind the program of giving the Harijans an equal chance in society—especially when it comes to job opportunities, education, and housing.

India's leaders, in and out of government, are conscious of their country's other great problems and are heroically grappling with them. The country seems to be divided.

Some say that India should become westernized and modernized as quickly as possible so that it might raise her standards of living. Foreign capital and foreign industry should be invited in, for in this lies the salvation of the almost desperate situation.

On the other hand, there are others—perhaps the majority—who say that westernization will bring with it the evils of materialism, cut-throat competition, and rugged individualism; that India will lose her soul if she takes to chasing Yankee dollars; and that the big machine will only raise the living standards of the comparative few workers who get jobs but that the greater number of people will be displaced and will thus be worse off than they are now.

Prime Minister Nehru, who is at once an intellectual and a man charged with the practical responsibility of heading the government, seems to steer a middle course between these extreme attitudes.

In our talk with him he indicated that he felt that some industrialization was necessary; that there were some things that only big or heavy industry could do for the country but that if the state keeps a watchful eye on the developments, most of the pitfalls may be avoided.

At the same time, Mr. Nehru gives support to the movement that would encourage and expand the handicraft arts such as spinning and weaving in-home and village and thus leaving as much economic self-help and autonomy as possible to the local community.

There is a great movement in India that is almost unknown in America. At its center is the campaign for land reform known as Bhoodan. It would solve India's great economic and social change by consent, not by force.

The Bhoodanists are led by the sainted Vinoba Bhave and Jayaprakash Narayan, a highly sensitive intellectual, who was trained in American colleges.<sup>15</sup> Their ideal is the self-sufficient village. Their program envisions

Persuading large land owners to give up some of their holding to landless peasants;

Persuading small land owners to give up their ownership for common cooperative ownership by the villages;

Encouraging farmers and villagers to spin and weave the cloth for their clothes during their spare time from their agricultural pursuits.

Since these measures would answer the questions of employment, food, and clothing, the village could then, through cooperative action, make just about everything that it would need or get it through barter or exchange from other villages.

Accordingly, each village would be virtually self-sufficient and would thus free itself from the domination of the urban centers that are today like evil loadstones drawing the people away from the rural areas, concentrating them in city slums, and debauching them with urban vices. At least this is the argument of the Bhoodanists and other Gandhians.

Such ideas sound strange and archaic to Western ears. However, the Indians have already achieved greater results than we Americans would ever expect.

For example, millions of acres of land have been given up by rich landlords and additional millions of acres have been given up to cooperative management by small farmers.

On the other hand, the Bhoodanists shrink from giving their movement the organization and drive that we in America would venture to guess that it must have to keep pace with the magnitude of the problems that everybody is trying to solve.

Even the government's five-year plans fall short in that they do not appear to be of sufficient scope to embrace their objectives.

Thus, the three five-year plans were designed to provide 25,000,000 new jobs over 15 years but the birth rate in India is 6,000,000 per year.

This means that in 15 years there will be 9,000,000 more people (less those who have died or retired) looking for the 15 million new jobs<sup>16</sup>. In other words, if the planning were 100 percent successful, it could not keep pace with the growth of problems it is trying to solve.

As for what should be done, we surely do not have the answer. But we do feel certain that India needs help. She must have outside capital and technical know-how. It is in the interest of the United States and the West to help supply these needs and not attach strings to the gifts.

Whatever we do should be done in a spirit of international brotherhood, not national selfishness. It should be done not merely because it is diplomatically expedient, but because it is morally compelling.

At the same time, it will rebound to the credit of the West if India can maintain her democracy while solving her problems.<sup>17</sup>

It would be a boon to democracy if one of the great nations of the world, with almost 400,000,000 people, proves that it is possible to provide a good living for everyone without surrendering to a dictatorship of either the "right" or "left."



Today India is a tremendous force for peace and non-violence, at home and abroad. It is a land where the idealist and the intellectual are yet respected. We should want to help India preserve her soul and thus help to save our .

1. Four weeks after returning from India, King prepared a draft of this article (Draft, "My trip to India," April 1959; see also Maude L. Ballou to Lerone Bennett, 17 April 1959). Nine photographs accompanied it, including pictures of King meeting Prime Minister Nehru and the Kings and traveling companion Lawrence Reddick placing a wreath at the site of Gandhi's cremation.

2. Bowles to King, 28 January 1957; see also Homer Alexander Jack to King, 27 December 1956, in Papers 3:496, 498.

3. In March 1957 King attended the Ghanaian independence celebrations. For more on King's trip to Ghana, see Introduction in Papers 4:7-9.

4. The Reynolds Foundation provided \$4,000 for the trip, SCLC provided an additional \$500, and the MIA and Dexter Avenue Baptist Church presented the Kings with a money tree at a "bon voyage" celebration in their honor on 26 January (AFSC, "Budget: leadership intervisitation, visit to India by Martin Luther and Coretta King," February-March 1959, and "The Kings Leave Country," Dexter Echo, 11 February 1959).

5. See G. Ramachandran to King, 27 December 1958, in Papers 4:552-553.

6. Wright, an African American novelist, had lived in Paris since 1947. In a draft of this article, King had crossed out the reference to Wright. For more on King's visit with Wright, see Introduction, p. 4 in this volume.

7. Among those King met were Nehru, President Rajendra Prasad, Vice President Sarvepalli Radhakrishnan, and member of Parliament Sucheta Kripalani. King also refers to Gandhi's disciple Vinoba Bhave.

8. King's draft phrased this differently: "Our pictures were in the newspapers very often and we were recognized by crowds at the circus and by pilots on the planes." The draft did not include the subsequent sentence or the following two paragraphs.

9. See King to Ramdas M. Gandhi, 8 August 1959, pp. 255-256 in this volume.

10. This sentence and the remainder of the paragraph were not included in King's draft.

11. King's draft added the following sentence: "They, like many others, seem to feel that nonviolent resistance means non-resistance, do nothing." The remainder of the paragraph and the following paragraph were not included in the draft.

12. King's draft included the following paragraph: "We also learned a lot from the India journalists. Our practice was to divide the time of our press conferences between questions they asked us and questions we asked them."

13. King's draft added the following: "The people have a way of squatting, resting comfortably (it seemed) on their haunches. Many of the homes do not have chairs and most of the cities have very few park or street benches."

14. In King's draft, he had stricken the following two paragraphs: "There is great consideration for human life but little regard for labor and time. We saw men mending shoes almost without tools. Five persons may be sent to bring down a package that one could carry. Human muscles there do many jobs that our machines do here. Moreover, nobody seems to be in a hurry and it is surprising when arrangements and appointments come off according to schedule.

Young boys accost you everywhere, persistently offering to supply you with just about anything your heart could desire and your pocket book can pay for. Begging is widespread though the government has done much to discourage it. But what can you do when an old haggard woman or a little crippled urchin comes up and motions to you that she is hungry?"

15. For King's 1959 interview with Vinoba Bhave, see Vinoba, "Dr. Martin Luther King Jr. with Vinoba," *Bhoodan* 3 (18 March 1959): 369-370; see also King to Narayan, 19 May 1959, pp. 209-211 in this volume.

16. King's draft indicated that ninety million more people would be looking for work.

17. In his draft, King marked the following sentence for deletion: "Her people are remarkably patient but many of them are looking toward their neighbor to the North and noting that China under the discipline of communism seems to be moving ahead more rapidly than India."

Source:

Ebony, July 1959, pp. 84-92.

## Non-violence in protests



Which is better violence or nonviolence?

A study by Erica Chenoweth and Maria Stephan found that nonviolent revolutions are twice as effective as violent ones and lead to much greater degrees of democratic freedom.

The Jains have been practicing non-violence for over 2,500 years.

Both Gandhi and Martin Luther King Jr. used non-violence for their causes. What does that have to do with me?

Just think America has only spent around thirty years not fighting a war. Where do these wars begin? Inside of our minds. Our movie industry makes billions promoting violence. Bullying is rapid among children.

The United States has more murders than any western civilization. More people in America have died from shootings than all the wars that soldiers have died in.

A violent protest leads to destruction. A non-violent protest leads to eventual freedom. Remember violence comes from darkness.

Non-violence comes from the light. Eventually, the light overcomes darkness. Darkness is the absence of light.

During these recent protests occurring because of the death of George Floyd who died from police officers millions of peaceful and non-violent protestors, held rallies all across America.

Only a few were violent. Most of the violence was done by outside groups who love to vandalize people and property.

The only way for a better future is to have a non-violent protest. Gandhi and Martin Luther King Jr. are examples.

I believe this is the protest for the future. The silent protest is an organized effort where the participants stay quiet to demonstrate disapproval. It is used as a form of civil disobedience and nonviolent resistance. [

There is nothing about a protest where thousands of people aren't shouting or yelling but in absolute silence. They are all united. Words do not need to be spoken.

Silence is a huge key to fighting violence. Behind silence lies true justice, freedom, and peace.

Recently in George Floyd's protest, many protests used this technique. Watch the youtube video below.

[Protesters use silence to memorialize George Floyd across the U.S.](#)



## Non-violence in schools



Colman McCarthy, director of the Center for Teaching Peace in Washington, D.C said the following quote "If we don't teach our children peace, someone else will teach them violence."

Over 187,000 Students Have Experienced School Shootings Since Columbine. This is the headline from an article in the Daily Beast. <sup>7</sup>

I can't imagine the terror is for these kids to experience. Yet the killings go on.

The Second Amendment of the United States Constitution reads: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

To be honest, war is obsolete. Guns are obsolete. They will never solve anything. I can't believe that many schools have metal detectors for students entering the school.

When I was a kid shooting was virtually unknown. Today is almost a weekly occurrence. How can you learn anything in a violent environment? We spent around 60% of our budget on defense. Why don't we spend 30% of our budget on education?

Why not give teachers a six-figure salary? Most teachers barely make a decent living yet there is a foundation for educating our young. What kind of precedent are we saying to our young? You aren't worth it so we will do the bare minimum.

What greater violence is that? Our politicians pay lip service. Yet they spend trillions on defense and give tax breaks to the rich.

When I was young many moons ago California was number three in the states for the quality of education. Today it is 47<sup>th</sup> in the nation. What happened?

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<sup>7</sup> <https://www.thedailybeast.com/over-187000-students-have-experienced-school-shootings-since-columbine-report>

A society foundation is a strength of having educated citizens. All past civilizations' downfall was the deterioration of education and when more than half of your budget is spent on defense.

According to Forbes magazine, student loan debt in 2020 is now about \$1.56 trillion.

There are 45 million borrowers who collectively owe nearly \$1.6 trillion in student loan debt in the U.S. Student loan debt is now the second-highest consumer debt category - behind only mortgage debt - and higher than both credit cards and auto loans.

The average student loan debt for members of the Class of 2018 is \$29,200, a 2% increase from the prior year, according to the Institute for College Access and Success.<sup>8</sup>

When I went to college my student debt was 10,000 dollars. It took me ten years to pay it off.

There are seven developed nations — including Sweden, Norway, and Ireland — where students attend school for free. Sweden does not charge tuition for both public and private colleges. Norway pays the most for college subsidies, spending 1.3% of its annual GDP.<sup>9</sup>

The students are digging a financial hole that is almost impossible to get out of.

Obama took out \$42,753 in loans to pay his tuition at Harvard Law School, the Chicago Sun-Times reported.

First Lady Michelle Obama went into \$40,762 in debt to finance her Harvard Law education. It was not until after Obama signed a \$1.9 million book deal in 2004 -- the year he was elected to the U.S. Senate -- that the couple paid off all of their student loans, according to the Sun-Times.<sup>10</sup>

Obama was lucky. He signed a major book deal where he could pay off both of his and his wife's student loans.

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<sup>8</sup> <https://www.forbes.com/sites/zackfriedman/2020/02/03/student-loan-debt-statistics/#6248d9ff281f>

<sup>9</sup> <https://www.businessinsider.com/countries-with-free-higher-education-no-tuition-college>

<sup>10</sup> <https://www.insidehighered.com/quicktakes/2013/08/27/obamas-own-student-debt-topped-40000-each>

We have a lot to learn about being non-violent especially when it comes to our education.





The following comes from the book Pure Freedom- The Jain Way of Self-Reliance by Mr. Amar Salgia

<sup>11</sup>Democratic Principles & Social Equality: No war or violent campaign was ever waged by Jains to convert, coerce, proselytize, or ensure safety in numbers. Even in positions of great power Jains never sought to institute a religious empire or grab land from people.

Throughout history and in today's world, Jain societies have not, and need not employ military action or political pressure to flourish, grow, prosper and invigorate an ethical revolution in the greater community. Jainism and its notion of spiritual freedom have always appealed to individuals from every socioeconomic level.

Thousands of years before the French and American revolutions, the U.S. Constitution, the abolition of slavery, and the civil rights movement, Jains espoused and practiced the doctrine that all human beings are, and should be treated, as spiritual equals.

Rejecting the historically concurrent and widespread infliction of slavery, caste hierarchy, the subjugation of women, and religious sacrifice of humans and animals, Jains long ago set an egalitarian example that still serves as a beacon for advocates of democratic values.

Amid a class-torn society, Jains pioneered the institution of secular public education for all, to such an extent that in a certain Indian language (Tamil) the very word for "school" ("palli") actually means "Jain temple". Up through the 21st century, entire communities from the poor, downtrodden, and rejected classes have continued to find dignity and solace in the Jain religion.

The Jain vision of social service can be contrasted with the currently in-vogue concept of "social justice", a modern term for state-imposed redistribution of wealth and resources. Jainism puts the responsibility on the individual to be

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<sup>11</sup> [https://www.jainsamaj.org/content.php?url=Pure\\_Freedom-The\\_Jain\\_Way\\_of](https://www.jainsamaj.org/content.php?url=Pure_Freedom-The_Jain_Way_of)

charitable voluntarily, not only by contributing to worthy causes but also by creating a uniquely personal enterprise of assisting those in need.

**Independence From Priestly Domination:** Jainism has always been predominantly a religion and faith of the laity. Every living soul is free to pursue spiritual goals on its own, without any need for outside help.

Ultimately, God is not an external person, place, or thing, but a certain state of one's existence. There's no need for an intermediary, be it human or heavenly, to bridge the gap between oneself and one's innate constitution.

Hence, Jains never invented a pyramid bureaucracy or priestly class having authority over people. As a result, all Jains enjoy free participation and unconstrained access to community and religious activities.

**Female Emancipation:** The soul has no gender, and by their fundamental nature no soul or soul can ever be superior or inferior to one another. All are spiritually identical.

In social arenas, this principle has guided Jain society in profound ways, not least among them in the area of gender issues. Jains recognize the spiritual equality of genders in the same light as that of races and of species.

Whereas most of the ancient world was at best patronizing towards females, Jain society (the Chaturvidhi Sangha) as ordained by the great Crossing-Makers has been founded equally upon four types of people: male ascetics (monks), female ascetics (nuns), laymen (shravakas) and laywomen (shravikas).

This society is not a hierarchy of any kind of social device. Without the participation of and equal regard for each of these four spiritual resources, society is deemed incomplete.

Thus, female education has typically been as high a priority as for males. In the land of Jainism's origin, its followers include the largest proportion of educated women of any religious community; and across the globe, a large majority of young Jain women are college-educated.

As an outcome of both academics and ideology women have enjoyed a progressive state of opportunity in Jain society. Moreover, Jain children are raised to regard male monks with the same veneration and respect as female nuns. (In

fact, female nuns outnumber male monks by a ratio above 2 to 1, and evidence shows this has been the case for thousands of years.) Since ancient times women have been important leaders in Jain society and contributed to religious and philosophical literature, the arts, education, and spiritual inspiration for all.

## Non-violence in relationships



I wish that humanity would learn how to brainwash the mind. Just like when our clothes are dirty we put them into the washing machine.

We add detergent and then turn on the machine. The machine takes over and presto we have clean clothes.

Imagine most of humanity never cleans their minds. Our mind is soiled. We build layers of dirt inside of us. We can't control ourselves so consequently, we lash out at others.

In the best mental state without being conscious and aware is not natural. Imagine never washing your clothes for your entire life. At some point, if someone told you how to wash your clothes you would probably laugh. Why in the world would you want to wash your clothes you would say.

There are all sorts of violence in relationships. Everything from beatings, to shootings to verbal abuse. The list is endless. Most people carry traits from their ancestors.

It's gets carried over into the subconscious generation after generation. Most of us are oblivious to it. We are leaves blowing in the wind. We react to each situation without thinking about the consequences of our actions.

Because our focus is on doing we never stop and reflect. We never are in a state of being. We live in the hurricane state of our minds.

The Jains were probably one of the first psychologists. They had a roadmap of the soul's learning process. The soul goes from the journey of darkness to light. It is a grand video game. Each step in the video game is a learning process.

There are infinite mental states of being. The goal is to fine-tune the guitar of life. The Jains have spent many thousands of years fine-tuning this guitar. In the last century, awareness of non-violence reaches the West.

Scientists just started researching how to achieve a positive state of mind only in the last thirty years or so.

Granted we are still behind the times yet gradually we are getting there. Two steps forward one step backward are the name of the game. By humanity discovering their true nature relationships will be better.

We are going from me to we. A great transformation in humanity is occurring. The sun is rising in the sky. It's going to be a beautiful day.

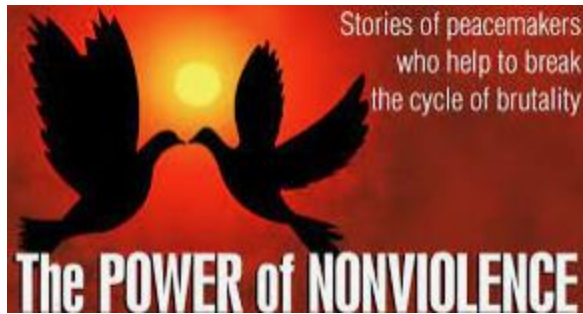
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## Non-violence in your mind and body



What came first the chicken or the egg? The body and the mind are so tangled with each other. It's like a huge bundle of string. Imagine for each thought you have a series of chemical reactions get released into your bloodstream.

The Buddhist has the following saying. Holding onto anger is like drinking poison and expecting the other person to die. You see each time we get angry a series of harmful chemicals gets released into the body. Some people are so out of sync that the facet never gets turned off.

Even if they want to it takes time, patience, and effort. Our subconscious is driving the show. If someone says something to you that you don't like you will automatically get angry.

The anger is wired directly into your body. By the time we reach the age of 35 our body is hardwired directly from the subconscious. It is driving the show. We are on auto-pilot. Habits good and bad are hardwired directly into our bodies. We are like leaves blowing in the wind.

Each morning we get up. We do the same thing over and over. It's like in the old days listening to a record and the album is scratched. It will play the same thing over and over and over.

This is our life. Even if we want to change we have to start to rewire our circuits consciously.

For that to happen, one must be able to break away from a beta state to change. You see a beta state of mind can't reach the subconscious. So if you say an affirmation to change it can't reach the subconscious to rewire the circuits.

This is where meditation comes in. A person who meditates learns over time how to connect to the quantum field.

The stronger the connection you have to this field the more capability you will have to rewire the human body. The scenarios are endless. It's up to your imagination. You have free will.

The quantum field doesn't judge us. Yet changing and rewiring your circuits require you to be in sync with love, kindness, patience, tolerance, and compassion. This is why it's so important to meditate. This is why it's so important to be conscious and aware of each moment.

The wise ones in the past would monitor their thoughts and actions. If they were in a situation where the person would say something to make them angry they would simply smile.

Why put gasoline on the fire? They understood that by getting angry they are drinking their poison. Yet this is difficult to do. That's why it takes constant training.

We have people in the office who will Twitter whatever comes to their minds. They don't know how to stop, look, and listen.

To be honest this was never taught in schools. Look at our nation today. Both sides are pissed off and can't work with one another. This is an emotionally immature society.

For the world to change for the better one must take responsibility and learn new ideas to discover their true nature.

We must all ponder over the state of mind we are in. As a society, we must discover ways to become mature adults. We must help those in need. We can do this. Millions of people are waking up from their slumber.

## Emotions



Emotions can be scattered all over the place. Most of us are reactive beings. As you probably know by the time you are thirty-five your personality is usually set in stone.

Your subconscious is running the show. The body and mind are so ingrained. Our habits are driven by our subconscious. It's like we react without being aware. Our subconscious has taken over.

Yes, that is a good thing and yet at the same time, it causes many problems in our life.

When we go through a traumatic experience in life it creates an emotional scare in our subconscious. All of us have traumas that have occurred in our lives. Many people may ask why this guy is so angry all the time.

Most of the time it was some event that happened years ago and never got resolved. The circuits are still hardwired to that event.

Humanity has been trying for years to learn how to go beyond our emotional issues.

Quantum field theory (QFT) extends quantum mechanics from single localized particles to fields that exist everywhere. These fields represent forces that permeate all of space and time.

In the quantum field, there is no trauma. In the quantum field, there is no anger, hatred, and negative emotions.

We are trying to solve our emotional issues using matter over matter. By using the quantum field to heal we are using kindness, love, and compassion to heal and transform ourselves.

We are using our free will to tap into the quantum field and rewire our nervous systems and our body.



Mystics have done this for thousands of years. Modern-day scientists are using the tools of mystics and combining them with scientific instruments and protocols.

These are exciting times for humanity. We are on the verge where it will be a common everyday practice to rewire our brain towards quantum awareness. We are only moments away. Yes, it will take time but the sun is rising.

Man will soon realize the harmful effects of negative thinking and negative emotions. They will see the practical evidence of how it has put a man in a downward spiral in life. We have been fighting for thousands of years. Need I say more?

Humanity is stuck on the merry-go-round of life. The mystics have declared there is a way around this mess that we created.

This is a divine video game. Once a person understands the rules and why the game was even created in the first place this person will simply smile.

We have free will. The message in this book is you are the universe. You just don't know it. Think outside of your box. The quantum field exists everywhere and that includes inside of you.

## New Thought



Did you know that in every thought you have there is a chemical reaction to your thoughts? Your thoughts create who you are. They create your habits your personality and state of mind.

Your subconscious is driving your car in life. Most of us have put the car in the remote control. We aren't aware of the power that is keeping us alive.

We don't realize that we have a genie within. Every thought we have enforces our views on life. We are a collection of all our thoughts since we were born.

We contain the blueprints of all our thoughts. Our thoughts are where we stand today. It's kind of amazing that most of mankind has forgotten the power of thoughts.

We never ponder over what we think we become. We haven't put two and two together. I think without meditation mankind can't truly see the forest from the trees.

We are so much focused externally that we don't even know about the internal world within.

I don't have to say what happens when the world at large does this. We have been fighting for thousands of years. Many people think that man's nature. Well, it is if we as a world only focus externally. Need I say more?

Did you know that meditation over time will help slow down the mind? Many people have a hard time falling asleep. It is a major problem all around the world.

When the facet of adrenaline can't be turned off and you're in a high beta state of mind it's difficult to fall asleep.

The chemical melatonin can't be released. This chemical is responsible for telling the body to fall asleep. Many people take drugs to put them to sleep.

Unfortunately, the drugs will put them to sleep yet they are extremely harmful and over time causes tremendous damage to the body. Yet the drug industry is interested in making a profit.

Meditation brings one to the awareness of the quantum field. When one meditates one begins to tune in to a field of kindness, love, and compassion.

When one becomes kind this person will have over time kind thoughts. Life is like a tuning fork.

Whatever you think you vibrate at that frequency. If your thoughts are anger I can guarantee you will be in a state of anger.

You will enforce your anger into your subconscious. Over time this becomes your habit and this becomes your personality.

Many years ago I heard the Dalai Lama would go over his entire day when he was going to sleep. He would pay attention and think about how he could improve his thoughts and actions.

He would ponder over and consciously progress to be a better human being.

At that time I truly didn't understand it and see why it was so important. Years later I see it as a foundation for humans to transform. If we as a society become kind in all areas of life the world at large would change for the better.

So yes mediation is the key to helping transform our thoughts. When one begins to be aware and conscious of the quantum field the mind slowly begins to transform.

This is the ultimate brainwashing. You are learning how to clean the clothes of your mind. This is how true healing takes place. Because we are unconscious we live our life that is not in harmony. Consequently, our world at large is in chaos.

I remember I worked for a short time for a company that has a software program for heart surgeons. This program would guide them in certain heart procedures.

I remember asking the owner of the company why the health care industry didn't promote preventive medicine. His answer was the American public does not want this.

They expect doctors to heal them and not to take responsibility for their health issues.

This is how far off we are. A society that doesn't understand and know the quantum field is an immature society. Look at our political system. We want to

build a huge wall. The quantum field builds bridges. The quantum field does not judge. The quantum field is never angry. The quantum field does not know about war.

Because we are totally out of touch with our true nature this is where we stand today.

New thoughts will arise when humanity becomes to embrace the quantum field. All the wisdom to solve any problem lies in that field of intelligence.

You can only think based on your emotional maturity. The universe will only show and help based upon your awareness in life.

The more humanity taps into its true essence the more our world will transform. In the future, we will see that presently humanity is in a kindergarten state of awareness. We think we are at a high level.

We have these cell phones and think we are so advanced. But we use them for texting while we are driving our cars. We think we are so advanced. Our society thinks the indigenous people aren't civilized.

Yet they have been in harmony with Mother Earth for thousands of years. We are sawing the branch we are sitting on and are so smug in thinking we are superior.

Our egos have to lead us astray. Ponder this over. You are a piece of the puzzle.



I'm sorry to say but many people are locked into their boxes. Many people can only think inside their box. Take a look at American politics today. They are in shambles.

One side can't talk to the other side. Both sides say the other side is to blame. We are locked by our subconscious minds and we do the same thing over and over again. Our concepts of who we truly are are limited. They are archaic.

We are so focused externally that we have forgotten our true nature.

It's like we can't see the forest from the trees. We must be open to new concepts and ideas for society to progress to the next level in the video game of life.

Many people get stuck at a certain level in the video game and call that life. They have no idea that you can be aware and conscious of the quantum field.

The sun is about ready to come up for humanity. It has been a roller coaster of a ride for thousands of years. War has been going on, it seems like an eternity.

Yet millions of people are waking up from their slumber. A new dawn is occurring for mankind. Man is slowly evolving into a kind man.

When humanity understands that we are the universe incredible transformations will occur on this planet.

You see with greater transformations comes new concepts and ideas that will be developed and implemented on this planet. Take for example kindness. Many people think that kindness is weak yet the entire foundation of the universe is kind.

Slowly over time kindness will manifest in all areas of life. Take a look at politics today. The way politicians campaign today is to slander their opponents. We have politicians today who mock anyone who has a different point of view. Both sides of the party only vote on issues that support their party.

When true kindness comes into the picture people no longer will support anyone who is not kind to their opponent. They may have different points of view yet kindness allows a person to see through the other person's eyes.

Kindness leads to love and compassion. Kindness allows a person to think outside of the box. Kindness can solve any problem on earth. Every problem has a solution. If you are stuck in your belief system you will not be open to a practical solution even if it's staring you in the face.

For example, the quantum field is all around. You are the universe you just don't know it. Humanity must learn how to think outside of the box. We must learn how to be tolerant of all.

Light is winning the battle against darkness. Darkness is the absence of light. Currently, we are seeing chaos all around the world. Darkness has nowhere to hide.

New concepts and ideas are being presented all around the world. Millions of people are looking at life's problems and thinking about how to solve the problems on earth.

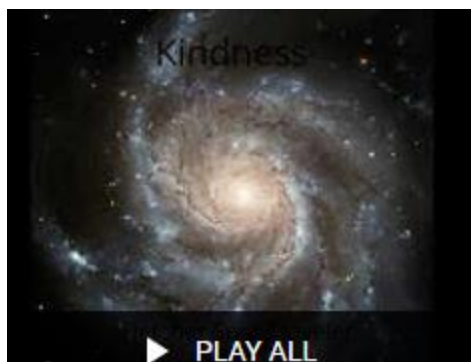
Each one of us holds an individual piece of the puzzle. What good would a puzzle be if the entire puzzle was put together yet your piece was missing?

Ponder this over. Learn to think outside of the box. Go beyond your comfort zone in life.

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## New Wiring



Mankind is on an incredible journey. We are going from darkness to light. We are on a journey to discover our true nature. As I said we are hardwired to find God.

We have everything set in place. The car is there sitting in our garage. God is sitting patiently in the passenger seat. All it takes for you to use your remote control and open the garage door within.

You see it's only by your will alone can you open the garage door. Nobody will open the door for you including the one in your passenger seat. You see the law for human beings is free will. You must make the practical decision to use your will to open the door within.

Well, what does this have to do with new wiring? Our subconscious is running the show. Almost every action we take is automatic. We go to bed. Our alarm clock goes off.

We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We brush our teeth.

We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Our daily routines in life are hardwired. We party on the weekends to release stress and wake up in the morning with a hangover.

Day by day, year by year we continue this routine. Our subconscious picks this up and reinforces it in our everyday life.

Our wiring is complete. This is our being and personality. You are a combination of all the thoughts you have ever had. Mankind is locked inside of his box.

So what is this new wiring you are talking about? Imagine you are the universe. You just don't know it. What if I told you that slowly you could rewire your circuits to understand and experience your true nature?



What if your true nature is part of the quantum field? It is part of the universe and God. What if I told you, you are magnificent?

Meditation is a way to directly rewire your circuits within. It is a way to slowly reprogram your subconscious. You are a computer programmer for your subconscious. You can transform and change into a butterfly.

I have said before the mind is like a tuning fork. Whatever it focuses on it will vibrate at that level.

Meditation allows one to tap into the quantum field which is infinite love, kindness, compassion, and tolerance. These are just a few traits.

The more one meditates these traits are rewired into our circuits and create new wiring within. One learns to stop, look, and listen to live. Every moment a person makes a conscious decision to act and be aware.

These lead to proactive human beings instead of reactive beings whose leaves are blowing in the wind.

One learns over time to be in the center of the hurricane instead of the 150 miles per hour of the winds of the mind.

Our world at large is stressed out. Yet the person who meditates slowly learns to be in the center of the hurricane. Yes, this takes time and effort.

