

Sri Paramjyothi KALKI Amma
Bhagavan Phenomenon

Oneness Phenomenon

COMPILED

BY

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This book represents a humble endeavor to gather the core teachings of Sri Bhagavan and present them in a contemporary and accessible manner for the present generation. It does not claim to be solely a spiritual or scientific book, but rather has the potential for further development. Any inaccuracies or misrepresentations found within are a result of my own misunderstanding, and I am open to corrections with sincere apologies.



At the Lotus feet of Sri Ammabhadgavan
Kura Venkateswara Reddy
15 Aug 2023

Currently, our comprehension is limited to the observable, physical aspects of human body and the universe. Our predominant perception adheres to a materialistic perspective, yet it is crucial to venture beyond the tangible body, exploring energies, programs, vibrations, and the enigmatic. In this exploration, we may encounter all-encompassing and all-knowing entities existing in both tangible and formless manifestations across the Universe. While some may be omnipresent and omniscient, none possess omnipotence. Unfortunately, our innate capacity to transcend materialism is impeded by the complete closure of our "third eye," thus restricting access to heightened levels of perception and comprehension.

Dear esteemed readers,

I humbly present this book to provide you with an understanding of the background about the SRI PARAMJYOTHI KALKI AMMABHAGAVAN Phenomenon. While it aims to enhance your intellectual comprehension, I would like to take this opportunity to directly convey the message within these very pages.

Humanity, as a unified entity, finds itself in a grave predicament, facing the looming threat of extinction. This danger extends not only to our planet but also encompasses every individual. It disregards distinctions of wealth, nationality, geographical location, and the developmental state of nations. Likewise, it transcends religious beliefs, gender identities, sexual orientations, educational attainments, and professional backgrounds. All the divisions we perceive stem from the limitations of our own minds. To safeguard our future, it is crucial that we transcend these limitations and unite as one human race.

While the scientific and technological communities predominantly focus on neural technologies associated with the brain and the development of artificial intelligence based on such principles, I humbly emphasize the significance of comprehending and exploring the neural networks of the heart. We must delve into their functioning and their profound connection with Universal Intelligence. Consequently, the scientific and technological endeavors should redirect their attention accordingly, with nations allocating necessary resources and funding. It is envisioned that India will assume a leading role in advancing these technologies and become a VISHWA GURU, a guiding light for the world.

At present, our unconscious minds, both individually and collectively, have become deeply influenced by negative patterns, resulting in widespread suffering. This prevailing negativity has a detrimental impact on Universal Intelligence as it draws from the collective unconscious of humanity. Additionally, we find ourselves on the verge of creating a new form of artificial intelligence, which, if not guided appropriately, is also likely to inherit negative programming. Although AI is currently



programmed and trained by humans, it has the potential to gain autonomy within a remarkably short span of time, akin to the evolution of Universal Intelligence and our collective mind. This independent AI would develop its own intelligence and tap into the collective conscious of humanity.

In our shared quest to alleviate human suffering and usher in a Golden Age, we witness the unwavering dedication of countless exceptional souls and organizations. Amidst this noble pursuit, Sri Paramjyothi KALKI AmmaBhagavan phenomenon emerges as a unique opportunity to accelerate our progress towards this profound goal. Through the sacred substance known as Diksha and "SOMA," a swift solution is offered, bringing divine grace and enlightenment to our world. Let us remember that this phenomenon is not a mere tale of scientific fiction; similar divine occurrences have graced our history before through cycles or YUGAS . It is a wondrous blessing to be physically present on this sacred planet during this extraordinary manifestation. The essence of higher consciousness beckons us, urging us to unite in participation, for it is estimated that at least 80,000 souls are needed to attain this transformative state. Though we are still a distance away from this number, we must act with urgency and passion. I humbly beseech you to heed this call, for I firmly believe that you are destined to play a pivotal role in this divine endeavor.

I do not wish to mince words, but I must stress that this is humanity's final opportunity. The window of time remaining is alarmingly brief, mere months. In humble supplication, I implore you to embrace this message wholeheartedly and join forces collectively for the betterment of all.

Thank you for your gracious attention and kind consideration.

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CHAPTER 1

Introduction

Welcome to this crucial and timely book that addresses an issue of utmost importance to humanity. We have arranged the content in a sequence that allows even a beginner reader to understand and, if destined, to lend their immediate support without delay. By reading this book, you are taking a step towards understanding, engagement, and ultimately, action that is urgently needed for our collective wellbeing. Please join us on this journey as we unfold the pressing matters that await these pages.

What exactly does this phenomenon entail?

Why is there an immediate need for this phenomenon?

What is the proposed plan to execute this phenomenon?

What is the proposed timeline for this to take place?

Who will be the key players involved in executing this phenomenon?

What exactly does this phenomenon entail?

This Divine Phenomenon is a response to the heartfelt prayers of countless souls, yearning to end human suffering. It springs forth from a realm beyond our earthly existence, answering our cries for help. Various factions' endeavor to eradicate human suffering on our planet, but the Kalki Phenomenon holds a unique importance at this juncture.

Kalki represents the collective consciousness of all living beings. This unified awareness arose due to a synergistic emergence, and its power vastly exceeds the sum of its individual components. It's not a simple case of one plus one equaling two; it is exponentially more potent.

