

A Seeker's Journey

Greg Turek

Searching for clues to life's meaning

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Dedication: To all who seek truth

Towards the light

The seeker's path is long and steep,
and it goes on for generations.
The search for truth and brotherhood,
and union of all nations.

Moving ever closer to
the point of recognition,
To understand the reason why,
is mankind's greatest mission.

Going forwards, then slipping back,
till at last we see the signs.
The answers to life's questions,
lie beyond our active minds.

With open eyes and courageous hearts,
we push with all our might.
To overcome life's obstacles,
and move closer towards the light.

Author

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The views expressed in this book are entirely based on my own personal experience and interpretation. They should not be construed to necessarily be the views of any other persons. I have attempted by way of a series of observations, to shed some light on the transition from external superficial awareness to internal subtle or spiritual awareness. In other words, blending the physical rational three dimensional world with the seemingly irrational spiritual extra dimensional world.

This book is also an introduction to a system which allows the individual to become sensitive to and blend harmoniously with the deeper spiritual dimension. This system is called Sahaja Yoga.

Unlike virtually every other thing I have experienced or heard of, the practice of Sahaja Yoga meditation requires no intellectual activity or belief system. It is not something that can be studied for a result. Its essence and effect can not be obtained from a book. Following on from this, the very act of trying to approach this subject from an intellectual level is potentially confusing and may be counter productive. Nevertheless, I feel that some sort of rational approach must be attempted to present Sahaja Yoga from a theoretical perspective, in order to allow a balanced overall viewpoint.

The first half of this book is intended to help provide or develop, for the reader, a “vessel” with which to receive the knowledge of the “nectar”. By acquiring knowledge, we become more aware of the importance of this “nectar”. Without a certain level of awareness and knowledge, seeking the eternal seems pointless. I sincerely hope that this book will help to initiate or strengthen in the reader, a recognition of the importance and significance of the quest for the “nectar”, which is union with the eternal.

Foreword

Introduction

This book is intended to be a journey down a pathway of discovery. I have spent most of my life pondering the questions of how and why things happen in the world around us. So I am really addressing issues which are of interest to 'seekers' like myself.

If you are a typical seeker, you cannot become deeply involved in anything superficial for too long. Eventually that inner desire for 'something higher' will move you into a different direction.

I tried many avenues in the so called 'new age' milieu, crystals, health foods, healing techniques, lifestyle seminars and courses. But I was not satisfied. I finally became interested in Eastern philosophy and mysticism. This led me to the discovery of the teachings of an Indian lady, Shri Mataji Nirmala Devi, who has introduced to the world a system of meditation and spiritual discovery. This system, 'Sahaja Yoga', has finally provided me with the answers to my search for the truth. I feel it is the most direct, simple and safe method to attain well-being and wisdom.

It is hoped that the contents of this book will provide some clues as to how we as individuals can assist in overcoming the major problems which face this planet and our civilisation.

As I have discovered more of the deeper aspects of reality, there has been a growing desire to communicate this knowledge to people around me. It is hoped that the subject matter within will give a glimpse of the interface between the physical world and the deeper 'spiritual world'.

Firstly we will explore the workings of ourselves and the physical world around us. A certain amount of 'reading between the lines' and introspection will be necessary. As we move deeper into the more

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subtle areas such as spirituality, meditation and collective consciousness, hopefully a clearer picture will begin to emerge of the nature of reality.

Astrologically speaking, we have entered the age of Aquarius, a period of time which has been foretold to be a golden period of enlightenment where peace will blossom on the face of the Earth. A resurgence of collective awareness in the need to care for this “Mother Earth”, an increase in respect for the role of women in society, greater concern for human rights and a general trend towards the questioning of previously long held and blindly accepted beliefs, are all symptomatic of the changes which are occurring in our consciousness, both on an individual basis and for our society as a whole.

I would ask the reader to have an open mind and avoid becoming too concerned about specific detail or verbal definition. It is intended to be a series of personal observations, perceptions and experiences. I invite all readers to test for themselves the contents of this book.

One must remember that a book full of words can only give an approximate picture. Observations and information contained within may give some positive direction in the journey of discovery. It is hoped that the reader’s own journey may as a result be direct and rewarding.

Seeking and Finding

Whether it's more money, more power, more fun out of life, most people are seeking something more than what they have or know. Perhaps seeking in its highest form is when the individual seeks to be in touch with the creative source of all things.

One fellow I spoke to described himself as not a seeker, but a finder. He had found what he wanted. He was quite content with what he saw around him physically and had adapted a life style to blend in with his surroundings. This person's awareness was at a point where he did not require answers. For this person the ultimate point for humanity to aspire to, in his consciousness, was attainment of money and power, all other quests for him were meaningless and naive. This is his free choice. Are we fulfilling our purpose as human beings by only doing the things that 'lower species' do? Is it enough to look only for material, sensual and social satisfaction? Maybe it is enough for some.

My personal search for truth could not be complete until I had satisfied my mind and my heart. To satisfy my mind, I knew that what I should be searching for must be universal, and beyond feelings of tribal belonging. Furthermore, whatever it was I was seeking should integrate all major religions and cultures.

I suspected that a belief system based only on interpretations of the written word could not satisfy my criteria. Sermons and preaching could not deliver what I was seeking.

To satisfy my heart, I would need to experience universal love, a love that is unconditional, without expectation. This love should open my heart and give me a feeling of oneness with all of humanity and the whole of the universe.

Seeking and Finding

It seems that people from all types of backgrounds can be called 'seekers'. I feel it is part of one's innate nature. Coming from a traumatic childhood, a life full of suffering and hardship, can harden and embitter some, but conversely, others from similar backgrounds may recognise that facing obstacles in life is the way of growth, and this in turn may initiate their seeking. For 'seekers of truth' will only have fulfilled their purpose when they discover and become united with their inner selves and subsequently, the creative power of the universe.

We are living in times when a growing number of the world's population have discovered that pursuit of the external, material world does not lead to true fulfilment and inner peace.

From a practical point of view, perhaps the two most obvious aspects of our seeking would be the attainment of **understanding** and the achievement of a state of **balance**.

An understanding of all aspects of ourselves and the world about us would help clear away confusion and ignorance. The ability to attain an optimum condition, whatever our inherited physical and environmental situation, would take us closer to that state of balance in which we are in harmony with our surroundings.

When we strive for this state of understanding and balance, it flows collectively through to our personal relationships, then even further along to intercultural and international relationships, then finally to the relationship of humankind and planet Earth.

The following passage seems to well describe the stage we are at.

Seeking and Finding

*'All those who can not anymore be tamed
by artificiality and organised lies,
all those who can not be lured by phoney satisfactions, all those in a
word, seek the truth
are brothers and sisters in a great quest
which began thousands of years ago.
They are those who deserve to know
the triggering of the culminating step
in the human evolution'.*

Author unknown

As we explore our way through this book the meaning of this
'culminating step' will become more apparent.

Seeking and Finding

Mankind is notoriously too dense to read the signs that God sends from time to time. We require drums to be beaten into our ears, before we should wake from our trance and hear the warning and see that to lose oneself in all, is the only way to find oneself.

Gandhi. 1927.

Ego and conditioning as obstacles to our seeking

The journey of discovery is unique to each individual. Some people are too busy just satisfying basic needs to have any chance of contemplation or introspection. As we satisfy the basic needs such as food, shelter, human relationships and material needs, we keep moving closer to the stage of seeking our 'inner selves' and our connection with the 'whole'.

When we are totally satisfied in any particular situation, we tend to take it for granted and not think it very important. For example, a wealthy man leaving a restaurant having just eaten a huge gourmet meal, may comment to a starving beggar outside, that the food was not particularly good. For the wealthy man who eats in top restaurants daily, food is totally taken for granted, in fact he may even begin to dislike elaborately prepared food and even enjoy going on a diet. On the other hand, a starving beggar is obsessed with, and spends all day dreaming of food. Circumstances in life place us in situations where our desires can overwhelm our thought processes. The material cravings must be either satisfied, or felt by us to be totally meaningless, before we are truly free to desire things of a higher nature.

Difficulties in childhood leave very deep scarring in the form of conditionings, and these conditionings are often a major obstacle to our seeking. Perhaps the hardest thing for a seeker to do is to confront the conditioning and the ego. As mentioned earlier, conditioning is what we have absorbed from our past experiences. If you burnt yourself badly as a young child, you may be conditioned to have an abnormal fear of fire. If your parents were continually making racist remarks about different nationalities, these ideas will be deeply etched in your psyche.

Ego and conditioning as obstacles

to our seeking

Our ego is a fragile mental fabrication which we have gradually been putting together, of who we think we are. The ego basically establishes how we see ourselves as a person. As the ego is just a 'mental projection' and illusory, it can be easily made very artificial and unrealistic. Having no substance in reality, egos are very easily damaged. If you become attached to your ego and regard it as the real you, how easy it is then to become a victim of its ups and downs. So a major aim in our seeking should be to detach ourselves from the 'artificial flavouring and colouring' of our ego and our conditionings.

One of the most traumatic experiences for human beings is change. We develop patterns of behaviour with which we are comfortable. There is a natural resistance, and it requires considerable energy to bring about any kind of change. Moving on from this, we can see how seeking a deeper understanding requires a considerable input of energy, because it means moving out of the comfortable region of familiarity. So the more we are conditioned and the more vulnerable our egos, the more difficult it is to explore new areas.

Youth and Idealism

Some say that you are only as old as you feel. I would say that the main qualities that distinguish young from old are flexibility, optimism, idealism and an intolerance of hypocrisy and falsehood. As we grow older these qualities are gradually replaced with rigidity, pessimism, cynicism and indifference. Of course we may also see some elderly people with youthful qualities and some young people without.

The pursuit of truth or enlightenment is perhaps mankind's most difficult quest. Little progress can be made without large reserves of the previously mentioned youthful qualities of optimism, idealism and intolerance of hypocrisy and falsehood.

It is not necessary to deny our cultural heritage in our quest for truth. Our heritage gives us a starting point, or a point of reference. By observing other societies we can compare and observe what should be retained and what should be discarded.

Is this particular practice a positive contribution to humanity or not? In other words, are we going forwards or backwards?

Is the long standing ethnic hatred between so called Christians in keeping with Christ's teachings?

Is 'ethnic separateness' a forward or backward tendency?

As human beings we must satisfy certain inner needs to be complete. The feeling of belonging to something starts with parents, family, culture, race and so forth.

How can change take place?

We seem to be coming to a point in time when the growth of human awareness is moving quite rapidly in comparison to previous history.

Youth and Idealism

People are beginning to see the world as an integrated family of nations and cultures. The old national and cultural barriers are slowly melting away. But as always, these changes only occur when society collectively desires these changes. In the Balkans and much of Eastern Europe, totalitarian regimes suppressed people's freedom of expression and bottled up generations of negative ethnic and cultural traits. The sudden freedom from tight control has unbottled those suppressed negative conditionings, with the resulting devastation.

Movement forward or upward requires far more effort, or we can say, **desire energy**, than movement backwards or downwards. This is in keeping with the principle of entropy, which in very simple terms, is the natural tendency for all matter to break down to a more basic primitive state. This principle is fairly constant in all things including human behaviour and the evolutionary process. In the physical world we can see that climbing a hill is more difficult than running down; that is, gravity provides the resistance to upward movement.

Construction requires far more effort than destruction. To build a one hundred storey building may take vast amounts of human and material resources, yet a small pile of explosives can destroy that same building in seconds. In the field of social behaviour we can see how higher values such as compassion, tolerance and integration of cultures are generally vastly more difficult to achieve than the lower debasing aspects such as hatred, intolerance and violence. Hitler was able to build up massive social momentum using racial hatred and primitive and divisive nationalism. In modern times look how baser instincts are exploited by unscrupulous entrepreneurs. Hollywood knows that the easy way of getting full cinemas is a formula of copious amounts of sex and violence. Films with socially uplifting themes are much more difficult to produce successfully. Advertising people know that if you want to get people's attention most readily, images involving sex and money usually guarantee success. Society is being exploited and influenced by negative forces via the media

Youth and Idealism

and the commercial world. But after all, humans have free will, so one must expect the negative forces to use this very vulnerable aspect of social behaviour. When human awareness reaches a point where it collectively sees the error of its actions, only then will there be major change. Until this awareness develops, the downward movement must continue, manifesting as destruction of the family unit, sexual deviation and confusion, break down of law and order, increase in nervous and psychiatric disorders.

How does change take place in a society? As everything else, it follows natural principles. At first, small numbers of people will voice their dissatisfaction, they will form into groups. These small groups will battle against established institutions. They will have to exercise their desire energy against the expected resistance of the establishment which has a vested interest in resisting change. The general population's apathy is a further obstacle. These small pioneering groups act as a catalyst to trigger the change in the population at large. There is a saying that nothing can stop an idea when its time has come. In the same way, the catalytic process can only trigger a reaction when the necessary ingredients are present. The necessary ingredients for change in a population must exist in order for the triggered reaction to take place.

Environmentalism

To many people these days, dedicating your life to saving the planet is the ultimate endeavour and it is undertaken often with religious fervour. Let us see where this area of human activity takes us.