But with the same time and effort it takes to be angry and pissed off in the world is the same time and effort it takes to be a kinder person.

Everything takes time and effort. Mystics have talked about this for thousands of years, ways to go outside of your box. They have talked about the human body is designed to experience God within you.

Many people try to use affirmations to program directly to our subconscious. Only when a person learns how to dive deeper into meditation will this work. Imagine from 0 to 7 years old everything that came before you the good, bad, and ugly was directly stored in your subconscious. Your brain waves were in a theta state.

From seven on the waking state is in beta. Your subconscious is online. Over 90% of your actions are dictated by your subconscious. For so many people on this planet, they are living lives that are stressed out.

Their brain waves are in high beta. No matter what affirmations they say they can't rewire and reprogram their subconscious.

Only by learning how to meditate and learn how to go into more coherent brain waves states can one learn to reprogram the subconscious.

These are exciting times. There is a marriage between science and spirituality. Science is giving direct evidence to help mankind discover his true nature and to discover the quantum field within.

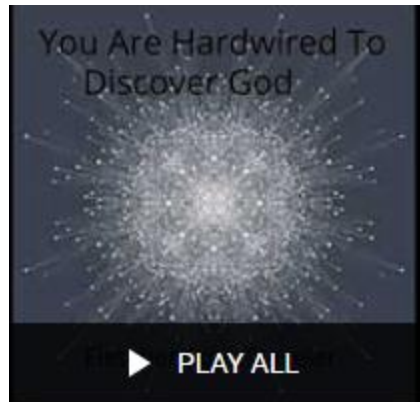
I don't know about you but I'm blown away by the possibility for humanity to change. We are on the journey of going from darkness to light. New tools are coming our way. Just wait and see.

The more a human being embraces his true nature one's imagination becomes larger. The universe starts to give you a different point of view on this journey of life. Ponder this over. Are we living in the matrix and don't realize that we have been asleep?

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## New Personality



Your personality is driven by your subconscious. Over time one cements into his subconscious all the thoughts, feelings, and emotions. Our daily habits contribute to mostly our subconscious. To change and reprogram ourselves we must be conscious and aware.

We are like the snake shedding a new skin. To change we must develop a new personality. This requires great courage. We are learning how to drop the old and embrace the new. Why do humans resist change? Even if they know it will be beneficial to them

we resist it. We love our comfort zone even if it is making us miserable. Strange isn't it? Many people would rather wallow in their misery than overcome their problems and have a better life.

What kind of personality can I become? At the simplest level how about one who is kind in all circumstances? Amid adversity, one would simply smile. If another person would get angry at you, you would simply smile. It takes two to tango. Kindness will not participate in putting gasoline on the fire.

How about learning to see through the other person's eyes? You could see his point of view. You would listen to what the other person is saying. Most people don't. Most people are thinking about what to say next without actually listening to the other person.

How about loving life? You wake up in the morning and are so excited to be alive. What a glorious day it is. You get up and meditate. You get in tune with the quantum field.

Your mind, body, and soul get filled up with love, kindness, and compassion. You are in sync with the universe. Your will is focused on love. Your mind is your friend. You have sweet thoughts throughout your day. You become a kind human.

Incredible synchronicity occurs daily. Your love humanity. Every moment you are living in harmony.

One loves to be in nature. Gaia (Mother Earth) is by your side. She knows your name and you know that. You are living once again in perfect harmony with her.

Each person discovers his/her gifts to help solve the world's problems. With each problem a solution lies.

One begins to acquire incredible wisdom. This is a part of your true nature. You are in harmony with the universe. Exciting times are ahead of us.

We are becoming a new humans. Humans learn over time to directly reprogram ourselves. We discover we are our genie. In the past, our genie would work behind the scenes and we would be oblivious to it.

Mankind slowly learns that through his will he can learn how to reprogram his life. Someday in the future, this will be taught in schools throughout the world.

Science and religions are merging. Many new fields will open up. The higher our society advances the more harmony will be discovered.

Mankind will discover that war is obsolete. The bickering and fighting will stop when we can directly experience the thread that ties us all together.

We are going from me to we. This is how the world changes when we see the unity of all.

These are incredible times. The news mostly shows chaos. Yet millions of good deeds are happening all around the world.

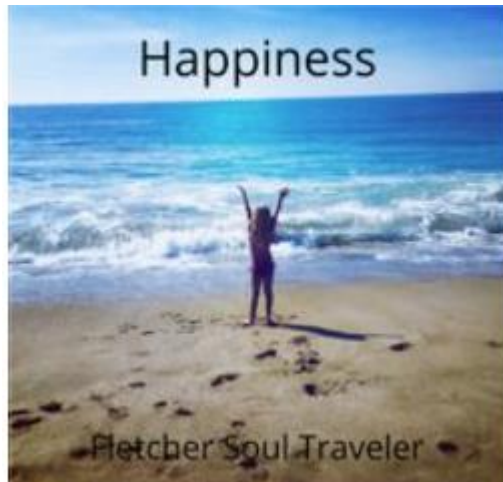
Yet it takes effort and conviction. But every time you get out of bed it takes effort. Why not just reprogram yourself and discover your true nature? Imagine a hidden gold mine exists inside and we search throughout the four corners of the earth to find it.

One can spend lifetimes trying to discover it. It's a joke when one realizes that it has been there all the time inside of you.

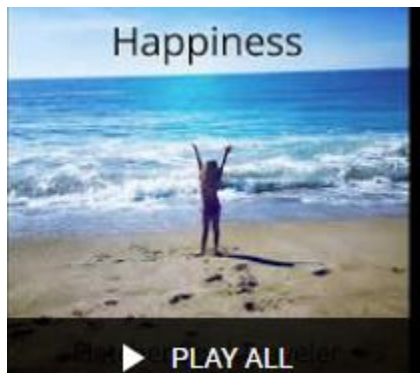
Mystics have been saying that for thousands of years. You are learning to become a mystic. You don't have to give up your life. You must embrace life.

Ponder this over. Exciting times are ahead of us.

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## New Human



When one starts to implement new higher emotion, new thoughts, new concepts, new wiring, and new personality then one becomes a new human.

Christ was a perfect example of that. For thousands of years, man has been fighting and involved in wars. It seems quite

barbaric.

The world still fights wars all around the world. Many people say this is man's nature. In reality, it's not. We are going on a journey from darkness to light.

For thousands of years, we have been governed by different shades of darkness and light. Anger and hatred have ruled the land. Man doesn't know how to be civil so we go to war. War is obsolete.

Yet for war to become truly obsolete one must transcend our emotional state of mind. Anger and hatred towards one another must stop. Mankind is presently becoming a butterfly.

We were a worm and now millions of people all around the world are turning into a cocoon. In a matter of time, we will become butterflies. Yes, this will take time but a new human is emerging from the ashes. The greatest transformation is slowly occurring on this planet.

Science and spiritualism are merging. You see each individual is a piece of the grand puzzle.

A new human is born when we embrace God moment by moment in our daily life. It's not just the words but a state of being. The new human will learn how to be conscious of the quantum field 24 hours a day.

This new mindset will radically change the world. It will affect every single aspect of life. We will see through different eyes.

Mankind will become a kind man. We will begin to see the thread of love that ties us all together. We will become one unified mind. Yes, you will still be an individual yet your awareness will be in a state of oneness in life.

You will see that humanity is an extension of yourself. Presently we only see me. We are going on a journey from me to we.

I hope this excites you. This is not a fairy tale. It may take millions of years. You see the sun is rising. There is no doubt about that. Mankind is waking up from his slumber.

I believe that mankind can change for the better. Every day people are waking up. In the past, the mystic path was out of reach for the common person.

Presently people are seeing easy and practical ways to morph and change into a brand new way of seeing life. All the mumbo jumbo is taken out.

This does not change the experience of the quantum field. Nothing is taken away yet people now can practice simple techniques to directly connect to God.

I feel all the help in the universe is there. By our will alone we can ask for help in our daily life. We are not alone. Yet to experience this we must open the door within.

Humanity must learn how to rewire ourselves. Humanity must change and be open to greater adventures in life.

We have seen where man's present state of mind is and the consequences that occur. Just look at politics today. We are divided. Yet the new human will transform and leave all darkness behind.

You see when one embraces the quantum field darkness can't exist. Darkness is the absence of light.

Someday in the future, we will look back at the present and we will say what an incredible roller coaster ride that was. What an incredible journey. This is the greatest story ever told.

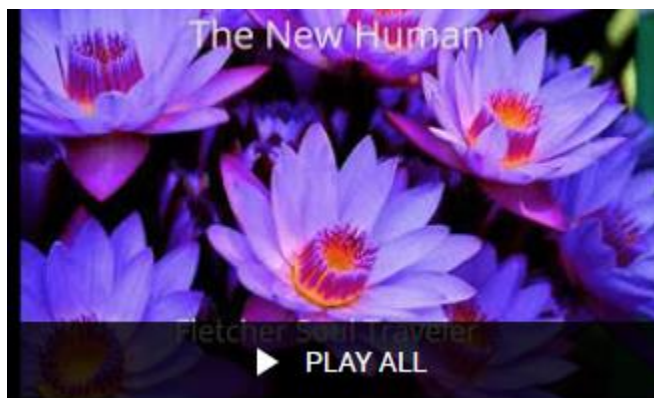
We were on the verge of blowing ourselves up through nuclear. The consciousness of man knew deep down inside that we could overcome our petty difference and become united.

Not every civilization ends this way. Some have destroyed themselves. A new dawning is occurring for mankind. Just wait and see.





YouTube



## You Are Closer Than You Think



Close your eyes. Focus on gratitude and love. When you feel a small sparkle of love inside you are connected to the quantum field.

Now with your eyes closed focus on kindness. When you feel yourself

experiencing kindness you are connected to the quantum field.

How about peace? Concentrate on peace. When you feel peace inside you are connected to the quantum field.

How about compassion? Concentrate on compassion. When you feel compassion inside of you are connected to the quantum field.

You see you are closer than you think. This is not an abstract object. This is the real you. Yet this is just the tip of the iceberg.

The more you pay attention to something the more aware you become. The more attention you pay to your true nature the more aware you become of it. This is just a simple fact.

We think that love, kindness, and compassion get triggered by external events. These emotions are our true nature. We have just forgotten. At any time we can connect to our true selves.

Meditation is the way to discover our true nature. Imagine in the beginning when you closed your eyes it was like taking a sponge bath.

Imagine in time that by practicing meditation you can jump into the infinite ocean of love, kindness, and compassion. How would that change your outlook on life? All problems that you have would seem so insignificant.

Presently most of us are stressed out. We can hardly wait for the weekend.

Yet imagine that meditation leads one from being stressed out to a place where one loves life. One wakes up every morning and is happy to be alive.

When one truly begins to moment by moment be aware of the quantum field, one's life is transformed. Truly it's impossible to explain it but we keep on trying.

For me, signposts are all around us and inside of us. We live such a busy life that we are oblivious to it. We have all these incredible emotions that are our true nature yet we don't realize how incredible they are. It's like we experience these emotions randomly in our life.

It's like falling in love with someone. We fall in love and think that the other person is responsible for it. As easily we fall in love we fall out of love. Thousands of people get divorced.

Meditation reveals that the infinite ocean of love exists inside of you.

This path reveals your true nature. This path shows you how to be a proactive being. We are not leaves blowing into the wind.

We can be in the center of the hurricane. What does this mean practically? It means that one knows how to live beyond a high beta state of mind. What does that mean?

It means you won't be stressed out. It means that you can laugh at life. It means your adrenaline is not out of control and can't be turned off. It means that you start to live in harmony and your health will increase.

One learns to talk to the body and the body starts talking to you. There is an incredible harmony between the mind, body, and soul. Your mind becomes your friend. In our society millions of people have addictions and the mind causes such pain in people's life.

I believe that the world's problems can be solved when the world at large embraces the quantum field. All practical solutions exist inside of the field. The more humanity will embrace this field (which by the way is our true nature) the faster the world will be a better place.

Isn't it amazing that man has fought for thousands of years? Many people say this is our true nature.

If we are divine beings do you think this is our true nature? It doesn't make sense. Yes, this is a journey of going from darkness to light.

I completely agree with that. I feel that the scientific and religious world is being merged. For the first time, the common man is being shown practical tools to discover the jewel that exists inside. It doesn't matter if you believe in God or not the essence is the same.

So the next time you get stressed out simply close your eyes. Watch your breath. Imagine the peace of mind. Hold onto that. This is your true nature. This is the first step of being conscious and aware of your true nature.

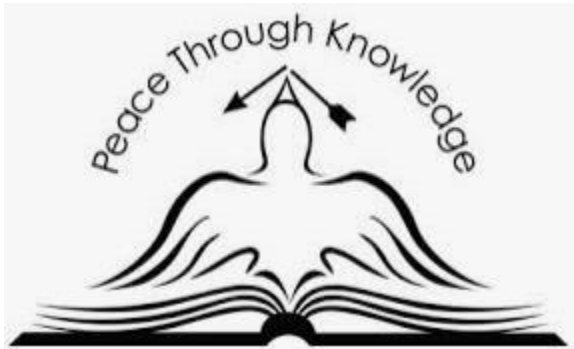
In this manner by experiencing even little peace thousands of incredible chemicals are being released into your body.

Remember each thought you have either positive or destructive chemicals are being released into your body. You are your master chemist. You are in total charge of where you are going in life.

We were never taught this in school. It's so obvious and science has proven that thoughts create chemicals that create emotions. You can't separate the mind from the body.

I don't know about you but I'm completely fascinated by this. I have been meditating for around forty-eight years and I'm still a youngster learning about the mysteries of life. I am completely blown away.

## Non-violence in media



Read my book Pandora's Box to get more in-depth detail about this subject.  
Everyone should know of this.

PDF



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Why does the media mostly deliver 99% negative news? On most channels on Friday night at the very end, they will deliver a positive segment and heartfelt message. Are Americans addicted to violence?

Why is the entertainment industry a multi-billion dollar market making money on violence? Modern Day scientists have discovered the mind doesn't know the difference between watching a movie that is violent and experiencing violence firsthand.

The same chemicals get released into the human body. So while you are eating your popcorn your body is in trauma. This gets stored in your subconsciousness.

No wonder we are a violent society. Our entertainment is violent and each time we watch a movie the violence goes within. We are addicted to adrenalin. Yet we aren't even aware of it. At the same time, these movies are blockbusters and make tons of money for the studios.

The movie industry is promoting darkness. How aware are we of our true nature? The Jains have known that violence begets violence. Violence will never solve any problems.

Violence only embraces darkness pure and simple. We are so accustomed to violence that it has become a part of our nature.

How sad that is? We would rather have kids shot in our schools than take away all guns. Many people believe in the second amendment so much they can't see the forest from the trees.

In my opinion, violence is obsolete. The Jains have been saying that for thousands of years. They spend their entire lives weeding out violence and promoting kindness and love for all. For the world to change for the better, our media has to change.

## The Drama Queen

Is the world like a drama queen?

Are we addicted to drama?

We have wars and politicians can hardly wait to start another war.

We have huge sporting events where thousands of people are rooting for their team.

At times fistfights break out in the stands.

Our evening news is all about the latest drama in the news.

Have we as a society become a drama queen?

We love reality TV.

We love the drama of it.

Boy did you see that episode?

That was crazy.

Our mind loves drama.

It doesn't know anything different.

You want peace and your mind wants drama.

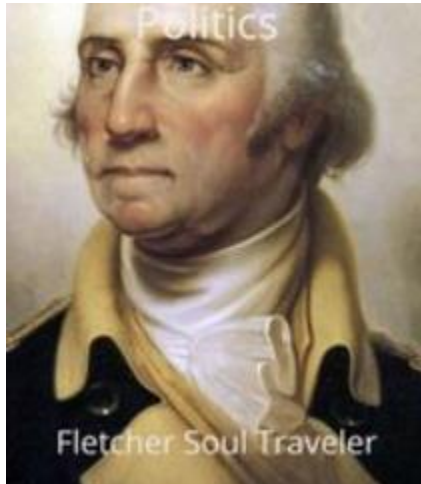
The wise man says think this over.

How do I acquire peace inside?

That is the first step.

## Non-violence in Politics

PDF



YouTube



Conscious Politics is slowly appearing on the scene. What exactly is that? Well, our founding fathers had the vision of a government for the people by the people. Currently, we have a government that is divided and both parties hate each other. The endless bickering and stalemates go on. Need I say more?

Conscious politics is driven by being aware and acting from a state of emotional maturity. What is that? It's living and breathing in a state of patience, tolerance, compassion towards others.

It's actively listening to someone without judgment because his ideas are different therefore he is evil. A conscious person can bend like wheat blowing in



the wind. He can smile and laugh at diversity. He has nothing to prove. His ego doesn't get fluffed up like a peacock.

Granted this will take time pockets of this happening around the world.

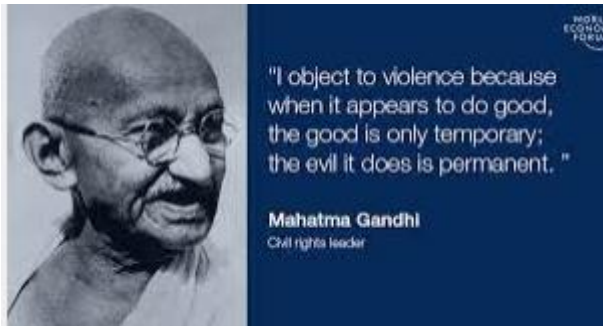
New Zealand's PM Jacinda Ardern is a prime example of this. She believes that kindness should be a foundation in politics. She said that kids are raised to be kind yet in politics they are trained to be mean and demean their opponents.

This is my journey to seeing my view of the world in politics. Of course, this is my view. I'm not saying your view is wrong.

We need to see through different viewpoints and learn how to compromise in politics. Ultimately we all want a better world for our children and grandchildren.

The Jains have been at the forefront of this for thousands of years. They are constantly striving to become better human beings and to help this planet evolve. It takes time yet the ripples are affecting us all.

## Non-violence in economy



Here's an excerpt from Forbes magazine.

Billionaires Are Getting Richer During The COVID-19 Pandemic While Most Americans Suffer <sup>12</sup>

Billionaires are not in the same boat as the rest of us, as we try to navigate the treacherous currents of the COVID-19 pandemic. They're smoothly sailing in luxury yachts, while most Americans are doing the doggy paddle, treading water, and just trying to stay afloat.

According to the Institute for Policy Studies, [billionaire wealth has boomed](#), while over [26 million people have filed for unemployment](#) since mid-March.

The percentage of taxes paid by billionaires has fallen by 79% since 1980. From the start of March to now, the group of billionaires' total wealth has increased by \$308 billion. Billionaires boast a combined net worth of \$3.229 trillion and their collective wealth skyrocketed by 1,130% between 1990 and 2020.

Just eight individuals, all men, own as much wealth as the poorest half of the world's population, Oxfam said on Monday in a report calling for action to curtail rewards for those at the top.<sup>13</sup>

There is no common sense in the world of economics. The economic world is rigged for the rich pure and simple. Billions of people are barely surviving. The rich get richer and the poor get poorer. Even during the global shutdown, the rich continue to make a huge profit.

Millions of Americans are out of work and can't pay their bills. This world has to change for the better. We need politicians who truly love humanity to be in office.

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<sup>12</sup> <https://www.forbes.com/sites/jackkelly/2020/04/27/billionaires-are-getting-richer-during-the-covid-19-pandemic-while-most-americans-suffer/#2cbddc484804>

<sup>13</sup> <https://fortune.com/2017/01/16/world-richest-men-income-equality/>

This is the violence of the highest order. Whoever in congress voted to give a tax break to the rich should be voted out of office.

## Non-violence in personal beliefs



On Sept. 15, 2001, Balbir Singh Sodhi was outside of the Chevron gas station he owned in Mesa, Ariz. when he was shot and killed.

Balbir was a Sikh and wore a turban. In one of the first hate crime murders following the Sept. 11 terrorist attacks, a man, assuming Balbir was Muslim, shot and killed him in retaliation. <sup>14</sup>

Here's a situation where the people who killed him didn't know the difference between a Muslim and a Sikh. Senseless killings occur when people get fanatical.

I remember a fellow swimmer who got killed by a racist in a Jewish Center. Here's the headline from CNN. <sup>15</sup>

He and his grandson were shot by a white racist. This racist drove from St Louis to Overland Park Kansas. He drives to the Jewish community center and wants to kill some Jews. It's ironic but he kills kind and loving Christians instead.

I see all sorts of hate and flame flowing on Facebook. What is the thread that is common in all these stories? Lack of tolerance.

Tolerance is defined as the following. The ability or willingness to tolerate something, in particular, the existence of opinions or behavior that one does not necessarily agree with.

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<sup>14</sup> <https://www.npr.org/2018/09/14/647426417/people-saw-only-a-turban-and-a-beard-reflecting-on-a-post-sept-11-death>

<sup>15</sup> <https://www.cnn.com/2014/04/14/us/kansas-jewish-center-shooting/index.html> !

Many people live inside their boxes. My box is better than your box. My religion is better than your religion. My race is better than your race. When we live inside our boxes we are limited.

We can't see the forest from the trees. Many people get fanatical. Many people get stuck only their viewpoint is correct. They are ready to fight you for it. This is shallow thinking.

All religions talk about being tolerant towards others yet many people don't seem to be able to tolerate another point of view. How does one think outside of the box?

Being tolerant is a state of mind. It is a state of being. The Jains have been talking about this for over 2,500 years.

Mankind is always in a state of doing. How many people during this global shutdown couldn't sit still and be in a state of being? We weren't trained for this. Yet cultures like the Jains are taught at a young age to sit and contemplate

When at a young age one learns about tolerance and then experiences oneness in meditation the mind, body, and soul are in harmony. One can see the thread of love tying us all together.

Lack of tolerance stems from a limited and shallow mind and state of being. Somehow they think that harming someone who has a different point of view on life can solve a problem.

Violence never solves a problem. Tolerance is overcome when one can walk in another person's shoes and see his side of the story. It takes a mature individual to do this.

Billions of people are seeing this and protesting when they see police brutality. Even policemen are participating in these protests.

Humanity is at a point where darkness has no place to hide. The sun is rising on the horizon. The seeds of tolerance were planted by the Jains and others over 2,500 years ago.

Mankind is ready for the harvest. Yes, it will take time but millions of people are waking up from their slumber.

## Non-violence in diet



I stumbled upon this website while doing my research on the Jains. What better way to discuss their diet than a Jain? The more I'm on this journey of life the more I see that non-violence is the key to man's survival and the world's survival at large.

They have been practicing this for over 2,500 years. I have included the entire article. It is heartfelt and describes the passion for living a life in a non-violent way. In America, we have a lot to learn about this.

We are having mass protests during this global shutdown due to the killing of a black man by police officers.

[Check out her incredible recipes](#)



16

When I tell people about my Jain diet, the reaction I almost always get is:

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<sup>16</sup> <https://pinkispalate.com/jainism/jain-diet/>

“Well, what in the world do you eat!?”

That is why, my friends, I have this blog. The Jain diet, while initially can be surprisingly limited, is not at all.

I believe that dietary restrictions—whether it be due to religion, allergies, or preferences—force you to be creative. Combining ingredients you never thought would work can end up creating a savory solution.

To give you a summary of the Jain diet in tweetable characters:

**The Jain vegetarian diet is based on nonviolence. We don't eat meat, fish, eggs, root vegetables, or animal ingredients.**

To start, Jainism is based on the principle of ahimsa, or non-violence. This principle applies to our mental, physical, and verbal actions towards all living things. Thus, Jains are strict vegetarians.

Well, you might ask, “Why vegetarian? Don't plants have a life too?”

While we obviously can't be 100% non-violent as humans. If we ate no plants, then that would be an unhealthy diet not providing for our sustenance. It is our goal to limit violence as much as possible.

The extent of this limitation of violence in dietary practices includes that Jains avoid consuming root vegetables. This is because root vegetables tend to have many more microorganisms that are killed when the plant is consumed.

Also, consuming root vegetables involves killing an entire plant, not just taking one of its fruits or letting it naturally wither (like squash or pumpkin plants would).

Root vegetable restrictions include potatoes, onion, garlic, carrots, beets, radish, leeks, mushrooms, etc.

Jains do not consume animal ingredients that involve the killing of life—for example, we do not eat honey since many bees are killed in the process of honey

farming. Neither do we consume eggs, since the egg had the potential to become a life. Gelatin and other animal byproducts are also strictly prohibited since they are not vegetarian.

The modern argument today has turned to dairy industries, with more and more people choosing to go vegan for similar principles.

Jainism by tradition does not limit dairy products because back in the day, cows were treated in a much more humane manner on family farms, and it did not harm the animal.

With the dairy industry having “industrialized” milk production more than ever, many Jains have opted for the vegan diet as well. While this seems even more restrictive, with the amount of dairy-alternative products there are on shelves today, it is hard to deny the decadence of vanilla almond milk or a slice of vegan cheesecake.

**The goal: limit violence towards all living things, incl. plants. Root veg. have many microorganisms that die when uprooted.**

Jain dietary practices also include the practice of *choviar*, or eating before sunset. This practice of eating an early dinner has also been shown scientifically to be better for your digestion, metabolism, and overall health. In addition to health reasons, Jains practice this because once the sun sets, more bugs have awakened, and well, can end up falling into your soup.

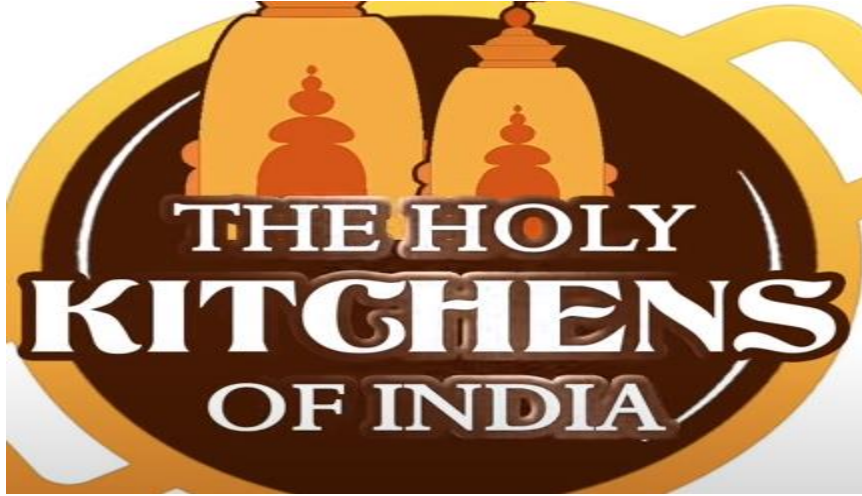
Overall, the Jain diet aims to minimize violence towards living creatures while still maintaining a healthy, sustainable diet.

This blog is here to show you that these dietary restrictions by no means result in poor cuisine or lack of variety. There are so many food products out there that are peacefully produced and infinite combinations of recipes.

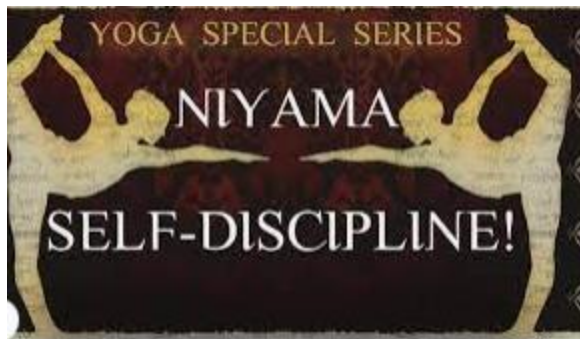
Still not convinced? Check out the Jain pantry and produce staples I recommend [here](#). I sincerely hope that with this blog, you carry away a bowl full of inspiration and a soupçon of culinary instruction to guide your creative, compassionate cooking.



[The Holy Jain Thali - Mahavir Sthanakvasi Jain Upashray](#)



## 2. Niyama self-disciplines



The second component of Patanjali's Yoga path is niyama, which includes virtuous habits and observances (the "dos")

Ralph Waldo Emerson once said 'a person is what he or she thinks about all day long'. That may seem simple yet our words create our life.

Shaucha (शौच): purity, clearness of mind, speech and body



Why is humanity in this state of misery? Yet most people don't know that they are drowning in misery. Most people don't want to change. Most people are lethargic.

We are constantly doing. Mankind gets bored when sitting still. Consequently, man

is not synched with natural laws. Our subconscious is running the show.

From a practical aspect, man is living in darkness. There is a jewel hidden within and man seeks for the jewel externally.

How does man purify itself?

The definition of purity is the following. Freedom from adulteration or contamination.

The definition of purify is the following. To purify something is to remove dirt, chemicals, or anything else that it's contaminated with

So the goal is to purify the mind and body. Modern-day scientists are discovering there is no demarcation point between the body and mind.

When the mind thinks the body reacts to the appropriate mental state and the emotion tied to it. For example, if a person is angry over 1500 different chemicals get secreted into the bloodstream.

This affects the entire body. Over time disease will occur. Cancer is a manifestation of angry cells.

Man lives like leaves blowing in the wind. He reacts to every situation. A wise man lives in the center of the hurricane. In India lies the lotus flower.

These flower roots live in the dirty mucky water yet it rises above it and blossom into an incredible flower.

We come into this world with a clear mind. We are pure. Yet slowly our minds get dirty. We lose our way in life.

I once met an Indian man who had just come to the states in the early seventies. He didn't know that the word brainwashing wasn't a good term. He said that meditation is brainwashing the brain.

I liked that. It had a positive spin to it and makes perfect sense. Do you know that western scientists only studied happiness only thirty years ago? In the east, they have studied the mental states of happiness for thousands of years.

clearness of mind



Man is hardwired to discover God inside of him. Imagine the most beautiful car that is sitting inside of you yet the garage door is shut.

Not only that but you have no idea that this car exists. God is sitting in the passenger seat having a jolly good time.

The laws of the universe dictate that only by your will can you discover this precious garage of life.

Nobody can force you to open up the garage. Just think the garage is present inside of you yet you aren't aware of it. There is a veil separating you from seeing it.