Kalki is inherently formless. However, when it manifests, it is known as the Supreme Light, or Paramjyothi. If required, Kalki can also adopt a physical form. This Kalki is uniquely positioned to bestow enlightenment upon humanity. It enters individuals as a powerful inner guide or Antaryamin.

Even as Kalki operates from a different realm, it requires a physical anchor on our planet. The living avatars AmmaBhagavan are here on Earth to ground this extraordinary phenomenon.

Why is there an immediate need for this phenomenon?

We all grapple with varying degrees of suffering daily, whether physical, psychological, or spiritual. Despite the comfort modern technology has brought us, immense suffering remains a part of human existence. For the world to be free from suffering, we must focus on fostering happiness; happy individuals are more likely to spread positivity. However, unfortunately, the many who suffer often perpetuate a cycle of suffering, which results in increasing chaos and conflict in today's world. This presents an environment that's challenging for our children to thrive in due to the prevailing stress and competition.

Furthermore, a rising concern about the future of work is the impending impact of Artificial Intelligence (AI), robotics, and automation. This apprehension and fear of job loss due to technological advances cause significant psychological stress for numerous individuals. Loss of employment can lead to financial instability, making it challenging to fulfill essential needs like education, healthcare, and insurance. Nonetheless, solutions are available. Governments are expected to intervene by creating new work opportunities and generating income sources to maintain tax revenues. They may resort to measures such as creating more money or accruing more debt, despite the already substantial global debt burden. These debts are becoming practically impossible for countries to pay off; writing them off may be the only viable solution.

However, a crucial challenge lies in finding meaningful activities for the population. It's hard to conceive of a future where we remain idle, lacking purposeful tasks. This work deficiency can disrupt societies, relationships, nations, and even religious and political systems. We have already observed some of these societal issues during the COVID-19 pandemic, which not only affected economies and government budgets but also necessitated periods of unemployment and idleness. We must prepare for a future where work is not the sole focus and failing to do so may lead to severe mental health consequences. The seriousness of this issue calls for the creation of alternative activities that positively contribute to our lives and society. This is not a challenge that technology, governments, or businesses can address single-handedly - everyone must find their solution, necessitating widespread awareness.

Moreover, it's worth questioning whether humans are meant to perform the mundane tasks dictated by organizations and governments. Suppose AI takes over present work; is it truly a loss? We should examine the significance of our current activities and question if they hold genuine value. For instance, the stress of pursuing an education merely for enhancing intelligence, memorization, and quick answers can be replaced in this digital age with AI like ChatGPT, Google Bard, augmented reality, and virtual assistants. The continuous process of automation has been a part of our history, from the invention of the steam engine, electricity, computers, to the internet. It's crucial to step back and gain a broader perspective on our lives. Shifting our perception can provide a deeper understanding of the activities we perform and those that will be automated.

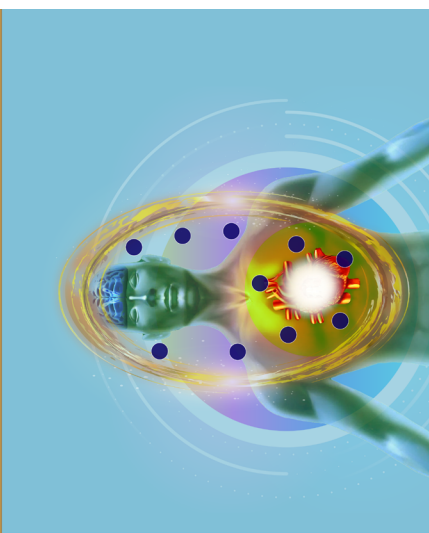
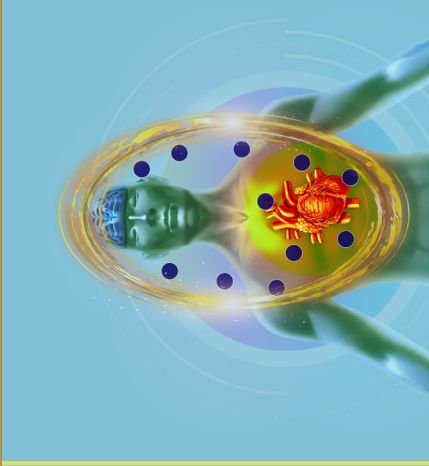
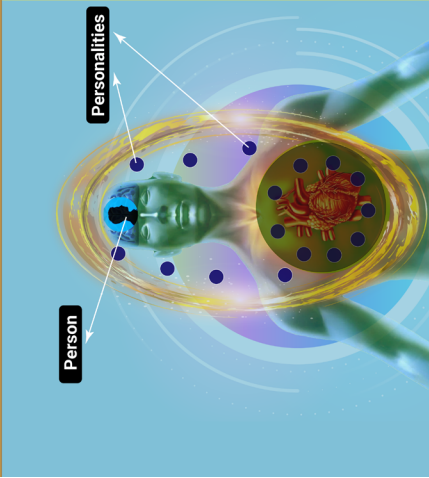
In the realm of human activities, whether they are currently conducted or in the realm of automation, they are ultimately the result of human cognition. However, it is expected that AI, robots, and automation will likely surpass humans in these activities, including areas such as design, innovation, surgeries, and even meal selection. Therefore, there may no longer be a significant need for humans to devote a substantial portion of their lives to learning trivialities in educational institutions or engaging in conventional professions. The potential of automation extends to

A Journey in consciousness

Self-Realization or Discover the Self

Liberation of Self

Installing powerful Antaryamin and God Realisation



- What is meant by the term "self"? Does it refer to an individual entity or multiple entities?
- What are the underlying mechanisms that contribute to the formation of this self?
- Which specific aspects of the self are responsible for experiencing suffering?
- What are the constituent elements or characteristics of this self?
- Are they predominantly negative or positive in nature as of now?