Environmentalism is a direct result of a heightened understanding of the interaction between mankind and the planet Earth. Using scientific techniques, mankind has observed such things as polluted rivers and oceans, depleted ozone layer, disappearance of certain animal and plant species. Although environmentalism uses science, it is violently opposed to the most obvious results of science and technology. It is a way of turning science against itself, of rejecting continual economic growth, and using scientific means to expose this continuation of growth as potentially suicidal. It has become extremely popular worldwide and is almost a religion. The green movement has made us more conscious of the impact the products on supermarket shelves are making on the world around us.

We are conscious of how the earth is a large organism with everything delicately linked together. This particular theme in ecological thinking was highlighted by James Lovelock's Gaia hypothesis. This suggested that the Earth as a whole was in fact definable as a single organism. It was not a passive system, rather it was capable of reacting so as to preserve its own environmental equilibrium. A complex web of feedback loops sustained an environment for life to exist.

Man-made environmental disasters such as nuclear accidents and polluted oceans have humbled science because it sees where it has blundered. The environmental movement insists that nature may go on without us, leaving cockroaches and bacteria to inhabit the planet. This shows the anarchic side of environmentalism. We also hear from environmentalists that human life, if it is to continue, must be more primitive. Peasant societies are held up by greenies as models

Environmentalism

of human life in harmony with nature. Scientific civilisation is the culprit and must change its ways or disappear. So environmentalism is a religion of rejection. Science's effectiveness seems undeniable, yet its effects on the world are often dangerous and destructive.

As a religion in itself, environmentalism is inadequate. Its obvious defect is that it only offers survival. It is a religion of disaster. We can only undo harm we have done, we can aspire to nothing higher. Whether scientist or greenie, in the end we stand in awe of nature.

Science and liberalism as a substitute for religion

I have many friends who firmly believe that science has, or will eventually have all the answers to all the questions. They believe that human beings can discard all childish religious traditions and rely entirely on the abilities of the rational mind and science. I personally believe that these friends of mine have been almost literally 'blinded by science'. Science, in my friends' opinion, shows that there is no right or wrong, no heaven or hell, that religion is totally an invention of mankind to keep society in control. I must agree with them that most religious institutions are man made and have been structured expressly for the purpose of manipulating and controlling populations. However, I also feel that the essences upon which these religions were founded come from a source beyond the rational mind of man. That is, absolutes do exist in the world around us, for reasons which will become apparent as we proceed further into this book.

All physical matter functions according to very orderly mechanisms. We can see in physics and chemistry how properties of mass and energy follow these orderly mechanisms. The properties are 'built in'. The basic building blocks of nature, atoms, have a valency which you could, with a little imagination, see as a kind of 'coefficient' of how that atom can 'behave'. In a similar way, humans also seem to have a valency or 'coefficient of behaviour' built in. This valency sets the parameters and boundaries, or you could say it establishes the absolutes. So let's now look a little down the pathway of science and liberalism.

Science seems to be the most successful and effective form of human knowledge. For this reason we use science to guide us in most things we do. We also form attitudes and opinions based on our scientific discoveries. This is dangerous because science itself has no morality

Science and liberalism as a substitute for religion

or conscience, it does not explain meaning or significance. People often seem to think that science must always be right, everything can be 'explained scientifically'. Many books have been written encouraging people to believe only in the way of science. I feel that society must resist this tendency to allow scientific determinism to rule all actions and attitudes. We have to use science as a tool for the benefit of mankind, and not to allow science to rule over us.

The computer technology wave has swept over scientific man with incredible speed. But is this wave carrying mankind on its crest to bigger and better things, or is it set to dump us all on the beach with a painful thud? Are computer resources being used to make life on the planet more harmonious and in balance? A vast amount of effort is going into superficial and escapist pursuits. Huge technological theme parks and virtual reality machines will take us further along the pathway of the 'quick fix'. These high tech illusions propel us further away from our inner selves.

Tolerance is of course a desirable trait in human society, but tolerance without deeper guiding principles is like a moving vehicle without a driver. Liberal and scientific man has discovered how arbitrary his life has become. It is very difficult to establish any kind of basic assumption or position, because total mutual tolerance is required in a liberal society. There are no absolutes, everything is relative, (arbitrariness), 'we agree to differ' is the way all conflicts are approached. If our two disputing parties have extremely divergent view points, we find the middle ground, because after all we are a liberal society and science has taught us that everything is relative.

For example if one side had the view that all handicapped people should be killed, and the other side had the view that handicapped people should be accepted and helped, a middle ground liberal compromise might be to only kill certain types of handicapped people. Perhaps scientific studies could also be undertaken to

Science and liberalism as a substitute for religion

determine which handicapped types were most in need of elimination. How does science cope with love and compassion? It doesn't. So you can see that without an underlying tradition of morality or absolutes, science and liberal man can become an out of control monster. Without a foundation of absolutes, liberal man lapses into a type of spiritual fatigue. A state of apathy, in which the search for higher meaning or purpose are of no point. Modern art and literature are full of this apathy, seen in images of anguish and despair. There is no meaning or point to anything. The recent dramatic rise in teenage suicides and fads such as self mutilation (body piercing), further illustrate the confusion, futility and self destruction of the liberal scientific society.

Tolerance becomes apathy because tolerance in itself does not represent a positive virtue or goal. So a tolerant liberal society can easily decline into a society that cares nothing for its sustenance or purpose. At the basis of this confusion which we have in western society, is the lack of 'sense of inner self'. Just as scientific liberalism holds back the moral or transcendent, so it also holds back from providing the individual with an awareness of his place in the world.

In the calculations and discoveries of science, we find everything except ourselves. Scientific man has been cut off from his foundations or detached from his roots. The philosopher Ludwig Wittgenstein wrote, 'We feel that even when all possible scientific questions have been answered, the problems of life remain completely untouched.'

New science compared with classical science

What is classical science? It is the long held idea that it is the only path to the complete truth. It believes that there is an objective world outside ourselves which is completely accessible to our observation and reason.

The most striking examples of how science has moved away from classical thinking are the theories of relativity, quantum and chaos. These theories have thrown classical science into turmoil by their seemingly bizarre conclusions and implications in our physical surroundings. All these theories wipe out the old type of mechanical vision and also transform the idea of scientific truth.

The latest findings of this new science have shown a radically different view of the whole fabrication and working of the universe, which gives some meaning to the hitherto little understood mystical and spiritual manifestations which have so confused modern mankind.

To most people in Western society, the illusion of the physical world is completely overwhelming. Newton's common sense formulas seem consistent and reliable.

It is only at the level of the very small (Quantum theory) and very large (Relativity theory) that the illusion starts to break down.

Whichever view point you adopt, even the most determined classical scientist would agree that common sense and rationality will be of no help to your understanding of this new science.

However, in this new science are many clues which will lead us deeper in our quest for higher meaning.

New science compared with classical science

'The most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the sower of all true science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead.

To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom, and the most radiant beauty which our dull faculties can comprehend only in the most primitive form- this knowledge, this feeling, is at the centre of true religiousness. The Cosmic religious experience is the strongest and oldest mainspring of scientific research.

My religion consists of a humble admiration of the illimitable superior spirit who reveals himself in the slight details we are able to perceive with our frail and feeble minds. That deeply emotional conviction of the presence of the superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God.

*Science without religion is lame; religion without science is blind'.
.— Albert Einstein.*

Quoted by Lincoln Barnett in "The Universe and Dr. Einstein".

Looking for clues in Science and Psychology

In this section we will begin to formulate a picture of the universe around us as a model of reality. Exploration of the physical world can be followed relatively easily by studying information from research in all areas of science.

Looking for clues in Science and Psychology

The scientific approach is basically to observe the events taking place around us, to record them in some systematic way and then to make logical assumptions as to how and why things happen. So a scientist is basically an honest observer using intellectual skills to confirm physically how things work. Many scientific discoveries begin with an idea or hunch. The imagination starts the ball rolling, then the desire to unravel the mystery takes over to provide the atmosphere for experimentation and application. Nothing new can be achieved without both imagination and desire energy. In order to prove something exists, its effects must be seen, heard, touched, smelled, tasted. Working out gravity and its governing principles was a matter of observing things falling, wanting to know how and why, making some measurements then calculating mathematical relationships.

I was discussing religion with someone who is an eminent medical specialist. He told me that he definitely believed in a 'God' or a 'creating power source'. He then began to describe to me a medical phenomenon which happens daily yet is totally impossible according to physical laws of science. This seemingly miraculous happening is, to this medical specialist, the single most convincing proof that 'God' exists.

It appears that a new born baby's first breath is physically impossible according to the laws of physics.

When a new born baby emerges from the birth canal, its lungs or more particularly alveolar sacs of the bronchial tree are in a totally collapsed state. There is a scientific formula involving the pressure required to inflate the alveolar sacs with air. $P = 2T/r$

P = pressure required to inflate sacs, T = surface tension of lung fluid, r = radius of alveolar sac

If lungs are collapsed, radius (r) of alveolar sac is zero. So, formula would read $P = 2T/0$

Looking for clues in Science and Psychology

In mathematics anything divided by zero ie. $\neq 0$, is infinity.

Thus it would require an infinite amount of pressure to inflate a new born baby's lungs. In other words it's impossible according to physical laws, yet this seeming miracle happens in front of our eyes daily.

Since first writing this chapter, I have further researched the 'foetal first breath phenomenon' and it seems that there is a type of fluid movement in and out of the foetal lungs. This would suggest that the alveolar sacs are not totally collapsed but containing a fluid.

However even without totally collapsed alveolar sacs, the first breath still requires incredible virtually superhuman force, to overcome the surface tension effects of the fluid. I have spoken to a number of medical professionals who admit they are often overwhelmed with the feeling that something quite special verging on the miraculous is taking place when a newborn child takes its first breath.

The presence of x-rays or radio waves could not be detected until a device was made to capture their image. Our basic human senses could not detect most electromagnetic radiation even though it has always been in the world around us. So until the day these devices were invented, any part of the electromagnetic spectrum above or below visible light, in our minds, did not exist. Ultimately, to prove something exists we have to feel it or experience it through our physical senses. Just as with radio waves, they can be captured on radio and television sets for our sensory organs such as eyes and ears to confirm. Bacteria and viruses have always been part of our world but as far as mankind was concerned until not so long ago, they did not exist. Electron microscopes are a tool to translate the microscopic world into a form which can be experienced through our basic senses. We can look into a microscope and see a world which is totally invisible to the naked eye.

Looking for clues in Science and Psychology

Perhaps the first person to study deeper levels of consciousness scientifically was the Swiss psychologist Carl Jung, who lived from 1875 until 1961. Jung postulated that members of every race share a deeper level of consciousness he called the 'collective unconscious'. This includes patterns of human thought called archetypes which have developed through the centuries. Jung thought archetypes enabled people to react to situations in ways similar to their ancestors. For this reason, Jung believed that the collective unconscious contains wisdom that guides humanity. It is like a pooling or accumulation of all human experience through the ages, a kind of collective ancestral memory. Jung's studies of mythology convinced him that archetypes of Gods and supernatural powers are deeply rooted in the collective unconscious. He believed religion plays a major role in human life by enabling people to express the unconscious need for religious experience.

Going further back in time, the great English poet, artist and seer William Blake lived from 1757 until 1827. He was a brilliant but unconventional English poet and painter. His symbolic pictures and visionary poems are not always easy to understand, because he invented his own mythology to express his powerful artistic imagination. He claimed to see visions throughout his life. Blake thought that we have war, injustice and unhappiness because our way of life is founded on mistaken beliefs. We know only a small part of reality through our five senses, yet we concern ourselves almost entirely with scientific truth and materialistic values gained through our senses. We shall not understand the vast reality beyond our senses and achieve full control of ourselves until we learn to trust our instinct, energies and imagination. For Blake this was the basis of all personal, social and religious truth. He was with Flaxman, Fuseli and others, one of the outspoken visionaries that helped foment the French Revolution.

Looking for clues in Science and Psychology

From both Jung and Blake we get some more clues about what exists beyond our physical senses. Once again our awareness expands as we start to understand how everything is subtly linked to a controlling source. Instinctive behaviour in animals and our parasympathetic or autonomous nervous system can be seen to have a commonality.

Our observations are taking us to a point where we must accept that there may be levels of reality which cannot be reached with our conscious minds, but we still must be able to relate physically to these higher levels of reality.

Most 'primitive societies' live very closely to the world of spirits, the dream time etc. Australian Aborigines regard themselves as being part of the Mother Earth, and as such have a great respect for all aspects of nature. They are also very conscious of the spirit world and how they and everything is influenced by this deeper level of existence. Aborigines and other early societies have developed techniques for access to the levels of existence beyond the physical world. One of the best known examples of this is the Aborigine's technique of 'pointing the bone'. This is a method of supposedly invoking the spirits of dead ancestors to place a curse on someone who has done something against you. Witchdoctors and medicine men of many different tribal groups use similar techniques to use the 'powers of the spirit world' for earthly benefit. The methods of tapping into the 'spirit domain' often involve consciousness altering drugs (hallucinogenic) made from various plant and animal substances, and repetitive chanting of words and sounds.

Moving on to Western society, we can observe the fascination people have with the so called 'new age'. Psychic research, tarot readings, witchcraft, fortune telling, the occult, astral projection, spirit communication etc., all involve very similar techniques to those used by 'primitive societies'. Mediums and people who have so called psychic powers also are on this level. There are enough documented

Looking for clues in Science and Psychology

credible observations of ghosts, poltergeists etc., to suggest these phenomena do in fact occur.