To see one must purify the mind. It's similar to putting contaminated water through a water filter. The water filter cleans the water so it is crystal clear.

The state of your mind also reflects the state of your body. If your mind wants to drink beer every day your body slowly over time will reap the harmful effects of the alcohol.

A wise man understands that in every moment one must monitor and train the mind. In the east, they say the most difficult thing to do in the universe is to control the mind.

clearness of speech



I'm saying this again. Ralph Waldo Emerson once said a person is what he or she thinks about all day long.

You are what you speak. To be honest when I first start on this path of awareness I didn't understand this. I heard it yet I didn't

comprehend it. The Dali Lama once said that every day he does a review of his activities.

He goes over each moment and tries to improve upon himself. He asks the question of how could I improve in this given situation. When I first heard this I didn't comprehend the meaning.

I thought by only meditating one could clear the mind. Clearing the speech clears the mind which clears the body. They are not isolated. One affects the other.

clearness of body



How do we fine-tune this body? Most people are oblivious to this. We go through life oblivious of the action we take will have either a positive or negative effect on the human body.

I mentioned this before but it is highly relevant today. A few years ago I worked for a firm that developed software for heart surgeons.

Each step of the way in the operation a series of questions and steps would be presented to the surgeon. Anyway, I casually ask the CEO of the company why isn't preventive medicine more pervasive.

He told me that nobody wants to take responsibility for their lives. They want western medicine and doctors to fix them. Nobody wants to be responsible for their actions.

They expect a Doctor to cure them without taking any responsibility for themselves.

A wise man learns how to be in harmony with nature and God. I go into preventive medicine in high school. My theory was you get only one body. Might as well take care of it properly.

Many of my friends were into drugs and alcohol. I was into surfing and meditating. I learned to constantly fine-tune the mind, body, and soul.

Santosha (संतोष): contentment

acceptance of others, acceptance of one's circumstances as they are in order to get past or change them, optimism for

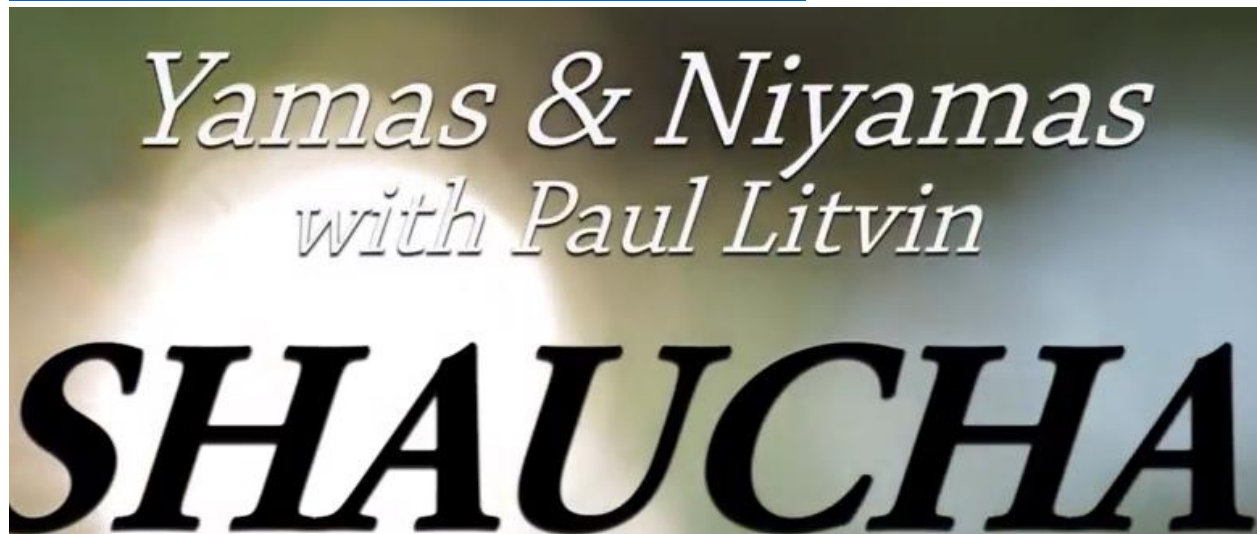
Tapas (तपस्): persistence, perseverance, austerity, asceticism, self-discipline

Svadhyaya (स्वाध्याय): study of Vedas, study of self, self-reflection, introspection of self's thoughts, speech and actions

Ishvarapranidhana (ईश्वरप्रणिधान): contemplation of the Ishvara (God/Supreme Being, Brahman, True Self, Unchanging Reality)

As with the Yamas, Patanjali explains how and why each of the Niyamas helps in personal growth. For example, in verse II.42, Patanjali states that the virtue of contentment and acceptance of others as they are (Santosha) leads to the state where inner sources of joy matter most, and the craving for external sources of pleasure ceases.[20]

[This is an excellent overview of the Yamas & Niyamas.](#)



[Four Types of People - Yoga Sutras of Patanjali - Sri Sri Ravi Shankar](#)



## **How To Make the Yamas and Niyamas Work for You in the Modern World**



## Your body Is Your Drug Store

The art of Taoism has been around for thousands of years.

I find it quite fascinating that they talk about the elixir of life.

This elixir is not an herb or any external substance.

This elixir exists inside of us.

In India, they talk about the nectar from God that flows within.

Yet here we are taking drugs for our ailments.

Each drug has a huge side effect.

Now I'm not saying don't take drugs.

I'm saying maybe there is a better way.

For example, in China, you pay your doctor when you are healthy.

You don't pay when you are sick.

Mind you in modern-day China this isn't always the case.

But the point is that you focus on balance and harmony.

In our culture everything is fragmented.

We don't focus on the harmony of the mind, body, and soul connection.

When I was young I heard about the concepts of being in harmony with the universe.

To be quite frank I had no idea what they were talking about.

Here's an example of being out of balance.

In my junior year, my parents took our family to Yosemite.

It's probably one of the most incredible places on the planet.

Yet I couldn't see the forest from the trees.

I was miserable.

Why because I missed the ocean.

Now that is being out of balance.

Before we can begin to be in harmony with the universe let's try being in harmony with the planet earth.

Currently, man has divorced himself from our precious earth.

We pride ourselves on the technology that we have.

Yet we are emotionally immature with the earth.

Where am I going with this?

Imagine if man was in absolute harmony with the earth.

Can you imagine the wisdom that it has?

It might tell you that your body is your drug store.

Every thought whether positive or negative secretes over 1400 positive or negative chemicals.

Currently, most of America is totally out of balance.

Look at all the problems today.

I used to work for the USDA.

I saw my friends taking up vaping.

I couldn't believe how much smoke came out when they exhaled.

It was at least 5 times the smoke from regular smoking.

No wonder there is such an epidemic.

Imagine drugs are existing inside of you that are dormant.

To receive them you must be in balance and harmony.

In every moment we have the opportunity to be conscious and aware.

Currently, we are playing the same tapes over and over again.

I can guarantee that these elixirs of life will work better than any physical drugs.

Your body has the intelligence to produce these for you.

How many people listen to their bodies?

How many people monitor their thoughts?

How many people dive into silence?

How many people monitor their actions?

You see this is a moment-by-moment conscious event.

When we are unconscious chaos exists.

Look at the world around you.

Does it seem to be in balance and harmony?

The question is do you want to change?

Are you content with the current conditions?

This isn't just Richard on a soapbox.

I'm asking real questions.

What do you think?

You are your savior.

Nobody is going to save you except yourself.

All the scripture point the way but you must walk on this path.

This human body is hardwired to find God within.

We are on this incredible journey to discover our true nature.

We are out of balance and yet we can learn how to be in balance.

These are exciting times.

Millions of people are waking up.

## Playing With Your Chemistry Kit

We are all playing with our chemistry kits.

Unfortunately, we aren't aware of it.

Many people blow themselves up without realizing it.

In every moment thousands of chemicals are being released throughout your  
human body.

Mankind is spinning out of control.

We are drinking our poison.

We get angry at someone or a political point of view.

In the meantime, we drink our angry poison.

We then wonder why illness arrives on our doorsteps.

The wise man understands the repercussion of negative thoughts and emotions.

Moment by moment one plays this video game of life with awareness.

One tap into the infinite ocean of love and compassion.

This is our true home.

My advice is to learn how to change your chemistry.

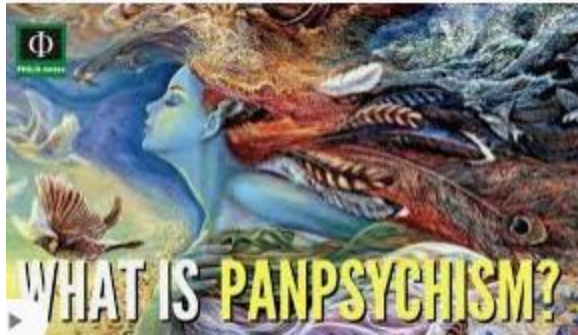
Remember you are the master chemist.

Only you are playing with your chemistry kit.

Ponder this over.

This could make your life so much easier.

## What Is Panpsychism



Recently I read an incredible article that describes the nature of consciousness. It was talking about a term called Panpsychism. During the 1920s Bertrand Russell came up with this term.

It's kinda like what came first the chicken or the egg. What comes first a human

body and mind or is there an awareness beyond that?

Is the universe aware and conscious? Is there a cosmic quantum soup of consciousness? Does a rock or a flower aware? Does consciousness require a form? How big or how small can the form be to be aware?

Is dark matter aware? Is the sun in the sky aware? What denotes awareness?

Some people think which I also do that the foundation of the universe is consciousness. The entire universe is aware.

Before the big bang consciousness existed. This is not the first time a universe was created nor will it be the last time. Like the incoming of breath and the outflow of breath, the universe comes and goes.

Granted it takes billions of years. But still, that is a blink of an eye for eternity.

In this article, they described that even particles are alive and aware. These are part of a cosmic soup where everything is tied together. The entire universe is comprised of this soup.

Imagine making a homemade soup. You blend it all and combine milk or cream. Your family loves it.

Now can you take out a single ingredient? You can't. In the same way, there is a universal soup of consciousness of which we are a part. It is quantum. It is beyond time and space. We always think linearly.

In the quantum world the past, present, and future are melded together. There is a whole set of chaotic laws that we can't even conceive. Man thinks that by using logic that they can understand the quantum soup. But it's beyond logic and rational thinking.

I think the great mystics got a piece of the puzzle. Not the entire puzzle. But a piece of the puzzle contains the whole puzzle. It's like a hologram. A small piece contains the entire piece of the puzzle.

What if a person who meditates can be in a place where they are receptive to the inner light inside? Imagine this light is the same as the quantum universe.

Everything is a part of this light.  $E=Mc^2$ . Everything is energy and light. Everything is alive and aware.

Maybe, just maybe a meditator can see and feel the quantumness of the universe. Maybe the laboratory of life exists inside of us. Maybe we were created to find and discover this inside of ourselves.

I think we are in the beginning stages of development. Why we still are babies in emotional development?

We still fight and war with each other. We use our precious discoveries of the universe to make atomic bombs. We have a President who tweets my button is bigger than your button.

A thin thread is holding a knife over our heads and we are oblivious to it.

I have great hope for the future. I feel that science and the world inside will lead the way for humanity. Just think when a scientist truly begins to open the door inside.

They will begin to operate at a deeper level. They can embark on the scientific discoveries of the inner and the outer. Both of them will lead to the same place.

Life is a mystery. Both the scientist and the mystic are embarking on an incredible journey. The light particles that a mystic sees are the same light particles that a scientist uses in Cern Switzerland.

Both of them are in different laboratories. One is outer and the other is inner. I think the mystic has an advantage. The human body is wired for this experiment.

The human body has five senses and there are five eternal senses within. The human being can learn how to be aware of the consciousness of the universe. A human being is hardwired for this experience. Yet most of the time the car is sitting in the garage. The garage door needs to be open and you must back out the car and take it for a spin.

Humanity is just beginning to understand to open up the garage door within. When they do science will go to another completely different level.

There the universe can show humanity gifts we can never imagine. You see without kindness the universe will only show you so much.

It would be like handing a small child an atomic bomb. They wouldn't know the damage that it could do. We are in that state. Without humanity becoming a kind man we will never progress to our true potential.

You see the universe is kind and aware. The universe is love and compassion. Become like the mystic and discover your true nature.

You are the universe. You just don't know it.

### 3. Āsana Postures



स्थिरसुखमासनम् ॥४६॥

The meditation posture should be steady and comfortable.[22][23]

– Yoga Sutras II.46

Asana is a posture that one can hold for some time, staying relaxed, steady, comfortable, and motionless.

The Yoga Sutra does not list any specific asana.[24] Āraṇya translates verse II.47 of the Yoga sutra as, "asanas are perfected over time by relaxation of effort with a meditation on the infinite"; this combination and practice stop the quivering of the body.[25]

Any posture that causes pain or restlessness is not a yogic posture. Secondary texts that discuss Patanjali's sutra state that one requirement of correct posture for sitting meditation is to keep the chest, neck, and head erect (proper spinal posture).[23]

According to Patanjali, in the second book of Yoga Sutras, yoga is helping us to do the following:

- Restraining us from harmful behavior
- Developing beneficial behavior
- Developing physical posture
- Creating conscious breathing techniques



- Developing steady concentration

### **10 Top Benefits of Hatha Yoga**

- Builds Flexibility and Mobility. ...
- Builds Strength and Core Stability. ...
- Develops Balance and Proprioception. ...
- Helps to Maintain Healthy Joints. ...
- Stimulates The Immune System. ...
- May Reduce Inflammation and Inflammatory Disease. ...
- Improves Sleep Quality. ...
- Helps Develop Discipline and Self Control.

Many people think Hatha yoga is the only thing to practice in the west. I've been on this path for over forty-nine years.

I first learned yoga in high school. Back then you were a commie if you thought outside of the box. Today yoga is mainstream. There are many different forms of yoga.

Unfortunately, many of them focus only on the physical. This is only a speck of dust compared to the vast universe of yoga.

The majority of yoga classes today lack integrity. They only emphasize the physical postures. That is only one branch on the tree of life. The student never understands the complete picture.

They are never allowed to know that the postures are only a small piece of the pie.

Most centers never discuss the moral principles of the yogic path. This path is about overcoming all the obstacles that keep us from recognizing our true nature. The path of yoga if used correctly can help eliminate mental suffering at all levels.

I was trained to be in a state of meditation when I practiced yoga. For forty-nine years I have been trying to be consciously aware of the power behind my breath.

The entire universe is keeping you alive. For me practicing the postures is sacred and holy. Note this is a mindset that should be developed over time. Never strain

or push yourself deeper into a posture. Listen to your body. Your body has intelligence.

Never look at another person and judge them or judge yourself. Each one of us has a different body. This is not a completion. Don't show off. You bring the world and the ego into your daily practice. Just let it go.

When I do a posture I close my eyes and focus on my breath. Just relax. Your body and mind will love it. It doesn't matter if you have mastered this posture or not.

There are infinite levels of any posture. The goal is to harmonize the mind, body, and soul.

Remember the yogis knew that a strong and flexible body helps one to meditate easier. When a body is stiff and sick it's hard to concentrate.

One begins to take responsibility for your mind, body, and soul. Your human body is the most precious temple on earth. When you have that understanding you begin to treasure every moment on earth.

Yoga is a way to harmonize yourself with the universe. At least that is what it is intended for. Today we have a three-legged stool with two legs chopped off. You can no longer sit on the chair.

Maybe you should ask yourself the question "how far do I want to go with this practice"? If it's only for your physical body and nothing more than just carrying on. Do your practice.

The ancient yogis spent each moment trying to be in contact with the power of the breath. This is the ultimate goal. One who does this truly becomes a human being.

Hu means divine. Man = mind. A human being is a divine mind. Today most of us are a man which equal minds. Look at the condition of man today. Many people start learning to meditate and give up when they see how powerful the mind is.

The yoga sutras give tricks to the trade. They guide you in all areas of your life. They are a blueprint for discovering your true nature.

[THIS Is Classical Hatha Yoga - Sadhguru | Isha Hatha Yoga](#)



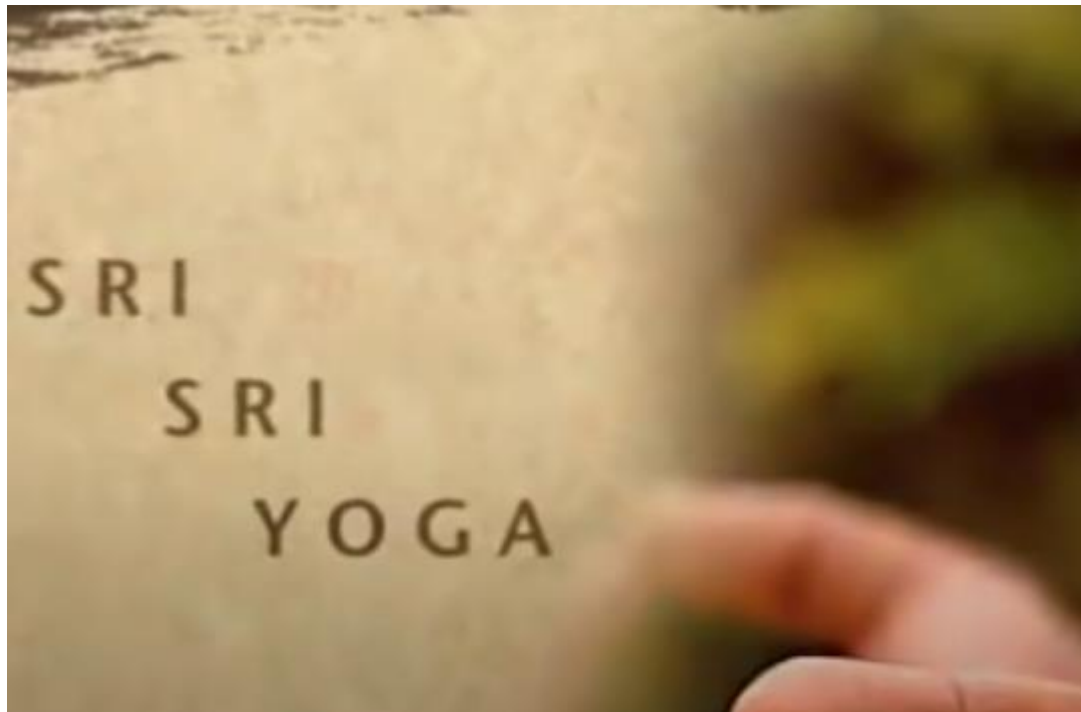
[Isha Upa Yoga - 30 mins](#)

# Upa Yoga

## Practices

# Inner Dimension

[Sri Sri Yoga](#)



## Temple Of God

Where is the temple of God?

Man searches near and far.

We think the true temple exists outside of ourselves.

Billions of dollars have been spent over time building external places of worship.

Yes, they are great ways for communities to come together.

But where does God reside?

God resides everywhere.

God resides in this universe and beyond.

There is not a single space in the universe where God does not exist.

Yet man at times is looking in the wrong place.

The great masters of old said that the great temple lies in your heart.

Is that a paradox?

Man has spent his entire life searching for God and the whole time the answer lies within.

I see some irony in this picture.

Yet we have been told many different stories.

Some of them were true and some of them made up.

Some of them were meant to control you and make you feel bad.

But the journey of the heart begins when you realize that God exists inside of you.

This is your true place of worship.

Now I'm not saying change your religion.

God, in essence, is no religion.

Keep your religion.

You will see the true beauty of your religion.

When you discover God within you will see the unity of all religions.

There is a thread of love tying us all together.

This is our true state.

God wants us to discover our true nature.

When mankind does this peace will be on earth.

War is obsolete.

The universe does not fight itself.

God does not fight itself.

Only man fights.

This is an old way of thinking.

Humanity can change.

The temple of God lies inside.

You can discover it.

Moment by moment your awareness can be on God.

Ponder this over.

A great awakening is taking place.

You have a piece of this puzzle.

## Chakras



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from [color-meanings.com](http://color-meanings.com)

The Root Chakra – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

The Solar plexus Chakra – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.



Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical and goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3] ) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

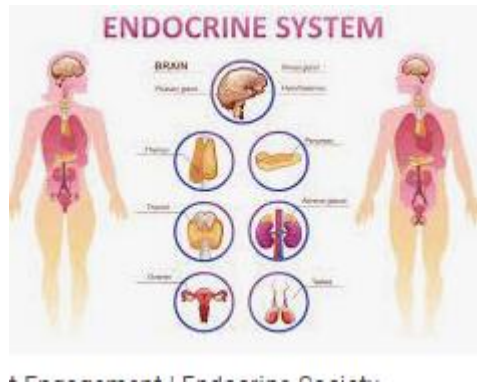
It seems to me that God hardwired each human being to help them discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

## Endocrine System



The following information came from Wikipedia.

The endocrine system is a chemical messenger system comprising feedback loops of hormones released by the internal glands of an organism directly into the circulatory system, regulating distant target organs.

A hormone is any of a class of signaling molecules produced by glands in multicellular organisms that are transported by the circulatory system to target distant organs to regulate physiology and behavior.

Hormones have diverse chemical structures, mainly of 3 classes: eicosanoids, steroids, and amino acid/protein derivatives (amines, peptides, and proteins).

The glands that secrete hormones comprise the endocrine system. Hormones are used to communicate between organs and tissues for physiological regulation and behavioral activities, such as digestion, metabolism, respiration, tissue function, sensory perception, sleep, excretion, lactation, stress, growth and development, movement, reproduction, and mood.

Hormones affect distant cells by binding to specific receptor proteins in the target cell resulting in a change in cell function.

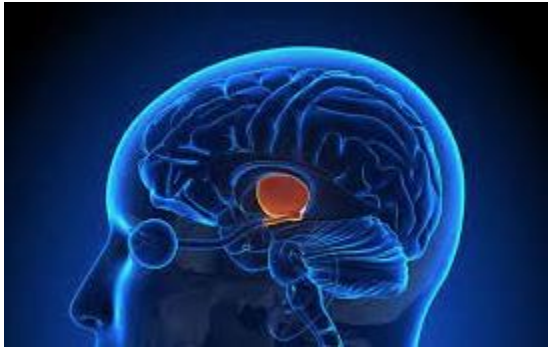
This may lead to cell type-specific responses that include rapid changes to the activity of existing proteins, or slower changes in the expression of target genes.

Amino acid–based hormones (amines and peptides or protein hormones) are water-soluble and act on the surface of target cells via signal transduction pathways; steroid hormones, being lipid-soluble, move through the plasma membranes of target cells to act within their nuclei.

Endocrine glands are glands of the endocrine system that secrete their products, hormones, directly into interstitial spaces, and then absorbed into the blood rather than through a duct.

The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, and adrenal glands. The hypothalamus and pituitary gland are neuroendocrine organs.

## Hypothalamus gland



The hypothalamus is a portion of the brain that contains several small nuclei with a variety of functions. One of the most important functions of the hypothalamus is to link the nervous system to the endocrine system via the pituitary gland.

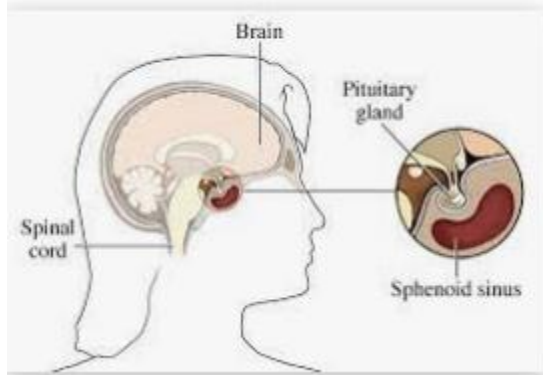
The hypothalamus is located below the thalamus and is part of the limbic system. In the terminology of neuroanatomy, it forms the ventral part of the diencephalon.

All vertebrate brains contain a hypothalamus. In humans, it is the size of an almond. The hypothalamus is responsible for the regulation of certain metabolic processes and other activities of the autonomic nervous system.

It synthesizes and secretes certain neurohormones, called releasing hormones or hypothalamic hormones, and these, in turn, stimulate or inhibit the secretion of hormones from the pituitary gland.

The hypothalamus controls body temperature, hunger, important aspects of parenting and attachment behaviors, thirst, fatigue, sleep, and circadian rhythms.[citation needed]

## Pituitary Gland



The pituitary gland is a pea-sized gland that sits in a protective bony enclosure called the sella turcica (Turkish chair/saddle).

It is composed of three lobes: the anterior, intermediate, and posterior lobes.

In many animals, these lobes are distinct.

However, in humans, the intermediate lobe is but a few cell layers thick and indistinct; as a result,

it is often considered part of the anterior pituitary. In all animals, the fleshy, glandular anterior pituitary is distinct from the neural composition of the posterior pituitary.

## Pineal Gland



The pineal gland is a small endocrine gland in the brain of most vertebrates.

The pineal gland produces melatonin, a serotonin-derived hormone that modulates sleep patterns in both circadian and seasonal cycles.

The shape of the gland resembles a pine cone from which it derived its name. The pineal gland is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join.

The pineal gland is one of the neuroendocrine secretory circumventricular organs that are not part of the blood-brain barrier.

Nearly all vertebrate species possess a pineal gland.

The results of various scientific research in evolutionary biology, comparative neuroanatomy, and neurophysiology, have explained the phylogeny of the pineal gland in different vertebrate species.

From the point of view of biological evolution, the pineal gland represents a kind of atrophied photoreceptor. In the epithalamus of some species of amphibians and reptiles, it is linked to a light-sensing organ, known as the parietal eye, which is also called the pineal eye or third eye.

René Descartes believed the human pineal gland to be the "principal seat of the soul".

Academic philosophy among his contemporaries considered the pineal gland as a neuroanatomical structure without special metaphysical qualities; science studied it as one endocrine gland among many.

Seventeenth-century philosopher and scientist René Descartes were highly interested in anatomy and physiology.

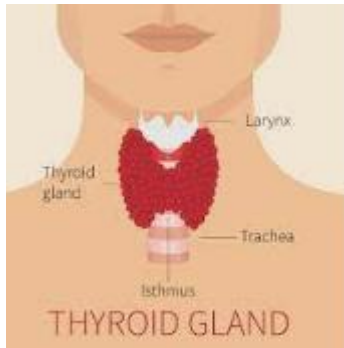


He discussed the pineal gland both in his first book, the *Treatise of Man* (written before 1637, but only published posthumously 1662/1664) and in his last book, *The Passions of the Soul* (1649) and he regarded it as "the principal seat of the soul and the place in which all our thoughts are formed." In the *Treatise of Man*, Descartes described conceptual models of man, namely creatures created by God, which consist of two ingredients, a body, and a soul. In the *Passions*, Descartes split man up into a body and a soul and emphasized that the soul is joined to the whole body by "a certain very small gland situated in the middle of the brain's substance and suspended above the passage through which the spirits in the brain's anterior cavities communicate with those in its posterior cavities".

In the late 19th century Madame Blavatsky (who founded theosophy) identified the pineal gland with the Hindu concept of the third eye or the Ajna chakra. This association is still popular today.

Rick Strassman, an author and Clinical Associate Professor of Psychiatry at the University of New Mexico School of Medicine, has theorized that the human pineal gland is capable of producing the hallucinogen N,N-dimethyltryptamine (DMT) under certain circumstances.[61] In 2013 he and other researchers first reported DMT in the pineal gland microdialysate of rodents.

## Thyroid Gland

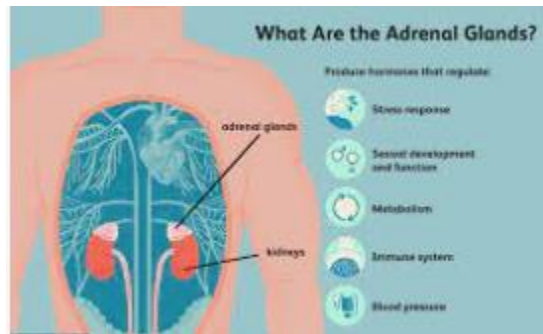


The thyroid gland, or simply the thyroid, is an endocrine gland in the neck, consisting of two lobes connected by an isthmus. It is found at the front of the neck, below Adam's apple.

The thyroid gland secretes three hormones, namely the two thyroid hormones (thyroxine/T4 and triiodothyronine/T3), and calcitonin.

The thyroid hormones primarily influence the metabolic rate and protein synthesis, but they also have many other effects, including effects on development. Calcitonin plays a role in calcium homeostasis.

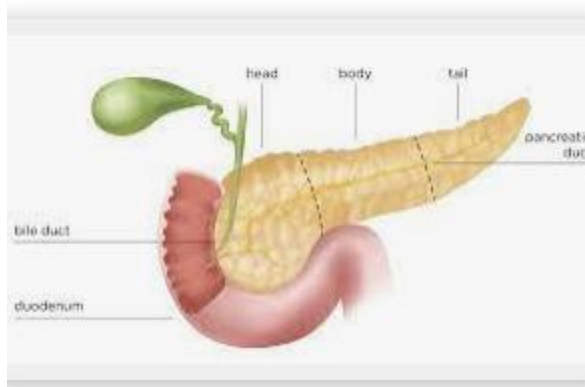
## Adrenal Glands



The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol.

They are found above the kidneys. Each gland has an outer cortex that produces steroid hormones and an inner medulla.

## Pancreas



The pancreas is an organ of the digestive system and endocrine system of vertebrates. In humans, it is located in the abdomen behind the stomach.

The pancreas is a gland, having both an endocrine and a digestive exocrine function.

As an endocrine gland, it functions mostly to regulate blood sugar levels, secreting the hormones insulin, glucagon, somatostatin, and pancreatic polypeptide. As a part of the digestive system, it secretes pancreatic juice into the duodenum through the pancreatic duct.

This juice contains bicarbonate, which neutralizes acid entering the duodenum from the stomach; and digestive enzymes, which break down carbohydrates, proteins, and fats in food entering the duodenum from the stomach.