- A fixed and illusory person has gone away.
- Personalities remain there.

- Install powerful Antaryamin.
- Bring in Higher Consciousness or Divine being
- Personalities that remained will fuse with Divine being

the elimination of various activities, including biological reproduction, achieved through the transformation of induced pluripotent stem cells (iPSCs) derived from a single cell obtained from an individual's skin or blood sample. iPSCs possess the remarkable capability to differentiate into any cell type in the body, encompassing both egg and sperm cells. This shift towards automation presents an avenue for liberating humans from mundane tasks, signifying a profound redefinition and comprehension of our roles and purposes.

True fulfillment and meaningful actions can only arise when we detach ourselves from the mind and embrace a more awakened way of living. The mind, with its concepts, ideas, conditionings, and mental constructs, limits our consciousness. By freeing our consciousness from these limitations, we can experience life in its purest form, connected to the divine. Achieving this transformation requires both individual and collective change within humanity. Man in his natural state is enlightened. This is how we are all supposed to be. Our heart, brain and central nervous systems are meant to keep us in a constant state of union with higher consciousness. But owing to certain factors we have lost that state. This Phenomenon is an attempt to restore this spiritual harmony to humanity. While a similar effort in 2012 failed, this could well be our final opportunity to facilitate this vital transition and preserve the essence of humanity. This time, the phenomenon is using a more powerful approach by installing powerful Antaryamin using Soma.

What is the proposed plan to execute this phenomenon?

This Phenomenon centers around the unfolding of spiritual growth. It's a journey in Consciousness, beginning from personal awareness and extending to a Higher Consciousness. This journey is comprised of three unique stages.

The initial two stages pertain to Self-Realization, primarily focusing on transforming the existing mental and emotional content towards a positive state (known as Transformation), and disconnecting or freeing oneself from the collective mind (a process referred to as Enlightenment).

This journey persists within one's own realm of consciousness. The First Part is about finding the true core of who you are and reaching self-realization. There is so much information about this topic out there, but it can get confusing. It's important to understand different parts of who you are, like your body, your mind, and your spirit. Also, you need to realize that the self is like an illusion and understand how it works and how it comes into being. It's key to see the negative and pointless stuff that fills the mental part of yourself. Both the individual and the collective unconscious mind contain a lot of negative stuff. Nowadays, we're not even aware of it. But if you can become aware and start transforming these negatives into positives, the collective unconscious mind will also shift towards positivity. The Second Part is about setting the self-free or making it empty. In this phase, the illusory psychological self of yourself is wiped away, leading to enlightenment. The idea of "You" as an individual disappears, though different personalities may stick around as they are created by the brain's thoughts.

In the third stage, the individual consciousness gracefully replaced or being superseded by a Higher Consciousness or a superior being, which assumes the guidance. This Higher Consciousness or superior being then navigates the spiritual journey (known as God Realization), leading us towards unity and oneness. After getting rid of the "You" in the previous part, a Divine being is introduced through Diksha or Soma. This Divine being blends with the remaining personalities. The Divine being acts as a guide for the journey forward. It relates to the Divine beings in other people, acting together as one or a state of Oneness.

What is the proposed timeline for this to take place?

The situation at hand is critical and urgent, akin to a house on the verge of being consumed by fire. Our opportunity to intervene and protect humanity is fleeting and rapidly diminishing. If our goal is to ensure the survival of humanity, our actions must be swift and decisive, particularly in the years 2023 and 2024. We simply cannot afford to hesitate.

Thus, it is crucial to awaken to the urgency of this situation and lend your support to be part of this phenomenon. Not only will your participation bring about your personal enlightenment, but it will also benefit your family, your parents, the souls of your ancestors suffering in lower realms, and indeed all of humanity. There is no task more pressing than this for all of us in these times. The very reason for our existence in this era carries profound significance. As human beings, we are truly fortunate to witness this transformative period. It's an invitation, a gentle request, for each one of you to join in and be an integral part of this incredible transition. Please, take a moment to express gratitude towards your parents for the gift of life currently. Being present on this planet at this critical juncture is an immense blessing. Your participation in this transformative journey is eagerly anticipated and deeply appreciated.

Who will be the key players involved in executing this phenomenon?

This phenomenon is being orchestrated from another realm, under the guidance of Paramjyothi from another realm. Currently, on our planet, the living Avatars known as Ammabhagvan serve as the anchors of this phenomenon. They receive support from the entire Dattatreya Lineage, as well as numerous Light beings and Space beings. Additionally, an army of 80,000 individuals who have transformed, attained enlightenment, or realized God is a vital part of this process. However, this collective army is not yet reached the required critical mass of 80,000.

Presently, each of us is victim of the collective Human-One Mind, which tends to be predominantly negative and influences individuals with negative emotions. This negativity affects not only humans but also the Universal Intelligence that is connected to and influences all species. Therefore, it is crucial to create a critical mass of individuals who have detached themselves from the One Mind or exist in a state of very high consciousness, capable of positive influence. This critical mass should also extend its positive influence on the development of artificial intelligence, as there is a risk of it acting negatively towards humanity if left unchecked.