Traditional religions have also attempted access to the mystical realms. In the Christian sects, 'charismatics' and those who 'speak in tongues', are moving in this same area, as are some aspects of the Kabbalah in the Jewish religion.

Evolution

Let me say first of all that the evolution I am referring to is neither the textbook Darwinian style, nor anything to do with the creationist theories devised by some religious groups. By evolution I mean the gradual increase in complexity and diversity of organisms from the simplest single celled amoeba to the human being.

Trying to understand the mechanism and purpose of the world around us has absorbed thinking mankind throughout the ages. Some of us believe that the universe is some kind of chance happening and all life is a result of random mutation. These beliefs are unlikely to be true.

If we had to wait for life to come out of the 'primordial soup' of atoms and molecules by random chance, we'd still be waiting. So it seems that some kind of external influence has been responsible for the orchestration and organisation of matter. We shall start to formulate an idea of this external influence from some observations and clues.

In the human body we have a nervous system through which we can consciously carry out movements via our muscles. There is part of our nervous system which operates without our conscious effort, for example with our heart the regulation of blood pressure, pulse rate etc., happens automatically. Our body immunity and healing mechanism works entirely automatically. These automatic functions are operated generally by the parasympathetic nervous system. Let us explore this 'auto' aspect of living things. Take one of the most primitive living organisms: viruses. They are nothing more than strands of DNA and RNA combined into various shapes. They have no brain or nervous system. You would think that these minute pieces of matter would be extremely limited with what they can do.

Evolution

These same minute combinations of matter are capable of the most amazingly cunning and devious behaviour. They can alter their structure in response to any attempt to knock them out. The flu virus has been very difficult to tackle by science because it keeps changing itself. A fast mutation mechanism allows it to fade beyond the body's immune memory recall. In similar ways bacteria can alter themselves in defence against antibiotic drugs.

Where do these minute, extremely primitive and simple organisms get the ability to firstly interpret the type of threat against them, then devise a plan of how to outsmart the threat? As there is no identifiable source of the consciousness that would be capable of carrying out all of these very complex tasks, we can logically deduce that the source of this consciousness is beyond the physical.

A current scientific explanation for the development of resistance to vaccines and antibiotic drugs, is that a type of 'Darwinian selection' occurs. In other words, out of the millions of bacteria and viruses present, one or more will by way of genetic mutation (random chance or accident), have a resistance to the drug. All non-resistant will die off, but the one or two resistant ones will multiply and replace all of the non-resistant ones.

This explanation is typical of the way that many scientists cannot accept the possibility of some kind of 'external influence', which gives direction to the molecular behaviour of matter. Science justifies the likelihood of the genetic mutation by the enormous number of bacteria present and the rapid turnover of lifecycles. Even if the chances of accidental mutation are one in a 'zillion', there are so many organisms present that the theory is, it can happen.

This totally accidental reason for evolutionary movement seems to falter if we look at organisms that exist in extremely hostile environments. One example which comes to mind is a type of fungus which

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lives inside craters of some active volcanoes. Absolutely no other living thing has been able to exist in this extremely harsh environment of searing temperature, poisonous and caustic gases etc. The same argument should also apply here to allow this fungus to adapt as that for bacterial resistance. To imagine that an organism accidentally happened along that had exactly the correct mechanisms for survival, is just too far fetched as a total explanation. I personally do not believe that all evolution is purely by accident. Certainly there is a degree of randomness in nature, but surely, this is only part of the picture.

Take a pumpkin seed and cut it open. It's just a thin shell full of a soft green paste. Yet this small, incredibly simple piece of matter can distinguish between seasons of the year, moisture levels, and organise itself into a pumpkin plant. Where does it get its great abilities from? As we explore this source of consciousness in the animal and plant world a pattern starts to emerge. Throughout this book we will be trying to develop an understanding of this pattern.

Another recent scientific discovery which has rocked the establishment is the observation that matter does not need to be living to have a consciousness. (See work of Rupert Sheldrake on 'Morphogenic fields'). It seems that when a chemical reaction or process takes place for the first time, it takes longer to occur than on subsequent occasions. That is, after a process or chemical reaction has taken place it seems to learn by experience, and this so called experience allows subsequent reactions to progress more rapidly. This type of observation seems to be in keeping with the concept of a collective unconscious which Carl Jung first described.

This kind of observation also hints at the common patterns throughout all matter. Even inanimate substances like parts of the Earth's crust with all their chemical diversity have a link back to a common source.

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My exploration of Eastern scholarly works has resulted in some insights which tend to throw light on the discussion of evolution.

Central to the Eastern concept of evolution is the subtle energy system, or “tree of life”. The subtle energy system is, according to ancient texts, the provider of life force to living matter. In the human being this subtle system is depicted as a system of energy channels running along the spinal cord, with seven main focal points along it, called Chakras.

All living matter contains some kind of underlying subtle energy system. In simple organisms it may be of a very rudimentary nature, yet to me it seems to be the underlying organising determinant of nature.

When we become aware of the true nature of the evolutionary process, we can position mankind at the top (most highly evolved). Because humans have all six Chakra qualities awakened, and in some recently also the seventh, they are able to take their place at the top of the evolutionary tree. Chakras are subtle energy centres located along the spinal cord which give ‘life force’ to the physical structures of the body. We will look more deeply into Chakras and the subtle energy system in later chapters.

Without this understanding we can become entangled in all sorts of arguments as to which species is most highly evolved. Is it the crocodile, which has been around since the dinosaurs? Is it the bee which has a highly sophisticated social and communication ability?

Recently a friend started to tell me how his dog was more highly evolved than any human. And the reasons given? This animal has food, shelter, social fulfilment and security. Because this animal lives a totally fulfilled life, he does not have the complex stresses and strains which we humans have to endure in our various cultures.

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Evolved does not mean best adapted to the environment; if it did, bacteria happily multiplying in sewers would be near the top of the evolutionary system.

The main reason why most highly adapted creatures are at lower stages of the evolutionary process is the lack of awareness of self, and absence of free will.

So in spite of the fact that humans often seem to be a pretty primitive lot, destroying the planet, killing one another and busily producing mountains of consumer junk, they are expressing their free will to explore their boundaries. They make the choice and by doing so, learn by experience which way is 'up' and which way is 'down'.

The biggest distinguishing evolutionary factor between humans and lower species is **free will**.

The collective unconscious

As mentioned before, the great Swiss psychologist Carl Jung was the first scientist to investigate the collective unconscious. We will see how it blends in with the parasympathetic or ‘autonomous’ (eg. automatic regulation of heart beat) side of nature. This pooling of human experience can be imagined as a vast memory which records every action and incident of every single human being. As nature follows regular patterns, we can expect that if there is a collective unconscious for human beings, there would be a similar mechanism of sorts for animals, for plants and for that matter, all matter. So it appears that such seemingly diverse areas such as instinct in animals, devious behaviour in viruses and complex traits in humans, come from the collective unconscious. Does this mean that the parasympathetic pathways and mechanisms are the channels of connection with this collective unconscious?

While I was attempting to explain this idea of a pool of experience or ancestral memory to an acquaintance of mine, he asked me, ‘Okay, where is this pool of experience located? Is it underground, in outer space?’ Now he was obviously what you would call a down to earth fellow. How could I answer such a question? Maybe this is where human imagination and the ability to think in abstract terms comes in handy. As I have mentioned elsewhere, it really is not possible with our human minds to fully understand existence. We have the ability to formulate abstract ideas for a reason. It allows us to reach out beyond our physical senses in our search for meaning. As we do so, we find out through our physical senses whether we are on the right track or not. If we delve into things which are not for our ascent we will certainly experience the dire consequences, but if we are on the correct path, our experiences will ultimately show this. To try to answer my friend’s question in simple physical terms, I would say that maybe one can try to picture in one’s imagination another

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dimension superimposed over our physical three dimensional world. This fourth dimension permeates and joins all things in the universe. The operation of this fourth dimension, although superimposed over our physical three dimensional world, seems to have its own laws regarding time and space. As we explore phenomena related to quantum physics, we will start to see an interface appearing between the physical world and the fourth dimension.

What is quantum physics? Quantum physics is a set of mathematical tools developed to explore the subatomic world. The theory works amazingly well in predicting the behaviour of quarks, leptons and the like, but it defies common sense, and its equations imply the existence of phenomena that seem impossible. For instance, under special circumstances, quantum theory predicts that a change in an object in one place can instantly produce a change in a related object somewhere else, even on the other side of the universe. Over the years this seeming paradox has been stated in various ways, but its most familiar form involves the behaviour of photons, the basic units of light. When two photons are emitted by a particular light source and given a certain polarisation (which can be thought of as a type of orientation), quantum theory holds that the two photons will always share that orientation. But what if an observer altered the polarisation of one photon once it was in flight? In theory, that event would also instantaneously change the polarisation of the other photon even if it was light years away. The very idea violates ordinary logic and strains the traditional laws of physics.

The 'two-photon' puzzle was nothing more than a matter of speculation until 1964, when an Irish theoretical physicist named John Stewart Bell restated the problem as a simple mathematical proposition. A young physicist named John Clauser came upon Bell's theorem, and realised that it opened the door to testing the two-photon problem in an experiment. Like Einstein, Clauser was

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bothered by the seemingly absurd implications of quantum mechanics. Says Clauser, 'I had an opportunity to devise a test and see whether nature would choose quantum mechanics or reality as we know it.' In his experiment, Clauser found a way of firing photons in opposite directions and selectively changing their polarisation. The outcome was clear: a change in one photon did alter the polarisation of the other. In other words, nature chose quantum mechanics, showing that the two related photons could not be considered separate objects, but rather remained connected in some mysterious way. This experiment, argue physicists, imposes new limits on what can be established about the nature of matter, by proving that experiments can be influenced by events elsewhere in the universe.

In another strange phenomenon observed in quantum science, it was found that certain experiments with subatomic particles resulted in outcomes related to the observer of the experiment. That is, some molecules would not break down while they were being observed. It seems bizarre that by observing something you can have an effect on it. But this is exactly what has been found scientifically. This further reinforces the idea that all things in the cosmos are somehow joined or related to one another, and the universe functions like one large organism.

A number of scientific studies have taken place illustrating the principles of the collective unconscious. One very interesting series of observations was made by scientists studying the behaviour of a species of monkey (*Macaca fuscata*) on the island of Koshima in Japan, and surrounding islands. The islands were separated by quite substantial areas of ocean, so each island's monkey population could not have physical contact with monkeys on another island. These monkeys ate fruit which had fallen onto the sand below.

They would pick up fruit and consume the fruit with the sand stuck on to the outside. It was observed that one monkey picked up some

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fruit from the water's edge, and somehow realised that putting the fruit in water washed off the sand, thus making it more pleasant to eat. This washed fruit was fed to its young who in turn copied the washing technique learnt from the mother. The monkeys in the vicinity started to copy this fruit washing before eating. Within a short space of time more and more monkeys had taken on this pattern of behaviour. The scientists observed that when approximately one hundred monkeys had established this new eating behaviour on this one isolated island, all monkeys of this species on all other islands had started this type of behaviour. In other words, as all experiences are pooled in the collective unconscious of this species, once a certain collective experience had reached a critical point, it triggered off a response which permeated via the 'parasympathetic' to all members of that species.

'Although the exact number may vary, the Hundredth Monkey Phenomenon means that when only a limited number of people know of a new way, it may remain the consciousness property of these people. But there is a point at which if only one more person tunes in to a new awareness, a field is strengthened so that this awareness reaches almost everyone!' 'This phenomenon shows that when enough of us are aware of something, all of us become aware of it.' From the book, 'The Hundredth Monkey' by Ken Keyes, Jr. Published by Vision Books..

In another very interesting and well known experiment which was carried out in England, researchers placed a crossword puzzle in a large London newspaper and measured the performance of people doing it.

The same crossword puzzle was placed the following day in a Manchester newspaper, and once again the performance of people doing it was measured. It was found that the people doing the crossword puzzle in Manchester performed far better than those in London

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the previous day. Similar experiments have produced the same kind of results. There are many other examples available in print. It seems to once again reinforce this concept of a collective unconscious or collective pool of experience we all tap into.

The collective unconscious

Organised Religion and Spirituality

Let's start this chapter with an excerpt from 'The Broken Wings', by Khalil Gibran.

'Human society has yielded for seventy centuries to corrupted laws until it cannot understand the meaning of the superior and eternal laws. A man's eyes have become accustomed to the dim light of candles and cannot see the sunlight. Spiritual disease is inherited from one generation to another until it has become part of the people, who look upon it, not as a disease but as a natural gift showered by God upon Adam. If these people found someone free from the germs of this disease they would think of him with shame and disgrace'.

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The great souls who established the principles upon which the major religions were founded came at particular points or milestones in the evolution of human awareness. Each of these great souls or prophets came to establish or awaken a quality in that particular society in which he or she was born. The particular quality espoused by the prophet was not exclusively for that society only, but for the general benefit of humanity. By the 'Hundredth Monkey Effect', the quality could permeate the collective unconscious of the whole of humanity. For example, through the establishment of the Jewish religion, the Ten Commandments were brought into the consciousness of the whole of humanity. Similarly the advent of Christ established the principle of forgiveness and compassion. After all, it is the principles and qualities that are universal which lift humanity to a higher level of awareness.