## Ovaries



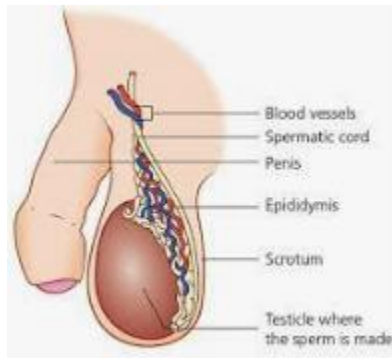
The ovary is an organ found in the female reproductive system that produces an ovum. When released, this travels down the fallopian tube into the uterus, where it may become fertilized by a sperm.

There is an ovary (from Latin ovarium, meaning 'egg, nut') found on the left and right sides of the body.

The ovaries also secrete hormones that play a role in the menstrual cycle and fertility.

The ovary progresses through many stages beginning in the prenatal period through menopause. It is also an endocrine gland because of the various hormones that it secretes.

## Testis

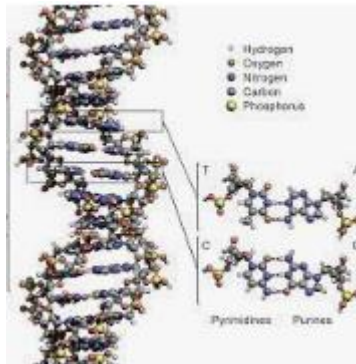


Testicle or testis is the male reproductive gland or gonad in all animals, including humans. It is homologous to the female ovary.

The functions of the testes are to produce both sperm and androgens, primarily testosterone.

Testosterone release is controlled by the anterior pituitary luteinizing hormone; whereas sperm production is controlled both by the anterior pituitary follicle-stimulating hormone and gonadal testosterone.

## DNA



Let's continue how a human being is hardwired to find God. Many scientists think that a part of our DNA is multidimensional and quantum.

We contain the blueprint of God inside of us. From this blueprint, a human being is created. We are created in the image of God.

When I was young I loved to study the great wisdom of India. I still do. The Indians have a theory that everything we do and say is recorded into an energy frequency.

This energy frequency can be read in some parts of time in the future. Some people have fine-tuned themselves to be able to read the Akashic record from another person.

Now recently many people think that in our DNA we have multidimensional DNA that contains the blueprint of God.

Now imagine in this blueprint contains the entire essence of the universe and the essence of your soul journey in the universe. You are eternal. You can never die. Your body will.

Many people are discovering this concept and are learning how to mine the Akashic record for themselves.

Can you imagine how incredible that would be? It means that you could stop any disease from coming your way.

You would be in tune with God and listen to the wisdom that lies within. You could bring back all the positive attributes you have learned on your magnificent journeys in life.

A person could tap into the future and bring back wisdom such as inventions that would help our fellow man.

From that state, it would be easy to go from me to we if you could consciously tap into the oneness and blueprint of the universe.

As you can see the car is sitting in the garage gathering dust. The car is meant to be driven on the freeway of life. Moment by moment we can drive our car and gather a greater understanding of why we are alive.

We spend most of our lives in a survival mode. We spend most of our time living in our habits and subconscious. Imagine we are hardwired to discover our true essence. Yet so many humans are oblivious to this fact.

You see we have free will and free choice. The entire universe lives by this law. At times I think well maybe human beings shouldn't have free choice and we would come into this world and never forget our true nature.

Peace would always prevail on earth. Anger and war would not exist. Heaven would be on earth. Yet life is a grand adventure.

We come into this world to discover our true nature and to help transform this world from darkness to light. It is a cosmic game. This isn't the first time this game has been played.

For time immemorial this game has been played through this universe and countless other universes.

The entire universe is watching us and cheering for us. They are rooting us on. We have incredible coaches that help and assist us.

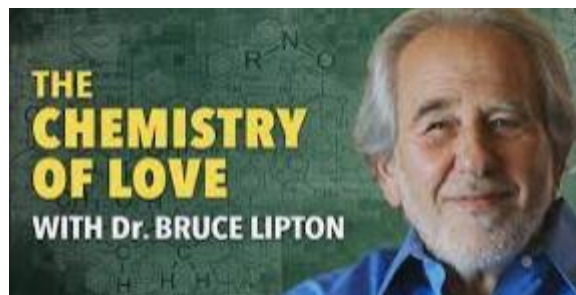
Yet they can't take a single step for us. You see each of us has to play the game without any steps taken by another being.

These are exciting times. We as humanity are going from me to we. For thousands of years because of thinking it's all about me, we have fought countless wars. We are living in an era where this is changing right before our eyes.

Ponder this over. You are hardwired to discover God. You contain within your DNA the blueprint of God.



Bruce Lipton



We are all custom-designed by God. Yesterday I heard an interesting interview with Bruce Lipton. He is a scientist and has a fascinating story to tell.

He wasn't interested in God, religion, or anything spiritual. His passion was science

and biology.

He was studying the structures of cells. One day he discovered that our cells have antennas embedded on the surface of the cells. We have trillions of cells and each cell had an antenna.

He thought to himself. Mind you I'm paraphrasing what he said. He asked himself what are these antennas for? For what purpose do we have for them?

In the real world, he thought of a TV set. You have an antenna that receives signals from a broadcast. You can change the channel and a different TV program will appear on the screen.

At this point, it gets extremely interesting. Somehow he has an epiphany that our awareness and consciousness are being broadcasted from God or the quantum field. Each one of us has a unique signature.

He realized that the body will die yet our essence is always the same. We can never die. Our essence is eternal.

To his amazement, he discovered that God exists inside of us. The treasures exist inside. We are hardwired to discover the universe within.

Imagine all this took place within five minutes. From that point on his goal was to discover his true essence. The clues are there in plain sight. Bruce then as a scientist begins to use the lab within to discover his true nature.

In the interview, Bruce said that some Jesuits said that give me a child for seven years and I will tell you how the child will grow up. In the first seven years, a child will pick up the good bad, and ugly.

A child's brain wave is theta which everything external gets sucked in from 0 to 7 years old. This goes directly into our subconscious. Now imagine that we live our lives 98% of the time from our subconscious. Our subconscious drives our life.

This means that our lives are being driven from our early childhood. Without pursuing ourselves and discovering our true nature we live most of our lives driven by our subconscious. We react like leaves blowing in the wind.

Our body is so entwined with our subconscious that we react automatically without being aware.

Imagine our subconscious is like a hard drive. It has tons of data stored for the ages of 0 to 7. When an event occurs the subconscious will go instantly to the hard drive and it knows how to react.

Notice we are oblivious to what's going on. This is mankind to a tee.

We have been fighting forever for so long. The world is on fire. People flame each other on Facebook. We have a President who tweets whatever comes to his mind.

Humanity is on the verge of a breakthrough. The signs that we were built to discover are all around us. We have all the instruments inside of us to discover our true nature.

We are about to go from me to we which is the title of this book. Imagine every single person on earth is hardwired to discover we all came from the same place. We are all family regardless of race, color, or creed.

Our true nature is kindness. Our true nature is love and compassion. We are all a spark of the divine. We are the universe. We just don't know it. These are exciting times. You hold a piece of the puzzle of life inside of you.

You can change and discover your true nature. Millions of people are waking up. Recently science and religion are talking about the same thing. Discoveries that Bruce saw are major scientific breakthroughs for all of us.

Bruce saw in a flash of light that we are being broadcasted from the quantum field. We have our name that God knows and the universe knows. Every human life is special.

With our free choice and free will, we can moment by moment be on a conscious journey to discover

## 4. Prāṇāyāma



Alternate nostril breathing, one form of Pranayama

Main article: Pranayama

Prāṇāyāma is the control of the breath, from the Sanskrit prāṇa (प्राण, breath, and āyāma (आयाम, restraint)

After the desired posture has been achieved, verses II.49 through II.51 recommend prāṇāyāma, the practice of consciously regulating the breath (inhalation, the full pause, exhalation, and the empty pause)

This is done in several ways, such as by inhaling and then suspending exhalation for a period, exhaling and then suspending inhalation for a period, slowing the inhalation and exhalation, or by consciously changing the timing and length of the breath (deep, short breathing).

Most westerners don't breathe properly. Just think from the moment we take our first breath to the moment we take out last breath there is a power that is keeping us alive.

Yet the majority of mankind is not aware of it. We are completely oblivious to it. Due to the stress in our life, we have forgotten how to breathe properly.

If you want to observe incredible breathing, watch a newborn. They naturally practice deep, or diaphragmatic, breathing by using the diaphragm, a muscle under the lungs, to pull air into the lungs.

Visually, you'll see the belly expand and chest rise as they inhale air through the nose and into the lungs. As they exhale, the belly contracts.

For many people, this kind of breathing is no longer instinctive. Instead, many of us have become shallow chests, or thoracic, breathers—inhaling through our mouth, holding our breath, and taking in less air.

Over time our breathing patterns have shifted as a reaction to environmental stressors, like temperature, pollution, noise, and other causes of anxiety. Cultural expectations, including the desire to have a flat stomach, encourage holding our breath and sucking in our stomachs, further tightening our muscles.

When we breathe in a shallow way, the body remains in a cyclical state of stress—our stress causing shallow breathing and our shallow breathing causing stress.

This sets off the sympathetic nervous system, the branch of the autonomic nervous system that primes us for activity and response.

“Shallow breathing doesn’t just make stress a response, it makes stress a habit our bodies, and therefore, our minds, are locked into,” says John Luckovich, an apprentice Integrative Breathwork facilitator in Brooklyn, New York.

My advice before one begins this practice is to before you begin to make sure you are breathing properly.

If you still breathe through your chest or your mouth spend three weeks learning how to breathe properly. I would advise anyone to spend three weeks meditating and focusing on their breath.

Do this from this moment on. This is the key to life. Without this, your practice won’t take you far. There is a power that is keeping you alive. Behind your breath lies the keys to life.

So what does this breathing exercise do? There are 72,000 nadis or energy channels in the human body.

The following is a passage from Sadguru.

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<sup>17</sup> <https://www.headspace.com/blog/2017/08/15/shallow-breathing-whole-body/>

<sup>18</sup> <https://isha.sadhguru.org/us/en/wisdom/article/the-three-fundamental-nadis>

Sadhguru: Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass. This is the Ida and the Pingala, the left and the right channels.

In the Pranamayakosha or the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna. The word “nadi” does not mean nerve. Nadis are pathways or channels of prana in the system.

These 72,000 nadis don't have a physical manifestation. In the sense, if you cut the body and look in, you will not find them.

But as you become more aware, you will notice the energy is not moving at random, it is moving in established pathways. There are 72,000 different ways in which the energy or prana moves.

The pingala is the right or masculine energy channel.

The ida is the left or feminine energy channel.

Starting from the left nostril there are 36,00 nadis or energy channels.

Starting from the right nostril there are 36,00 nadis or energy channels.

Prānāyāmai is a breathing exercise that cleans the ida and the pingala. This exercise will help balance the mind and body.

When the breath gets calm the mind and body will get calm. One begins to enter into a state of calmness and being in harmony with the mind, body, and soul connection.

#### [How To Do Alternate Nostril Breathing \(Nadi Shodhana\)](#)

- Sit in a comfortable position with the spine long and the hips relaxed. Release any tension from your jaw. Close your eyes.
- Place your left hand on your left knee with the palm face upward, or in the Chin Mudra by pressing the index finger and thumb together.
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows with the ring finger and little finger on the left nostril, and the

thumb on the right nostril. Use the ring finger and little finger to open and close the left nostril and use the thumb for the right nostril.

- On an exhalation, close the right nostril with your thumb and breathe out through the left nostril.
- Breathe in through the left nostril and then close with the ring finger.
- Release the thumb on the right nostril and breathe out through the right nostril.
- Inhale through the right nostril, close with the thumb, release the ring finger from the left side and exhale through the left nostril.
- These two full breaths are called one round of Alternate Nostril Breaths.
- Perform 5 to 9 rounds of this alternating breath between the nostrils.
- Remember to always inhale through the same nostril you just exhaled through.

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There are many variations of this technique. Some hold their breath between breaths. Mind you should never use force. Breathe naturally. Over time the breath will be sweet and calm.

[What is Prana and Pranayama? | Gurudev Sri Sri Ravi Shankar](#)

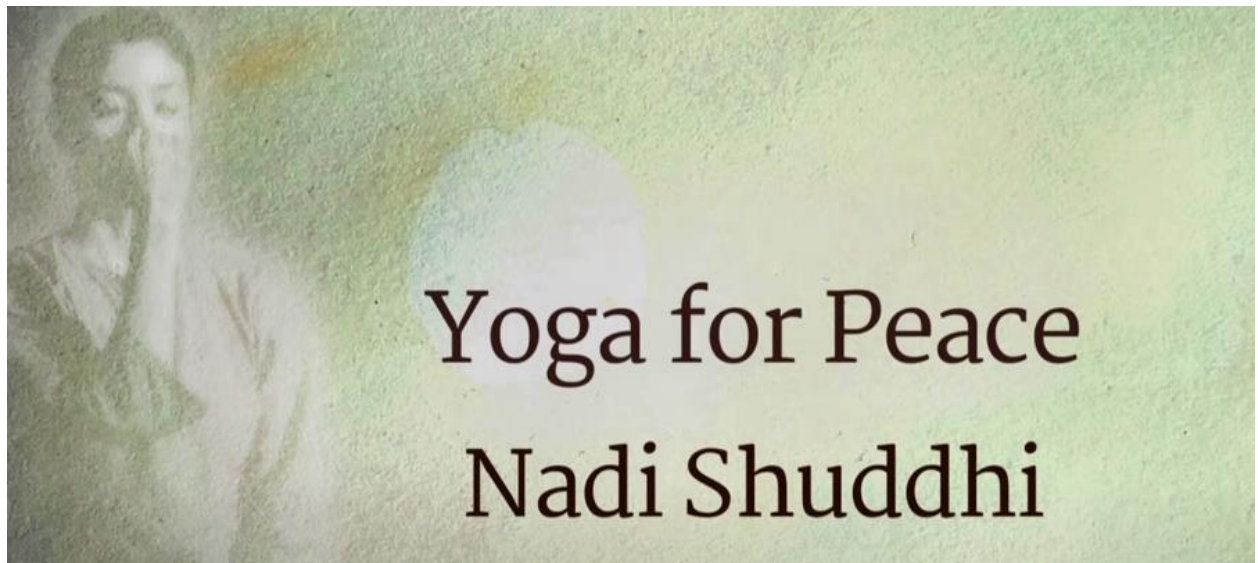
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<sup>19</sup> <https://www.artofliving.org/us-en/yoga/breathing-techniques/alternate-nostril-breathing-nadi-shodhan>

[Proper Breathing](#)

Breathing Technique: To  
increase exercise capacity  
and reduce anxiety and  
shallow breaths

[Nadi Shuddhi Pranayama - Guided by Sadhguru](#)





## The Breath

The breath

It's kinda sad.

The majority of mankind takes the breath for granted.

Yes, we breathe in and breathe out.

That's so common to us.

We do this in every moment.

What could be more common?

We all breathe.

Yet behind our breath is a power that keeps the entire universe alive.

You are the universe.

You just don't know it.

The power behind your breath is keeping you alive.

You have the potential to connect to this source.

In essence, this is your true nature.

Many of the great masters taught this.

They taught me to meditate upon my breath.

It takes baby steps.

At first, you may not seem to feel or see anything.

Have patience.

The mind is like a tuning fork.

It takes time to tune into the frequency of life.

This frequency is pure love.

Day by day simply follow your breath.

Year by year simply follow your breath.

Decade by decade simply follow your breath.

Your breath will set you free.

Your breath will reveal your true nature while you are alive.

I know it sounds so simple.

It is.

Yet we make life so complicated.

The truth can be there all the time.

Yet we are trained to look outside of ourselves.

The jewel has always been hidden under our pillow.

This is where God hides.

Inside of you.

This is the greatest hide and seeks game.

Ponder this over.

You can solve this puzzle.

## Breathing Through Your Mouth

I was in India many moons ago.

Over 47 years ago.

I remember hearing people talk about various kinds of breaths.

In Ayurvedic lore breathing through your mouth is the kiss of death.

Our breath is a complicated system.

Scientists are just beginning to study the effects of breathing.

They have found out when a person starts to breathe through the mouth the fight or flight syndrome takes over.

What does that mean?

It means your body is being flooded with over 1500 different chemicals.

Many of these in the short term is beneficial.

Yet for many Americans, the facet can't be shut off.

We reinforce this situation by improper breathing.

In the East, this has been known for thousands of years.

This is why the foundation for so many meditation practices is the breath.

They understand the practical mechanics of breathing through the nose.

There is a life force within that is keeping you and the universe alive.

Our western day understanding for the general public is lacking.

I say common sense is uncommon because our lifestyles don't reflect it.

We are totally off balance.

No wonder we have all our ailments today.

Ponder this over.

## Fine Tune Your Radio Station

Fine-tune your radio station.

You are listening to an old station.

This station is reinforcing all your bad habits.

There is a signal from God and the universe that is playing.

Listen to KGOD.

This signal is broadcast from within.

It is clear and constant.

You just have to tune your mind to this signal.

In every breath, you take fine-tune your inner radio to this signal.

All the great masters have said that the kingdom of heaven lies within.

This is probably the most practical thing you can do for yourself.

What is keeping you alive?

The more you concentrate on this signal the more powerful and clear it will be.

This is your true nature.

This signal is like a magnet.

It draws kindness, love, and compassion to you.

It's like taking a shower of love.

This love fills up your entire being and slowly washes away all the negativity.

This radio station is live.

It has been broadcasting for eternity.

When you are driving and talking on your cell phone you aren't paying attention to life.

What is so important externally that you have forgotten your true nature?

Why do you insist that the external world is the only world?

For now, you might say because that's all there is.

Well someday you will die and it will disappear in an instant.

This radio station will make you laugh at life.

It will bring you to a place where anger and hate do not govern you.

Kindness and compassion will be there.

I'm not saying you won't ever get angry again.

I'm saying that with conscious effort you can use water to put out the anger in  
your life.

Your mind is looking externally to fix your inner world.

Mankind has been running in circles for thousands of years.

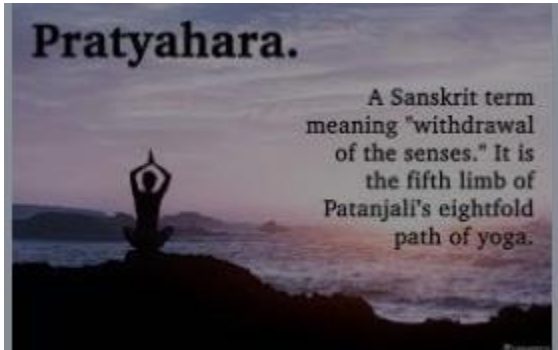
Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.

## 5. Pratyāhāra withdrawing of the external senses



Pratyāhāra is a combination of two Sanskrit words prati- (the prefix प्रति-, "against" or "contra") and āhāra (आहार, "bring near, fetch").[38]

Pratyahara is drawing within one's awareness. It is a process of retracting the sensory experience from external objects. It is a step of self-extraction and abstraction.

Pratyahara is not consciously closing one's eyes to the sensory world, it is consciously closing one's mind processes to the sensory world.

Pratyahara empowers one to stop being controlled by the external world, fetch one's attention to seek self-knowledge, and experience the freedom innate in one's inner world.[39][40]

Pratyahara marks the transition of yoga experience from the first four limbs of Patanjali's Ashtanga scheme that perfect external forms, to the last three limbs that perfect the yogin's inner state: moving from outside to inside, from the outer sphere of the body to the inner sphere of the spirit.[41]

I first learned about Pratyāhāra withdrawing from the external senses in India many moons ago.

Forty-nine years ago to be exact. I learned that we have five external senses and five external senses.

O seeker of truth, I have witnessed such a great wonder:

A well, suspended in the sky, from which ambrosia ceaselessly flows.

A lame person climbs to it without any ladder and drinks jugs of that nectar. Gongs, conches, and kettle drums ring out without being played by anyone.

The deaf hear them and become ecstatic: they lose track of body and mind.

Up there is a palace without foundation, which is radiant with light.

The blind see it and are so overjoyed they can't stop talking about it.

In that place a person dies, yet continues to live, and has strength without eating food.

Brahmanand says that only a rare soul can understand his tale.

By closing down the external senses one begins to develop the internal senses. This is the doorway to discovering your true nature.

A wise man understands this. One begins to cultivate the inner senses. One begins to realize one's true nature. Instead of just being a physical body one slowly begins to see that you are the universe inside of a human body.

One begins to see harmony in all things. Most people's senses are always external. We think happiness exists outside of ourselves. Therefore we chase the carrot on the stick.

Our happiness is dependent on the external which always changes therefore our happiness will come and go. That is the nature of things. Everything comes and goes.

Just think you are the universe. You just don't know it. Yet every night when you go into a deep sleep you go back to the source. You just aren't aware of it.

The more one mediates and consciously withdraws the external senses one will advance on the journey of life.

It's ironic that the human body is wired and has the software for discovering the jewel within. It's been there the entire time since you were born.

Yet it is enigmatic and foreign to us. Most humans refuse to even recognize it. Don't go there. I don't want to hear about this. Don't tell me what to do. You are trying to convert me. Look there is nothing to convert to. This is your true nature.

A wise man learns there are infinite levels of withdrawing the external senses. We are always fine-tuning the guitar of life.

We can never rest on our laurels. Thinking you have laurels won't take you very far on this journey of life. One must become humble and in harmony with life.

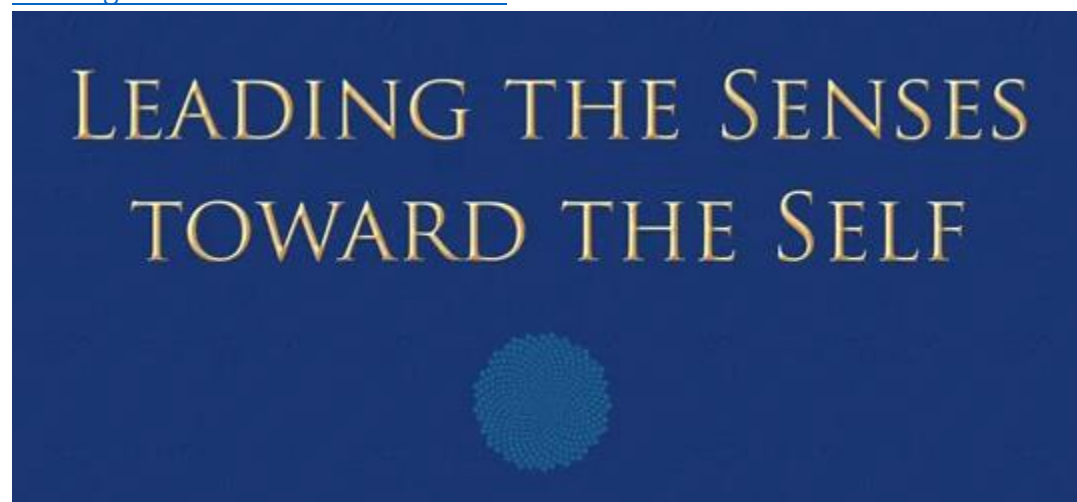
The sun in the sky doesn't boast and say worship me. Without me, you wouldn't be alive. The sun in the sky just shines.

The more one withdraws the external senses one becomes to be in harmony with life. The ego must be left behind.

There are safety mechanisms set into place. The ego can take you so far and then it reaches a wall and can't go further. Only a child at heart can enter the kingdom of heaven.

Remember you are the piece of this puzzle. Discover your true nature. Learn how to meditate and withdraw your external senses.

[Leading the senses towards the self](#)





[Pratyahara Meditation by Sadhguru](#)



[SWAMI VIVEKANANDA EXPLAINS PRATYAHARA, DHARANA, DHYANA & SAMADHI - STEPS OF RAJA YOGA](#)



## Five Internal Senses

I have studied Meditation for fun for a very long time.

I have learned the following.

Just like we have 5 external senses to be in this world.

We have 5 internal senses to be in God's world.

The kingdom of heaven is within.

We are born to be hard-wired with God.

There is so much of God just contained in our DNA.

We were created to experience so much more than we have.

Our car is just sitting in the garage.

All the great masters have said go within.

Use your internal senses and experience, God.

There is a light to see.

This light is pure love.

Listen to the ringing in your ears.

This will help start your journey.

Behind your breath feel the power of love.

The universe is behind your breath.

This is not some theory.

Millions of people are experiencing this at this moment.

You can solve this puzzle.

Open up your eyes.

## 6. Dhāraṇā Fixity



Main article: Dharana

Dharana (Sanskrit: धारणा) means concentration, introspective focus, and one-pointedness of mind. The root of the word is dhr̥ (धृ), meaning "to hold, maintain, keep".[

Dharana, as the sixth limb of yoga, is holding one's mind onto a particular inner state, subject, or topic of one's mind.

The mind is fixed on a mantra, one's breath/navel/tip of tongue/any place, an object one wants to observe, or a concept/idea in one's mind.

Fixing the mind means one-pointed focus, without drifting of mind, and without jumping from one topic to another.[44]

One-pointed concentration, fixing one's full attention on one place, object, or idea at a time. It is the sixth limb, or requirement, to attain full Self-realization as outlined in the Yoga Sutras attributed to the sage Patanjali.

Dharana is the ability to bring the mind into focus and to hold the concentration on a single point. In true dharana all body consciousness and restless thoughts cease, enabling one to focus on the object of meditation without distraction.

In the Hindu epic, The Mahabharata, Arjuna demonstrates dharana. Dronacharya, the teacher of archery, is holding a contest.

There is a statue of a vulture placed high in a tree, and its head is the target. As each student approaches to take his turn Dronacharya asks him what he sees.

One replies, "I see you, my teacher, the tree, the sky, and all who have gathered around." This student misses his shot. The next replies in a similar manner, and he, too, misses.

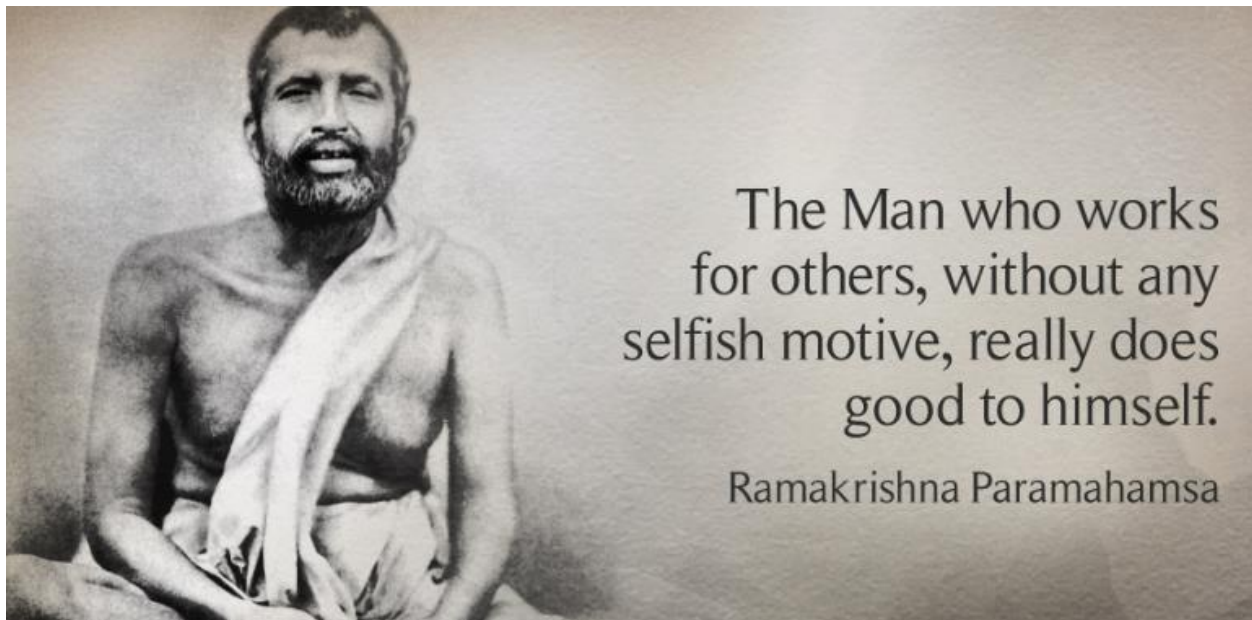
Finally, after everyone else has failed to hit the target, Arjuna approaches. In response to the question he answers, “I see the head of the bird.”

Dronacharya asks, “Don”t you see anything else?”

Arjuna replies, “I see only the head of the bird.”

He then shoots his arrow and hits it right on target. <sup>20</sup>

#### The Story of Ramakrishna Paramahansa’s Enlightenment



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<sup>20</sup> <https://www.ananda.org/yogapedia/dharana/>

# DHARANA : THE ART OF CONCENTRATION

## Breathe

Many moons ago I read in a magazine something which I haven't forgotten.

The magazine was interviewing a scientist.

They were talking about the expansion and contraction of the universe.

The interviewer said so it's just like breathing.

The scientist said "absolutely".

As you can see I never forgot this.

This was around 1972.

I have been fascinated by the power of breath most of my life.

Before I first started to learn how to meditate I knew there was an incredible experience inside.

I knew there was a power behind my breath keeping me alive.

Yet I didn't know how to sync with it.

It was a total mystery.

Most of us just breathe unconsciously.

We never think about it or pay attention to it.

Unfortunately, we don't experience the direct source inside of us.

Whenever I tell people that the most simple technique in meditation is the following.

Just watch your breath go up and down.

Follow your breath.

At this point, you can see their eyes roll up.

Yeah.

Don't feed me that crap.

That's too simple.

Yet it is simple.

The truth is so simple and obvious that we overlook it.

We expect some complicated technique where only a powerful Guru can give it to you.

Yet the truth is simple.

The Buddhists have a doctrine called "Crystal Clear".

This book was introduced to the West only decades ago.

They released this secret doctrine because they knew, unfortunately, westerners wouldn't believe it.

It was all about the breath.

Why is it in the East they have studied the breath for thousands of years?

They have mapped out the various stages of enlightenment through the breath.

Yet in the West, we just roll our eyes.

Doesn't that make you ponder for a moment?

Have you ever stopped for a moment and pondered "what is keeping you alive".

