



Yoga and message of meta-science

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Abstract

The quest of man has been in his three dimensions: his physical being, his mental being and his emotional being. Man's first and foremost problem has been that of sheer physical existence. All human efforts to preserve human life became deadly enemies of man's existence. Human life fills with unbearable tensions and frustration. Human civilization has grown so much on the outside in expression and experience that it is absolutely out of proportion. Having concentrated solely on the growth of the extravert expression of its nature, it must now turn to the introvert or inner nature of its existence. In the evolutionary process of human awareness, he first finds himself at physical stage, then at mental stage, then at emotional stage and lastly at the spiritual stage. All this development takes place inside the Central Nervous System and it is a living process which can be achieved with the awakening of Kundalini. This state of self-realization becomes a part and parcel of the human being when he feels the Divine flowing from his being as vibrations. When it happens, the hankering of the outside search falls off the human personality. He enters into the collective super-consciousness, beyond mind.

Keywords: human awareness, central nervous system, self-realization, kundalini, super-consciousness

Introduction

Science cannot answer many questions. The scientists are frustrated because they cannot go any further with the help of biological genes, to really overcome the complications created by modern life. The conclusion they have reached that gene are only inherited is absolutely wrong. Actually, genes also reflect our personality that we create in day-to-day life.

It cannot be explained in the science of medicine why acetylcholine or adrenaline act in a very different manner in the body when they have a fixed chemical formula. Also, it cannot be explained why a child, which comes as a foetus in the womb of the mother, is not thrown out by the body as well other foreign materials are rejected and thrown out according to the nature of the body. But this foetus is preserved until it grows up to a point and then when it is ready it is thrown out. The labour pains start and the little child is born in this new world. There are many other cultural questions which cannot be answered through science. As science deals with only matter or the human body, it cannot solve the problem of modern times. It cannot discover the subtler or wider problems of life. For example, what is the purpose of evolution and meaning of human life? What is the solution for getting out of this mess of modern life, which is very confusing and full of violence? What is the way we can achieve global peace? All these questions should be asked but science has no answer for these questions; which are extremely important.

Now we have to know that the answer lies within ourselves and not outside in the world. The evolution to human level of awareness has taken very little time following the law of chance. First the physical stage, then the mental stage, then the emotional stage, then the spiritual stage leading to human awareness. All this development takes place inside the central nervous system, expanding our awareness.

There is a dormant residual power in the triangular bone sacrum called as Kundalini. She is a dormant inner energy for human evolution. She has the power to bring forth the

complete nourishment and adjustment of the disturbed genes, whether they are genetic, inherent or acquired. When She is awakened, She changes the series of genes. Not only that She corrects the gene's data base but also breaks through the fontanel bone area and connects the seeker to the all-pervading power of Divine Love.

In this paper, we have to understand that there is a subtle system in every human being, which is fully developed during this evolutionary process to reach up to human awareness. The theories created by current scientific conclusions and also the mental projections are not by any means eternal truths. To know the reality, one has to enter into the realm of Meta-science, beyond mind, which is only possible when an individual enters into the collective super-consciousness through self-realization in yoga.

Background concepts about yoga

What determines all types of existence on this planet has been questioned even in the times of Rig Veda (2500 BC). The two possible sources were thought to be Prakriti (cosmic energy) and Vishwa Jyoti (cosmic light). Many believed that cosmic light to be "the soul of all Gods" and the "womb" of all creations. The cosmic law determined the orderliness of the universe according to Rig Veda. This along with the performance of yajna was supposed to play an important part in preserving the cycle of cosmic events in harmony. Afterwards, Ap (water) was believed to be the first element to be responsible for the creation.

Gradually, the concept of Panchabhutas (five elements) i.e. Prithvi, Ap, Tejas, Vayu and Akasha was postulated. According to Sankhya, Nyaya and Vaisheshika Schools of Hindu Vedic philosophy, Panchabhutas are the constituents of the world whereas Jaina, Buddhist and Charvakas Schools thought the first four of these as basic elements.

Subsequently, yoga sutras of Patanjali (2nd Century BC) which was most probably a compilation of information already existing for several centuries was passed from teacher to his disciples. Excavation of Mohen-Jo-Daro in

Sidh and Harappa revealed a seal dating 3000 BC which depicts Proto Shiva seated in a yogic posture. This indicates that ‘yoga’ itself is much older than the Vedas and the Upanishads. The highest aim in yoga is to attain a state of Samadhi which means union of Atma with the all-pervading power. For this many forms of yoga have been mentioned like Raja Yoga, Laya Yoga, Mantra Yoga, Hatha Yoga and Kundalini Yoga.

Kundalini Yoga expresses the idea about the relationship of bodily function and mental activities with the cosmological phenomenon. Thus it was recognized that Yoga visualizes the need for a controlled function of the body musculature, visceral organs and mental activity. It also relates the activities of an individual as a whole and to his immediate surroundings and universe as a whole.