The great religions of the world have a role to give balance to society. Just as humanity has been evolving in its awareness, so too the religions should have been evolving. But as the religions are now basically human institutions with all weaknesses of humanity built in, they tend to lag behind in the evolutionary ascent of awareness. The natural course of things involves cycles of growth and decay, including of course human institutions. Many religious institutions seem to be mainly concerned with the perpetuation of their system of belief and political structure. It is almost as if the congregation is there for the benefit of the institution and its hierarchy.

Ministers of religion have become largely social organisers, and in that role they are finding it increasingly difficult to keep their flock of followers from straying from the fold. Modern society with its materialistic and sensual attractions, the high tech. computer age mentality are all factors which move people away from religion and spirituality. No longer are people willing to sit in church or synagogue and be talked down to by the minister. Some ministers of

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religion are working hard at providing a cosy, folksy community club atmosphere as an attraction for their congregation. In this way the desire for tribal belonging is satisfied. The rituals and religious methods are merely an excuse to gather together. This can be compared to like minded people forming a sporting or hobby club. This method may work well in some communities where, for example, a congregation is made up of mainly new immigrant families who are looking for a social focus. Is this spirituality? Where are these religious practices taking us? A strong seeker of the meaning of life will not accept any superficial appeasements. They may do for a while, but there will remain something unfulfilled, a yearning for truth and universal meaning.

Human beings have been created with free will, and through their free will and by the motive force of their desire energy they ascend in their consciousness. Nature responds to this desire. Desire can be for growth or it can be for destruction. Nature will not impinge on man's free will, but will react in accordance with how this desire is being expressed.

It seems nature has a consciousness, there is a divine plan of some kind and it operates by very orderly mechanisms. Mankind in his ignorance has expressed his desire energy in many ways which have resulted in calamitous destruction. But this is how mankind learns, through collective experience, the direction forward. In opposition to the forward or upward movement of awareness, are rigidity, fanaticism, blind faith and fundamentalism. But these negative aspects, such as rigidity and fanaticism, have their role to play in the whole scheme of things. To be able to exercise desire energy, for ascent, there must be a resistance to be pushed against. Thus negativity has its job to do in providing these obstacles to overcome. And so too in the ascent of human awareness, negativity's role has been to exploit whatever factor possible to block or neutralise the growth of human

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consciousness. Therefore rigidity, partial truth, ignorance, confusion, emotional attachment, ego attachment and materialism are all exploited very effectively by the negative forces in the evolutionary process.

Repression and artificiality in human behaviour should now be discussed. Man made systems of religious practice which deviate from natural principles always end up in a mess. Let's take as an example, priests who are required by their religion to be celibate. In no teaching of any of the great incarnations or prophets, as far as I'm aware, is celibacy advocated for anyone. (However, there may be a number of examples, such as in some branches of Buddhism where initiates are required to be celibate as part of the renunciation of all worldly attachments.) Celibacy is unnatural and artificial, so of course we will see deviated behaviour as a consequence of it. I do not have to more graphically illustrate what I am saying, as we have all seen enough in the media of supposedly celibate priests abusing women and children.

As the evolution of qualities in humanity have developed, they have become more subtle, bringing humans closer to the point of recognising the relationship of mankind and the source of all things. Primitive and divisive tribal conflicts of a racial or nationalistic type gradually disappear, as human awareness grows beyond these levels. An integration of races and cultures develops, as the higher qualities are recognised, that is, society retains the good and discards the bad. Similarly, rigid practices of organised religion are replaced gradually with individual human beings feeling the inner connection with the creator. That is, religion goes from being external and artificial, to internal, uniting the individual directly with the creating force. Balance and harmony then manifest internally in each individual, resulting externally in a more harmonious and ordered society.

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All of these above mentioned processes sound rather idealistic, and of course maybe they are, but that is indeed the direction in which things are moving. You can be sure there will be obstacles, but then, as we mentioned earlier, there must be these obstacles in order for the free will and desire energy to be able to be expressed.

These things cannot be artificially thrust on people via a teaching or philosophy, they must manifest naturally by a growth in collective awareness. If a society has been conditioned to place a large amount of collective attention on their past history of suffering and persecution and this becomes a cultural practice for many centuries, a corresponding reaction from the collective unconscious can be expected. The 'main frame' (using computer jargon) or 'creative source' will interpret this cultural practice as a type of 'desire' or vacuum formation. The response from the collective unconscious will of course be something to fill that vacuum. If collective attention is on past suffering, the reaction will be more of the same. It's as if the 'creative source' says, 'you want suffering, so here, have it!'

All cycles in nature revolve around balance. Any movement to one side or the other in any situation will trigger a response. Whether it be the physical laws such as motion, thermodynamics or social behaviour, natural laws always apply.

Those who practise Christian and Jewish religions seem, as a result, to end up with varying degrees of guilt. As we explore more deeply into the workings of our 'inner selves', the ramifications individually and collectively of these 'guilt trips' and dogmatic rituals, will become more apparent.

Einstein's Search and the Illusion of Reality

Quantum physics tells us that reality is far beyond human perception and intuition. In other words, our rational mind and common sense are just not capable of understanding the true nature of reality.

Einstein's theory of relativity introduced a new way of looking at the physical properties of the universe. The Newtonian constraints of absolute time and space were abandoned. Time and space were unified and made relative, it formed a continuum that curved and enfolded about itself. Gravity was a distortion of this continuum caused by the presence of mass. From this, the famous formula $e=mc^2$ was derived. (e=energy, m=mass, c=the speed of light, the magical constant in the system, the absolute maximum speed that anything can travel.)

So Einstein's famous theory has one absolute (speed of light) in a relative universe, and it forms a kind of boundary around all we can know. Even though this theory has been borne out by many experiments, its consequences appear very bizarre. Objects shrink when they are in motion, space time curves, light is bent by gravity etc.

After formulating his theory of relativity, Einstein spent the rest of his life trying to find a 'unified field theory'. In other words he was trying to tie together the workings of the physical world in one theory or formula, a theory of everything. To this day, scientists are still searching for a way of integrating the theories of quantum and relativity, for as far as scientists are aware at present these theories contradict one another. To the scientific imagination a contradiction cannot be built into nature, it must be in our minds.

Even though Einstein had a deep sense of the mystical or spiritual, he refused to let go of his classical insistence that a rational explanation

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or theory could be found, i.e., the world was accessible to human reason.

This dilemma for Einstein can be seen when he said that he believed in the possibility of expressing everything scientifically, but contradicted himself saying that such an expression would be meaningless when describing a Beethoven symphony as a variation of wave pressure. Of course the meaning and effect of the music would be missing.

Chaos theory seems to fit into the picture at this point. It is in essence a reversal of the classical view that the physical laws are what count, and local disturbances are relatively trivial. In chaos theory local disturbances can be ultimately overwhelming and, just as important, we cannot tell when they are about to overwhelm us.

A strange concealed order has been revealed by chaos theory. If we run large numbers of variations of simple equations on a computer, patterns emerge. The most famous of these patterns is the Mandelbrot set. Every magnification of the pattern reveals more elaborate layers made up of shapes like gingerbread men linked together in swirls, repeating in more and more complexity. These patterns seem to illustrate infinity, and the gingerbread men seem to represent the incredible creative and energetic complexity of reality.

I hope I have sufficiently described these three theories (Relativity, Quantum, and Chaos) to give the reader some insights into how all is not what it seems. The world is indeed stranger than anything our rational mind can grasp.

The more we explore these 'new science' avenues, the more illusory our universe seems to be. I feel that we must again look at some Eastern concepts because they seem to be more and more relevant as we explore the mysteries of 'new' science. The more I have reflected on the meaning of the 'new' science of quantum, relativity and chaos,

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the more it has reminded me of the ancient Indian traditional concept of **Maya**.

Maya is quite a difficult concept to define in simple terms. I envisage it as a multi-layered web of illusion. The deeper one goes into the web, the more intricate and tangled the illusion becomes. It applies, I feel, to the latest scientific exploration of the physical world. Until the 'new' science, we have only been scratching around on the surface of this Maya. As we go deeper into it, the bizarre twists and turns seem to push the answers further from our grasp. When we confront this web of illusion, it takes us closer to the boundaries of human awareness. We realise even more that the explanations of the infinite cannot be attained using finite means. (see Godel's theorem later in this chapter.)

This next observation should be viewed in a very general open minded way. It is not intended as any kind of conclusive proof, but purely as a glimpse of something which may help in our search for clues. In the field of higher mathematics we find Godel's theorem. In very simple terms, it states that it is not possible to know everything about a particular situation from within that situation. In other words, one must be in a position outside the arena of specified activity. As our viewpoint of a particular situation widens, there will always be an even deeper perspective which will give yet more information. It is not possible in the rational world to reach that point where the highest perspective has been reached.

In mathematics it applies to axioms in mathematical theories, but I feel it applies in more general situations.

An example would be, where someone is sitting inside a building with no windows, which is balanced over the edge of a cliff. All observations and calculations from within the building will be totally

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incapable of determining the fate of its occupant. But to an observer outside, the situation will be very obvious.

I have read several top selling books recently which try to explain God and reality in scientific terms. The authors are all eminent scientists who give incredibly in-depth theories, calculations and hypotheses. These books can be so intense and technical that after a few pages, one's head is 'completely in a spin'. These types of books possibly satisfy the intellectuals, giving them 'mind fodder' and mental exercise.

It strikes me that this is a situation very much in keeping with Godel's theorem. Intellectuals can delve into the most intricate, complicated theorems and calculations, but they will never understand the 'big picture' from within the confines of their 'rational perspective'. It is only when they step outside the world of the 'physical illusion' that the 'web of Maya' will begin to lift.

Sages and seers in ancient times who spoke of the spiritual side of nature, gained their insight by moving beyond the confines of the rational physical world. In a similar way to the principles of Godel's theorem, the ancient mystics gained access by deep meditation to a perspective beyond the physical, in order to attain a more complete picture of the physical realm.

In other words, when we are within the illusion of physical reality it is not possible using its own internal methods and concepts to fully understand it. By accessing or looking from a higher level of awareness beyond the boundaries of the 'physical illusion', we escape the constraints imposed on us by the finite physical world. To a rational scientific person this may all sound like something out of a science fiction novel. But remember that I stated earlier in the book that unless we can relate physically to our ideas, they are not reality for us.

Einstein's Search and the Illusion of Reality

At this point I would like to introduce what in my opinion is a kind of 'unified field theory'. This is what Einstein searched for in vain. The reason for Einstein's failure, is that access to it is beyond mathematics, test tubes and intellectual activity. The intellect can merely confirm its operation.

This theory cannot be accessed with the rational mind, although the rational mind can observe and confirm its operation. The 'Param Chaitanya' or all pervading power which exists throughout the universe is the elusive 'unified field' for which Einstein searched in vain. It encompasses all of the physical cosmos, and also the realm of the spiritual or Virata in Eastern tradition. Its basic units of propagation (in simplistic terms) are what can be called 'vibrations'. At last mankind is at the point of conscious interface between the physical and spiritual. This interface is entered without effort or thought, it is spontaneous and natural. It can be felt via the central nervous system as a physical sensation, it is an actualisation, not something imagined as a theory or concept.

In the following chapters we will explore the workings of the deeper levels of reality. Despite the subtle nature of these deeper levels, they are ultimately demonstrable physically. That is, our physical senses confirm the truth or otherwise of the theory. Scientific methods can in fact verify the results, but of course they cannot fully explain them.

My personal search for truth had prompted me to examine the topics dealt with, up till this point in the book.

The physical world had to be explored, the intricate complexity and patterns in nature observed. For me and many thousands of others around the world, the search for meaning has led to the teachings of Shri Mataji Nirmala Devi, who has introduced to the world an evolutionary breakthrough in human awareness. The essential result of this breakthrough is the ability for humanity to feel the "life force" of the

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universe, or to have “vibratory sensitivity”. When one has the ability to feel these vibrations, it is possible to step out of the “physical illusion” (Maya) of the material world and merge with the absolute, eternal or spiritual.

This is how one can find the interface between the physical and spiritual.

It must be remembered that we are trying to put into rational, conceptual terms, something which is quite beyond rational mental processes. Nevertheless observation, honest interpretation and communication is one way that we move away from ignorance and superstition.

This process is unique in that it works spontaneously and without conscious effort, does not require any belief system or written gospel. It is a natural living process.

In the following chapters, I will briefly describe what in my opinion is essential knowledge for a seeker of truth. For some readers, it may take a little time to fully grasp the profound implications of this information.

The following quote from a leading magazine seems to indicate that even the international corporate world is looking towards the search for inner meaning:

‘There’s more to us than the snivelling, snarling organism that craves power and approval.

The clarity and contentment we seek lies deep inside us all.’

From Fortune magazine, August 22, 1994.

Einstein's Search and the Illusion of Reality

Article entitled, 'Leaders learn to heed the voice within', by Stratford Sherman.

Dawning of a new age

Many in the western world are discovering that the pursuit of the physical, external, materialistic aspects of our lives does not lead to true fulfilment and inner peace. In recent times more and more people are seeking something higher. I feel we are seeing an epochal period in the evolutionary process. This next stage of the evolutionary process does not mean a new species, but the possible awakening of another sensory mechanism and awareness in human beings.

This new sense would enable one to become attuned to the underlying 'life force' of the universe or as in the Sanskrit, 'Param Chaitanya'. One can simply call this energy 'vibrations'. Everything in the cosmos seems to be made up of and permeated, controlled and joined together by these 'vibrations'.

We only fulfil our purpose as human beings when we recognise and completely harmonise with the creative power that made us.