Imagine when you are born and you take your first breath you become alive.

Now imagine when you take your last breath you die.

What exactly left your body?

Your body is dead.

Some incredible life source left your body.

Now imagine that day by day you focus on your breath.

In the beginning, it takes time and effort.

You meditate on the source.

Over time you begin to realize that the source meditates on you.

What's once took hours to connect to, now when you close your eyes the experience is there.

Words can not describe this experience.

Christ said the "kingdom of heaven lies within.

Only you can take this advice.

Only you can solve this mystery.

The entire universe exists inside of you.

You just don't know it.



## Fixity

Fixity is a state of being unchanging or permanent.

Everything changes in the external world.

We buy a brand new car and it gets old.

I remember when I first moved to Kansas City eight years ago.

A friend of mine bought a BMW for 65,000 dollars.

He sold it just recently for 10 grand.

What brought so much pleasure initially over time lead to dissatisfaction?

This is the nature of the external world.

Everything changes.

You can't hold on to anything outside of you.

Even your human body will someday disappear before you.

What can we fix upon that is permanent and unchanging?

The mystics of the past used fixity to concentrate on the power behind the  
breath.

We all breathe in each moment.

Yet we take it for granted.

To be honest most people are oblivious of their breath.

When the great mystics say the entire universe is breathing most people just  
chuckle.

You got to be kidding me.

What have you been smoking?

The doors to perception have always been there.

The signpost are there.

Your human body is wired for this experience.

Yet we think that the mysteries of life can't be found by being aware of our  
breath.

That's too easy.

Occam's razor is a principle from philosophy.

Suppose there exist two explanations for an occurrence.

Another way of saying it is that the more assumptions you have to make, the  
more unlikely an explanation.

Fixity on your breath is as simple as you can get to find God.

It's so simple.

Yet we don't believe it.

The path must be complicated.

If you think the path is complicated then the path is complicated.

Mystics have said this path is super easy.

Just watch your breath.

That's how easy it is.

This has been known for thousands of years.

Today it's still unknown in our society.

The present-day man's mind is fixated upon the external.

When a society does this chaos is all around.

Need I say more?

## Recalibrate

Recalibrate to determine, check, or rectify the graduation of (any instrument giving quantitative measurements)

I used to work for an observatory in Maui for six years.

For the observatory to run properly, our instruments had to be recalibrated.

If just one instrument didn't get recalibrated it could cause results that weren't right.

Many moons ago I realized that we have the hardware and the software to discover our true nature.

Yet many of these instruments are offline.

You may ask why.

Well, it's doing to the fact we aren't even aware of them.

You can only perceive something if you are conscious and aware.

We play the same tapes over and over again.

Consequently, we can only play the tapes from the past.

Mind you this is not taught in your schools.

Imagine your true nature is like a mirror.

Currently, dust is covering it.

Why?

Because you don't look inward.

It's as easy as that.

Once you look inward you see the mirror needs cleaning.

This is not just once that you do it.

Recalibration is moment by moment.

You are a master chemist.

Each time you focus on the power behind your breath you are recalibrating.

Every thought you have has an effect on you and the world around you.

We are lethargic.

This means we are so lazy and don't have the necessary energy to truly consider this.

Help is on the way.

It will take time.

Yet the sun is rising in the sky.

Mankind will soon wake up.

Millions of people around the world are waking up from their slumber.



## 7. Dhyāna Meditation



Dhyana (Sanskrit: ध्यान) means "contemplation, reflection" and "profound, abstract meditation".[46]

Dhyana is contemplating, reflecting on whatever Dharana has focused on. If in the sixth limb of yoga one focused on a personal deity,

Dhyana is its contemplation. If the concentration was on one object, Dhyana is non-judgmental, non-presumptuous observation of that object.[47] If the focus was on a concept/idea, Dhyana is contemplating that concept/idea in all its aspects, forms, and consequences.

Dhyana is an uninterrupted train of thought, current of cognition, and the flow of awareness.[45]

Dhyana is integrally related to Dharana, one leads to others. Dharana is a state of mind, Dhyana the process of mind.

Dhyana is distinct from Dharana in that the meditator becomes actively engaged with its focus. Patanjali defines contemplation (Dhyana) as the mind process, where the mind is fixed on something, and then there is "a course of uniform modification of knowledge".[48]

Adi Shankara, in his commentary on Yoga Sutras, distinguishes Dhyana from Dharana, by explaining Dhyana as the yoga state when there is only the "stream of continuous thought about the object, uninterrupted by other thoughts of a different kind for the same object"; Dharana, states Shankara, is focussed on one object, but aware of its many aspects and ideas about the same object.

Shankara gives the example of a yogin in a state of dharana on the morning sun may be aware of its brilliance, color and orbit; the yogin in dhyana state contemplates on sun's orbit alone for example, without being interrupted by its color, brilliance, or other related ideas.[49]

Above is the formal definition of meditation. I once had a great teacher who said meditation is perfect concentration upon a perfect point. How elegantly said.

There are thousands of meditation techniques out there. I always thought there was a super duper technique that if discovered one would be enlightened by using it, to be honest, it doesn't exist.

Your love for meditation will carry you on this journey. Your determination and willpower will carry you on this journey. Your moment-to-moment, day-by-day, year-by-year conscious practice will carry you on this journey.

When you stop meditating for yourself and mediate for the oneness of humanity one becomes a mature meditator.

We are going from the consciousness and awareness of me to we. For thousands of years, the separation of me has been the downfall of man, We no longer live in harmony with nature and God.

Many people are obsessed with their enlightenment that they can't see the forest from the trees. We are all on the same boat sailing home together. Meditation brings the awareness that we are all one.

Mediation is not a chore like brushing your teeth. If you have that attitude your experience of life and meditation will be mundane. You will get bored and maybe eventually give up.

You are the universe. You just don't know it. This sums up the meditative experience. You have the hardware and software inside of you. Don't get limitations and concepts about what society says.

They will say this is a figure of your imagination.

Read my Heart of Gold chapters or listen to the audio. You will see that for thousands of years mankind has spoken about the same thing.

They may use different languages yet the essence is the same.

Every moment love the breath that is keeping you alive. Be conscious and aware of the power behind your breath. That is the main key in life.



Audio

[Indian Mystics](#)

[Sufi's](#)

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## [Dhyana Meditation-Simple Meditation](#)



Greetings. Welcome. Today let's increase our meditation to around 10 minutes. You can do this. Close your eyes and focus on your breath.

Watch your breath go up and down. Up and down. Just let your thoughts come and go. Just follow your breath. Watch your breath. Just relax into this experience.

Slowly open your eyes. How does that feel? Remember to try to watch your breath in your day-to-day moments. You are on a path of self-discovery.

## [Dhyana Meditation-Anima](#)



Greeting. Welcome. Today we are going to talk about a mantra called Anima.

Anima is a vibration that exists in this world and the multidimensional world. It is the smallest of the small.

Supposedly a Yogi when mastering this thing can shrink himself to the point of being as small as an atom.

This is a very powerful mantra even without acquiring this ability. Just the ability to tap into the multi-dimensional world is good enough for me.

To start close your eyes. Place your attention on your third eye. Mentally repeat Anima. Just like this



Anima, Anima, Anima.

When thoughts come just let them go. Bring your awareness to Anima. This technique is super simple. Now let's practice this together.

Close your eyes. Focus on your third eye. Mentally repeat Anima. Anima, Anima, Anima.

Now slowly open your eyes. Bring that experience into your body. Focus on your breath and carry on your day.

## How Do I Meditate?

How do I meditate?

There are so many different versions out there.

Which one do I choose?

Will I pick up the right one?

Let's start with the foundation.

Are you breathing?

Yes.

What is the power behind your breath?

I don't know.

Focus on your breath in every moment.

When you wonder bring your attention back to your breath.

Do this for the rest of your life.

This is one way to go inside.

Remember the kingdom of heaven lies within.

This is the way to open the door inside of your heart.

## Where Would I Be Without Meditation?

Where would I be without meditation?

I don't want to know.

Imagine the entire universe is alive.

I would never know that.

Imagine never truly knowing you are never alone.

When I close my eyes the light of God would be there yet I wouldn't see it.

I would see only darkness.

I would take this precious breath for granted.

I would never experience that the word of God is keeping me alive.

Behind each breath, the love of God exists.

I would be focusing on my cell phone or Facebook and be oblivious to God.

I would never know that God is my friend and coach.

He is on the sidelines watching the game.

He will never play for us but his presence permeates the game.

He will never get angry or yell at us.

I would never know if I didn't meditate.

Prayer is when you talk to God.

Meditation is when God talks to you without any words.

I can't imagine how painful that would be to the soul.

In each and every action we are looking for God.

Meditation allows us to experience God within.

Before I started to meditate I felt lost.

I didn't know how to find myself.

I knew the door existed within yet I didn't know how to open the door.

Fortunately, in this present day, you can open up your door within.

Just use your intent and open up the door within.

Concentrate on your breath.

This is the key.

Moment by moment place your mind on your breath.

Whatever action you are doing place your mind on your breath.

When you have free time close your eyes and follow your breath.

This is the key to the kingdom of heaven.

All the major meditation traditions say the same.

Behind your breath lies the entire universe.

You are the sun, moon, and stars.

You just don't know it.

## Mediation

I once had a grand teacher who said mediation is perfect concentration upon a perfect point.

How elegantly said.

Imagine the mind is like a tuning fork.

Whatever it touches it vibrates at that frequency.

Have you ever felt that material happiness is finite?

Imagine the car you always dreamed of?

A yellow Ferrari.

In the beginning, it brings so much joy.

You take all of your friends around the block for a spin.

Day and night you are satisfied.

One day you notice that a little dissatisfaction has entered your door.

Day by day your yellow Ferrari becomes a hassle.

How many times to the shop?

I need an oil change.

My brakes need changing.

The transmission just went out.

Everything material wears out.

Material happiness will soon lead to pain.

Does this mean we can't enjoy the comforts of life?

Do we have to live a life of a hermit?

How can one live in this world and live in absolute joy?

Mediation brings an individual to the center of the hurricane.

The winds of change are blowing yet perfect calm resides inside.

This is your true state.

Absolute joy, total bliss.

Your mind is vibrating with the word of life.

## Carry Your Meditation Into Your Daily Life

Carry your meditation into your daily life.

Day by day.

Year by year.

Every time you meditate allows the experience to flow into your daily activities.

Meditation isn't only when you sit down.

Meditation over time brings you to a point where it is constant.

In the beginning, you try to meditate on the source within.

Over time the source begins to meditate on you.

No words can describe how beautiful this is.

You are not alone.

Something is keeping you alive.

We are been magnetizing in love.

That is our true nature.

## The Word

In the beginning, was the word.

Before time and space.

Before creation

Before the void.

Primordial energy, a Primordial word

This word is, was, and will always be.

This word was God and this word is God.

All scriptures talk about the word, yet it is beyond the scriptures.

All religions talk about the word, yet it is beyond religion.

Science talks about the word, but it is beyond science.

This word exists inside of you.

What is keeping you alive?

When you know this you will know the answer to this puzzle.



## Religions

Have you ever wondered about the common denominator of all religions?

Is there a thread, which ties them together?

They all believe in some universal force.

Beyond time and space.

Is was and will always be.

Some people call it God.

Generator, Operator, and Destroyer.

The Hindus might say Brahma, Vishnu, and Shiva.

For the Buddhist it's Nirvana.

For the modern scientist, it's energy.

Energy cannot be created nor destroyed.

Positive, negative, and neutral energy.

Is there a common theme?

All religions talk about light.

If thy eye is single the whole body shall be full of light.

In the Gita Krishna reveals a light more brilliant than a billion suns.

Is that metaphoric speaking?

What happens when we split open an atom?

The Buddhists have scriptures that talk about a great light upon death.

Every religion known to man talks about light.

Every religion talks about the word of God.

In the beginning, was the word.

The word was with God and the Word was God.

The Latin translation of the word was Logos.

Logos means power.

In the beginning, was an infinite power.

This power was with God and this power was God.

Hum, maybe they were talking about the same thing.

Are science and religion both talking about the same thing?

This word according to religions cannot be spoken.

According to the Tao beliefs.

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

Is there a primordial word or energy that is, was, or always be?

Could this word exist everywhere?

Beyond time, beyond space.

Universe

Uni One Verso Word.

One word.

Could there be a universal frequency that exists everywhere?

Before creation, before the void, before anything we can dream of.

Is there a way to connect ourselves to that experience?

What would happen?

The Hindus have a saying Sat Chit Anand.

Truth is the consciousness of Bliss

When the mind is absorbed in truth, the consciousness is in bliss.

Truth is, was, and will always be.

If the word of God can't be spoken and is, was, and always aren't they talking about the same experience.

Christ said the Kingdom of heaven lies within.

Buddha talks about the inner kingdom.

The Jews talk about the inner kingdom.

The Hindus talk about an inner kingdom.

The Taos talk about an inner kingdom.

How does one connect to this kingdom?

Is the human body wired for this experience?

If we are created in the image of our father I think he would wire us up properly.

Human beings.

Hu Divine man being.

Maybe all religions were talking about the same experience.

Since the advent of the nuclear age, man has discovered that everything is a frequency.

We are not just matter.

Energy vibrates at a frequency.

It creates sound.

Could it be that all religions are trying to find the sound of God through their chants, mantras, and prayers?

Could these sounds act like a tuning fork that can transform man?

What would happen to a man if he could vibrate at an infinite frequency?

The Buddhist call this Nirvana or being enlightened.

The Hindus call this Samadhi or liberation.

The Christians call this salvation.

All religions talk about this as music.

Music of the spheres.

Inner music.

Does this music exist inside?

So far we have infinite energy that exists everywhere.

The energy is both light and sound.

Science knows that both energy and mass are the same things.

Is there a pure mass that is contained in the whole universe?

If there is then it must be contained inside of you and me.

All religions talk about this in their abstract ways.

Christ talked about manna and the honey of life.

The Hindus talked about nectar.

Kabir a famous Sheik poet talks about how one drop of this nectar can make a man  
intoxicated.

All wisdom and knowledge exist inside of this nectar.

By the grace of God, I had the entire Ganges River flowing inside of me.

These experiences are built into the human body.

We just need to flip the switch.

God is one.

Everything goes back to its source.

Let's all go back home and transform this world.

## 8. Samādhī समाधि



Samadhi (Sanskrit: समाधि) means "putting together, joining, combining with, union, harmonious whole, trance".

Samadhi is oneness with the subject of meditation. There is no distinction, during the eighth limb of yoga, between the actor

of meditation, the act of meditation, and the subject of meditation.

Samadhi is that spiritual state when one's mind is so absorbed in whatever it is contemplating, that the mind loses the sense of its own identity. The thinker, the thought process, and the thought fuse with the subject of thought. There is only oneness, Samadhi.

There are many benchmarks that Yogi has come up with on this journey of life. Don't get caught up in them.

Remember this is not a competition. This is not a race. Be like the Tao. The Tao is meek, simple, and humble yet is the power behind all life. You may meditate for a trillion years yet you have just taken your first step.

Each step is brand new. You will never know how far you have gone. Common benchmarks are probably are you kind in every moment? Does your mind still get bitten by mosquitos of unharmonious thoughts?

Are you living in me or we consciousness? Are you conscious and aware of each moment of the power that is keeping you alive? Can you smile at any obstacle? Does politics affect your state of mind?

Are you still trying to fit into society? Can you walk into the shoes of others and have compassion? Do you still want to prove your point? Can you truly listen without thinking about what am I going to say next?

These are practical benchmarks. You may have an incredible experience yet how you treat others and life itself is the true benchmark of life.

Personally, one who brags about his experience goes down a couple of rungs on the ladder of life. That is not to say you can't ever talk about your experience. If it will help inspire someone that's a good thing. For example Brahmanand's poem of the palace in the sky.

I heard that in India forty-eight years ago and the bell of wisdom is still ringing in my ears. Words can't describe how it affected me back then and today.

Links on Samadhi

<https://artoflivingretreatcenter.org/blog/samadhi-enlightenment/>

<https://www.facebook.com/watch/?v=2272453903015184>

<https://chopra.com/articles/the-3-levels-of-samadhi>

## Jain Meditation Old School

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Meditation is the foundation for the Jains along with the three jewels. The three jewels are right faith, right knowledge, and right conduct. Meditation in Jainism aims at realizing the self, attaining salvation, and taking the soul to complete freedom.

It aims to reach and to remain in the pure state of the soul which is believed to be pure conscious, beyond any attachment or aversion.

### Samayika



Jain meditation is also referred to as Samayika. The word Samayika means being in the moment of continuous real-time.

This act of being conscious of the continual renewal of the universe in general and one's renewal of the individual living being (Jiva) in particular is the critical first step in the journey towards identification with one's true nature, called the Atman.

It is also a method by which one can develop an attitude of harmony and respect towards other humans and Nature. By being fully aware, alert, and conscious of the constantly moving present, one will experience their true nature, Atman.

In modern-day terms, you are the universe. You just don't know it. The Jains have talked about this for over 2,500 years.

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<sup>21</sup> <https://www.speakingtree.in/allslides/jain-meditation>



## Preksha Meditation



Preksha meditation is the practice of purifying emotions and conscious (chitta) and realizing their own self. It helps in leading a peaceful life and is a system of mediation for attitudinal change, behavioral modification, and integrated development of personality.

The word preksha means 'to perceive carefully and profoundly'. In preksha, perception always means experience bereft of the duality of like and dislike, pleasure, and pain. Impartiality and equanimity are synonymous with Preksha.

Preksha is impartial perception, where there is neither the emotion of attachment nor aversion, neither pleasure nor displeasure.

Both these states of emotion are closely and carefully perceived but not experienced. And because both are perceived from close quarters,

it is not difficult to reject both of them and assume a neutral position. Thus equanimity is essentially associated with Preksha.

[Preksha Meditation by Teona](#)

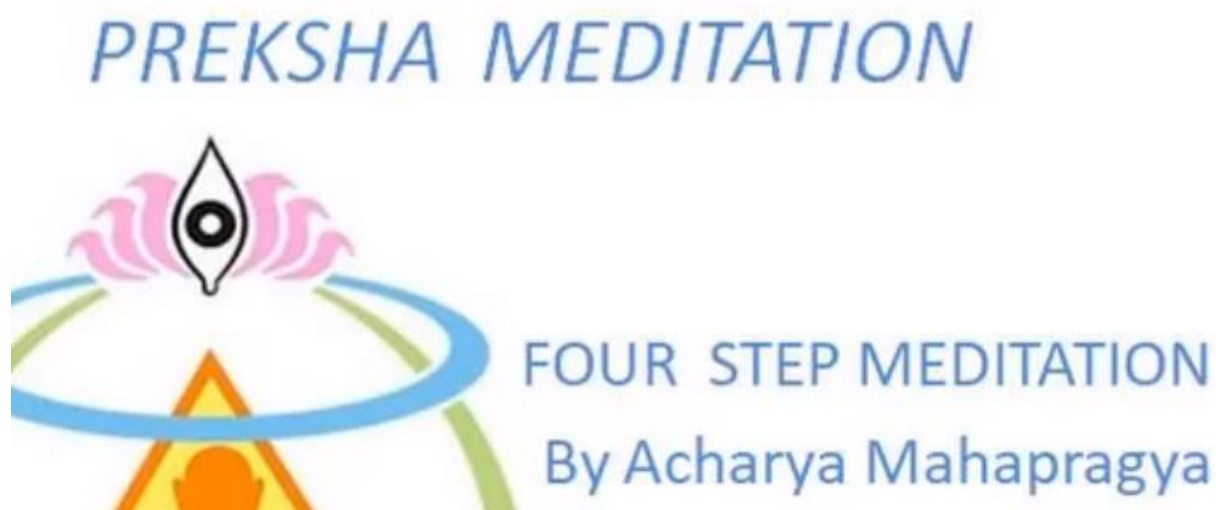
Walk with the help of  
others but do not loose  
the strength in your legs.

Others help only  
when your legs are  
strong.

- Acharya Mahapragya

[Preksha Meditation](#)

PLS  
Meditation



#### Perception Of Breathing

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The third step of preksha meditation is the perception of breathing.

Regulate your breathing; make it slow, deep, and rhythmic. Let the vibrations of each breath reach your navel. Allow your abdominal muscles to expand during inhalation and contract during exhalation.

Now concentrate your mind fully on your navel. Practice deep, slow, and rhythmic breathing, by allowing each breath to take the same time.

Perceive each inhalation and exhalation through the expansion and contraction of the abdominal muscles accompanying each inhalation and exhalation respectively.

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<sup>22</sup> <https://jainworld.com/philosophy/others/preksha-dhayan/a-handbook-of-preksha-meditation-for-the-trainers/5-perception-of-breathing/>

Continuing the slow, deep and rhythmic breathing, now shift your attention from the navel and focus it inside the nostrils at the junction of both nostrils. Perceive each incoming and outgoing breath. Remain fully aware of every breath.

Continuously practice slow, long, and rhythmic breathing—inhale and exhale each breath while remaining fully aware of it. Fully occupy your mind in the perception of breathing.

If you are distracted by any thought, do not try to stop it forcefully, but also perceive it, and then again start perceiving your breath. If the distraction is frequent, you may hold your breath for a few seconds without causing any discomfort.

Maintain the continuity of the awareness of breathing. Merely perceive it without like and dislike.



So what does this breathing exercise do? There are 72,000 nadis or energy channels in the human body.

23

The following is a passage from Sadguru.

Sadhguru: Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass. This is the Ida and the Pingala, the left and the right channels.

In the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna.

The word “nadi” does not mean nerve. Nadis are pathways or channels of prana in the system.

These 72,000 nadis don’t have a physical manifestation. In the sense, if you cut the body and look in, you will not find them.

But as you become more aware, you will notice the energy is not moving at random, it is moving in established pathways. There are 72,000 different ways in which the energy or prana moves.

The pingala is the right or masculine energy channel.

The ida is the left or feminine energy channel.

Starting from the left nostril there are 36,00 nadis or energy channels.

Starting from the right nostril there are 36,00 nadis or energy channels.

The perception of alternative breathing is a breathing exercise that cleans the ida and the pingala.

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<sup>23</sup> <https://isha.sadhguru.org/us/en/wisdom/article/the-three-fundamental-nadis>

This exercise will help balance the mind and body. When the breath gets calm the mind and body will get calm. One begins to enter into a state of calmness and being in harmony with the mind, body, and soul connection.

#### *Perception Of Alternate Breathing Exercise*

My advice is to make this a daily practice. In the beginning, use your right hand to open and close your nostrils. When you get comfortable and feel the effects of this then take off your training wheels.

In the practice of breathing through alternate nostrils, you have to inhale through one nostril and exhale through the other, then inhale through the same and exhale through the other.

Try to accomplish the alternation by exercising your willpower. But in the beginning, you may make use of the finger and thumb of the right hand by placing the right thumb against the right nostril and the ring finger of the right hand against the left nostril and resting the middle and index fingers on the forehead.

Now, remove alternately the thumb and ring finger for opening the path of breath through the right and the left nostril respectively.

Regulate your breathing; make it slow, deep, and rhythmic. Concentrate your mind inside your nostrils, and practice breathing through alternate nostrils. Inhale through the right nostril and exhale through the left one.

Now inhale through the left nostril and exhale through the right one; this completes one cycle. Repeat the same exercise again and again continuing the rhythmic breathing.

Perceive each inhalation and exhalation by concentrating the mind in alternate nostrils. Let your mind and breath go hand in hand. No thinking, no memory of the past, no imagination of the future. Simply perceive.

Continuously the mind and breath should accompany each other. While you are breathing in, let your attention follow the breath inside. While you are breathing out, let your attention follow it outside.

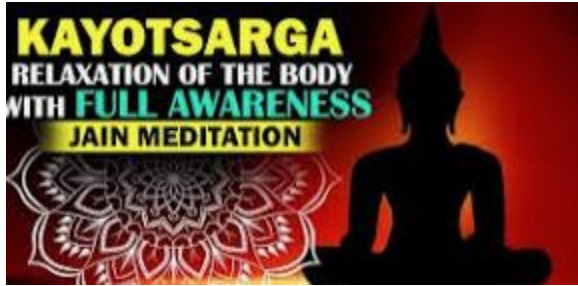
Now, practice the perception of breathing through alternate nostrils together with holding the breath intermittently.

Concentrate your mind inside the nostrils. Inhale through the right nostril and hold the breath inside, exhale through the left nostril and hold the breath outside; again inhale through the left nostril and hold the breath inside and exhale through the right nostril and hold the breath outside.

In this way, practice holding of breath four times during one complete cycle. Continuously remain aware of each exhalation and inhalation.

You may hold your breath only for a few seconds without causing any discomfort. Repeat the same exercise for several rounds. Let the mind and breath go hand in hand.

## The Kayotsarga



The Kayotsarga method is found to be very useful by many Jains. It means self-awareness by complete relaxation.

The practitioner takes a comfortable posture either lying down or sitting or standing and breathes calmly. Then auto-suggests every part and entity of the body to be relaxed and feel the same.

Once the body is completely relaxed, the practitioner practices to realize the separate existence of the soul from the body and then forgets about the body and practices to identify the Self.

Then one practices complete awareness of the self without any hindrance.

Kāyotsarga technique: the first step of meditation is relaxation with self-awareness, keeping the body steady, relaxed, and free from tension, with the spine and neck straight without stiffness, relaxing all the muscles of the body. It involves letting the body become limp.

The steadiness of the body is practiced for at least five minutes so that it becomes motionless as a statue. Movement of the limbs of the body should not occur.

Relaxation has two aims: complete relaxation of the body and self-awareness. For achieving complete relaxation of the body, it is mentally divided into several parts and the mind (citta) focuses on each part of the body sequentially, from foot to head. Allow the mind to spread across the whole body.



Here, the technique of auto-suggestion is used to relax each part of the body to experience relaxation. With the relaxation of every muscle and nerve, relaxation of the whole body is achieved.

A state of deep concentration is to be reached in which the practitioner remains completely alert.

When I went to the Monroe Institute we were taught a similar technique where we could have the body be asleep while the mind was conscious and aware.

[Preksha Meditation: Kayotsarg](#)

# *PREKSHA MEDITATION*



## KAYOTSARG

By Acharya Mahapragya

## Pindāstha Dhyāna



Imagines oneself sitting all alone in the middle of a vast ocean of milk on a lotus flower, meditating on the soul.

There are no living beings around whatsoever. The lotus is identical to the island of the Jambu tree, with Mount Meru as its stalk.

Imagine a 16 -petalled lotus at the level of your navel, and on each petal are printed the (Sanskrit) letters “arham” and also an inverted lotus of 8 petals at the location of your heart.

Suddenly the lotus on which one is seated flares up at the navel and flames gradually rise to the inverted lotus, burning its petals with a rising golden flame that not only burns your body but also the inverted lotus at the heart

The flames rise further up to the throat whirling in the shape of a swastika and then reach the head, burning it entirely, while taking the form of a three-sided pyramid of golden flames above the head, piercing the skull's sharp end straight up.

The whole physical body is charred, and everything turns into glowing ashes. Thus the body is burnt off and the pure soul survives. No pain is felt in this process.

Suddenly a strong wind blows off all the ashes, and one imagines that a heavy rain shower washes all the ashes away, and the pure soul remains seated on the lotus.

That pure soul has infinite virtues, it is Myself. Why should I get polluted at all? Remain in this purest nature.

This is called Pindāstha Dhyāna, in which one ponders the reality of feeling and experiencing.

## Padāstha Dhyāna



In Padāstha Dhyāna one focuses on some mantras, words, or themes. There is a rich tradition of mantras in Jainism.

### OM

Chanting OM is one of the important mantras. It is a universal sound.

## OM in Jainism



## Om 108 Times



#### Arham

Many chant the word Arham which makes one feel “I am the omniscient soul”

The Greatness of ‘Arham’

Let the sound of ‘Arham’ vibrate day and night

In the mind—in speech, in action, and in thought!

The ‘A’ of Arham stands for Amrit—the water of life;

‘R’ represents the fire element; the aspirate.

Doth awake the vital force within; the nasal sound

With whatever it combines, raises its power!

Mere repetition of words, however profound,

Brings no lasting joy—a meaningless ritual!

Charged with passion and mindfulness

‘Arham’ sets right everything!

## ARHAM ARHAM - JAAP (Chanting)



### Arhat

One may also pronounce the holy name of an arhat and concentrate on the universal richness of the soul.

An arhat is one when all passions (anger, ego, deception, greed, attachment, hatred, and ignorance) are destroyed. Every soul has this potential.