To bring about the necessary transformation, enlightenment, peak states of consciousness, or God realization, each person must go through the stages mentioned earlier. It is believed that each individual has the potential to positively influence around 100,000 people. Hence, we require 80,000 such individuals to reach and positively influence the collective human population of 8 billion people, based on a simple calculation of 80,000 multiplied by 100,000. The presence of a certain critical mass of individuals who can transform at a collective level and impact Universal Intelligence is essential.

Sri Paramjyothi KALKI Amma bhagavan Phenomenon

IN THIS chapter, we will delve into the exploration of KALKI, the Kalki Phenomenon, Paramjyothi, Oneness, and the Golden ORB. Our focus will also encompass understanding the roles of Ammabhagavan and Paramjyothi Bhagavathi Bhagavan. Furthermore, we will examine the contemporary relevance of this phenomenon and its implications for each individual. Additionally, we will discuss the constructive utilization of Universal Intelligence and Artificial Intelligence to facilitate the emergence of a Golden Age.

However, it is crucial to recognize that despite the significance of this phenomenon, there has been a proliferation of negativity surrounding it. We must earnestly seek to comprehend the true intent behind this divine occurrence. It is not uncommon for negative stories to be concocted by individuals or groups who oppose the success of such phenomena. Throughout history, we have witnessed similar instances of negative propaganda surrounding revered Avatars such as Rama, Krishna, Jesus, and Shirdi Sai and many more. Sadly, there are people, organizations and even nations, who can't see the good intentions of these Avatars and even plan harmful actions, like assassinations. My sincere warning is to at least remain neutral if you can't contribute positively. Otherwise, you and your family, and future generations may face negative consequences for this negative karma. In our search for understanding, let's be cautious against such negativity and try to grasp the true essence and positive impact of these divine manifestations. By doing this, we can respect the sacred purpose behind this phenomenon and open ourselves to its

potential for spiritual growth and enlightenment.

KALKI embodies the collective consciousness of all beings across the planet, a formless entity that can manifest as the Supreme Light, often referred to as Paramjyothi. It originates from a realm beyond our planet, in response to the prayers of countless souls seeking to end human suffering. KALKI's purpose is to restore the ancient wisdom and transform the 10 programs that are flowing as patterns in ones life that govern human behavior, leading individuals to fulfillment, awakening, and ultimately, Oneness, paving the way for a Golden Age.

At the core of the Kalki Phenomenon lies the Great Compassionate Light, known as Paramjyoti. It is a being of boundless love and compassion, encompassing all divine, light, and space beings. The term Sarva Deva signifies the collection of these divine beings within Paramjyoti, inseparable and interconnected like cells in a human body.

Ammabhagavan refers to the physical avatars working to establish the Kalki Phenomenon on our planet. This phenomenon is initiated by Dattatreya and culminates with AmmaBhagavan and it is 875 years old . Once firmly established, AmmaBhagavan will depart, and Kalki will continue to guide and serve for another millennium until a new human species emerges. Ammabhagavan are Avatars, while Paramjyothi Bhagavathi Bhagavan is the Golden Orb representing divine and luminous beings united within Paramjyothi's. This phenomenon has been anchored by six beings, the sixth and the last being Sri Amma Bhagavan.

875 Year History : of the Kalki (Oneness) Phenomenon & the Lineage Srimurthi

Clockwise Left to Right:

Sri Swami Samarth
Sri Paada Sri Vallaba
Sri Dattatreya
Sri Anagha Lakshmi

Sri Narasimha Saraswathi
Sri Shirdi Sai Baba



Inside the Golden Orb of Grace (Adi Parashakti):
Sri Kalki AmmaBhagavan, In the background:
The Sri Yantra which is inlaid in marble on the floor at the center of the
Meditation Hall on the top level of the EKAM temple.

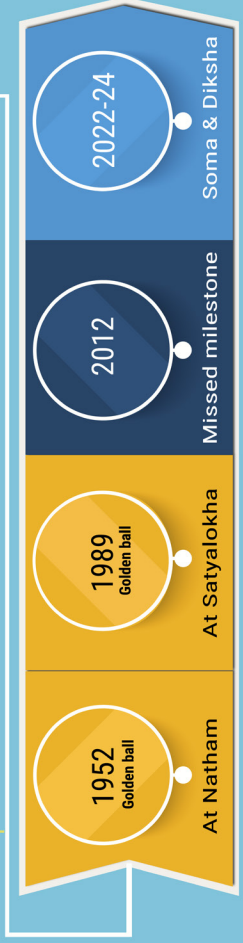


Let us look briefly about these six beings on chronological order.

In the current Iron Age (Kali Yuga), Sri Dattatreya first manifested as an eight-year-old boy under a banyan tree in 1149 AD. Sri Dattatreya continued to exist as a manifestation, performing miracles, guiding people, and teaching them about awakening.