When our senses become more enlightened and become one with the 'absolute', there is less confusion or argument as all parties see the same thing. For example, in a dark room two people may argue whether they are touching a snake or a piece of rubber hose. They will each give countless arguments as to why they, and not the other, happen to be correct. Perhaps physical violence may ensue, or they may 'agree to differ'. By simply turning on the light in the room, the arguing persons will both immediately see what in fact the object is. End of argument! In this same way, we will discover how, by awakening a new sensory ability in human beings, conflicts will rapidly disappear. The rate of conflict resolution will be directly in proportion to the speed with which this new stage of awareness develops.

Overview of Yoga

The word 'yoga' is derived from the Sanskrit 'yuj' (to harness) or to join or to unite. It means union of the soul with the all pervading power. We will briefly have a look at the most prominent yogas.

The aphorisms of Patanjali on the Yoga Sutras are contained in four chapters and are nearly two hundred in number. The author of the aphorisms is said to be the same Patanjali who wrote the famous commentary on Panini's aphorisms, under the name of the Mahabhasya or 'The Great Commentary'. Another work on Medicine is also attributed to him. He was not only a great grammarian and a great philosopher, but a great physician. He prescribed for the body, mind and spirit. The age of Patanjali is now generally fixed at three centuries before Christ.

Patanjali is credited with formalising the spiritual science of India. His writings describe a multi faceted discipline involving physical exercise (Hatha yoga), breath control to arrest thought (Raja yoga), meditation (Dyana yoga) which is achieved after the mind is silenced, pure love of the divine (Bhakti yoga), ethical behaviour (Karma yoga) as well as intellectual study, various cleansing practices, etc., etc.

His system was designed to prepare the aspirant by purifying, balancing and strengthening the energy plexuses and channels that exist as a subtle mechanism in the body. It is this subtle body, said Patanjali, that is the mechanism by which self realisation occurs.

Patanjali's yoga system is the basis of all yoga systems that are popularly known today. Interestingly, Patanjali did not intend the disciplines to be used separately to the exclusion of others. Rather, he emphasised the need for integrated use of the various techniques

Overview of Yoga

according to the needs of the individual, in order to achieve harmony in the body, mind and soul. Nor did he recommend the use of the paradoxical, and now fashionable, so-called 'sexual yogas', nor the gaining of 'siddhis' (occult powers such as levitation, astral travel, ESP etc). Indeed, Patanjali warned against them as both damaging to the subtle mechanism as well as hazardous to the seeker's ascent as a whole.

Types of Yogic practice.

Jnana Yoga - Movement towards union by knowledge. Intellectually acquired knowledge is used to attain salvation.

Karma Yoga - In this method one has to do Karma or duties without the fruits of action. Usually combined with Bhakti (Devotion).

Bhakti Yoga - This method indicates that in extreme devotion one forgets one's own identity and becomes one with eternal truth.

Mantra Yoga - Movement towards union by continuous recitation of mantras.

Tantric Yoga - Movement towards union by harnessing sexual energy.

Raja Yoga - In this, movement towards union is brought about by the practice of Ashtanga Yoga (eight limbs of yoga), as prescribed in Patanjali's Yoga sutras and yoga Darshana Upanishad.

Hatha Yoga - In this, movement towards union is brought about by practice of cleaning exercises and postures. It should be noted that the prescribed exercises done these days were originally just a preliminary physical stage in preparation for the journey towards yoga. Postures were prescribed to remedy particular problems in the aspirant's subtle system.

Overview of Yoga

Kundalini Yoga - The word 'Kundalini' is from a Sanskrit word meaning 'coiled up'. The coiled Kundalini is the dormant energy existing in latent form in every human being. The object of the practice of Kundalini Yoga is to awaken the cosmic energy and to unite it with the pure consciousness pervading the whole universe, known as 'Shiva' in the Indian tradition.

True meditation, what to look for

Our exploration of ego and conditioning seems to imply that we cannot attain the absolute, using only our intellect or our mental activities. If we could find a way of being totally alert and aware without mental activity, this could be called true meditation or a state of thoughtless awareness. Let us continue our search in order to attain this state of thoughtless awareness, which has been described in several Sanskrit texts.

Meditation is something which is talked about everywhere nowadays. We can see that any way of calming the mind will be beneficial to health and well being. Scientific studies show that when people use various techniques of meditation there is a lowering of adrenalin and cortisol in the blood stream, and a calming effect is one of the results. Adrenalin suppresses the body's immune mechanism, so any reduction of adrenalin will allow the body's defence mechanisms to function better. But most modern meditation involves visualisation and suggestion which is still on a mental level. As soon as one stops these techniques the adrenalin secretion again starts, in other words you would have to be sitting in meditation constantly to gain maximum benefit from these techniques - quite impractical.

Can we find a practice of meditation which requires no mental activity, no visualisation and continues to work throughout our daily lives without any conscious effort? If we could find a form of meditation which would give us this state of thoughtless awareness, what should we expect to get from it? We should first of all expect our mental and physical health to improve, our physical circumstances in life should improve. We should gain an insight into the nature of reality and how we fit into the scheme of things.

One has to be very careful here. There are many unscrupulous sects, cults and even mainstream religions which exploit people's desire for

True meditation, what to look for

truth. Every week one hears of this or that cult brainwashing, dominating its followers, taking all their money and destroying their families.

So the source of this meditation we are looking for must be non-profit, and not business oriented. It should help the individual to be totally in charge of his own mind and to develop self mastery, deep wisdom and autonomy. It should be universal in that all cultures, races, socioeconomic groups can equally participate. Individuals practising this meditation should be able to live normal lives in all spheres of society.

There should be reliable means to verify quickly that what you are doing is good for you. There should be no rigidity or fanaticism. No blind faith, no fundamentalism, but a harmony with natural laws and forces. It should have an integrating, harmonising influence on society, not divisive or isolationist.

The teachings should be consistent with the principles espoused by all the incarnations, great prophets and seers. Then we must observe closely the followers of this form of meditation. Have their lives improved since doing this? Are they normal looking people, or do they look like subservient zombie-like clones? Are they involved in all walks of life? Do they have harmonious families? Are they calm, open, happy and compassionate, or are they secretive and exclusive? As we explore further into the nature of reality, we will hopefully get a better idea of what we should be looking for.

A deeper exploration of reality

In this chapter we will explore the underlying subtle mechanisms of nature. The following information has been put together from lectures and talks of Her Holiness Shri Mataji Nirmala Devi. It is a rediscovery of knowledge from many ancient sources. The information regarding spirituality, self realisation and the subtle energy system is also based on the teachings of Shri Mataji Nirmala Devi, who is the founder of the Sahaja Yoga system of meditation. This system allows the individual to test for himself the truth or otherwise of the information.



Shri Mataji Nirmala Devi, founder of Sahaja Yoga

Born in 1923 in Chindwara India, Shri Mataji knew from a young age that she had a unique gift which had to be made available to all people. As a girl, Shri Mataji was a youth leader in Gandhi's freedom movement. Gandhi often consulted her on spiritual questions.

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She later studied medicine at a Christian medical college in Lahore. Beloved mother and grandmother, she is married to Sir C.P. Srivastava, recently retired secretary general of the U.N. Maritime Organisation. Since 1970 Shri Mataji has kept a busy schedule travelling around the world, teaching techniques of Sahaja Yoga meditation. She has received recognition from several national governments. Thousands have acknowledged the value of her teachings by establishing centres in over 50 nations.

Shri Mataji has been honoured recently with membership of the Presidium of St. Petersburg Academy of Arts and Sciences in Russia. Einstein is another of only ten people to have been so honoured. It is only bestowed on people who have made a major contribution to human civilisation.

I will attempt to give as simple an outline as possible, to give the reader a general glimpse of the 'subtle system', and how everything around us ties in with this system. It will be a kind of quick guided tour into the fourth dimension. So, as before, have an open mind and don't accept everything blindly. Be prepared to question and enquire further. One should regard this chapter as a **general hypothesis** to be tested over time and through experience.

There is an underlying force which permeates all matter, and it is that which has created the universe and all its principles. For simplicity we will call this energy the 'divine force'. Why do we call our planet 'Mother Earth' or refer to Mother Nature? These expressions have come from ancient cultures that have had a deeper understanding of relationships between themselves and their surroundings. Putting it into very crude human terms, the creation is a kind of divine play being acted out between the male and female aspects, for the purpose of providing a reflection in form, of the formless. Remember this is just my simplistic rational interpretation. It is a subjective viewpoint based on my experiences and observations.

A deeper exploration of reality

From study of ancient cultures and mystical texts we start to get a glimpse of the underlying systems of nature. It seems that in ancient times, people were more attuned to the 'inner self'. We must accept that our intellect cannot hope to understand fully the meaning of reality. We can only slowly piece together the tiny clues like pieces in a jigsaw puzzle.

The underlying mechanism of creation seems to be based on three main principles: Passivity, Activity and Balance. Or we could say, desire, action and sustenance. All matter is made up of and operates through these principles. Positive, negative and neutral, or we could say past, future and present; male, female and neuter; left side, right side and centre. In atomic terms we have electrons (negative), protons (positive), neutrons (neutral).

'When we look at how this is expressed in the human being, we find a subtle energy system which supplies and controls the "life energy" to the physical structures of the body. This subtle energy system is made up of three main energy channels (Nadis) and seven main energy centres Chakras).

A left channel which corresponds with passivity, desire, the past and the left sympathetic nervous system.

A right channel which corresponds to activity, action, the future and the right sympathetic nervous system.

A central channel has a role in balance, the present and the parasympathetic nervous system. This parasympathetic can be dealt with in more detail later. These channels which run along the spinal cord are subtle energy pathways, and provide life force to the gross structures of the body.

Along these channels are concentrated subtle areas of energy called **Chakras**, in Sanskrit meaning 'wheel'. Each Chakra or energy centre

A deeper exploration of reality

has specific parts of the body to energise or to provide with life force. There are seven main Chakras. Each one corresponds with a major nerve plexus. Each Chakra has a quality which it imparts to the nature of the individual person. The Chakras also represent milestones in the evolutionary process, and their qualities have been awakened by the advent of a particular prophet or messenger.

If we look at ancient depictions of the subtle energy system (from diagrams that are thousands of years old), each chakra is drawn with varying numbers of petals. To our amazement we find that the number of petals for each chakra, corresponds with the number of major nerve plexuses in that particular part of the body.

Self Realisation.

In the region of the Sacrum bone in the spine, ('sacrum' comes from a Greek word meaning sacred), resides a coiled energy called **Kundalini**. It is a reflection of the female creative force and has several roles to play. One is to initiate and organise the healing processes of the body. Another is to fulfil the continuation of the evolutionary process.

When the time and circumstances are right, this Kundalini or dormant seed energy rises upward along the central subtle channel inside the spinal cord and passes through the Chakras, (energy centres), to the top of the head. When it passes through the fontanelle area of the skull, the individual becomes connected with the collective unconscious, (divine power, almighty, divine energy source, etc.). When this occurs, the individual feels physical sensations, usually coolness above the head and on the palms of the hands. Also a feeling of peace. Thus it is possible to confirm physically using the senses of the body that something has taken place.

After the awakening of this Kundalini, the individual undergoes a subtle change of consciousness. This process of Kundalini awakening

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can be called **self realisation** or second birth, or even true baptism. After self realisation, this process must be nurtured and established, just as one cares for a young seedling that has sprouted.

As this process is established more fully, the individual becomes collectively conscious. That is, one becomes sensitive to the integrating forces which unite all mankind to the source or creator. For the first time in the evolutionary process, large numbers of people are now able to be in touch with their own spiritual aspect and also of their surroundings. By being able to physically feel the state of their own chakras and those of others, realised souls have attained the interface between the physical and spiritual in their conscious attention. This process works without any kind of belief system or theories. It is a spontaneous natural condition.

The Kundalini rising from the Sahasrara Chakra area has been described in several ancient texts, as appearing like tongues of coloured flames or a fountain of colour cascading from the top of the head.

The above described process is a natural evolutionary stage which is everyone's right to achieve. The only requirements for self realisation to take place are firstly, an honest desire and readiness by a person to receive it and secondly, an established realised soul to awaken the Kundalini. We can compare this self realisation process to a natural chemical reaction. The requirements are first of all the correct ingredients, and secondly a catalyst to trigger the chemical reaction. In the same way the seeking individual must have the ingredients (a high level of earnest and honest inner desire), and the catalyst (a person who has self realisation), to awaken the Kundalini to achieve self realisation.

Shri Mataji Nirmala Devi has developed a technique whereby she is able to initiate this Kundalini awakening, 'en masse'. In the past,

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perhaps a handful of individuals attained this state after great efforts of purification and contemplation. But now it seems the time is right in the evolutionary process for humanity to acquire this state in large numbers.

Only when the individual has attained a certain level of awareness can he or she recognise the significance of this happening.

Through the practice of Sahaja Yoga, individuals receive and establish their self realisation. They are able to develop a strong connection and sensitivity to the natural forces around them. In other words they are tapping into the collective unconscious. The more strongly this connection is established, the more their lives are enhanced. Health and material circumstances significantly improve as they harmonise themselves with the ‘all pervading power’, or the ‘Divine’, or whatever term you would like to use. So through their inborn Kundalini energy, seekers of truth can tap into the collective unconscious.