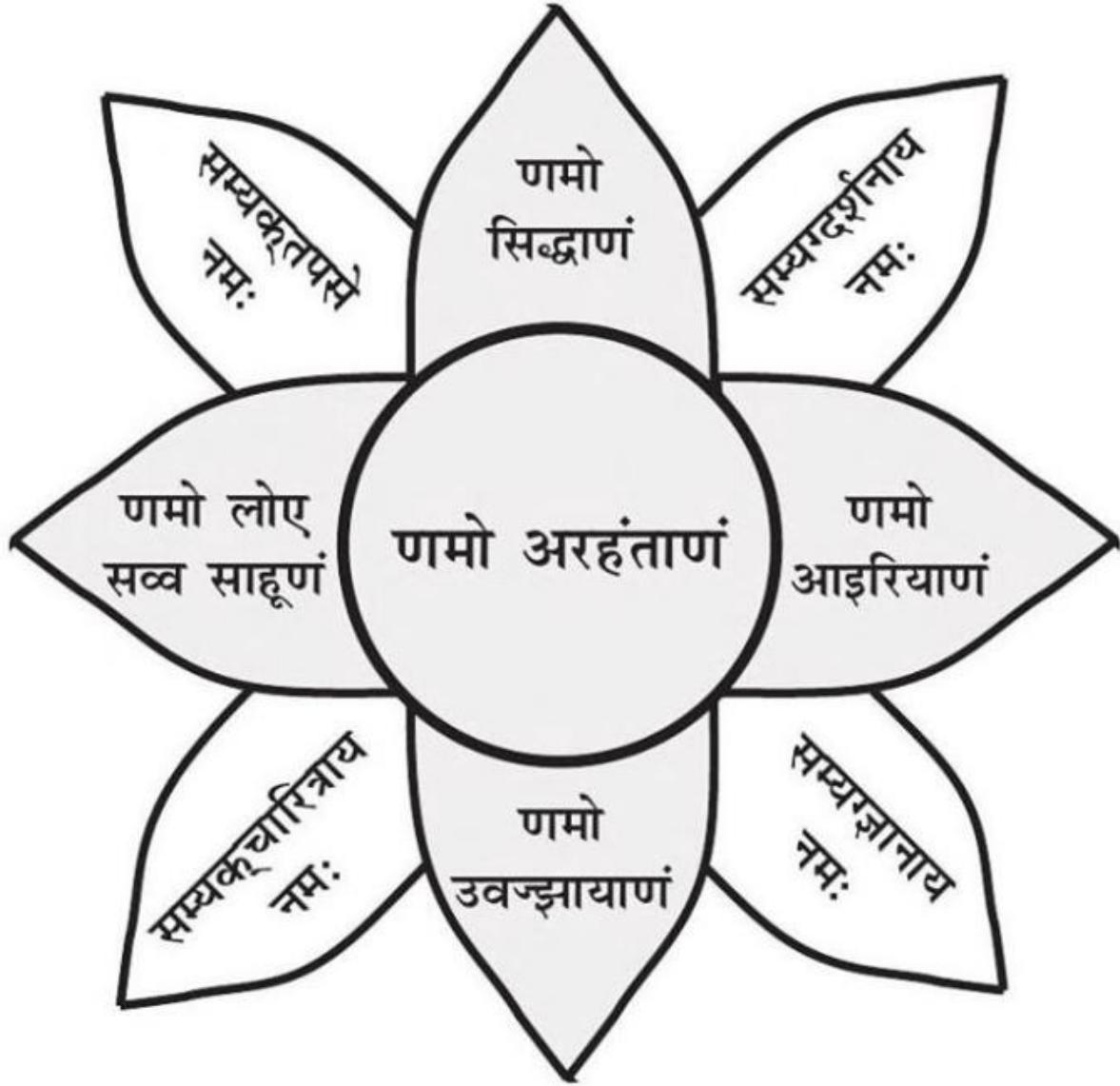
In Jainism, a tirthankara is a savior and spiritual teacher of the dharma.

The word tirthankara signifies the founder of a tirtha, which is a fordable passage across the sea of interminable births and deaths, the saṃsāra.

The 24 tirthankaras during this present age are Adinatha, Ajita, Sambhava, Abhinandana, Sumati, Padmaprabha, Suparshva, Chandraprabha, Suvidhi, Shital, Shreyansa, Vasupujya, Vimala, Ananta, Dharma, Shanti, Kunthu, Ara, Malli, Muni Suvrata, Nami, Nemi, Parshva and Mahavira.

By concentrating on one of these Tirthankara it helps humanity steer towards the proper direction.





December 9, 2015 · 🌐

जीवन सूत्र: मेरा सो जावे नहीं, जावे सो मेरा नहीं

This figure depicts one way as to how a Yogi can get absorbed in "Padastha Dhyana". It is a pictorial representation of the same as mentioned in Acarya Shubhacandra's "Jnanarnavah", verses 39 -40, p.395.

'Namo Arihantanama' written on the pericarp (karnika) of the lotus together with eight mantras written on its eight leaves (patra) make a nine-winged mantra that should be meditated on.



## Rūpāstha Dhyāna



In Rūpāstha Dhyāna one reflects on the embodiments of arihants, the svayambhuva (the self-realized), the omniscient and other enlightened people and their attributes, such as three umbrellas and whiskers – as seen in many icons – unconcerned about one's own

body, but almighty and benevolent to all living beings, destroyer of attachment, enmity, etc.

Thus the meditator as a human being concentrates his or her attention on the virtues of the omniscient to acquire the same virtues for himself.

Arihant is a soul who has conquered inner passions such as attachment, anger, pride, and greed. Having destroyed four inimical karmas, they realize the pure self.

## Rūpātita Dhyāna



Rūpātita Dhyāna is a meditation in which one focuses on bodiless objects such as the liberated souls or siddhas, which stand individually and collectively for the infinite qualities that such souls have earned.

That omniscient, omnipotent, omnipresent, liberated, and untainted soul is called a nirañjāna, and this stage can be achieved by the right vision, right knowledge, and right conduct only.

Right vision, right knowledge, and right conduct begin the fourth stage of the 14-fold path

## The Spiritual Elevation And Salvation Of The Soul



The ultimate aim of such yoga and meditation is to pave the way for the spiritual elevation and salvation of the soul. Some yogis develop their own meditation methods.

## Jain Meditation New School



The modern era saw the rise of a new [Śvētāmbara](#) sect, the [Śvētāmbara Terapanth](#), founded by [Ācārya Bhikṣu](#), who was said to be able to practice breath retention (hold his breath) for two hours.

He also practiced ātāpanā by sitting under the scorching sun for hours while chanting and visualizing [yantras](#).

[Tulasī](#) (1913–1997) and Ācārya [Mahāprajña](#) (1920–2010) developed a system termed *prekṣā-dhyāna* which is a combination of ancient wisdom and modern science.

It is based on Jain Canons. It included a practical path where each step works with the previous steps.

Ācārya [Mahāprajña](#), formulator of Preksha meditation

[Guided Preksha Meditation by Acharya Mahapragya](#)



Despite the innovations, the meditation system it is said is firmly grounded in the classic Jain metaphysical mind-body dualism in which the self is covered over by subtle and gross bodies.

This means there is dust on your inner mirror which needs to be cleaned before you can discover your true nature.

*Prekṣā* means "to perceive carefully and profoundly". In *prekṣā*, perception always means an impartial experience bereft of the duality of like and dislike, pleasure and pain, attachment or aversion.

Meditative progress proceeds through the different gross and subtle bodies, differentiating between them and the pure consciousness of jiva.

Mahāprajña interprets the goal of this to mean to “perceive and realize the most subtle aspects of consciousness by your conscious mind.” Important disciplines in the system are - Synchrony of mental and physical actions or simply present mindedness or complete awareness of one's actions, disciplining the reacting attitude, friendliness, diet, silence, spiritual vigilance.

The mature *prekṣā* system is taught using an eight limb hierarchical schema, where each one is necessary for practicing the next:

#### Scientific Mapping of Prekṣā-Dhyāna

Total relaxation (kāyotsarga)	Musculoskeletal system
Internal trip (antaryātra)	Central nervous system
Perception of breathing (śvāsa-prekṣā)	Respiratory system
Perception of body (śarīra-prekṣā)	Muscular, central nervous and endocrine systems
Perception of psychic centres (caitanya kendra prekṣā)	Endocrine system

Perception of psychic colours (leśyā-dhyāna)	Neuroendocrine system
Reflection (bhāvanā)	
Contemplation (anuprekṣā)	<p>Contemplation (anuprekṣā)</p> <p>Subconscious and conscious mind</p> <p>Prekṣā-dhyāna is purported to help with relaxation of skeletal muscles and lead to a drastic reduction in metabolic activity</p>

## Relaxation



Relaxation (**[kāyotsarga](#)**), abandonment of the body, also “relaxation (*śīthilikarāṇa*) with self-awareness,” allows vital force (*prāṇa*) to flow.

Relaxation technique: the first step of meditation is relaxation with self-awareness, keeping the body steady, relaxed, and free from tension, with the spine and neck straight without stiffness, relaxing all the muscles of the body. It involves letting the body become limp.

The steadiness of the body is practiced for at least five minutes so that it becomes motionless as a statue. Movement of the limbs of the body should not occur. Relaxation has two aims: complete relaxation of the body and self-awareness.

For achieving complete relaxation of the body, it is mentally divided into several parts and the mind (*citta*) focuses on each part of the body sequentially, from foot to head. Allow the mind to spread across the whole body.

Here, the technique of auto-suggestion is used to relax each part of the body to experience relaxation. With the relaxation of every muscle and nerve, relaxation of the whole body is achieved.

A state of deep concentration is to be reached in which the practitioner remains completely alert. When I went to the Monroe Institute we were taught a similar technique where we could have the body be asleep while the mind was conscious and aware.

## [Mind Awake/Body Asleep 1.2 - Binaural Beats](#)



# Phase Evolution

Mind Awake/Body Asleep  
Binaural Beats Experiment  
Version 1.2

[Preksha Meditation: Kayotsarg](#)

*PREKSHA MEDITATION*



**KAYOTSARG**

By Acharya Mahapragya

[Internal Journey](#)

Internal Journey (antaryātrā), is based on the practice of directing the flow of vital energy in an upward direction, interpreted as being connected with the nervous system.



The internal Journey synchronizes the om sound with the breath. Each inhalation and exhalation is charged with om. In this state, one is connected to the subconscious mind.

In this step, one focuses between the navel and the backbone, which are said to be the center of one's inner power.

The center of animal instinct is under the navel. When one meditates on every limb of the lower part of the body, violent passions become pacified. Through this process, the center of health, the center of vital energy, and the center of power are activated.

The lower glands become calm and a huge amount of energy is saved.

The second limb is an internal journey, which is based on the practice of directing the flow of vital energy (in an upward direction). He connects the internal journey with the human nervous system.

The right side is equated to the sympathetic nervous system and the left side with the parasympathetic nervous system and the central nervous system.

This is said to be needed to activate deeper levels of consciousness during meditation associated with the many psychic centers that are connected to the spinal cord, which is the pathway of this inner journey.

This path is the main center of vital force located in the spinal cord.



One early morning around 1986 I was meditating. I felt such joy and happiness. All of a sudden I felt this incredible power. I saw this incredible cobra at my root chakra.

This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little afraid due to the power and the cobra.

I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pineal gland.

At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.

The scriptures talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our being, and yet it is dormant. We are so involved in this world that we simply are unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.

Let's fast forward to the early 2000s. I'm living in Ashland Oregon. My wife and I love to go to the ashram in the sky.

That's what I call it. Imagine in the winter in a snowstorm a large group of people is meditating. It is a guided Kundalini mediation.

A huge taiko drum is vibrating throughout the ashram. What is this thing called kundalini? What does kundalini have to do with the quantum field? Read the chapter on chakras to find out.



Let's fast forward to 2019. Lately, I'm researching the works of Joe Dispenza.

He is using the ancient kundalini techniques but he is also using the latest scientific instruments to measure what is going on when one practices these techniques.

Scientists know that the body and mind are united. You can't separate the two. All our emotions are stored in our bodies.

That means the good bad and ugly. For most of our lives, we are living in a survival mode of existence. We are reactive beings. Our subconscious is running the show.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour.

That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts?

We have been playing the same record for years. We have the same routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes.

The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee.

It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Imagine that our negative emotions are stuck in the first three centers of the lower charkas. There is a law that whatever strong emotion you have stored, this emotion will be predominant in your life.

Say for example someone makes you angry. You can't drop it and you hold on for twenty years. You can't forgive this person. Well unfortunately you have drunk your poison.

This gets stored in your subconscious mind. Whenever you think about this you will secrete chemicals into your body and these chemicals will bring you angry emotions.

Your stress level will go out. You will be in a fight or flight syndrome. Unfortunately for the majority of human beings, this is our present state.

This breathing technique allows the negative emotions to be released and travel up the spine to the crown chakra. There a physical/spiritual alchemy takes place. It transforms that anger into pure love. That is the goal.

Joe Dispenza and his crew have wired up thousands of participants and have mapped out the regions of the brain which get affected.

Many of his students go into high gamma waves which are off the normal charts. The reason why is that most people live in a high beta state of mind and have no idea how to change.

We are stuck in our ways. Most people are comfortable staying in misery and don't want to change.

Fortunately millions of people are waking up from their slumber. A new dawning is occurring for mankind.

We are our pharmacy. Every day our bodies create hundreds of thousands of chemicals.

These chemicals create strong emotions. Say for example you are angry. Your emotional state will be angry. Therefore you will have angry thoughts.

These thoughts will then create angry emotions. We are caught in a cycle. The goal is to be free. The goal is to be in tune with the quantum field. Ponder this over.



Slowly breathe in. and tighten your muscles as if you are having a bowel movement.

At the same time tighten your muscles around your navel (lower abdomen). Bring them up and in.

Tighten your muscles around your solar plexus (upper abdomen). Bring them up and in.

As you are breathing in follow your breath up the spinal column past the heart, throat, and pineal chakras to the top of your head.

Hold your breath comfortably until you need to take a breath. Be gentle with yourself. Keep on tightening of your muscles.

When you have to slowly exhale your breath. A wave of bliss is about to be released. Do this for five to ten minutes. Slowly build up your time doing this.

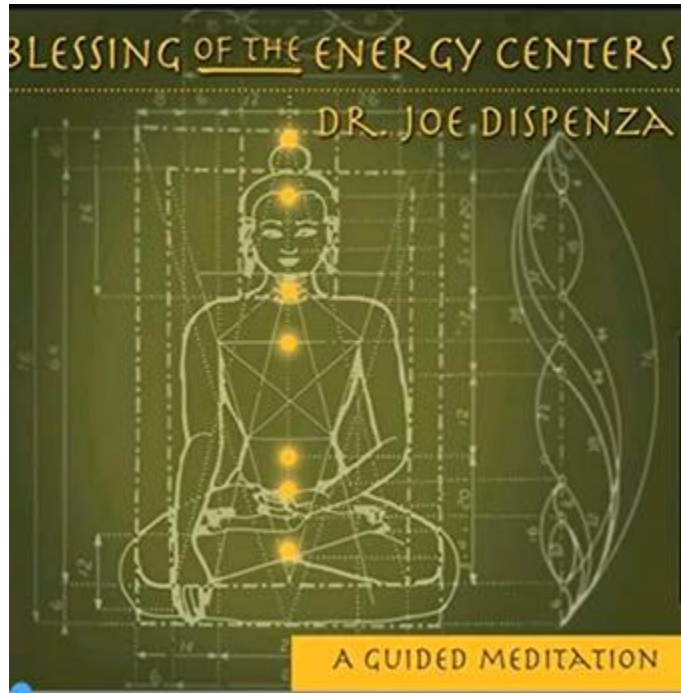
In essence, this technique is converting locked negative emotions up your spine where it is transformed into the quantum field. This is pure alchemy. You are transforming darkness into light.

On the material side, your body is sending spinal fluid up your spinal column to your pituitary gland.

The pituitary gland then secretes thousands of chemicals that turn this negative energy into love, kindness, and compassion.

In this state, tremendous healing can occur and does occur. Look at the work Dr. Joe Dispenza has done and you will see there are thousands of people being healed in all sorts of manners. This technique is thousands of years old.

Mind you this technique will seem awkward at first. Just take your time. After some point, it will become second nature to you.



Perception of Breathing (*śvāsaprekṣā*), of two types: (1) perception of long or deep breathing (*dīrgha-śvāsa-prekṣā*) and (2) perception of breathing through alternate nostrils (*samavṛtti-śvāsa-prekṣā*).

## SOHUM



This is a recent addition to the new school. It is a technique that has been used in yogic traditions for thousands of years.

So'ham or so hong is an ancient yogic technique. It is used by many different yogic traditions. I learned this from Paramahansa Yogananda's lineage.

Shri Shri Ravi Shankar uses this in his meditative practices. It's used as both a mantra and a moment-by-moment being aware of your breath. It is probably one of the most transformational tools we have.

In a nutshell, when you breathe in there is a sound like so. When you breathe out there is a sound like hum.

Behind your breath lies the power that is keeping you and the universe alive. The day you take your last breath is the moment you are no longer here. The goal is to be aware of your breath twenty-four hours a day.

The more you pay attention to it the more it will pay attention to you. My personal experience is this one of the most powerful and practical techniques there is.

This technique will help you discover the jewel within. So hum translates into I am that. That is the universe. You are the universe. You just don't know it. Yogis have been saying this for thousands of years.

## SOHUM Thesis

The following is from

PREKṢĀ MEDITATION

HISTORY AND METHODS



## SAMANI PRATIBHA PRAGYA

Thesis submitted for the degree of Ph.D

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Śivamuni made so'ham the central practice of ātma-dhyāna. Based on his own experience, he explains that so'ham is the sound of vital energy. This sound resonates constantly in our breathing process.

The breath echoes 'sa' on inhaling and 'ham' on exhaling. The psyche (citta) becomes more subtle (sūkṣma) when the sound of so'ham becomes connected with the breath and thus results in thoughtlessness.

There is a difference between word and sound. Word is the medium for expressing sound in the ordinary world. In the same way the sound so'ham, which occurs in breath, is different from the word so'ham.

But the term so'ham is very close to this sound, which is therefore termed so'ham. The concept of so'ham is discussed in Ācārāṅga-sūtra (ĀS1, 1.4), which is why it is considered that this method originated from Ācārāṅga-sūtra.

Śivamuni provides the philosophical background of so'ham meditation. One meaning of so'ham is the liberated ones (siddha), literally "sa" – liberated soul, and "aham" – I, i.e. myself. The idea is that there is no dissimilarity between the real nature of myself and the liberated soul. The second meaning is that all of the souls are similar to me, none are different to me, and I am present in all

However, whilst Śivamuni equates "liberated soul" with "similarity of all souls" and Ātmārāma also equates this terms with the supreme soul (paramātmā). This first interpretation of Śivamuni and of Ātmārāma contradicts the ĀS.

The ĀS states that the worldly souls are constantly moving into four cardinal directions and six intermediate directions.

In his commentary, Śīlāṅka (ĀSV, p. 20) also supports the same meaning of ĀS. His interpretation of liberated souls is not identical with ĀS, but his second interpretation is partially identical to the ĀS.

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<sup>24</sup> [https://eprints.soas.ac.uk/24340/1/Pragya\\_4367.pdf](https://eprints.soas.ac.uk/24340/1/Pragya_4367.pdf)

He noted that it was practiced by Ātmārāma before him. What Śivamuni presents in the methods of ātma-dhyāna is adapted from Ātmārāma's so'ham techniques.

(Ātmārāma, 1944: 46–49). So'ham was a very popular technique at Śri Śri Raviśankara's "Art of Living" which was attended by Śivamuni before the launch of ātmadhyāna.

The prime aim of "ātma-dhyāna" is self-purification, Śivamuni acknowledged, in a lecture series on ātma-dhyāna and that meditation is the best tool with which to annihilate karma.

He defines meditation as inner silence (antarmauna). He states that meditation provides a path for the alleviation of the day to day hardships of the masses and mentally assists them in their struggle for survival. That is also one of the aims of this meditation.



[So Hum Guided Meditation \(for Beginners\)](#)



### Om Meditation

This is another practice that has been introduced to the new school. The yogis have been using this for thousands of years.

Sit in a cross-legged position. Keep neck, head, and backbone straight. The arms should be resting on your lap, folded together.

The eyes closed and a smile on the face. You may ask why a smile on your face. Scientists have found out when you smile over 1500 positive chemicals get released into your bloodstream.

The Taoists have a meditation where they smile at each organ in the body. If an organ is happy you will be happy.

Procedure: First of all, for a few seconds, make the breath balanced and concentrate the mind on the breath. Now take the breath from the crown chakra to the root chakra.

The method is to inhale deeply and use two-thirds of the breath to utter "o" and one third for "m".

All this should be performed by inhaling and exhaling deeply. It should be repeated 5 to 10 times. One can meditate whilst chanting or after completion of the sound. Begin with meditating on the heart chakra and then move on to the crown chakra.

The technique of the perception of breathing is the third limb of prekṣādhyāna, which did not exist before the construction of prekṣā-dhyāna as a distinct practice within the Jain tradition.

Although concentration on one's breathing is a supportive part of ritualistic kāyotsarga and antaryātrā these stages are not fully focused upon breathing only. Mahāprajña divides the practice into two parts:

The perception of long or deep breathing and perception of breathing through alternate nostrils. Breathing meditation was a pertinent part of Jaina meditation practice.

The well-known Jaina meditative practice of kāyotsarga is based on breathing measurements. The Upāsakādhyayana is a treatise based on the instructions and prescriptions for Jain lay followers.

It was composed of the Digambara monk and scholar, Somadevasūrī, in the 10th c.CE. It presents a formula of breathing meditation: “exhale and inhale air gently [during prāṇāyāma]. One must never hold air forcefully nor release it hastily”.

The practice of śvāsa-prekṣā is very close to Goenkā's vipassanā techniques. Mahāprajña mentions that there are many textual sources of breathing meditation available in Jain canons and medieval texts, but the experience and familiarity with the living tradition of vipassanā helped him to shape the śvāsa-prekṣā.

In this method, breathing is regulated until it becomes rhythmic through the close link between the perceiving mind and the breath.

By regular practice, this aims to develop certain “inherent capacities” of the subconscious mind such as extra-sensory perception, clairvoyance, etc. In the second practice, the breath is inhaled through the right nostril and exhaled through the left nostril.

Then, it is inhaled through the left and exhaled through the right one. This technique is similar to the popular haṭha-yogic practice of alternate nostril breathing.

Most westerners don't breathe properly. Just think the moment we take our first breath to the moment we take out last breath there is a power that is keeping us alive.

Yet the majority of mankind is not aware of it. We are completely oblivious to it. Due to the stress in our life, we have forgotten how to breathe properly.

If you want to observe incredible breathing, watch a newborn. They naturally practice deep, or diaphragmatic, breathing by using the diaphragm, a muscle under the lungs, to pull air into the lungs.

Visually, you'll see the belly expand and chest rise as they inhale air through the nose and into the lungs. As they exhale, the belly contracts.

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Put in illustration

For many people, this kind of breathing is no longer instinctive. Instead, many of us have become shallow chests, or thoracic, breathers—inhaling through our mouth, holding our breath, and taking in less air.

Over time our breathing patterns have shifted as a reaction to environmental stressors, like temperature, pollution, noise, and other causes of anxiety. Cultural expectations, including the desire to have a flat stomach, encourage holding our breath and sucking in our stomachs, further tightening our muscles.

When we breathe in a shallow way, the body remains in a cyclical state of stress—our stress causing shallow breathing and our shallow breathing causing stress.

This sets off the sympathetic nervous system, the branch of the autonomic nervous system that primes us for activity and response.

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<sup>25</sup> <https://www.headspace.com/blog/2017/08/15/shallow-breathing-whole-body/>

“Shallow breathing doesn’t just make stress a response, it makes stress a habit our bodies, and therefore, our minds, are locked into,” says John Luckovich, an apprentice Integrative Breathwork facilitator in Brooklyn, New York.

My advice before one begins this practice is to before you begin to make sure you are breathing properly.

If you still breathe through your chest or your mouth spend three weeks learning how to breathe properly.

I would advise anyone to spend three weeks meditating and focusing on their breath. Do this from this moment on. This is the key to life. Without this, your practice won’t take you far. There is a power that is keeping you alive. Behind your breath lies the keys to life.

So what does this breathing exercise do? There are 72,000 nadis or energy channels in the human body.

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The following is a passage from Sadguru.

Sadhguru: Within the spine, if you know its physical construction, you will know there are two holes on either side of the spine which are like conduit pipes for all the nerves to pass.

This is the Ida and the Pingala, the left and the right channels.

In the Pranamayakosha or the energy body, there are 72,000 nadis. The 72,000 nadis spring from three basic nadis – the left, the right and the central – the Ida, Pingala, and Sushumna.

The word “nadi” does not mean nerve. Nadis are pathways or channels of prana in the system. These 72,000 nadis don’t have a physical manifestation. In the sense,

if you cut the body and look in, you will not find them. But as you become more aware, you will notice the energy is not moving at random, it is moving in

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<sup>26</sup> <https://isha.sadhguru.org/us/en/wisdom/article/the-three-fundamental-nadis>

established pathways. There are 72,000 different ways in which the energy or prana moves.

The pingala is the right or masculine energy channel.

The ida is the left or feminine energy channel.

Starting from the left nostril there are 36,00 nadis or energy channels.

Starting from the right nostril there are 36,00 nadis or energy channels.

Prānāyāmai is a breathing exercise that cleans the ida and the pingala. This exercise will help balance the mind and body. When the breath gets calm the mind and body will get calm.

One begins to enter into a state of calmness and being in harmony with the mind, body, and soul connection.



[Proper Breathing](#)

Breathing Technique: To  
increase exercise capacity  
and reduce anxiety and  
shallow breaths



## Fine Tune Your Radio Station

Fine-tune your radio station.

You are listening to an old station.

This station is reinforcing all your bad habits.

There is a signal from God and the universe that is playing.

Listen to KGOD.

This signal is broadcast from within.

It is clear and constant.

You just have to tune your mind to this signal.

In every breath, you take fine-tune your inner radio to this signal.

All the great masters have said that the kingdom of heaven lies within.

This is probably the most practical thing you can do for yourself.

What is keeping you alive?

The more you concentrate on this signal the more powerful and clear it will be.

This is your true nature.

This signal is like a magnet.

It draws kindness, love, and compassion to you.

It's like taking a shower of love.

This love fills up your entire being and slowly washes away all the negativity.

This radio station is live.

It has been broadcasting for eternity.

When you are driving and talking on your cell phone you aren't paying attention to life.

What is so important externally that you have forgotten your true nature?

Why do you insist that the external world is the only world?

For now, you might say because that's all there is.

Well someday you will die and it will disappear in an instant.

This radio station will make you laugh at life.

It will bring you to a place where anger and hate do not govern you.

Kindness and compassion will be there.

I'm not saying you won't ever get angry again.

I'm saying that with conscious effort you can use water to put out the anger in  
your life.

Your mind is looking externally to fix your inner world.

Mankind has been running in circles for thousands of years.

Look at the political landscape in America today.

Anger and chaos rule the land.

Fine-tune your radio station.

You are a piece of the puzzle.

Perception of Body (*śarīraprekṣā*), one becomes aware of the gross physical body, the fiery body, and the karmic body, this practice allows one to perceive the self through the body.

## Perception of Body

Perception of the body is a technique in which one becomes acquainted not only with the gross physical body but also with the fiery body and karmic body, which represent increasing levels of subtleness.

It enables a practitioner to become aware of a deeper level of consciousness, and eventually the self, by becoming aware of the flow of vital energy in different parts of the body, for example, the sensory nerves and motor nerves.

The body is a base for the self during one's worldly existence and one can perceive the self through the body. Mahāprajña explains that higher knowledge and higher meditation are not possible without a strong body and bone joints.

Furthermore, Mahāprajña explains that within the context of *prekṣā-dhyāna* the body is more important than the mind. According to *Amanaska-yoga* the mind itself is the only cause of bondage and release.

The fickleness of the mind creates hurdles in meditation which is why this dictum was formed. If we think at a subtle level, the fickleness of the body is more problematic in the attainment of meditation and consciousness.

Therefore, a practitioner of meditation must concentrate on the body to know its secrets. The secrets of the mind and speech will automatically be revealed, once one knows the secret of the body.

According to Jaina's philosophy mind is not a perennial element. When a human being starts thinking then the process of mind begins and it gets manifested. Before the process of thinking, there is no mind.

The method of *śarīra-prekṣā* involves a particular set of instructions. These are as follows: Concentrate your mind on the big toe of your right foot. Allow it to spread and permeate throughout the whole toe.

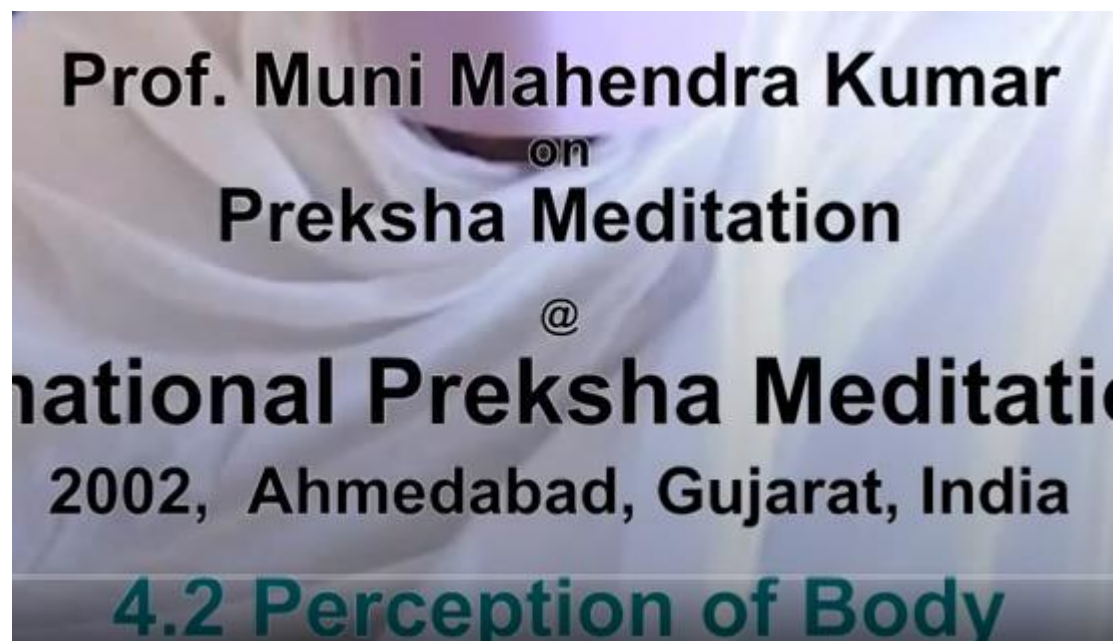
Feel the sensation and vibration taking place in that whole area. Become aware of it and experience it with a neutral mind– with neither like nor dislike.

Concentrate deeply and remain fully alert. Now shift your attention to every part of your right limb. I will now indicate the part of the body on which to concentrate and focus your mind.

Move your focus to your other toes, the sole, the heel, the ankle, the upper part of the foot, the calf muscles, the knee, and the thigh up to the hip joint.

Visualize the whole leg and experience the sensations and vibrations taking place in each part. Maintain a perfect balance of your mind.