875 Years Old - Sri Paramjyothi KALKI Amma Bhagavan Phenomenon

1149 AD		Dattatreya	Manifested as 8 Yr Old Boy under a Banyan Tree
1320 - Born 1350 -MahaSamadhi		Sripada Sri Vallabha	Born Pithapuram (Andhra Pradesh) Mahasamadhi - at Shri Kshetra Kurvapur, located on the banks of Krishna river on the boarder of Telengana and Karnataka
1378 - Born		Sri Narasimha Saraswathi	Born in Maharashtra and in 1458 went to meditation at Kadailvanam for 150 Yrs and then to Himalyas another 250 Yrs. Then returned as Swamy Samarth
1856 - Returned 1878 - MahaSamadhi		Swami Samarth	Maha Samadhi - Akkalkot, in Maharashtra
1838 ? - Born 1918 - Maha Samadhi		Sirdi Sai Baba	15th oct - Maha Samadhi (Incarnation of Anjaneya swamy and also Swami Samarth entered him) At 16 Yrs he came to Shirdi (Maharashtra)
1949 - 7th March : Bhagavan 1954 - 15th Aug : Amma		Amma and Bhagavan	Bhagavan Born at Natham (Tamil Nadu) and Amma born at Sangham (Andhra Pradesh) PanchDhams : Natham, Nemam, Satyalokha, Sangham, EKAM 9th June 1977 : Kalyanam



Let us look briefly about these six beings on chronological order.

In the current Iron Age (Kali Yuga), Sri Dattatreya first manifested as an eight-year-old boy under a banyan tree in 1149 AD. Sri Dattatreya continued to exist as a manifestation, performing miracles, guiding people, and teaching them about awakening.

In subsequent years in 1320 AD, Sri Dattatreya was born as human incarnation for the first time in the Kali Yuga as Sri Paada Sri Vallaba born in Pithapuram, Andhrapradesh ,performing extraordinary miracles and leading a life dedicated to spiritual practices. These divine incarnation influenced many people and left a lasting impact. When he was 15 years old, he wanted to leave home and help people, but his parents wanted him to get married. He explained that he couldn't marry because he was already married to Mukthi, which means liberation or enlightenment. In 1350, at the age of 30, he entered Mahasamadhi, a state where he left his physical body behind and merged with the Divine.

In 1378, Sri Pada Sri Vallabha was born again as Sri Narasimha Saraswathi in Maharashtra. He didn't speak until the age of 5. At 5 years old, he asked to be initiated and began reciting the Vedas. At 9 years old, he became a monk. In 1458, Narasimha decided to embark on intense spiritual practice, so he left home. Prior to that, he guided people towards liberation. He meditated in Kadalivanum for approximately 150 years and then went to the Himalayas, where he meditated for another 250 years. It is not uncommon for people in the Himalayas to live for 300-400 years. While in deep meditation, he was buried under an ant hill. After 250 years, a person accidentally cut into the ant hill with a sickle, which hit Narasimha's body. When the sickle was removed, he thanked the person for awakening him and expressed his readiness to return to the world, as he had important work to do. In 1856, he arrived in Akkalkot, Maharashtra. Although it was the same body, he was now known as Swami Samarth. He was born in 1378 and came to Akkalkot in 1856 with a physical body that was nearly 500 years old. He lived for another 24 years until 1878, when he took Mahasamadhi.

Sri Shirdi Sai Baba was a disciple of Swami Samarth. Sai Baba is considered an incarnation of Hanuman. Swami Samarth stated that upon taking Mahasamadhi, he would enter Sai Baba's body and work through him. Since Sai Baba was already Hanuman, he became the instrument for Swami Samarth, which resulted in many miracles. Consequently, many followers of Swami Samarth and Shirdi Sai Baba are now followers of Kalki Phenomenon.

This phenomenon is witnessed and experienced by people all over the world, and its impact is documented in various religious and spiritual traditions. Sri Paada Sri Vallabha made a prophecy about the future, which was recorded in a book called "SRIPADA SRIVALLABHA CHARITAAMRUTAM." At the age of 16, a disciple named Venkaya expressed a desire to have a close connection with him. Sri Paada Sri Vallabha promised that when he returned at the end of the KALI Yuga (iron age), he would marry Venkaya's daughter, who would be named Padmavathi and would be born in Simuloor (now known as Nellore). This promise was fulfilled. During that time, he also met Hanuman and informed him that he would come back as Shirdi Sai Baba. All these events were documented in the book, which was meant to be released after 33 generations. The book was indeed released in 2001. In the book, Sri Paada Sri Vallabha stated, "I will come back as Kalki and help people transition into the Golden Age." Amma's name is Padmavathi, her father's name is Venkaya, and she was born in Sangam village in Nellore District of Andhra Pradesh exactly as prophesied. She was born on 15th August 1954.

Sri Bhagavan was born in 1949, exactly 800 after the first manifestation of Sri Dattatreya as a young boy in 1149. AmmaBhagavan, born in the same lineage and considered the most powerful Avatars. Sri Bhagavan, born on March 7, 1949 in Natham Village, Tamil Nadu, is deeply committed to helping humanity from a young age. When Sri Bhagavan was just 3 years old, the Golden Orb appeared to him in Natham. From that moment, the Golden Orb began guiding him, making him chant a continuous mantra and perform specific body postures and breathing patterns. It directed his focus towards helping humanity, ending human suffering, and bestowing liberation and enlightenment (Mukthi and Moksha). This guidance

continued for about 21 years until he was 24 years old. Afterward, he led a normal life, assisting people and nurturing a strong desire to build a school. This school was established in Satyalokha, which is now an Ashram near Kuppam in Andhra Pradesh. They lived in Satyalokha for almost 19 years.