There is an important principle to be understood. Attempts to connect with the collective unconscious via tantrism, black magic, psychic or other unauthorised avenues are dangerous, and go against natural evolutionary processes. Only by correctly awakened Kundalini can an individual auspiciously and safely become united with the higher consciousness. As we elaborate further on the workings of the ‘fourth dimension’, the reader will increasingly become aware of why great care must be exercised when seeking this higher state.

When we undergo extremes of behaviour or activities that are unbalanced, our attention moves into the deeper levels of the **collective left or collective right side**. In these deeper levels exist psychic entities which are caught at various stages of upward or downward progress. We can visualise these stages as strata of heaven in upward direction and strata of hell in downward direction. (Remember, keep

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an open mind). By attracting these psychic entities with our attention we create a bridge for them to move into our own subtle energy system. If a person is very aggressive, ambitious, futuristic, dominating of others (in other words 'right sided'), he or she will attract similarly inclined entities. These entities attach themselves to the Chakras of the person and can in the short term enhance and empower the desire of the person. We can say the person is 'possessed'. These possessions are very unpredictable and dangerous. They lead the person further down the path away from balance and enlightenment.

However, a person who dwells in the past, or is very emotional, places their attention into the 'collective left side'. And in the same way as for the right side, other psychic entities may move across on to their Chakras, with subsequent acceleration of downward destructive movement.

Once we attract these entities they are very difficult to remove. Psychic practices such as fortune telling, seances, astral travel etc., all attract these psychic entities, with potentially dangerous results. As mentioned before, some religious practices also attract these same entities, with subsequent problems.

It is interesting to note that the ancient Greeks and possibly their ancestors had an understanding of the subtle energy system. We can find clues in anatomical names which have come from ancient languages. The two most astounding are the sacrum bone and the fontanelle region.

Why would the Greeks call the sacrum bone or sacred bone so, unless they knew it was the abode of the Kundalini? And why would the fontanelle or fountain region be so named? Did the ancient Greeks know that the Kundalini when it rose via the central subtle

A deeper exploration of reality

channel and pierced the fontanelle area, had the appearance of a multicoloured fountain?

So what have we absorbed from this outline of the subtle energy system? Firstly, there is more to us than what we detect with our physical senses. Secondly, the exploration of the deeper realms must be undertaken with a certain degree of courage, discrimination and caution. And thirdly, truth must be experienced through our physical senses. If we cannot prove our imagined concepts through our central nervous system, then these concepts are not reality.

A more detailed view of the human subtle energy system

Modern medicine is gradually beginning to discover that the way we behave affects our health. The so called psychosomatic and stress related diseases, indicate a link between behaviour and health. All disease begins with an imbalance of the subtle energy system. By becoming sensitive to its workings, one may correct the imbalances in the subtle energy system. It is possibly the most holistic system, because it encompasses and integrates not only our individual selves, but the entire cosmos. Sociological, political and ecological problems all relate back to the microcosmic and macrocosmic aspects of the subtle energy system.

As previously mentioned, the subtle system is made up basically of three energy channels (Nadis) and seven energy centres (Chakras). A self realised person can find out quickly the state of their subtle system (Nadis and Chakras) and that of other people, by sensing the effects on the nerves of the hands, fingers and other parts of the body.

Nadis or Channels

1. Ida Nadi or Left Channel

This is also known as the moon channel. It runs on the left side, and in the gross body it is represented by the left sympathetic nervous system. It runs from the Mooladhara Chakra up the spinal cord to the Agnya Chakra. At this Agnya Chakra it crosses to the right side of the brain, forming the 'super ego'. Ida nadi represents the power of desire of an individual. It stores all of the past, and connects us with the subconscious mind. Going further outward on this left side

A more detailed view of the human subtle energy system

channel we have the collective subconscious where exists all that has been in the past. Here reside psychic entities (dead spirits) in various strata of 'vibration'. The flow in this channel is affected by conditioning, superstition, feelings of guilt, Tantrism and sexual perversion. People who become 'left sided', and think of the past, are very emotional, prefer darkness and are introverts. The eventual end result for these people in extreme cases is a variety of 'left sided diseases' such as cancer.

2. Pingala Nadi or Right Channel

Known as the sun channel, it is on the right side of the subtle body, corresponding to the right sympathetic nervous system in the gross body.

Starting from Swadisthan Chakra (in the hip area), it ascends up the right side to the Agnya Chakra where it crosses to the left side of the brain area, forming the 'ego'. This channel represents our action side and is involved in thinking, planning and the future. Right sided people are aggressive, ambitious and dominating. Going further out in the right side we have the 'collective supra conscious'. Here dwell psychic entities of an egotistical, ambitious type.

3. Sushumna Nadi or Central Channel

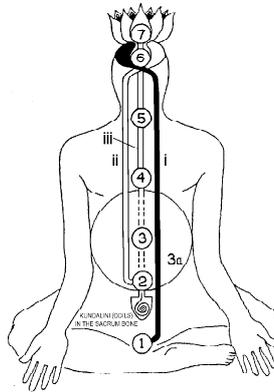
As our desires emerge there must be a mechanism to sustain them. In other words, when we formulate desires (from left desire side) and put them into practice (from right action side) the central channel (via Kundalini) provides the mechanism whereby these desires and actions are registered in the collective unconscious. This aggregate of movements (via our free will), determines the direction of our evolution.

A more detailed view of the human subtle energy system

Within this central channel there operates the sustaining force which enables the evolutionary process to proceed. This central channel represents the present and the parasympathetic nervous system on a gross level. This channel is relatively undeveloped in most human beings, but can be activated in those who “desire” it .

A more detailed view of the human subtle energy system

The Subtle Energy System



Chakras

7. Sahasrara Chakra (Limbic Area)
6. Agnya Chakra (Pineal & Pituitary Glands)
5. Visshuddhi Chakra (Cervical Plexus)
4. Anahata (Heart) Chakra (Cardiac Plexus)
3. Nabhi Chakra (Solar Plexus)
2. Swadhistana Chakra (Aortic Plexus)
1. Mooladhara Chakra (Pelvic Plexus)

Nadis (Channels)

- i Ida Nadi (Left Channel)
- ii Pingala Nadi (Right Channel)
- iii Sushumna Nadi (Centre)

Chakras

Each Chakra has a central, a left and a right aspect.

Mooladhara Chakra

This subtle energy centre is below the bottom of the spinal cord. It gives life force to organs of reproduction and excretion and pelvic plexus. Its qualities are wisdom and innocence.

Mooladhar

The position of the Kundalini in the Sacrum Bone

When the foetus (child in womb) is 2 - 3 months old in the mother's uterus, a column of rays of consciousness emitted through the 'all pervading life energy', pass through the brain to enlighten it. The set of rays that fall on the anterior fontanelle region (apex of the head known as taloo) pierce in the centre and pass straight into the medulla oblongata, and from there to the spinal cord (Sushumna Nadi). This energy, after leaving a very thread-like thin line in the medulla oblongata, settles down in 3 ½ coils in the sacrum bone at the base of the spine. This is the abode of the primordial 'female divine energy', or Kundalini.

Swadhistan Chakra

Its qualities are creativity and aesthetics, and it gives life force to organs related to the aortic plexus. It is associated with water and fire elements. The left component of this Chakra is responsible for pure knowledge. The main function of this Chakra is to control the mechanism of nutrients to provide energy for brain neurones. When an individual thinks and plans too much, is too ego oriented or over dominating, the right component of this Chakra is strained, resulting in imbalance and disease. Diabetes and heart problems are the most

Chakras

common diseases due to right Swadisthan imbalance. When the left Swadisthan Chakra is damaged, one becomes very emotional and moves into areas of subconscious and collective subconscious. As a result, mental diseases can follow.

The left Swadhistan is where negative entities like to attach themselves so that they can gain control of the left (desire) side.

Nabhi Chakra

This Chakra is involved in the sustenance and material well being or satisfaction. It is also the point where inner laws of 'dharma' or codes of behaviour are manifested. In the gross body this Chakra gives life force to the organs related to the coeliac plexus, and is associated with the water element. The right component of the Nabhi Chakra is involved with material situation, money, husband's role in the family. The left component is involved in more female aspects of well being, such as role of wife, nurturing, calming influences in the family, etc.

When affluence is present, one can rise above the 'Lakshmi principle' towards the 'Mahalakshmi principle' which is the higher evolutionary stage relating to this Nabhi Chakra.

Void

This is an area of outside influence. It represents that vacuum which separates our level of awareness from the truth while we are still in the unenlightened state. When the Kundalini ascends and fills this space, our attention is let out of the 'ocean of illusion' into the awareness of reality.

This area is present around the Nabhi Chakra, and incorporates all aspects of existence such as personality, astrological influences, our dharma and physical sustenance.

Chakras

Void is the abode of the 'Guru principle'. Ten 'Gurus' incarnated at different times in the evolution of the species, to assist in the ascent and balance of humanity. They are: Abraham, Moses, Raja Janak, Socrates, Lao Tse, Confucius, Zoroaster, Mohammed Sahib, Guru Nanak and Sai Nath of Shirdi (late 19th Century).

When Kundalini enlightens the Void area during ascent, then one becomes his own Guru. When one goes to extremes of behaviour, the principles of the primordial masters described above are damaged. Christ described evil spirits which possess those who become lost in these areas. False gurus use methods of spirit possession to dominate their followers. The spirit possession acts like a parasite and needs to come into the physical world (and attach to someone) to fulfil its tendency. These spirits contaminate the Chakras and filter their 'desires' through the human mind. For example, an 'alcoholic spirit' satisfies the desire for alcohol by possessing a person who has a liking for alcohol. The spirit keeps sending 'subliminal messages' to the person to have more drink, thus satisfying the spirit's 'tendency'.

Heart Chakra

The heart is the central point of the creation, and hence all Chakras are subservient to it. It could be compared to a power house and from it energy flows to all the different parts of the body. The heart Chakra is the seat of the spirit, the ultimate source of all power, manifested as Shiva. A blockage in any Chakra will put some pressure on the heart as well. In the gross body it gives life force to the cardiac plexus, and is associated with the air element.

The main function of the central part of the heart Chakra, is to guide the production of antibodies to fight diseases (in children up to age 12) . If this subtle centre is damaged, insecurity and fear result. The left component is related to motherhood, so any situation where the role of the mother is inadequate or threatened, results in damage to

Chakras

this centre. The right component is related to fatherhood and as above, if problems are experienced in any situation relating to one's father etc, problems will occur.

Visshuddhi Chakra

Collectivity, communication, diplomacy are the main qualities of this Chakra. In the gross body it gives life force to the cervical plexus, and it is associated with the 'ether' element.

The left component of this Chakra is related to self respect and 'inward directed' attitudes. If one feels guilty this Chakra is affected. The right component of this Chakra is related to 'outwardly directed' attitudes. If one aggresses or dominates others, speaks harshly, this will damage this Chakra. Thus diplomacy, compassion, tact and generosity are all necessary for this right Visshuddhi Chakra to function properly.

Agnya Chakra

Three great incarnations came at the time of the awakening of the Agnya Chakra. They were Buddha, Mahavira and a little later, Christ.

Buddha spread the message of compassion and non violence. He introduced the science of self balance and piercing of the ego. He achieved Self Realisation under the Banyan tree when he ceased using the Ego, i.e. he surrendered to God.

Lord Mahavira preached non violence to the self, and allowing a serene mind to overcome superego.

Christ came to establish the principle of forgiveness and compassion. This established the potential for humans to clear themselves of past sins and past karmas. This was a major milestone for humanity.

Chakras

Agnya Chakra is associated with the light element and gives life force to the optic chiasma region. On the right side of the brain we have the superego and on the left side of the brain we have the ego. All negative thoughts, 'lustful eyes', and lack of forgiveness damage this Chakra. Also too much thinking, rationalising and dominating others with concepts and thoughts will also have a disturbing effect on this energy centre.

Sahasrara Chakra

Its gross expression is in the limbic area of the brain. It integrates all the other six Chakras. This Chakra was opened in MAY 1970 by SHRI MATAJI NIRMALA DEVI. The opening of this Chakra makes possible the widespread self-realisation of humanity, resulting in integration of cultures and societies as one 'human family', and world harmony.

The connection of microcosm and macrocosm

This chapter covers a quite subtle and difficult concept. It should be regarded as a hypothesis based on general observations. It is intended to give food for thought and stimulation of discussion.

The subtle energy system in humans is a sort of blueprint or map of the entire creation. We can call this the microcosm. This conclusion can be reached by observing continual patterns which keep emerging in all things. It is also in keeping with the principles of the Gaia hypothesis, as described in the chapter on environmentalism.

The seven Chakras or underlying 'life force' centres, each have a quality or principle to impart to the individual human. Just as we humans have seven underlying subtle centres (Chakras) providing life force to our physical bodies, so too the planet earth operates on a similar principle.

The different countries and regions of the earth have qualities and subtle features which correspond with the Chakras in humans. Let us take for example one particular Chakra, the Visshuddhi or throat Chakra. In humans this subtle centre gives life force to throat, neck, arms, mouth, ears, etc. Its underlying principles put simply are communication, relationships, diplomacy. So how we speak and relate to one another affects the condition of this Chakra. If we speak harshly to, or aggress others, the right component of this Chakra will be affected. If we aggress ourselves in various ways such as feeling guilty, the left component of this Chakra will be affected.