[Preksha Meditation 4.2 Perception of Body](#)

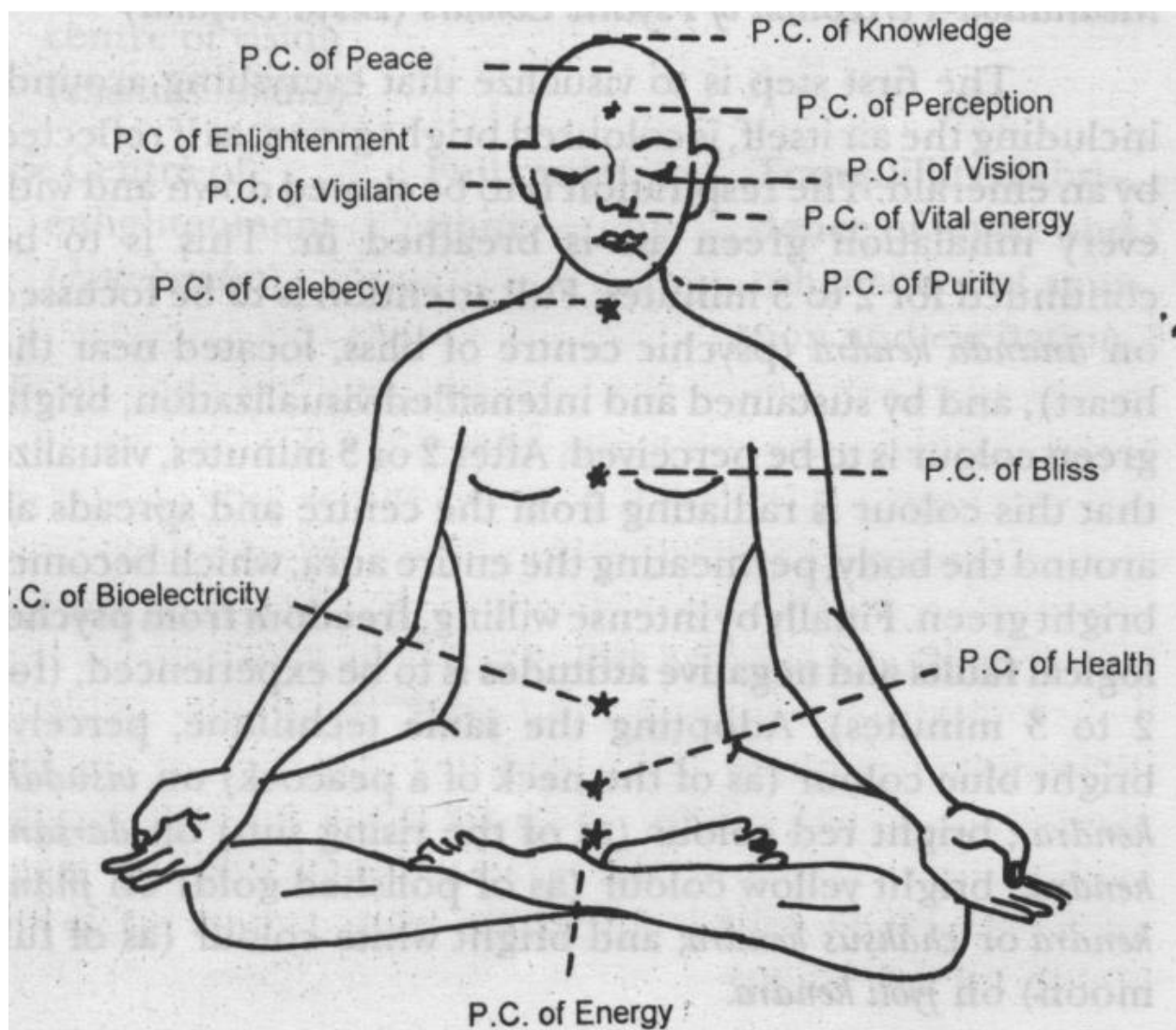


**Perception of Psychic Centres (*caitanyakendra-prekṣā*)**, defined as locations in the subtle body that contain 'dense consciousness' (*saghana-cetanā*), which [Mahāprajña](#) maps into the endocrine system.

The practice of perception of the psychic centers is a process of harmonizing the chemical messengers, produced by the center which regulates our emotions and passions.

The technique consists in concentrating the mind on each center and perceiving the subtle vibrations of the vital energy taking place in the center.

The third step of preksha meditation is the perception of psychic centers.



1. Centre of Energy:

Concentrate your mind on the Centre of Energy, situated at the lower end of the spinal cord, and perceive the subtle vibrations of the vital energy taking place in the center.

Focus your full attention on it. The breath will be calm and slow. Remain fully conscious of the Centre. Use deep concentration.

## 2. Centre of Health:

Now concentrate your mind on the Centre of Health situated in the lower abdomen, below the navel.

Just as the beam of a torchlight extends in a straight line, in the same way entering from the front, allow the beam of the light of your mind to extend in a straight line, up to the spinal cord at the back, and perceive the subtle vibrations of the vital energy taking place inside the whole portion of the Centre.

## 3. Centre of Bio-electricity:

Concentrate your mind on the Centre of Bio-electricity situated in your navel. Just as the beam of a torchlight extends in a straight line, in the same way entering from the navel, allow the beam of the light of your mind to extend in a straight line up to the spinal cord at the back.

Perceive the subtle vibrations taking place inside the Centre. Make use of such deep concentration that the breath is held by itself.

## 4. Centre of Bliss:

Concentrate your mind on the Centre of Bliss, situated near the heart, in the middle of the chest, the pit near the lungs. Just as the beam of a torchlight extends in a straight line, in the same way entering from the front allow the beam of the light of your mind to extend in a straight line up to the spinal cord at the back and perceive the subtle vibrations of the vital energy taking place inside the Centre, You may hold your breath for a while intermittently.

## 5. Centre of Purity :

Concentrate your mind on the Centre of Purity situated in the middle of the throat. Just as the beam of torchlight extends in a straight line, in the same way entering from the front, allow the beam of the light of your mind to extend in a straight line up to the spinal cord at the back and perceive the subtle vibrations of the vital energy taking place inside the Centre.

You may hold your breath intermittently for a while.

#### 6. Centre of Celibacy:

Concentrate your mind on the Centre of Celibacy situated on the tip of the tongue.

Keep your tongue hanging freely inside the mouth, without touching the walls of the mouth. Perceive the subtle vibrations of the vital energy taking place at the Centre.

#### 7. Centre of Vital Energy

Concentrate your mind on the Centre of Vital Energy, situated on the tip of the nose, and perceive the subtle vibrations taking place at the Centre.

#### 8. Centre of Vigilance:

Concentrate your mind on the center of vigilance situated inside the ears. Focus your attention on all the three parts of the ears—the outer, the middle, and the inner regions and perceive the subtle vibrations of the vital energy taking place at the Centre.

#### 9. Centre of Vision :

Concentrate your mind on the Centre of Vision situated inside your eyes. Allow your mind to penetrate inside up to the back portion of your brain and perceive the subtle vibrations of the vital energy taking place inside the center.

#### 10. Centre of Intuition :

Concentrate your mind on the Centre of Intuition situated in the middle of the eye-brows and allow the light of your mind to penetrate inside up to the back portion from the front of your brain and extend up to the wall of the head, and perceive the subtle vibrations of the vital energy taking place inside the center. Use deep concentration and remain alert.

### 11. Center of Enlightenment :

Concentrate your mind on the Centre of Enlightenment, situated in the middle of your forehead, and allow the light of your mind to penetrate inside up to the back portion from the front and extend up to the back wall of the head, and perceive the subtle vibrations of the vital energy taking place at the Centre.

### 12. Centre of Peace:

Concentrate your mind on the Centre of Peace situated in the front portion of your head. Just as the light from a lamp spreads in all directions, in the same way, allow your mind to penetrate inside the Centre from the top and spread in all directions in the Centre. Perceive the subtle vibrations of the vital energy taking place at the Centre.

### 13. Centre of Knowledge:

Concentrate your mind on the Centre of Knowledge situated on the top of the head. Just as the light from a lamp spreads in all directions, in the same way, allow your mind to penetrate inside the Centre, from the top, and allow it to spread all around. Perceive the subtle vibrations of the vital energy taking place at the center.

Now perceive all the psychic centers by speedily taking your mind from one to another. Those who can do this exercise in standing posture should do so.

1. First, take your mind to the Centre of Energy and then successively take it to the Centre of Health, Centre of Bio-electricity, Centre of Bliss and so on up to the Centre of Knowledge and then back to the Centre of Energy via the spinal cord, thus completing a circuit.

2. In the same way, continue perceiving each Centre in the circuit.

3. Let this trip on the psychic centers take place in a quick rotation.



Perception of Psychic Colors (*leśyā-dhyāna*), these are subtle consciousness radiations of the soul, which can be malevolent or benevolent and can be transformed.

Our body is surrounded by a colored envelope known as the aura. The colors of the aura undergo continuous changes following the changes in our attitude and emotional pattern.

There is a close relationship between the aura and our attitudes and emotions.

We can purify the aura by the purity in our attitudes and emotions, and the latter can be gauged through the former. In the present exercise, we have to use our power of visualization of a particular color at a particular psychic center.

Then again, with the mental projection, we have to visualize the same color as spreading all around us and permeating the whole aura around us. Lastly, we have to make use of the technique of auto-suggestion to bring about a change in our attitude or emotional pattern.

Deep concentration and alertness are of course to be maintained throughout the exercise.

The third step of preksha meditation is the Perception of Psychic Colours.

1. With your mind's eye visualize that everything around you, including the air itself, is colored bright emerald green.

Take a deep breath and as you slowly inhale visualize that you are breathing long streams of bright green air. Repeat the breathing exercise several times, each time inhaling bright green air.

Now concentrate your mind on the psychic Centre of Bliss situated in the middle of the chest near the heart; try to visualize bright green color in that region.

Perceive bright green light and visualize that the bright green radiations are spreading in the psychic center covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright green light are emanating from the Centre of Bliss and spreading all around permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion realize—“My emotional pattern is being purified; my mind is being purged of all the negative attitudes”.

2. With your mind’s eye visualize that everything around you, including the air itself, is colored bright blue like a peacock’s neck.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright blue air. Repeat the breathing exercise several times, each time inhaling bright blue air.

Now concentrate your mind on the psychic Centre of Purity, situated in the middle of the throat, and try to visualize bright blue color in that region.

Perceive bright blue light and visualize that the blue radiations are spreading in the psychic center covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright blue light are emanating from the Centre of Purity and spreading all around, permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion, realize “My sexual impulses are being under my conscious control.”

3. With your mind's eye visualize that everything around you, including the air itself, is colored bright red like the color of the rising sun.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright red air. Repeat the breathing exercise several times, each time inhaling bright red air.

Now concentrate your mind on the psychic Centre of Intuition situated in the middle of both the eye-brows and try to visualize bright red color.

Perceive bright red light and visualize that the bright red radiations are spreading in the psychic center covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright red light are emanating from the Centre of Intuition and spreading all around, permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion realize—"My intuition power is developing."

4. With your mind's eye visualize that everything around you, including the air itself, is colored bright yellow like a sunflower.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright yellow air. Repeat the breathing exercise several times each time inhaling bright yellow air.

Now concentrate your mind on the psychic Centre of Knowledge situated on the top of the head and try to visualize bright yellow color.

Perceive bright yellow light and visualize that the bright yellow radiations are spreading in the psychic center covering the whole portion of the brain.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright yellow light are emanating from the Centre of Knowledge and spreading all around, permeating the whole body and the aura. Practise sustained visualization with deep concentration.

Now using auto-suggestion realize –“My perceptive capacity is increasing.”

5. Now with your mind’s eye visualize that everything around you, including the air itself, is colored bright white like the full moon.

Take a deep breath and as you slowly inhale, visualize that you are breathing long streams of bright white air. Repeat the breathing exercise several times, each time inhaling bright white air.

Now concentrate your mind on the psychic Centre of Enlightenment, situated in the middle of your forehead, and visualize bright white color.

Perceive bright white light and visualize that the bright white radiations are spreading on the psychic center, covering the whole portion up to the back.

If the light does not appear or vanishes after the appearance, do not be disappointed. Intensify your effort for sustained visualization.

Now visualize that the particles or radiations of bright white color are emanating from the Centre of Enlightenment and spreading all around, permeating the whole body and the aura.

Practise sustained visualization with deep concentration.

Now using auto-suggestion realize–“My anger is waning away. My passions and emotions are being pacified. I am feeling complete tranquillity of mind.”

[Color Meditation - Leshya Dhyana of Preksha Meditation](#)

# Leshya Dhyana - Color Meditation

[How Sound And Color Based Components Of Preksha Meditation Impact College Students](#)

**A Controlled Study on How Sound  
and Color Based Components of  
Preksha Meditation Impact Short-  
term Memory, Attention, and Mood  
in College Students.**

## [Color Therapy Chakra Guided Spoken Meditation for Balance & Alignment](#)



[Auto-Suggestion \(bhāvanā\)](#), Mahāprajña defines bhāvanā as “repeated verbal reflection”, infusing the psyche (*citta*) with ideas through strong resolve and generating "counter-vibrations" which eliminate evil impulses.

Mahāprajña defines bhāvanā as “repeated verbal reflection” by which one makes oneself resemble one’s ideal through infusing the psyche (*citta*) with such ideas and through strong resolve.

He elucidates this as the cultivation of noble virtues for ascetics enabling them to carry out their practices more meticulously.

The mind is like a tuning fork. whatever it touches it vibrates at that frequency. Through time sages have known that embracing a higher consciousness will bring the mind one step higher on the ladder of life.

[Positive suggestion](#) | [Self Hypnosis Techniques](#) | [What is Auto Suggestion](#)



[Monitoring Your Thoughts And Emotions](#)

As you know by now we live 95% from the subconscious and 5 percent from the conscious mind. Most human beings never stop to see the correlation between the mind and body.

Many scientists say they are the same. They are not distinct and different. Imagine someone pisses you off. That thought creates a chemical in your brain. Cortisone gets released.

Stress chemicals get released. Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body. Many scientists say that cancer is created by angry cells.

Most of the time we have automatic tapes from the past in any given situation. Because we are reactive beings we are like leaves blowing in the wind. We never stop and think before we act. Many people Twitter without thinking.

So the goal is to rewire our circuits. When someone makes us angry stop in your tracks. Focus on your breath. Imagine an infinite field of peace surrounding you. By the way, it does it 24 hours a day. This is your true nature.

Smile and don't say a thing. When you have your composure back speak with kindness.

Mind you this is extremely difficult to do. Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life.

Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

Unfortunately, so many people hold on to the past. An event may happen over 30 years ago and we still hold on for dear life. We still hold a grudge and are angry toward that one person.

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body.

There are many different techniques out there to heal and release our emotional scars.

Here is one that I like.



The emotional Freedom Technique (EFT) is a self-help technique that involves tapping near the endpoints of “energy meridians” located around the body. ... EFT works by lowering cortisol levels and the body's stress response because it helps to promote relaxation

Imagine you have some anger issues. The first step is to identify the issue. For this, to work you need to identify the issue. Make sense.

Step two. On a scale of the lowest 1 to the highest 10 what is intensity? What is the intensity of your emotional or physical pain?

### Step 3

In this step, one acknowledges the issue and accepts yourself despite the problem.

We are going to use anger as our problem

The common setup phrase is: “Even though I have this problem, I deeply and completely accept myself.”

The common setup phrase is: “Even though I have this anger issue, I deeply and completely accept myself.”

### Step 4

This is the tapping phase.

Begin by tapping the karate chop point while simultaneously reciting your setup phrase. You may do this for around 30 seconds to one minute. Concentrate on your breath as you do this. The calmer you get the better results you will have.

Karate chop small intestine meridian

Now for each one of these meridian points you use a reminder phrase. Suppose you have an anger issue. You then would recite in your mind “anger” while tapping at these points below. Tap for around thirty seconds at each meridian point.

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

under the arm spleen meridian

top of head governing vessel

When you are finished rate the intensity level. Let's say that your initial rate was a 9. Your rate is now at a 5.

Repeat this process until you have reached zero. Mind you some problems will take time to reach a zero.

The greater you take total responsibility for your thoughts and actions the greater results you will have.

# How EFT Works

## Gary Craig

[The Most Inspirational EFT Video With Founder Gary Craig \(Emotional Freedom Technique\)](#)



[EFT: The Basic Recipe by Founder Gary Craig](#)

## Mind Movies



The definition of a Guru takes you from darkness into the light. A rugu takes you from light into darkness.

If there is a rug today it is the drug commercials on TV. There was a time when they didn't allow drug commercials on TV. That's a long time ago. I won't call it sinister. OK, I will.

The commercial industry has been very effective to program the subconscious. They have used the medium of TV to program your mind and body.

They are extremely clever and know exactly what they are doing. In the fifties when a movie was being shown subliminal messages would be displayed on the screen such as buying popcorn or buying a coke.

It would appear so fast your conscious mind wouldn't see it but your subconscious mind would. This was banned when the FCC figured that out.

Well, they have got quite sophisticated. Today's drug commercials directly go into your subconscious mind. Imagine some of these same commercials are played over and over again on the evening news.

They are slowly brainwashing people without the audience even knowing it.

Have you ever wondered why America is so messed up? I could go on for hours. Many of these drug commercials are directly programming you to get sick so you can take their drugs.

It is insidious and evil. Yet it is done in such a soft voice and nature is all around. Sadly, they know exactly what they are doing. As a capitalist society, they are there solely to make a buck.

They want you to get sick. They don't want you to be healthy and take responsibility for your well-being.

There is a company called mind movies that use the same technology as the drug commercial yet it's used to bring you from darkness to light. Check out [mindmovies.com](http://mindmovies.com).

Dr. Joe Dispenza made a mind movie for connecting to the quantum field. It is absolutely genius. I highly recommend it.

It should be played before going to bed and upon waking up. I play it right before I close my eyes to meditate. The more you play it over time the mind, body, and soul rejoices in the words.

There are words and pictures displayed. Both of them work to put the message into your subconscious. As you know we need to rewire ourselves. Humanity is living in darkness and needs to embrace the light.

Mind Movies are a way to program the subconscious to help us discover our true nature.

[Preview YouTube video Dispenza Mind Movie](#)



[Preview YouTube video MIND MOVIE - Dr Joe Dispenza - Best Law of Attraction Tool](#)



Preview YouTube video John's Mind Movie



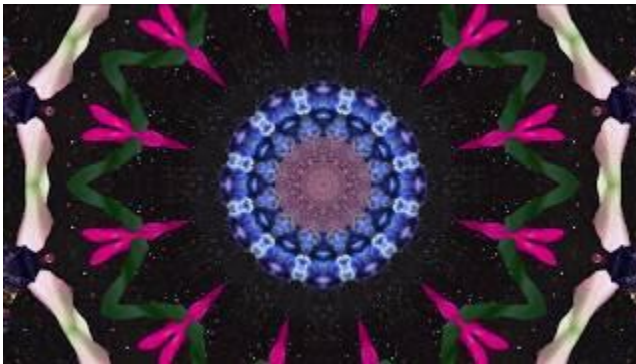
Preview YouTube video Deb's Mind Movie



Preview YouTube video SheilaWright mind movie 86568



Preview YouTube video Seamless Integration of Mind Movie and Kaleidoscope Sample



Contemplation (**anupreksā**), contemplations are combined with the previous steps of dhyana in different ways. The contemplations can often be secular in nature.

## Twelve Anuprekshas in Jainism <sup>28</sup>

There are twelve subject matters for contemplation of 12 Anuprekshas described in Tattvartha Sutra. They are as follows:

1. Anitya Bhavana - It means a reflection on the impermanent character of all phenomena or things. In this world, everything is transient, nothing is permanent. Everything is subject to change and decline.

The bodies as well as the objects of pleasure of the senses are all transient like bubbles. Therefore, one should not be happy or unhappy over gain or loss.

2. Asarana Bhavana - It is a reflection of the utter helplessness of every living being in the face of death. No one can protect at the time of old age, disease, and death. The only help one can get is from true God, Teacher, and Religion. Therefore, one should take refuge in the religion preached by the Omniscient.

3. Samsara Bhavana - It is a reflection on the miserable course of existence in flux i.e. transmigration from one state of existence to another. It is an endless cycle full of pain and misery. Therefore, it is in human birth that one can bring an end to this cycle of birth and death by renouncing the activities which give suffering. This can be done by reflecting on Samsara and practicing detachment.

4. Ekatva Bhavan - It is a reflection on the utter solitariness of the soul in the course of transmigration. The soul is lonely, born alone, suffers alone, and will go alone. It enjoys its karmas alone and transmigrates alone. Therefore, the soul should not depend on anything outside itself. The soul is its own friend and no one but the soul itself can help in self-realization.

5. Anyatva Bhavana - It is a reflection on the distinction between the body and the soul. The soul is consciousness and the body is matter. At the time of death, the soul leaves one body and transmigrates into another body. Modifications in the soul are on account of the bondage of karma. So, the soul

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<sup>28</sup> <https://www.indianetzone.com/80/anupreksha.htm>



should not develop an attachment to the body or depend on any external objects for happiness.

6. Asuchi Bhavana - It is a reflection on the impurity of the body. The body is made up of impure things like blood, bones, flesh, etc., and generates impure things like urine, stool, etc. Therefore, one should not have an attachment to the body.

7. Asrava Bhavana - It is a reflection of the defiling influx of karmas. The activity of mind, speech, and body leads to the inflow of karmas and its bondage with the soul leading to suffering. Therefore, one has to reflect on the causes of inflow as well as the means to stop this influx.

8. Samvara Bhavana - It is a reflection on the method of controlling the defiling influx of karmas. One has to reflect on the ways of controlling the inflow by conscious efforts by undertaking 57 types of Samvara.

9. Nirjara Bhavana - It is a reflection on the process of destruction of karmas. Tapa or Penance is a means of Nirjara. One is victorious over the external and internal enemies when he observes six external and six internal Tapas. Hence, it is through Nirjara, one can attain liberation.

10. Loka Swarupa Bhavana - It is a reflection on the nature and extent of the universe, the structure of the universe, its vastness, and man's place in this vastness. This results in the true knowledge of the soul which wanders in Upper, Middle, and Lower worlds, depending upon its karmas. Therefore, we should eradicate karmas by doing religious activities.

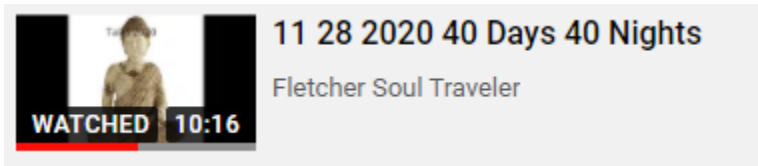
11. Bodhi Durlabha Bhavana - It is a reflection on the rarity of enlightenment i.e. difficulty in having the Right Perception, Knowledge, and Conduct. The soul needs to realize the difficulties encountered on the path to self-realization.

12. Dharma Svakhya Bhavana - It is a reflection on the well-expounded theory of Religion. It is known as 'svakhyata' because it has been proclaimed for the good of all beings without any discrimination of caste, creed, race, etc. One should contemplate on the greatness and glory of Dharma, which has been provided for the good of all living beings. One should investigate the true nature and essence of religion. It lifts individuals from a lower to a higher state

of existence. It is through Religion, a soul is liberated from cycles of birth and death.<sup>4</sup>

## Arugga Bohi Labham

11-28-2020 40 Days 40 Nights



This life is an incredible journey. Many of you know that I'm extremely inquisitive. Somehow I see the world through different eyes. For example, when I was around 14 years old I believed in preventive medicine.

I knew that drugs only hide the symptoms yet the disease got more acute. I knew that the entire universe lies inside of you and me. Anyway, I am always fine-tuning the guitar of life.

About 6 months ago I wrote a book on Non-Violence. This book was about the Jains and the incredible knowledge they have. Well, one thing led to another.

I'm just finishing a forty-day course on practical tools to fine-tune your guitar in life. Let's face it everyone needs a tune-up.

Some know it and some don't. You can never clap your hands and say I know it all. You can meditate for a trillion years and still, that's the first step on this infinite journey in life.

Here's a flyer of the course that I'm almost finished with. Mind you this is an infinite journey. The course just gives you practical knowledge to utilize. It's up to you to take proper action.

This course is for you to learn how to be in harmony with your mind, body, and soul connection. The East has been discovering this for thousands of years. You are a part of Mother Earth yet we live our lives divorced from it. Consequently, our lives are out of balance. We can't see the forest from the trees.

Yesterday over 180,000 Americans got the Corona-19 virus. People are still fighting over whether we should wear a mask or not. We have lost our wisdom.

We have an administration where they have no concrete plans to solve this desperate situation.

This course teaches you that you are your doctor. You control your chemistry set in life. I mean this literally.

We live our lives driven by our subconscious minds. 95% of our actions spring from our subconscious. Only 5% comes from our conscious minds. Did you know that anger is drinking your poison?

Buddha said this thousands of years ago. In the past thirty years, western scientist has discovered what the ancients said thousands of years ago are indeed true. Your thoughts and emotions program your life.

This course provides practical tools for you to utilize in your everyday life. To be honest I was overwhelmed by the number of tools provided.

Even if a person practically uses only 5 percent they will go a long way for self-healing and discovering their true nature.

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Here are a few things I learned.

Did you know that you should chew your water and drink your food?

Did you know that the majority of digestion comes from your mouth?

Do you know the power of your saliva?

Your body is an electrical system. Using mudras(hand gestures one can turn off and on key opponents inside of you.

You can learn how to rewire your neural networks inside of you. Mind you recently a brand new science is being brought to the forefront using many of these ancient tools.

Discover the world of prana. Lifeforce energy. I've been doing this for around fifty years. In this seminar, I learned more techniques. Prana is the life force energy of the universe. It exists inside of you.

For the past 4 years, I've been meditating on my chakras. You may roll your eyes as much as you want but chakras regulate your entire endocrine system. We are living our lives with the car being out of alignment.

The spark plugs don't work properly. We put the wrong gasoline into our precious car. We constantly change lanes on the freeway of life. Our minds are out of control. We think the world can make us happy. How do we balance life?

Meditation is the key to unlocking the door within. True meditation should be 24 hours a day. That is the beginning state. Yet it all begins by taking small baby steps in every moment.

I've been practicing yoga postures for around 50 years. I gained much wisdom on the practical effects on the entire human body.

Each posture has different correlations to different parts of the body. When the body is relaxed the mind is relaxed.

Your emotions are stored in your physical body. Practicing yoga will help release these emotions and heal the body from many diseases. The disease occurs when the body is not at ease.

This course touched on the powerful effects of acupressure. Points on the hands and feet turn on or off the electrical currents inside.

Each point corresponds to a particular endocrine system, organs, or many different aspects inside of you. The more aware and conscious you are the more this will benefit you.

The course is all about awareness. Awareness is the key in life.

Many different types of diseases were talked about. The East has many preventive measures to heal the body.

To heal any disease there must be a mind, body, and soul connection. One must learn how to be in harmony with nature. Nature is always talking to us silently yet we only listen to our thoughts.

We can't stop the chattering mind. The more you pay attention to nature the more nature will pay attention to you. That's the law of free will.

We learned about seed therapy. Particular plant seeds when used in alignment with acupressure promote the healing of disease. Each seed contains the wisdom of Mother Earth.

The ancients learned which seeds help with particular diseases. Mother Nature is a true pharmacy. She knows exactly what can heal us.

Much emphasis was placed on the foods we eat. In the west, most people eat junk food diets and wonder why their bodies break down and get diseases.

They drink tons of sodas. I have a friend who I worked with and he drank nothing but soda all day long. He used to smoke over two-pack of cigarettes a day.

Common sense is uncommon. One who is on the path of awareness realizes that this human body is the most precious temple in the universe. One learns how to take care of it. I've never seen anybody trade it in for a new one while alive.

Both teachers love to teach. I could see that. This is a practical course. It came from a university yet this is a life course. Only you can change it. Nobody can do it for you.

There is a new course coming up in early December. It's only 25 dollars for the entire session. These are zoom sessions.

My only recommendations to the teachers are to please speak only English. I've spent around 50 years in the Indian culture yet I got lost with the Indian terms.

For example, when discussing a disease you would use the Indian terms for the remedy. You might say 4 or 5 of them. Quite frankly I got lost. Yes, we are all fine-tuning the guitar of life. I would recommend this course to anyone.



Teachers Pramila and Priya

Both of these teachers have incredible wisdom to share. Both of them had some sort of life-altering event which led them to discover the path of wholeness. This course wasn't only about theory.

We all participated in learning yoga postures. Mind you I have been doing this for almost 50 years yet I learned so much. This is their life. They teach this knowledge.

They breathe this knowledge and most importantly they practice this knowledge. Note the word practice. Without practicing what you learned one is like a parrot just mumbling words.

With this course, I've fine-tuning my life. Life always changes and morphs. The wise one understands this and changes accordingly.

Up until this point before taking this course my knowledge came from doing research. This course gave me a first-hand perspective to see the world through their eyes.

It was a beautiful feeling to see that we both have the same perception of life. You are your drug store. You are your doctor. I discovered this in my teen years.

Both of these teachers have kindness and wisdom. At times we would be performing a yoga posture and someone would ask a question through chat. Both teachers would kindly answer the question.

My advice is this course can take you places that you can't even imagine for your health. Common sense is uncommon.

The world at large is divorced from nature. Our lifestyles go against nature. No wonder disease is rampant all around the world.

A wise soul learns to live in harmony with nature and discovers the jewel within. This course will give you the tools so you may implement them. You are given the shovel of knowledge yet you must dig the hole and discover the jewel within.

## Asanas



In our busy world, we don't listen to our bodies and nature. Most of us are stiff as a board. Consequently, we can't bend like a flower in a breeze.

The wise masters of the past learned how to enter into the world of silence. They become one with nature and the universe.

The more attention you pay attention to your true nature the more attention it pays to you. Practicing asanas or postures is a way to bring complete harmony to your life.

One must be aware. At first, it's just physical. Over time one sees and feels that these postures blend the mind, body, and soul connection.

One senses and feels that the human body is more quantum than physical. This is a practical experience.