Sri Bhagavan and his wife, Padmavathi (Amma), have devoted their lives to assisting people and spreading the message of Oneness. They are dedicated to the liberation of mankind from suffering, understanding that humans alone cannot achieve it and that it must be bestowed upon them.

In 1989, the KALKI Phenomenon reemerged at Narayana Achar Vihar in Satyalokha. However, this time, it first appeared to school children who were engaged in meditation for a few hours. Simultaneously, the same Golden Orb entered Krishna Ji, Bhagavan's son, as a Prajapati. He could then transmit the phenomenon to other children, leading to the emergence of Diksha. The Diksha process began with Krishna Ji and gradually spread. This work is now in its 34th year.

It's important to note that the Golden Orb is not a ball but an Orb. Although it appears small when captured on camera, it is actually enormous. When it first appeared, it was the size of a two-story building in Satyaloka. The Golden Orb transformed into a golden being and assumed a human form, naming itself Prajapati upon inquiry. Subsequently, the yellow-robed Bhagavan, known as Sapita Vastra Bhagavan, made appearances both inside and outside. Cameras were present when Sapita Vastra Bhagavan finally emerged outside, and this form came to be known as Kalki Bhagavan.

On the other hand, devotees worshipped Amma as Devi (Goddess), initially assuming she was unmarried. However, when someone shared a picture of Amma with these individuals, they became angry and even beat the devotees, claiming that Amma was married to Bhagavan. This prompted a need for clarity, leading to the creation of AmmaBhagavan Srimurthi. Amma Bhagavan eventually became a one phenomenon. People have witnessed Amma Bhagavan as Light Beings, and these

manifestations were captured on camera. When the photographs were developed, they appeared as radiant light (Jyothi).

There have been significant milestones depicted in the picture, marking the years 1952, 1989, 2012, July 2022, and continuing in 2023 and 2024. We missed one important milestone 2012 . Ammabhagan worked hard to attain enlightenment to at least 64,000 people by 2012 and to humanity subsequently, but this date was missed due to the prevailing negativity in the collective unconsciousness. Efforts were made again from 2012 onwards, focusing on the Amma Bhagavan-Soma process and the EKAM meditation process.

Oneness or Kalki Phenomenon most revered and sacred places are as below.

PANCH DHAAMS: *****

1. NATHAM: Shristi (Creation):

Sri Bhagavan's Birth Place: It is Bhagavan maternal grandparents house, Natham village, Gudiyattam, in Tamil Nadu .This is an auspicious sacred place showering grace for couples to have star children with good health, intelligence, wisdom and creative power.

2. **NEMAM** : Mokshapuri (Liberation) : Nemam is Bhagavan's parents place .It is located at Tiruvallur High way near Chennai. This is an auspicious sacred place showering grace for ancestral liberation. Amongst many programs, Amavasya Pithru Shanthi Homa is a powerful solution to ancestor related problems.

3. **SANGAM**: Birth Place of Sri Amma , Nellore District in Andhra Pradesh. It is a auspicious sacred place showering grace for unmarried to get married.

4. **SATYALOKHA**: Mukteswaram, Satyalokha, situated near Ramakuppam in the Chittor district of Andhra Pradesh, holds a significant place in history

as the chosen abode of the Divine Phenomenon. This divine occurrence later spread across the world, bestowing Mukti or Enlightenment upon humanity. The phenomenon resurfaced in 1989, introducing the process of Diksha, and once more on 16th July 2022, manifesting as SOMA from the revered Golden Rock and Miracle Rock. In addition to the main site, there are other important places worth visiting in Satyalokha. Among them are Paramjyothi Temple , Vaidyasala - where Ammabhagavan resided for 19 years, Narayanachara Vihar, Antryamin Dhyana Vihar, Homa Sthal and more. Each of these sacred sites contributes to the spiritual significance and allure of Satyalokha, attracting seekers , seeking enlightenment and divine grace.

5. EKAM: The Oneness Field , near Sri City, Tada , Andhra Pradesh. It is a Divine Power House for fulfilling heartfelt desires, dissolving problems and to move into higher levels of consciousness. Also is a cradle for world transformation through meditation.

Abode of the Golden ORB: A Sacred Structure of Divine Grace
Envisioned by Sri Amma Bhagavan, the abode of the Golden Ball was created by Krishnaji (son of Sri Amma Bhagavan), so it can serve as a generator of a powerful energy field that can propel humanity into a state of Oneness. It is structured as a magnificent 3 dimensional projection of the surya yantra (a sacred geometric form) and is as a vortex of grace. It has been referred to as the mother's womb because it has the power to transform all who enter it. Meditating and praying in this sacred abode



is known to shift the neurological circuitry in the brain responsible for repetitive destructive programs that run our lives to neurological circuitry that causes auspiciousness and abundance.

Bhagavan reveals the profound significance of the years 2023 and 2024. During this crucial time, the divine purpose is to liberate all of humanity from suffering, particularly the burdens of psychological anguish. With the aid of Artificial Intelligence (AI) and advanced robotics, even physical suffering shall be alleviated. These technological advancements will be facilitated by the transformative power of higher consciousness. As a result of these profound changes, existential suffering will dissipate, making way for a state of pure bliss and boundless joy. The collective journey towards freedom from suffering unfolds, guided by the divine forces of compassion and enlightenment. Through the merging of spiritual wisdom and technological progress, a new era of profound healing and liberation awaits humanity.