In the macrocosm or larger realms, the area of the earth corresponding to the throat Chakra in humans is America. North America being the right component and South America the left. The U.S.A. is in a position where it tells the world 'what to do'. Look at the media industry and Hollywood. The world watches and copies themes

The connection of microcosm and macrocosm

promoted by the U.S. media. Look also at how USA. is becoming the 'world policeman'.

The qualities of the Chakras both in humans and on the world population level, can be expressed for 'good' or for 'bad'. By 'good', I mean for the ascent of human evolution, by 'bad', I mean for the opposite. So the U.S. has a responsibility on a much wider scale to express its communication quality for the advancement of human society. The positive qualities would be things such as movies with uplifting human themes, and militarily to enforce peace processes worldwide.

On the other hand, if the negative aspects of this Chakra are expressed, movies with regressive themes of violence and depravity are churned out which stifle and confuse humanity worldwide. Also, instead of enforcing peaceful outcomes, the U.S. military establishment and arms industry can stimulate conflicts worldwide so as to create a market for its military hardware.

Each country of the world has a Chakra quality to express. The way in which the quality is expressed, of course depends on the behaviour of its population. As individuals, humans grow in their awareness, they impart this awareness collectively to their society. As we discussed before, when people in the USA become critical of the 'wrongs' of their society and change them, these changes flow through to the rest of the world.

Looking again at the 'collective unconscious', the behaviour patterns progressing in strength from individuals, then to groups, then to societies are pooled in this 'collective human memory', and permeate through to every member of the species. So when the U.S. is expressing its communication quality it affects every human being on earth, as does every other society expressing its particular Chakra quality.

The connection of microcosm and macrocosm

Individuals in all of the world's societies make their contribution to their culture in a variety of ways. A person who just goes along with the cultural flow, be it good or bad, is making little impact on the progress of that particular society.

Moving along to that special category of people we call 'seekers' who are critical of backward, stagnant aspects of their culture, these people have an influence which can trigger off a change in that society. Going one step further, seekers who have received 'Self Realisation' (Kundalini awakening) and have become 'collectively conscious', have a very strong positive catalytic effect on the society around them. This is because there is a strong direct line of communication between them and the 'collective unconscious'.

The logical conclusion to the above process is a world living more in harmony and balance. The processes are certainly manifesting throughout the world today, with seekers receiving self realisation in most nations of the world.

Some people may be pessimistic when they see the turmoil in places like Yugoslavia, AIDS epidemics, breakdown of family units, sexual confusion, etc., but this may be part of the sorting out process necessary for human evolution. This sorting out is going on very rapidly, deep seated regressive cultural obstacles are being pushed to the surface, exposed and worked out. The greater the number of people reaching this level of 'evolutionary maturity' to receive and to establish 'collective consciousness', the more rapidly the world will move towards the ideals of peace and harmony with nature.

Historical sources and knowledge of Kundalini

So that we may have a clearer picture of the significance and nature of Kundalini, I have included some interesting references from a wide cross-section of historical sources.

Kundalini

The word Kundalini is derived from a Sanskrit word 'Kundal' meaning coiled up. It is the primordial dormant energy present in 3 ½ coils at the base of the spine in a triangular bone called the Sacrum. The Latin name 'Os Sacrum' suggests that it is a holy or sacred part of the body. The ancient Greeks were aware of this and therefore they called it the 'Hieron Osteon', noting that it was the last bone to be destroyed when the body is burnt, and also attributed supernatural powers to it.

Egyptians also held this bone to be very valuable and considered it the seat of special power.

In the West, Sacrum is symbolised by the sign of Aquarius and by the Holy Grail, container of the water of life. The Kundalini, which is to nourish the tree of life within us, is coiled up like a serpent and therefore it has been called, 'The Serpent Power'. It has been described in great detail in the Upanishads. Kundalini Yoga is supposed to be supreme in all the Yogas. Guru Vashistha asserted that Kundalini is the seat of absolute knowledge. The awareness of the presence of this primordial energy Kundalini within the human body was considered by the sages and saints to be the highest knowledge. The Kundalini and Chakras have been vividly described in Vedic and Tantric texts.

Her Holiness Shri Mataji Nirmala Devi, while talking about Kundalini, quoted the work of Adi Sankaracharya. He lived in the 7th-8th

Historical sources and knowledge of Kundalini

century AD. and wrote, 'Having filled the pathway of the Nadis with the streaming shower of nectar flowing from the Lotus feet, having resumed thine own position from out of the resplendent Lunar regions and Thyself assuming the form of a serpent of three and a half coils, sleepest, thou, in the hollow of Kula Kunda (Kula Kunda means the hollow of Mooladhara Sacrum bone)'.

'Saundarya Lahari': 'Thou art residing in secrecy with Thy Lord (The spirit) in the thousand petalled Lotus, having pierced through the Earth situated in 'Mooladhara', the Water in Manipura, the Fire abiding in the Svadhithana, the Air in the Heart ('Anahata'), the Ether above (Visshuddhi) and 'Manas' between the eyebrows ('Agya') and thus broken through the entire 'Kula Path'. ' (Saundarya Lahari).

Gyaneshwara, another famous saint of Maharashtra born around 1275 AD, described Kundalini in the 6th chapter of his famous book 'Gyaneshwari'. He wrote, 'Kundalini is one of the greatest energies. The whole body of the seeker starts glowing because of the rising of the Kundalini. Because of that, unwanted impurities in the body disappear. The body of the seeker suddenly looks very proportionate and the eyes look bright and attractive and the eyeballs glow.' (Gyaneshwari, Chapter VI).

Saint Kabir around 1398 AD has also talked vividly about Kundalini in his poems. Guru Nanak Dev (born in 1496 AD) has made references to Kundalini awakening as mentioned below: 'A pure heart is the golden vessel to fill the Divine Nectar which is to be sucked from the 'Dasham Dwar' through the two channels 'Ida' and 'Pingala'. Dasham Dwar means Brahmrandhra, (Sahasrara Chakra).

'God has made this human body a house with six Chakras and has established the light of spirit in it. Cross the ocean of Maya and meet the eternal God who does not come, who does not go, who neither

Historical sources and knowledge of Kundalini

takes birth nor dies. When your six Chakras meet in line, Surati (Kundalini) takes you beyond distortions.’ (Sri Guru Granth). Note that the seventh Chakra was not open at this time.

In the Holy Koran, Prophet Mohammed Sahib talked of the day of resurrection when he says that the ‘hands will speak’. ‘That day, we set a seal on their mouths, but their hands will speak to us, and their hands bear witness to all that they did.’ When Kundalini awakening occurs, a flow of energy in the form of cool vibrations from the hands is experienced, and the various Chakras can be felt on parts of the hand and fingers.

Christians called it a reflection of the Holy Ghost, and worshipped its manifestations as tongues of flames over the heads of apostles during the Pentecost reunion. Moses saw it in the burning bush.

Her Holiness Shri Mataji in one of her lectures said that Kundalini is the energy which resides within and is the energy of the feminine aspect of God, the ‘Adi Shakti’ or Holy Spirit, which is stored within each of us since our creation.

Jesus says unequivocally in the Gnostic Gospel of Thomas and elsewhere, that ‘The Holy Spirit is My Mother’. ‘The Kingdom of God is within you’ (Luke 17:21).

In the Tao, Te Ching the primordial power is described as that of a mother. Lao Tze described Kundalini as the spirit of the valley (in which flows the Nadi of Sushumna). The spirit of the valley never dies. The spiritual instrument within us can be described as a microcosm (miniature form of creation) which links us with the Divine.

The great Buddhist masters considered that the existence of the path of liberation within a human being was the greatest secret. They transmitted it to a few deserving disciples. One also finds symbols of Kundalini in many different cultural legacies, such as Mercury’s

Historical sources and knowledge of Kundalini

serpent which is an alchemical symbol for the process of psychic metamorphosis. The Gnostics understood the serpent to represent the spinal cord.

According to Her Holiness Shri Mataji Nirmala Devi, Kundalini is also known as the Divine Power. This divine cosmic energy enters the foetus when it is only two and a half months old. The column of rays of cosmic consciousness pass through the rudimentary brain of the foetus, and become refracted into four diverse channels corresponding to four aspects of the Nervous System. They are (1) Parasympathetic nervous system, (2) Sympathetic nervous system (left), (3) Sympathetic nervous system (right) and (4) Central nervous system. The set of cosmic rays that fall on the anterior fontanelle bone of the foetus pierce in the centre and pass straight into the Medulla Oblongata, and then to Sushumna (spinal cord). This divine energy power leaves a very thin thread-like line in the Medulla Oblongata, and settles down in 3½ coils in the triangular bone called Sacrum, at the base of the spine (Mooladhara). Here this divine power is known as 'Kundalini'. This divine energy, after entering through the Anterior Fontanelle area (Brahmarandhra), precipitates on its way in the Chakras as well. As a result, these Chakras are filled by the divine energy and thereby become enlightened. Such enlightened Chakras are responsible for the precise, proper differentiation and growth of tissues into different vital organs, which then organise into systems according to their function. Surely such a marvellous feat is only possible through the Divine Power.

When the child is born and the umbilical cord is cut, a gap is created in the 'Sushumna' channel. One can see this gap between the Solar Plexus and the Vagus nerve. This gap is known as the Void in the Zen system and Bhava Sagar in Indian Philosophy. Later on when Ego and Superego develop and bloat like balloons, the Fontanelle region becomes calcified and the child is cut off from the all

Historical sources and knowledge of Kundalini

pervading divine power of cosmic energy. The human being identifies himself as a separate entity, and consciousness of 'I' (Aham) takes over.

As the connection with the cosmic energy is broken after the birth of the baby, the Kundalini in the Mooladhara becomes dormant, and that is the reason why it is called a primordial dormant energy. The 3½ coils of the Kundalini resemble a serpent, that is why in ancient Scriptures e.g. Gherandra Samhita, it has been described as Bhujagar Rupni (like a serpent). Some people call it the 'Serpent power'. In human beings it has many strands of energy (like a rope). This energy is twisted together to form 3½ coils of the Kundalini. According to Her Holiness Mataji Nirmala Devi, in a human being the strands are $3 \times 7 = 21$ raised to the power of 108. When Kundalini rises, only one or two strands out of this rise and pierce the fontanelle bone area. It has to pass through the innermost Nadi (Brahma Nadi). It is a spiral movement throughout.

In ancient Greek and later, Roman mythology, we find Asclepius, the god of healing. He is seen holding a staff which is entwined with a serpent (or sometimes two). Why did the Greeks relate this symbol to healing? The staff represents the central support of the human body or spinal cord. The one or two coiled snakes or serpents entwined around the staff, represent the kundalini which rises along the central subtle channel in a spiral double helical movement. It is interesting to observe the similarity between the kundalini moving in the form of a double helix and the structure of the DNA molecule, which has also been found to be shaped as a double helix.

Once again, the patterns of nature become apparent. On a microcosmic and material level, the DNA molecule which is the fundamental building block of all living matter, has a double helical structure. On a macrocosmic and subtle level the fundamental "life force" in the human body, the Kundalini, also moves upwards as a double helix.

Historical sources and knowledge of Kundalini

The Kundalini is there to nourish, to look after and to give an individual a higher and deeper personality. The power of Kundalini is absolute purity, auspiciousness, chastity, self respect, pure love, detachment, concern for others and enlightened attention, to give infinite joy and peace to an individual. Sahaja Yoga is the mechanism whereby Kundalini awakening can be experienced by all who desire it.

When we understand the significance and importance of Kundalini awakening, should we not ask the question, “Who is Shri Mataji Nirmala Devi, in whose presence the Kundalini is easily awakened?”

Reincarnation and Karma

Let's explore the subject of reincarnation. There is so much confusion about reincarnation. To try to disentangle some of this confusion we must constantly refer to our understanding of natural laws and phenomena.

Media personalities who are heavily on to the new age band wagon, deepen our confusion by their publications which describe how they may have been a great Red Indian chief in one life, a prime minister in another and an Eskimo in another. The confusion arises because they write books full of partial truth. These new age authors write of their experiences of past lives which they have discovered through psychic exploration. This psychic dabbling may be through spirit communication, past lives therapy etc. There is no doubt that when they describe these experiences they are certainly not making it up. They are communicating with aspects in the deeper realms of reality, but what?

It seems that psychic entities exist in the collective unconscious or deeper realms beyond our physical world. It is these entities which these psychic explorers tap into. The information they receive and the truth around it is very obscure and subject to misinterpretation.

Let's see if we can get a more accurate picture of reincarnation. The most credible sources of information I have come across, seem to indicate the following. When the heart of a human ceases to beat, the soul leaves the physical body. The Soul and Kundalini depart. The contents of the consciousness gather together in the Kundalini which starts reducing in size. Then the Kundalini leaves the body carrying the Chakras which are loaded with the content of the consciousness that is the Karma (diary or record), of this past as well as previous lives (total memory). Firstly the deceased in the Kundalini form attends the corpse for between three and thirteen days, longer it

Reincarnation and Karma

seems in cases of sudden death and shorter in cases of slow death. This highlights the traditional importance of funeral rites to appease the spirit of the dead. Then, depending on the contents of the Chakras and the condition of the Kundalini, the departing aspects become attracted by the field of energy corresponding to them, and proceed towards the related stratum of existence. In the 'realm of spirits', the 'Virata', or 'collective unconscious', there are many layers. The interaction between this abode and the individual consciousness determines the next human birth. At the time of the child's conception both soul and Kundalini incarnate again.