I learned at a young age to close my eyes when doing a posture. Mind you not 100% of the time. Yet by closing your eyes and spending time on a posture one goes deeper and deeper.

Your meditation practice and asanas go hand in hand. The more one opens up the door within the easier the postures become. Likewise the more relaxed you become the easier you can meditate.

One key concept I learned from the Jains is relaxation and letting go. This is vital to understand your true nature and improve your health. Your body is always talking to you except you are so busy and uninterested in what wisdom it's saying.

Never force yourself and try to prove to others. This is not a competition. Slow down. Listen to your body.

Breath. There is a power behind your breath that is keeping you alive. Behind this breath lies your true nature. The more you pay attention to it the more it pays attention to you.

In the beginning, it may take you one hour to synch in and feel the source of love. After some time and practice when you close your eyes you are already there.

Asanas and meditation go hand in hand. Practicing asanas is a physical way to become one with nature and your true self. It helps to bring balance and harmony to your mind, body, and soul connection.

The disease occurs when the mind and body are out of balance. Most people use western medicine to try to heal themselves. Their Doctors prescribe it to them. Yet all western medicine has side effects.

It simply hides the symptoms. The disease becomes more chronic. Your human body has the intelligence and wisdom to heal. As I said you are your own chemistry set. It is up to you what chemicals you release into your brain.

Unfortunately, this is not taught in schools. Even when one hears about this the majority of people don't want to change for the better.

This is the paradox in life. We want true happiness yet when it comes our way we ignore it. This is Maya or illusion placing the spell over us.

It's like a wise man understands that when watching a movie in a movie theatre that it's simply light-creating images on the screen. The wise man can turn his head backward and see light streaming from a projector.

The Jain and many others understood the oneness of all life. They knew how to connect to their true nature. This is solely needed today.

The ancient Yogis understood that if the body is restless and agitated the mind will be. If the body and mind are agitated good luck in trying to meditate.

The mind, body, and soul connection is an intricate part of your life. Yet humanity can't see the forest from the trees.

Note: would love to have a video with the series of exercises if possible.

## Prāṇāyāma



The 24 tirthankaras during this present age are Adinatha, Ajita, Sambhava, Abhinandana, Sumati, Padmaprabha, Suparshva, Chandraprabha, Suvidhi, Shital, Shreyansa, Vasupujya, Vimala, Ananta, Dharma, Shanti, Kunthu, Ara, Malli, Muni Suvrata, Nami, Nemi, Parshva and Mahavira.

Mahavira was the last one. He died about 2,500 ago. In my eyes, they were the original scientist. Their lab existed inside of them.

Can you imagine this incredible lineage fine tuning the ways to make the world have a better society and for each individual to discover the jewel within?

### Prāṇāyāma

By Swami Harshananda

Sometimes transliterated as: Pranayama, PrAnAyAma, Praanaayaama

Prāṇāyāma is control of the prāṇic energy through the regulation of the breathing process as detailed in the works on yoga. It's three steps are:

1. Puraka - inhalation
2. Kumbhaka - retention
3. Recaka - exhalation

The Gāyatrīmantra along with the vyāhṛtis is used in prāṇāyāma to keep time. Prāṇāyāma helps to control the mind also.

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I find it quite fascinating that we breathe from taking our first breath when we are born to taking our last breath when we die. Yet during our entire life, we take it for granted.

We are oblivious of the power behind the breath. I have said many times you are the universe you just don't know it. Behind your breath lies the vast infinite creation. This is keeping you alive.

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<sup>29</sup> <http://www.hindupedia.com/en/Pr%C4%81n%C4%81y%C4%81ma>

The same life force energy sustains the entire universe yet we go on in our mere life focusing on the external only.

These ancient teachers were the quantum scientists of today. One major huge difference was the fact they discovered this wisdom from the lab within. Without life force energy the body dies.

The cause of all disease is when a man goes against the laws of nature. A wise man understands these laws and lives his life following them.

The Jains have transmitted this knowledge from generation to generation.

YouTube



PDF



Just think a part of you exists in the quantum field yet we have no idea of our magnificence. Pranayama is a means to discover our true nature. It is one of the

wise avenues to develop a daily practice. Each day one practices them the mind and body are being fine-tuned to the guitar of life.

Many people may think about what breathing exercises have to do with this. To be honest, mankind has missed the mark. We can't see the forest from the trees. We have lost our simplicity and being in tune with nature.

Nature is alive and aware. Man only sees around one percent of the light spectrum. Yet we are convinced we see properly.

The quantum field is all around us. It lies inside of you. The Jains have provided tools for thousands of years. Pranayama is part of the toolkit.

## Aruna Bohi Labham Meditation

Meditation is the foundation for life. One famous teacher once said that the definition of meditation is perfect concentration upon a perfect point. The Jains discovered how to live in a constant continuous state of awareness.

Over thousands of years, they fine-tuned these meditation techniques. Many of them are the same that were taught thousands of years ago.

I love to meditate. This wasn't a meditation course yet the emphasis was to live in this state of awareness in your daily life.

Mind you this is only stepped 1 that was taught. This was a beginner's class. They have many other levels of classes that they teach. Even step 1 was highly defined.

All the class topics had the underlining meaning to be conscious and aware. For example, doing yoga asanas to get the greatest benefit one must slow down and be in a state of awareness.

The more one lives in that state consciously the more benefits come from your asana practice.

The same goes for Pranayama. Without being conscious and aware these are just breathing techniques. One will just get bored and give up. In the beginning, everyone must go through this.

Nobody gets a free ride. Nobody will drive the car for you. That's why it's called free will. Yet these classes provide the most comprehensive sorts of knowledge under one umbrella.

You can find this information on the internet yet the wisdom might be dubious. Both of these Jain teachers have studied and practiced what works. This is not an English class.

This is a class where the individual can fine-tune the guitar of life in all areas of life.

I love to meditate. Always have always will. I'm constantly growing and learning. I was the only non-Indian taking the class. I was amazed by how my thoughts, beliefs, and spiritual practice were in complete alignment with theirs.

I'm looking forward to the next incredible step on this journey.

## Arugga Bohi Labham Chakras



In the West, many people make fun of when they hear the word chakras. The movie industry is notorious for making fun of it.

Yet the Jains have made this an intricate part of their spiritual practice.

For many years I understood the principles yet it was just theory. About 10 years ago I was researching chakras and discovered the world of Joe Dispenza. Joe Dispenza is a neuroscientist.

He has been studying the mind, body, and soul connection. He believes and I believe that energy medicine is the wave of the future. The Jain believes in the inner drug store for thousands of years.

Yet in the west, it has only been in the past thirty years this has been slightly embraced by the medical establishment.

Dr. Joe utilizes chakra meditations in his work. He doesn't use the word chakras. He uses the word energy centers. Once again he knows the west can't relate to chakras.

I have a saying the more you pay attention to something the more it pays attention to you.

For example, these energy centers are an intricate part of the human body. You wouldn't be alive if they malfunctioned. Some mediums can read your auric field and predicate when you might die.

For the past years, I have been focusing on these centers. My experience is that we are made up of infinite energy and the physical body is only a minute layer of physicality.

In another word, we are the universe walking around in a human body.

I usually spend around two hours of my sleep focusing on my chakras. There is an energetic field that we all enter when we go to sleep. Sleep allows the human



body to recharge and heal itself. Yet many people think that going to bed is a drag.

Imagine focusing on your chakras and being in that same sleep state and being aware. They are infinite love and compassion keeping you alive.

Each chakra relates to a specific part of the endocrine system. By focusing on them the entire endocrine system is being balanced and healed. All disease is created by our unhealthy lifestyles.

No wonder the Jains talked about the chakras. Many scientists know that disease first gets created in our chakras and over time it manifests in our human bodies. Scientists now have subtle instruments to prove this.

Nikola Tesla said, “ If you wish to understand the Universe think of energy, frequency, and vibration. ... It's our doubt and changing frequencies and our inability to hold thoughts and visions for extended times that take us off our path.

We still live in a Newtonian world. The quantum theory has been around for over a hundred years yet we still can't see the forest from the trees.

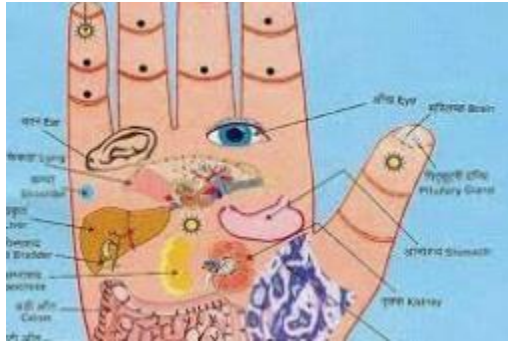
I find it fascinating that the ancient Yogi's not only understood these subtle principles yet it was the foundation of their lives. This is our true nature yet we are oblivious to it.

Our first step must be to develop our free will to embark on this incredible journey. The change will only occur when you pay attention inside of you. This is an infinite journey.

One always will fine-tune the guitar of life. Even when one has meditated for a trillion years you can never rest on your laurels. Even in that state, it's one small step after another. This journey is infinite.

When I was in India many years ago I heard this song. Someone has a jewel in their hand and doesn't know how precious it is. We have this precious human body yet we have no idea of our magnificence.

## Arugga Bohi Acupressure



## YouTube



## PDF



I wrote the following in my book Dragon Tales. This book is a children's story about the ultimate transformation of society. I wrote a chapter based upon my dear friend David an acupuncturist. David the Dragon uses simple English to

describe how it works. The east has been thousands of years ahead of the west in discovering these subtle energies inside of us. For them, it was clear as day. It wasn't just a fancy theory but a moment-by-moment experience of the river of life inside of us.

### David the Dragon Audio



### David The Dragon



Talk Story with David Schweizer

Hi, I'm David the dragon. I'm best of friends with Little Ricky. You have read about me in this story. I'm over five thousand years old. I still feel young at heart. You see I take care of myself.

Where I come from the British Isles the dragons didn't have any common sense. You could say common sense is uncommon.

Where I came from the dragons didn't exercise or eat good foods. They partied throughout the night. To be frank they had no clue about universal laws. They

were only interested in acquiring stolen treasure and fighting. Boy, what kind of existence is that!

When we flew from the west to the east our entire lifestyle changed for the better. We started to take a look at how to make a better life for the dragons.

As you see only young dragons came with us. They were stuck in their old ways. Quite frankly they had no desire to change. They liked misery.

Well, we decided to have a grand adventure. We learned how to meditate from Zoran and the rest is history.

We learned very young that life is an external and internal adventure. But you nobody told you that.

We came to a point where we could see energy all around us and in us. If there was a block over time disease could take place.

You see in the bodies of humans and dragons lie a vast number of rivers and streams. In a healthy body, these rivers and streams are flowing properly.

But the more ones live a life out of balance these rivers and streams get clogged up and don't flow properly. The water over time becomes stagnate and mosquitos can fester. This is where disease manifest.

Here's an example of anger. When a person is always angry this blocks the rivers and streams inside of the body. Over time the body becomes angry and can fight against itself. You call this cancer. Cancer is angry cells.

We discovered a long time ago that by using needles at certain points on the body we can begin to unblock the rivers and streams.

Yet the acupuncturist can help to unblock these dams yet it is up to you to change, modify, and learn how to be healthy.

In the West, you go to a doctor and take the medicine. Your symptoms go away. Your drugs have side effects. The patient takes no responsibility. No wonder your system is messed up.

A wise person begins to listen within and change accordingly. This person realizes that proper rest is the key. In the west sleep and rest is sort of a nuance. They

don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

We live such a fast past life we have forgotten why we need sleep and rest in the first place.

The acupuncturist during this time had an easy job. He knew how to break the dam and let the waters flow properly. He might give some healing herbs to the child.

The child understood completely that the acupuncturist could only assist so far in the process. She knew that it was up to her to follow through and live day by day the natural laws of life.

You see their culture was understanding and practiced every moment these natural laws.

Unfortunately, in the world, today man has lost touch with his true nature. Consequently, the disease is quite common.

Our herbs are giving out our organic and have no side effects. They are extremely beneficial in helping the body balance.

Your western medicine has extreme side effects and can cause death. Listen to the commercials today and you will hear a lovely voice telling all the side effects the drugs have.

They are concerned to make a profit. That is the bottom line.

Now kids listen to this story. Only your generation can change this wacky system. You can look at different and natural ways.

You see chemicals are the least effective ways of healing. Your scientists know about energy but at the present moment, only a few doctors are researching the power of energy

This is where acupuncture comes in. In the future, there will mymarid of different discoveries and inventions.

The more a society becomes more aware the more discoveries can occur. You see only in an open society can change occur for the better. These discoveries can be used for good or they can be a complete disaster.

The nuclear bomb is a prime example. The genie got loose and now the world is trying to find out how to reign in the genie.

You see your world has a lot to learn. Imagine most of the world is looking externally. But the jewel lies within. You need a balance between the external and internal.

Millions are people are waking up to this fact. At a certain point in time when humanity truly understands this your inventions will be so-called a miracle in life. They aren't miracles in life but your understanding is at a different level.

Your cell phone would be considered a gift from God five hundred years ago. I bet each one of you kids knows how to operate one. You have no problem with that.

In the same way, the more you understand the laws of the universe more incredible inventions will come your way.

Nature wants to give her incredible gifts but you have to be in synch to receive them. Anger, war, and greed will never be the way to discover these gifts.

For thousands of years, war is not the answer. It has never solved anything and never will.

Only the kids can truly change for the better. Hopefully, you will listen to this story and remember your generation can change for the better. The seeds have been planted many millions of years ago.

You can be the fruit that can change this world.

You are never alone. Someday you will realize this. You will see that all of humanity and the dragons are in the same boat together.

You are the universe. You just don't know it.



The Jains have used mantras for thousands of years. Imagine a tuning fork. A tuning fork vibrates at the frequency of whatever it touches. The mind is a tuning fork.

The ancient Jain masters learned through paying attention to nature and by meditating that there are sacred sounds that exist inside of us. Only through silence can one hear these sounds.

Yes, that is a paradox. In silence lies all the sacred sounds of the universe. By repeating these sounds and over time listening to these sacred sounds within the mind becomes harmony.

The mind synchs just like modern-day radar upon a flying object. The mind automatically synchs into the sound and all troubles disappear. Mind you this takes time yet an understanding of the process helps one on this journey.

There is a vast storehouse of mantras out there. What is needed is clarity or practical knowledge of the effects they have on the mind, body, and soul connection. Sound can heal and does heal.

Once again the basic principle comes to mind. The more you pay attention to something the more it pays attention to you.

This works good or bad. While in India many moons ago I heard this phrase. Tell me who you associate your free time with and I will tell you who you are. Satsang means the company of truth.

Yet our society and the world at large live their lives oblivious to the sacred wisdom within.

The entire universe is alive and is vibrating. Any vibration has a sound frequency stemming from it. The ancients discovered and listened to these universal mantras or sounds.

They exist right now yet mankind is so busy looking externally to live their precious lives.

Sound is one of the greatest healing ways to heal the mind and body.

Arugga Bohi Human Anatomy



I'm sure that all of us had a human anatomy class before. In this session, one learns how precious this human body is.

One learns whether you like it or not but every action you take has a good or not-so-good consequence.

Many people love to smoke and don't want to give it up. Years later a serious disease comes along. We create our diseases through our lifestyles. Many people think that my DNA controls my destiny.

Yet Dr. Bruce Lipton discovered in the 1960s that our environment is the major factor, not the DNA. DNA is only a factor in probably 5% of the cases. A person's lifestyle is a major factor.

We are our doctors. Now I'm not saying don't go to a doctor. What I'm saying is you must change your lifestyle and habits. Nobody can do it for you.

Western medicine will only take away your symptoms so you can feel better. It will not go to the root and cure you. Only by balancing the mind, body, and soul connection can one heal.

By understanding human anatomy one becomes to learn how to be in balance with nature. One takes healthy steps to enable the human body to be in harmony with nature.

Note I said being in harmony with nature. We are oblivious to the laws of nature. Our lifestyles are out of synch with nature. No wonder humanity is in such a huge mess. Common sense is uncommon.

Both Pramilaaji and Priyaji had the same message. Only you can change. Nobody will do it for you.



## Arugga Bohi Seed Therapy



I thought that I knew all about the various kind of healing modalities. Yet from this class, I learned about seed therapy. Seeds contain wisdom and knowledge. Imagine a huge sequoia tree.

From one small seed, a magnificent tree is born. It can live over a couple of thousands of

years.

All the potential energy is contained within the seed. The great healers of yesterday understood this principle.

Seed therapy is a way to put seeds on certain acupressure points to either turn on or off the channels to a specific organ. All the wisdom is contained within the seed. The seed is a part of nature.

We are a part of nature. Our present-day lifestyle is not living following the laws of nature.

In my eyes, this is energetic medicine at its finest. Note most of us have more faith in allopathic medicine than nature itself.

That is quite interesting. Most people would laugh when they listen to the power of a seed healing a particular disease. Tell that to an ancient sequoia tree that has been around for a couple of thousand years.

Many times the simplest of things is the most powerful. Take your breath. It's so simple you breathe unconsciously. Yet take away your breath and you will die within minutes.

I have yet to explore this wisdom yet. Exciting times are ahead of us.

## Arugga Bohi Mudra Healing



I have always heard about mudras. Mudra means “seal,” “gesture,” or “mark.” Yoga mudras are symbolic gestures often practiced with the hands and fingers.

They facilitate the flow of energy in the subtle body and enhance one's journey within.

In this class, over twenty mudras were shown. Each mudra has a special effect. I’m at the beginning stage of learning more.

From my observation and experience mudra’s work on our internal electrical system. The ancient ones discovered through meditation that the hands contain the electrical system just like a junction box does.

One can learn how to turn on or off these signals. This is another example of energy healing an old yet new healing modality. In the future, all medicine will incorporate these healing modalities.

Western science will learn the power of the quantum field to heal. Presently the majority of mankind rolls their eyes when hearing such a thing. The ancients discovered this thousand of years ago. A new way of healing is coming around the corner.

You are your drugstore. You have been hardwired and you have the software to heal yourself.



### Principles of a healthy diet and lifestyle

- Try to eat only organic food. Preservatives and modern-day pesticides are extremely harmful. There is a reason why they wear protective gear yet we think it is safe to eat.
- Try to eat 80% raw and 20% cooked food.
- Most of your food should be alkaline.
- The western diet is mostly acidic.
- Stop drinking sodas. All sodas contain a huge amount of sugars and carbon dioxide. Remember we breathe in oxygen and breath out carbon dioxide. My track coach in high school said he would rather us drink beer than soda. Soda is extremely harmful to the body.
- Limit your alcohol. If you can stop drinking alcohol. Your liver and body will love you by doing this.
- Drink plenty of water.
- You should eat your water and drink your food.
- Try to eat seasonal foods for your particular season and area.
- Listen to your body. It will tell you what it needs.
- If you are coming down with a cold go to bed early. This will stop you from catching a cold. I do this several times a year. My body loves me for listening to it. The body talks to you all the time. We just have deaf ears.
- Meditate every day. Learn to love it. Yes, it takes practice.
- Perform pranayama every day. It will help you fine-tune your body.
- Breathe through your nose, not your mouth. Learn to exercise that way. Remember that breathing through your mouth is called the breath of death.
- Do yoga every day.

- Do some kind of cardiac exercise. I love to swim. During this pandemic, I don't have the opportunity.
- Monitor your thought and emotions. Remember when you get angry you are drinking your own poison.
- You are your own master chemist. Only you can change for the better. Nobody can do it for you.
- Learn how to program your subconscious. Over 95% of your actions are governed by this. You have the hardware and software built in to do this.
- Focus on your breath moment by moment. The entire universe is keeping you alive. Remember the more you pay attention to something the more attention it pays to you. It goes with the breath.
- Pay attention to your chakras and energy centers. They will help you balance your body.
- Limit Social media. It was designed to hook you and make you addicted. Watch the movie "The Social Dilemma".
- Listen to music that nurtures the soul.
- Don't get involved in gossip.
- Speak the truth.
- Be kind to everyone.
- Respect all people.
- Be nonviolent in your words, deeds, and actions.
- If you can stop eating meat of any kind.
- Don't microwave your food. You are destroying the necessary enzymes.
- Take a walk in nature every day.
- Relax in each and every moment. Slowdown be in the moment.
- As Bugs Bunny once said don't take life so seriously. You will never get out of it alive.
- Eat only fresh foods. Don't eat junk food of any kind. Remember your body is a temple.
- Spend time in nature. Learn to listen to nature. Nature is always speaking wisdom yet we don't hear it.
- Don't watch so much TV.
- If you can't don't use western drugs. Change your lifestyle accordingly.
- Always learn greater wisdom. You will always fine-tune the guitar of life.
- Love your fellow man.

- Don't judge your fellow man.
- Be tolerant of others.
- Do your job to make this planet a better place.
- Remember that anything external will change. Nothing is permanent except for your true self.
- Strive to be happy internally and you will.
- Go to bed early. Listen to your body rhythms. Some people can go to bed later. Just listen to your body. It will tell you what to do.
- Remember food is medicine. Therefore eat your food with discretion.
- One man's food may be another man's poison. Each one of us is custom designed. What works for one will not work for another.
- Try to eat your meals in a certain window of time. I try to eat between 10:00 in the morning and have my dinner around 5:00 to 6:00. This allows a 16-hour window for the body to balance itself.
- Learn about fasting. Your digestive system needs rest.
- Don't drink water before going to bed. Your body has certain healing procedures it will do.
- Try to not eat after the sun goes down. This is following the laws of nature.
- Don't be a workaholic. Balance your life. I tell prospective employers I didn't come down to earth solely to work.
- The more you work overtime the less quality work you will perform and the more error-prone you will be.
- Love what you do. Don't just take a job for the money. You are worth more than that.
- Remember most answers come when your body and mind are relaxed. If you are working on a problem take a break. Relax. Many of my answers come when I'm sleeping or taking a shower.
- Your ancestors are always with you. You are never alone. Meditation is the key to understanding this.
- The entire world is your friend.
- Your enemies are only your petty state of mind.
- The biggest crime is not discovering your true nature while you are alive.
- You can heal yourself and be happy. Happiness and healing is only a breath away.
- Don't look at the future and the past. Stay in the present moment. Remember it's the only moment you have.

- Choose your words wisely.
- Remember what you think and say you become.
- Don't hold on to grudges.
- Let go.
- Be kind.
- Do not put off tomorrow what you can do today.
- Spend time with your kids.
- Laugh at life.
- Live in the center of the hurricane instead of the howling winds of the mind.
- This life is a video game. Know how to play it. Most people are stuck on one level.
- If life is a bowl of cherries why are we living in the pits?



The following came from Yogapedia.

Definition - What does Anusara Yoga mean?

Anusara yoga is a modern school of Hatha yoga founded by John Friend, an American yogi. From Sanskrit, anu means "with" and sara means "flow." Therefore, anusara may be translated as "flowing with grace" or "natural state."

Named Anusara School of Hatha Yoga and popularly known as Anusara Yoga, the ideology of the school is focused on Tantric philosophy of intrinsic goodness.

Yogapedia explains Anusara Yoga

A student first and later a teacher of Iyengar yoga, John Friend founded Anusara Yoga in 1997. The ultimate aim of the school is to align one's self with the Divine. Drawing inspiration from Iyengar yoga

, Friend developed his own style, which immediately attracted followers from the West due to the Western approach to the conventional art.

The primary aspects of Anusara yoga are:

Universal Principles of Alignment -- Connecting all asanas to the philosophical practice of Anusara, which involves the shifting of focus from perfecting a pose to enhancing the goodness and beauty that already exists in the student.

The Three A's -- These are attitude, alignment and action. The attitude is to reawaken the Divine within the self. Alignment is about being aware of how the different parts of the body are interconnected. Action refers to the natural flow of energy in the body.

Focal Points -- The alignment principles of Anusara talk about three focal points; namely, the pelvic focal point, heart focal point and upper palate focal point.

Energy Loops -- The seven energy loops of Anusara are ankle loop, shin loop, thigh loop, pelvic loop, kidney loop, shoulder loop and skull loop.<sup>30</sup>

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<sup>30</sup> [What is Anusara Yoga? - Definition from Yogapedia](#)



### SAPTADHATU THE SEVEN BODY TISSUES

According to [Ayurveda](#), the human body is primarily made up of *Saptadhatu*. “*Saptadhatu*” is a Sanskrit word, which means seven constituent elements [*Sapta*=seven, *dhatu*=tissues].

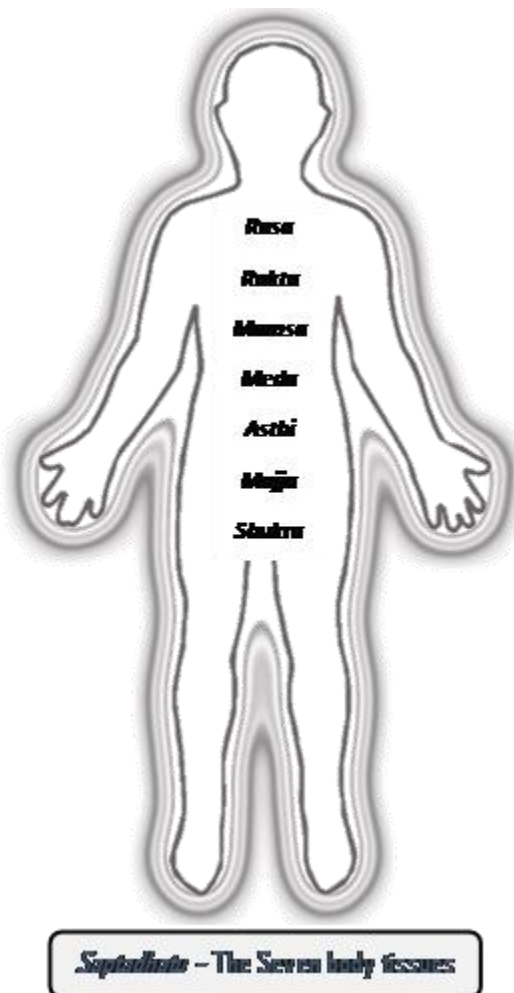
These seven *dhatu*s are responsible for the entire structure of the body. The *dhatu*s maintain the functioning of different systems, organs and vital parts of the body and play a significant role in the development and nourishing of the body.[i]

The *dhatu*s are also part of the body’s protective mechanism. With the help of *agni* (fire), they are responsible for the immune processes.

Each tissue or *dhatu* is primarily governed by one of the *tridoshas* – *vata*, *pitta* & *kapha*. [ii] When one *dhatu* is defective, it affects the successive *dhatu*, as each *dhatu* receives its nourishment from the *dhatu* preceding it. The seven most important *dhatu*s are presented here in serial order:

- 1) **Rasa** (Plasma) which is the first *dhatu* which contains nutrients & minerals from digested food and which nourishes & replenishes all the tissues and organs.
- 2) **Rakta** (blood) which transports oxygen to all tissues and vital organs and maintains life.
- 3) **Mamsa** (muscle) which covers the delicate vital organs, and enables movements of bones & joints and maintains the physical capacity and strength of the body.
- 4) **Meda** (Adipose tissue) maintains the lubrication and oiliness of all the tissues.
- 5) **Asthi** (bones and Cartilage) gives support to the body structure.
- 6) **Majja** (bone marrow) fills up the bony spaces
- 7) **Shukra** which are the reproductive tissues responsible for reproduction. Sperm in males and Ova in females

Any disease where *vata-pitta-kapha* are involved, the vitiated *doshas* directly affect the *dhatu*s. With insight into the governing *dosha*, the cause of a diseased *dhatu* is accurately determined. The disturbed *dosha* (*vata*, *pitta* or *kapha*) and improper *dhatu*s are always directly involved in the disease process. Once the root cause of the illness is known, the corresponding therapies are used to balance the system through reducing the excess element(s) and increasing the deficient one(s). Balance of the *dhatu*s can be maintained by taking steps to keep the *tridoshas* in balance through a proper diet, exercise and recovery program.



<sup>31</sup> [Saptadhatu The Seven Body Tissues - AskDabur](#)

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If you live in New York City would you eat a lot of fruit during the winter?

Would you eat a lot of salads for dinner? Most of us are oblivious to the changes in nature.

Our human bodies were designed to follow natural laws. Mind you each place on earth is different and unique. Each place has different kinds of seasons and weather patterns.

The wise man understands this and eats only foods that support this particular season. It changes depending on where you live.

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Why eating seasonally is important

Each season has a different effect on our bodies. Imagine for a moment taking a big bite of ice cream while you're bundled up in scarves and mittens on a winter's walk in January--not very pleasant, right?

What about eating a hot bowl of barley soup while you're lounging poolside on a sweltering August day? Pretty unappetizing.

There's a reason why your body reacts to these images--different types of food help your body get back into balance during different times of the year.

Acting against these natural inclinations can harm you, both inside and out. When you eat out of sync with nature, even if you eat an otherwise "healthy" diet, the consequences can include a compromised immune system, unhealthy weight gain or loss, poor skin and hair quality, and even an increased risk of more serious illnesses.

Eating Ayurvedically, by the seasons, doesn't just make you feel good at the moment, but is a powerful preventative health measure, too.

In Ayurvedic thought, each of us embodies a dominant natural constitution: either Vata, Pitta, or Kapha (or a combination of any of the above).

Vata types are ruled by the qualities of air and space, Pitta types are ruled by fire and water, and Kapha types are ruled by water and earth.

Each season pacifies or ignites these energies within us, meaning that our systems can be thrown out of balance if we don't take measures to adapt our bodies to the weather.

Luckily, Ayurveda lays out a set of seasonal guidelines known as Ritucharya, with "ritu" translating to "season", and "charya" translating to "guidelines".

These guidelines serve as prescriptions for diet and lifestyle changes throughout the year, including Ayurvedic detox treatments, and help us keep clear in our minds, fulfilled in our spirits, and vibrant in our bodies.

According to Ayurveda, the year is divided into two periods, each containing three seasons: Uttarayana, the cold months, which contains the seasons of Sharath, Hemanta, and Shishira, and Dakshinayana, the warm months, which contains the seasons Vasanta, Grishma, and Varsha.