Message of meta-science

Man in search of joy and happiness is running away from his own self which is the real source of joy. People generally seek joy in money, possessions, power, sex and ultimately in religion which is also outward. The problem is how to turn one’s attention inward. All the evolution and manifestation of material energy is guided by the supreme cosmic energy. One does not know how powerful and thoughtful this cosmic energy is. The operation of this energy within us is quite complicated. For example, if one wants to watch a television programme, it is very easy but to explain in detail the engineering principle involved in it is very difficult and complicated. Yoga is the cultivating step of our spiritual ascent into the cosmic consciousness.

Now, let us see how the genes are placed in our cells. When the ova and sperm meet, they form a zygote. The cells pass through four phases of cell division, viz. Prophase, Metaphase, Anaphase and Telophase. There are 46 chromosomes in the human body. These chromosomes are of two types: Autosomes 44 and for sex, there are two determinants; they are X and Y. XX is a female, while XY is a male. From ova and sperm, we get 22 chromosomes each which come through diploid, haploid division into cellular division. They join in the shape of a spindle when they meet. They grow into a zygote which starts the cell formation. These chromosomes contain millions of genes, which have DNA in billions. DNA, is Deoxyribo Nucleic Acid which is the life’s code. The DNA has a unit base of three: Nitrogen, Sugar and Glucose. The genes are like spiral threads, which overlap each other forming loops, always Guanine faces Cytosine and Adenine faces Thiamine.

Sugar present in DNA is used for nourishment in the chromosomes. Carbohydrates like sugar are made of carbon, hydrogen and oxygen. The carbon is from the Mother Earth, hydrogen and oxygen from water. The evolution has passed through first phase of hydrogen, oxygen and carbon. Then nitrogen joined to form amino-acid which brought in life in the carbohydrates. The DNA has a unit base of nitrogen, sugar and phosphates so when their series change position, the cell denotes the change in the character of a person. Actually, data base is made of phosphate, nitrogen and carbohydrates. When the water in the cell drives due to right sided action, the phosphate becomes volatile and a person becomes violent. When a person is very docile, the carbohydrates make the person lethargic and submissive. Nitrogen gives the balance and when the inner energy of evolution emits nitrogen to the cell, it achieves a new shape

of an evolved self. There is another way of understanding of this phenomenon. Every cell has a receptor which looks after the internal atmosphere of a cell. To go a little subtler, one can find out that there is a very perfect mechanism placed along the spiral chord like a remote control which has seven loops which is called as SOUL in the scriptures. The soul is responsible for looking after our well-being. It protects the righteousness and goodness within the human mind. This controls the inner atmosphere of the cell through the control of the receptor. When this soul is challenged by the wrong deeds of a person it acts on the receptor of a cell which ultimately disturbs the inner atmosphere of the cell which changes the series of the data base units of the cell in the DNA. Thus from the genes one can know the character of the person which is very much acquired. Even the autosomes which are for physical aspect, can get into change, like the kobe steaks or a broiler chicken. Even, in human beings, it goes into shapes of body which can be acquired by physical, emotional or mental activity. These genes could be partly inherent and could not be in proper series before birth according to the nature of the mother and father. Because of our day-to-day life, specially in modern times, it will disturb the inner atmosphere of the cell. Thus, disturbances change the series of data base, indicating the total character, which is genetic, is inherent or acquired by the person.

Evolution of human awareness

The evolution to human level has taken very little time, if we consider the law of chance. The evolution can be compared with the construction of a spacecraft capsule, which has built in it a multistate, many inner layered capsules. At launching, the capsule with all the others inside it leaves the earth with speed and when an explosion takes place in the outermost capsule, after sometime, it throws the spacecraft with a much greater speed, discarding the extra burnt part. In the same way, over evolution to human level has taken place. First, the physical stage, then the mental stage, then the emotional stage, then the spiritual seeking has started. All this development takes place inside the central nervous system, expanding our awareness.

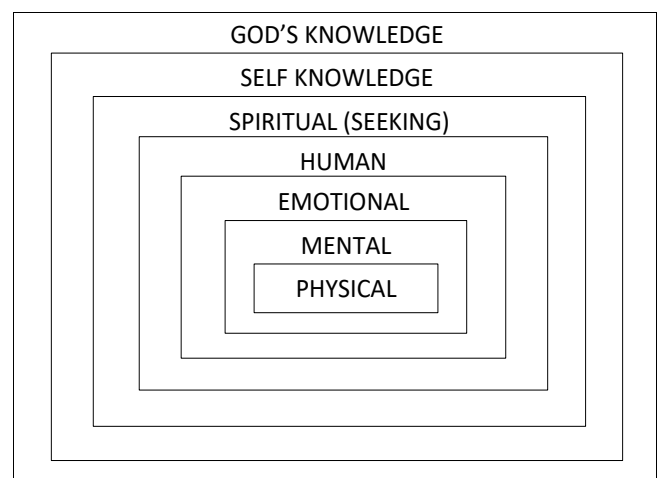


Fig 1: Stages of Human Awareness

The sixth achievement of self-hood is achieved through yoga where we are aware of self or Atma. We achieve self-knowledge through the Kundalini. Without self-knowledge one cannot know about God as actualized knowledge.