Karma

On the sub human level, the soul moves through a series of increasingly complex bodies until at last a human birth takes place. Up to this point the soul's growth is virtually automatic. It would seem that at each successive birth a greater degree of complexity is added to accommodate the rising attainments of the soul in its journey.

As mentioned throughout this book, these observations are intended to give a hypothetical overview, not some kind of conclusive proof.

At the human level, the automatic mode of escalation by the soul comes to an end. At last the soul as a human has reached the stage of self consciousness and with this comes free will, responsibility and desire.

The mechanism which describes the human soul's pathway is called Karma. We can roughly describe Karma as a moral law of cause and effect. Just as science studies cause and effect, providing us with causal relationships of the physical world, laws of Karma follow similar patterns.

Reincarnation and Karma

Each act we direct upon the world has its equal and opposite reaction on us. Each thought and deed registers in the collective unconscious, with a resultant effect on our destiny.

Certain religious groups that believe in the principles of Karma accept total responsibility for their present predicament. They do not look for excuses to lay blame on someone or something. Blaming failures on bad luck and waiting for good luck to bring future success, would be regarded in the light of Karma as extremely immature.

Karma should not be implied to be fatalism. Every decision has its determined outcome, but the decisions are freely arrived at. The movement of a soul through many lifetimes is guided by its choices, these in turn being decided by what the soul wants at each particular stage of its journey.

As previously mentioned, the principles of Karma seem to work on an individual and collective level. Cultures and religions that place many generations of collective attention, by cultural practice, on past destruction and persecution should not be surprised when their ongoing history is a continuous stream of misery.

As the soul progresses on its zig zag course of growth, it is gradually less attracted to physical objects and stimuli. The conquests of wealth, fame and power become less important. All desires which lead to the gratification of the ego, tend to insulate the attention from the true self, the spirit. As the ego becomes more and more bloated, it can require calamitous life experiences to deflate it.

As we relate more to our inner selves and less to the outer external world, a sense of detachment and clarity develops. Detachment from the physical does not mean one must be externally deprived of all material objects. A priest who spends all day praying and seems superficially to be detached, may harbour internal material and

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sensual desires. Conversely, a man may lead an active life in a position of responsibility and surrounded by wealth but if he is truly detached, he can use his surroundings as well as any other, in his spiritual growth.

In the light of the above mechanism, we can see how the accumulated experiences of the soul determine the next point of incarnation. In the physical genetic world, species evolve, gradually increasing in complexity and diversification. You don't find a fish suddenly giving birth to a whale or a cat giving birth to a dog. So too in the evolution of the spiritual aspect, there is a gradual movement. Generally, it seems that incarnations continue taking births in the same family or social group. But, exceptional experiences during a lifetime may mean a dramatic change of direction in the next lifetime. Incarnations do not go from one extreme to the other except in very rare circumstances. A spirit which has reached a very high level of development in the strata of the Virata may choose to take a birth at a particular point in response to a specific situation.

The prophets and sages were great souls who took birth at particular places and times. This is one way in which the collective unconscious reacts in response to the collective desire of humanity. You could say it's like a vacuum which forms, and something appropriate invariably fills it.

I would like to include the reflections of Tom Bass, a well known Australian sculptor whose reflections particularly impressed me, in that they were very much in keeping with the ancient traditions of karma.

“When I was 68, I was full of incomprehension still. I was sitting at the table and I got a sudden flash of explanation. Everything that happens has meaning. There's no question of sorting out and saying this is dreadful, God shouldn't have allowed this to happen. As I got

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that thought, I got an image of a water worn pebble which began existence as a jagged piece of stone, then had countless encounters with other objects- some could have been catastrophic- which finally shape it. And everything becomes the essence of the shape it is, or was.

”If I have a pearl of wisdom to give you, it is accept that change is the most important and sacred thing there is. Then you are flexible. You have to lie back in the arms of the universe in an attitude of divine nonchalance, because believe me, once you begin to trust, the whole universe changes.

“You have to trust that happiness is an inevitable outcome of living in these terms. Trust the process. And there’s no quick fix, so be patient...People get desperate because they are disappointed in their expectations. They’ve built up an image of where they should be, and when it doesn’t work out, they are disappointed and they miss out on what is happening.”

Above passage taken from Sydney Morning Herald, 13-12-94.
Journalist Anne Susskind’s article in “Spectrum” on the wisdom of elderly Australians.

***Some interesting observations from
'The Aquarian Gospel of Jesus the Christ'***

First published in 1908, 'The Aquarian Gospel Of Jesus The Christ' is full of incredible insight into the life and times of Jesus of Nazareth.

Written by Levi H. Dowling from 'Akashic records', which seems to be a form of intuitive, meditative writing.

As a young man Jesus travelled to Greece, which was highly regarded in the arts, sciences and intellectual achievements. In the following excerpt he addresses a gathering of Greek masters.

In this speech Jesus very clearly describes Kundalini awakening and its role in union with divinity.

14. I come not here to speak of science, of philosophy, or art; of these you are the world's best masters now.

15. But all your high accomplishments are but stepping stones to worlds beyond the realm of sense; are but illusive shadows flitting on the walls of time.

16. But I would tell you of a life beyond, within; a real life that can not pass away.

17. In science and philosophy there is no power strong enough to fit a soul to recognise itself, or to commune with God.

18. I would not stay the flow of your great streams of thought; but I would turn them to the channels of the soul.

19. Unaided by the Spirit-breath, the work of intellection tends to solve the problems of the things we see, and nothing more.

Some interesting observations from 'The Aquarian Gospel'

20. The senses were ordained to bring into the mind mere pictures of the things that pass away; they do not deal with real things; they do not comprehend eternal law.

21. But man has something in his soul, a something that will tear the veil apart that he may see the world of real things.

22* We call this something, spirit consciousness; it sleeps in every soul and cannot be awakened till the Holy Breath becomes a welcome guest.

23* This Holy Breath knocks at the door of every soul, but cannot enter until the will of man throws wide the door.

24. There is no power in intellect to turn the key; philosophy and science both have toiled to get a glimpse behind the veil; but they have failed.

25* The secret spring that throws ajar the door of soul is touched by nothing else than purity in life, by prayer and holy thought.

26. Return, O mystic stream of Grecian thought, and mingle your clear waters with the flood of Spirit-life; and then the spirit consciousness will sleep no more, and man will know, and God will bless.

27. When Jesus had thus said he stepped aside. The Grecian masters were astonished at the wisdom of his words; they answered not.

Notes:

22* 'sleeps in every soul' Kundalini lies in a dormant state till awakened.

23* Man must rise in consciousness to a point where he is ready in his free will to receive self realisation. Holy Breath is the physical manifestation of Kundalini awakening.

Some interesting observations from 'The Aquarian Gospel'

'Ruach' in TORAH. (Divine wind)

25* 'secret spring' is Kundalini

I recommend that the reader obtain a copy of the above book for further exploration.

Conclusion

Our discussion of science and the powers of human reason should have highlighted the limitations and dangers of the purely rational approach. However we must use and expand our knowledge of the physical world, in order to broaden our awareness and thus minimise superstition and blind faith.

After all, because the rational mind is capable of almost infinite interpretation, our search for unity and absolute must surely transcend this mental level.

The insights from Eastern tradition should hopefully open our eyes to another dimension to be explored. After centuries of external growth and exploration of the physical world through science and materialism, it is time to look towards internal growth. I firmly believe that only when we explore within, will we find the key to bring about that elusive goal of world harmony.

As more and more people attain their self realisation, and in the process develop a oneness with the all pervading power of God, traditional religions may become less relevant. Self realised individuals do not require membership of a religious institution, nor do they require an intermediary priesthood to connect them with divinity.

Some traditional religions provide community services such as social welfare and charity. With growing numbers of self realised people in the community, we will see increasing positive social changes. There will also be an increasing awareness in the general community, of the causal links between behaviour and disease. Deeply entrenched negative cultural behavior patterns (misguided sexuality, smoking, alcohol and gambling, hard drugs etc.), will gradually be rejected by the general community.

Conclusion

In modern society we see how the cult of the individual leads to selfishness and egocentricity. We also see collective behaviour expressed as belonging to some sort of group such as a religion, culture or club. This is collectivity in its most narrow and artificial form. Through the practice of Sahaja Yoga one gradually becomes a true individual on the one hand, and truly collective on the other.

You may wonder how one can be a singular and plural personality at the same time. A singular personality or ideal individual has a direct connection with the 'natural creative force'. No 'middle man' or religious intermediary is necessary.

An ideal plural or collective personality is 'one with the whole'. Such a person feels the oneness of himself and every other living thing. This can be called true collectivity. It is a natural state, not an artificial system of belief. It is only when human beings attain this state of true autonomy that world harmony will ensue.

I believe Sahaja Yoga is the evolutionary breakthrough which will open up this pathway for humanity.

The knowledge in one's brain is not the end product, it achieves nothing. Accumulated information merely leads one closer to the point of recognition of the purpose of this information. It's a bit like having a bottle full of medicine. You may study the label, believe strongly that it is good, research everything about the medicine, its chemical structure, ingredients, side effects, brand, price, etc. etc., but only when you actually take the medicine will something significant take place.

So this book is an invitation to **actualise the experience of self realisation**, not merely learn and talk about it. If you feel it is what you would like to achieve, please contact a Sahaja Yoga centre where programmes are held on a regular basis. There is never any charge for

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self realisation, nor is there any obligation to join any kind of organised structure.

Indifference and apathy are some of mankind's biggest obstacles. Our growth as individuals and that of humanity in general can only occur through the exercise of our free will, and our enlightened desire for movement forwards.

For Sahaja Yoga Centres please consult your telephone directory.

In the White Pages, look under 'Sahaja Yoga'. In the classified directory, Sahaja Yoga Centres are listed under 'Relaxation Therapy' or 'Yoga'.

Glossary

Adi Guru	Primordial Master
Adi Shakti	Primordial Power, Power of God the Almighty
Archetype	Model, form, fundamental symbol
Atman	The Self
Auspiciousness	The Quality of being tuned to the Unconscious
Avatar	Divine incarnation
Brahman	God as undifferentiated, all pervading consciousness
Chaitanya	Divine Vibrations, life force
Chakra	Subtle centres of energy within the human body
Collective consciousness	State in which the awareness encompasses other beings
Collective subconscious	Superego of the Virata, realm of dead, i.e. spirits.
Collective supraconscious	Ego of the Virata
Cosmos	The total field of the creation, the universe
Deities, devatas	Aspects of God
Dharma	Righteousness as the sustaining factor of ecology and evolution

Glossary

Dhyana	Meditation, fixing of attention
Ego	Side of the Psyche which manifests and develops the sense of individual identity
Guru	Teacher, Master
Hatha Yoga	Yoga of the Sympathetic nervous System
Ida Nadi	Moon channel, left side, presiding over emotions, the past. Desire
Kabbalah	Mystical texts in Judaism
Karma	Consequence of past actions
Kundalini	Reflection of the Holy Spirit within man, which awakens under the right conditions
Mandala	System of awareness energy around a Chakra
Mataji	Holy Mother
Maya	Illusion, delusion, confusion
Microcosm	The total field of the human condition, the mini universe
Nadi	Channel
Ontology	Province of philosophy studying Being
Paramatman	The Universal Unconscious
Parama Chaitanya	All pervading Divine power
Parasympathetic	Part of the Autonomous nervous system balancing and restoring the energy

Glossary

Pingala Nadi	Sun channel, right side, presiding over physical and mental activities, the future
Psychosomatic	Instrument controlling the physical and psychic bodies
Sahaja	Spontaneous, inborn
Satan	Collective principle of evil, negativity
Self	God within man
Self realisation	Opening of the Brahmarandhra, (Sahasrara Chakra)
Shakti	Power
Subconscious	Field of Ida Nadi and the Superego
Subtle system	Chakras and Nadis
Super ego	Side of the psyche which stores conditionings, past experiences, habits
Supraconscious	Field of Pingala Nadi and the ego
Surrender	Disposition, attitude leading to the opening of the Sushumna Channel
Sushumna nadi	Central channel of evolution and revelation
Unconscious	see Universal Unconscious
Tantra	Instrument (i.e. human body)
Tree of life	The Sushumna Nadi and the Chakras
Universal Unconscious	Mind of the Virata

Glossary

Vibratory awareness	Awareness of the Chaitanya, physical sensations on the hands, fingers and body of the various Chakras and Nadis
Virata	The Great Primordial being, God manifested
Yantra	Technique
Yoga	Union

Acknowledgments

1. Lectures and talks of Her Holiness Shri Mataji Nirmala Devi.
2. 'The Advent'. Author, G. De Kalbermatten.
Publisher: The Life Eternal Trust Publishers.
3. 'Medical Science Enlightened'. Author, Professor Umesh C. Rai.
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4. 'Understanding the Present'. Author, Bryan Appleyard. Publisher:
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5. 'The Aquarian Gospel of Jesus the Christ'. Author, Levi.
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6. 'The Hundredth Monkey', by Ken Keyes, Jr.
Publisher: Vision Books.

BACK COVER

A fascinating look at how we can find an interface between the physical world and the supernatural and spiritual. The author moves from classical scientific phenomena and the bizarre world of quantum physics to religion, yoga and mysticism.

It is certainly a book for people who are looking for answers to the proverbial, “What’s it all about?”

The answers are profound, thought provoking and revolutionary.