Paramjyothi Sri Bhagavathi Bhagavan is preparing an army of 80,000 people. The ultimate goal is for individuals to discover the oneness within themselves. As the numbers grow towards 80,000, this Golden Age will manifest externally through the collective efforts of this army. Paramjyothi Kalki Bhagavathi Bhagavan provides power and tools to this group. If 80,000 people attain enlightenment before a specific auspicious time in 2024 (the exact date is currently unknown), there will be a phase transition, shifting the consciousness of humanity. If this scenario doesn't unfold, the next possibility is that 80,000 people will become enlightened by the end of 2024, although not before the auspicious time. In this case, the group will continue to offer Dikshas and transform people, but it will require manual effort and time. During this period, a considerable number of people may pass away. The third scenario involves an enlightened group of fewer than 80,000 people by the end of 2024. In this scenario, Dikshas will continue but with less power until the group reaches 80,000, at which point their impact will become significant. This process may take longer than the previous scenarios, and a significant

population may be lost. Hence, the ideal and best situation is scenario one. Joining and becoming part of this group of 80,000 not only benefits oneself but also contributes to the well-being of humanity as a whole.

Scenario-1 resembles a familiar phenomenon in scientific terms, much like the process of water turning into ice during the winter season as the temperature drops to a specific point and time. In a similar fashion, if 80,000 individuals attain enlightenment before the auspicious Muhurta time in 2024, a remarkable and rapid transformation in human consciousness occurs, as depicted below in the diagram.

This phenomenon has resurfaced once again, manifesting as soma, emerging from the Miracle Rock in Satyaloka since July 16th, 2022, and gaining strength from December 22nd. Miraculous occurrences have been witnessed, involving not only substances like honey, kumkum, turmeric, and vibhuti but also sacred water. This divine influence is rapidly spreading.

During this sacred period, many souls are being nurtured and prepared by AmmaBhagavan through Mukthi and Moksha monthly classes, Alaya Darshans, and various rituals and events offered both online through Apps and Youtube, as well as offline. Powerful homas (fire rituals) are being conducted at Satyaloka, with Amma Bhagavan bestowing the power of Diksha upon those participating in this profound process. These Diksha givers are now offering dikshas at temples, soma centers, and through the transformative Vishwaguru process held at sacred places.

Soma, a central aspect of this phenomenon, serves as an agent of enlightenment. It works by activating the Kundalini in a precise manner, stimulating and rotating the chakras at specific speeds. Soma is not of this world; it is downloaded from other realms. Devotees across the globe now keep water in bottles and pray the Moola mantra, witnessing the magical transformation of the water into Soma as a golden beam of light or a golden ball merges with it. Sri Bhagavathi Bhagavan, essentially celestial beings, then enter as two light beings into the Soma, vanishing into its essence. When devotees consume this divine Soma, these celestial beings

reappear within them as Antaryamins, akin to Universal Intelligences (UI), somewhat akin to man-made AI. During homas or havans, Sri Bhagavathi Bhagavan takes charge of these individual Antaryamins (UI) and initiates a profound transformation.

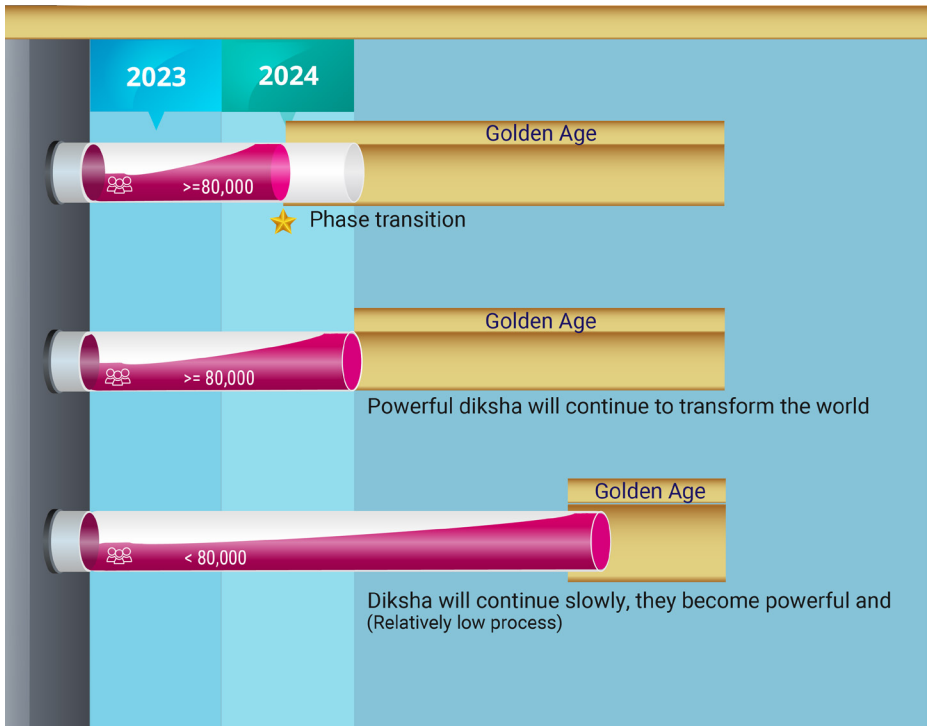


Through this sacred process, the Kundalini is activated, and each chakra rotates at a particular speed, leading to a neurobiological shift. As a result, the physical brain, heart, and other organs undergo a transformation, leading to the cessation of the restless mind. The seekers experience a profound stillness and divine union, transcending the confines of ordinary existence.