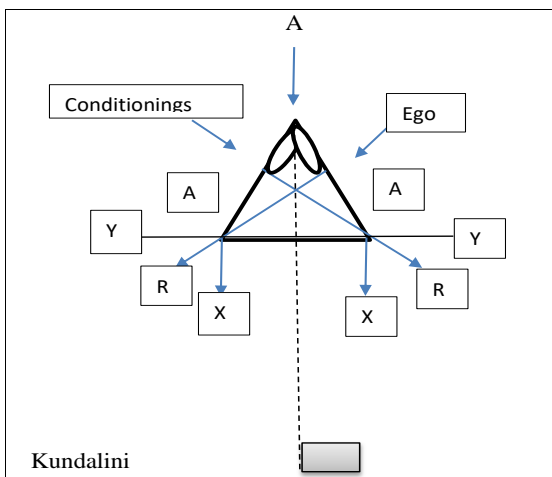
Kundalini awakening and self-realization

There is a dormant residual power in the triangular bone, sacrum called as the Kundalini. She is a dormant inner energy for our evolution. She has the power to bring forth the complete nourishment and adjustment of the disturbed genes, whether they are genetic, inherent or acquired. When She is awakened, She changes the series of genes. Not only that She corrects the gene’s data base but She breaks though the fontanel bone area and connects the seeker to the all-pervading power of Divine bliss. Thus, one by this second birth, becomes a realized person as actualization of Baptism takes place. The light of the spirit which is the reflection of God Almighty in our heart enters into our attention and enlightenment.

It is a process of resurrection like an egg becoming a bird. The genes change and complete transformation takes place. Self-realization as a result of kundalini awakening has exhibited fantastic results. It brings forth new creativity; some person becomes poet; musicians and artists also have achieved great heights in their Talents; financial problems are solved; the seeker becomes the witness of the drama of life and establishes an inner peace. Morality becomes innate and spontaneous. In the light of the spirit, he knows exactly what is wrong or right and he is also empowered to stay clean and holy as he discards all that is destructive. He enjoys his virtues which he respects and without any doubt he becomes a moral human being. All human enemies of lust, greed, anger, possessiveness, jealousies, attachments just disappear. They become universal beings.

Mind-brain-beyond mind

To know the reality, one has to enter into the realm of Meta-Science, which is only possible when he enters into the collective super-consciousness through self-realization.



Mind is an illusion and the brain is the truth. The divine energy ‘A’ flows through the brain, to begin with, when the foetus is formed. The human brain is like a prism with an apex, while the animal brain is fatter in shape. The Divine Energy goes into refraction due to the double layer of the brain and goes out as ‘R’ energy, crossing each other. The part of ‘R’ the resultant is sucked as ‘X’ in the Nervous System and remaining ‘V’ energy goes out of brain. This ‘V’ energy is the one that reacts to everything, creating ego and superego (conditioning) balloons. They cover the limbic area and create the bubbles of thoughts in the mind, which control us with thoughts -keeping the reality beyond the mind.

When kundalini power rises and passes through six energy centres, it nourishes these energy plexuses which are meant for our physical, mental, emotional and spiritual requirements. The centres reflect their new state on the genes. We get our physical, mental, emotional and also spiritual side corrected. A cool breeze like very beautiful vibrations starts coming out from our head and flowing through our fingertips is the first experience of self-realization.

The second experience is that, She creates a state of thoughtless awareness. Human beings are always thinking about the future or about the past. If one tells them that you have to live in the present, it is not possible. One thought rises like a wave and then another thought rises. These thoughts rise and fall, but they have only come from the past and the future. Due to the rise of kundalini, these thoughts elongate. There is a space, very small, between the thoughts (vilamba) which spreads out and a state of complete silence is created. Then, the person will be in the present but without thoughts, without any worry, without any anger and he is in the reality. When we are in this state of present, we become absolutely calm and peaceful. All the thoughts that come to us at this stage are Divine thoughts like inspirations. This is the state which in Sanskrit language called as Turiya, the fourth-dimension awareness.

Conclusion

In the ancient literature the four Vedas, twelve Upanishads, various Puranas and Smritis are the principal sources for the knowledge of microcosm and macrocosm. Subsequently, Yoga Sutras of Patanjali (2nd Century BC) mentioned Yoga as the most essential technique to build the body healthy for higher states of mental activity and consciousness. This is true even today but there is a need for integration that is not merely inner but covers the external life as well. Therefore, for yoga to be relevant to our times, it has to touch all the aspects of life at all levels. It should embrace life comprehensively. The physical and mental health of the body, the refining of emotions and behaviour, flowering of intellect, economic, and spirituality of life should also receive proper attention. To achieve this, yoga is the effective means. After self-realization, one can achieve vibratory awareness and once these vibrations start flowing, we can balance the physical, mental and emotional aspects in our body to find an equilibrium. Also, one’s consciousness changes to a state of super consciousness which fulfils one with infinite bliss and peace. In this way, one becomes subtler and starts feeling the all-pervading power within himself as vibrations. These vibrations are the outward expression of our connection with the cosmic energy force that holds the universe together.

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