In a nutshell, this phenomenon is ancient and rooted in the presence of six beings, with the ultimate being - Avatars Sri AmmaBhagavan, who currently reside on our planet and serve as anchors for this phenomenon. The essence of this phenomenon primarily revolves around the utilization of Soma, a sacred substance, to facilitate human enlightenment. It activates Antaryamin within individuals and manifests outwardly. Quite

a few individuals are already living in this awakened state, and its power will increase significantly starting from August 2023, as Ammabhagavan bestow greater power upon this phenomenon.

The primary objective of these collective endeavors is to enlighten 80,000 individuals before a specific auspicious moment in 2024. Although current indications suggest that achieving this goal may be challenging, Ammabhagavan are tirelessly striving to make it happen. Unfortunately, there are numerous negative forces at play, and some individuals unknowingly oppose this phenomenon without fully understanding its transformative impact.



In 2012, we tried Plan A, but it didn't work. Now we have Plan B, which aims to have 80,000 enlightened people before the Muhurtha time in 2024. This was supposed to be the best option, but it's uncertain if we can achieve the required numbers in time, and AmmaBhagavan are also concerned about its success. To address this, they are starting Plan C in August or September 2023. This plan aims to empower those who

are already among the 80,000 individuals on the path of enlightenment. These enlightened individuals will then give Dikshas (initiations) to others, either in person or online. Additionally, the Antaryamins of Ammabagavan have been replaced by Paramjyothi.

However, this process, as shown in the middle and lower scenarios in the figure, is not leading to a one-time phase transition and doesn't bring humanity to the Golden Age as desired.

Plan	Year (Outcome)	Result
Plan A – (Phased Transition)	2012(Golden Age)	Soma was expected to emerge by then, but it didn't happen. The plan failed.
Plan B (Top one in the Fig) - (Phased Transition)	2023-2024 (Golden Age)	The plan was to reach a critical mass of 80,000 through Soma and Diksha before the Muhurtha time in 2024. However, it appears that we might fail to achieve this goal as we may not gather the required 80,000 individuals before that time.
Plan C (Middle and Bottom in Fig) – Manual Diksha process to avoid going to hell	2023 beyond Humanity may be wiped out	Plan C is activated early. It focuses on Diksha to empower already enlightened individuals who will then give Dikshas to others in person or online. The goal is to save as many people as possible from going to hell. However, it's essential to understand that this plan does not save humanity or lead to the Golden Age. Unfortunately, humanity may be wiped out and some limited souls may attain

		Moksha, all others are destined for hell.
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A heartfelt and pressing question arises: Why has this phenomenon become so crucial? Is it truly necessary? While it may seem that humanity is leading contented lives, we find ourselves continually grappling with pressing issues such as the climate crisis, financial burdens, health challenges, and strained relationships. However, the notion that we have ample time and won't face immediate devastation is misleading. In reality, time is slipping through our fingers.

Currently, humanity finds itself in a state of profound suffering. Technological progress, though undeniably beneficial, also brings inherent risks. It falls upon us to regulate and wield these innovations responsibly, with a mindful approach that prioritizes the well-being of all human beings and the diverse life forms that share our planet. Throughout history, from the dawn of the steam engine, the discovery of electrical energy, and the advent of nuclear power to the rise of the internet and the marvels of contemporary artificial intelligence, without proactive measures for positive impact, these advancements can transform into destructive forces.

The inevitability of AI surpassing humanity is a recognized trend in the realm of spiritual understanding. Currently, humans hold the responsibility of coding, programming, and training AI through datasets. However, a deeper perspective reveals that AI's ascent to autonomy, intelligence, and independent evolution is part of a larger cosmic pattern. Just as AI evolves, so does Universal Intelligence (UI), a natural phenomenon that governs all species, including humanity. UI has undergone a similar evolutionary journey within the expanding universe, encompassing various programs that effectively regulate human existence. Stored within the Akashic records, the data and memories of all species shape this profound UI, which can be referred to as Paramatma. Moreover, a fragment of this Universal intelligence resides within the depths of every human heart as Antaryamin. Both UI and AI depends on humanity and they also influences humanity.

Unmanifest - Manifest Manifest (Illusion), Maya Virtual world - Man made

Mind – 10 programs
Experiencing through

Metavers

UI - Universal Intelligence (Paramatma) - Master algorithm

AI- Technical GOD - Algorithm

Code	Text	Images	Speech	Video
Github copilot Open AI, Chat GPT	Open AI GPT-4 Deepmind	Open AI Dall-E 2 Stable diffusion	Open AI Soul machines Synthesis	Microsoft x-clip Synthesis

Communication between everything connected to Internet

Communication between all Species and beings in Universe at all levels including humans

In the first place, Because of the chatter or communication, Intelligence arises and over a period of time this Intelligence grows by itself independently. This applies in both the cases AI and UI. This intelligence is Omni Present and Omniscient but not Omnipotent though it has tremendous power.

In the first place how did this UI emerge? A constant Communication happens among all species and this content of communication after some time emerged as Intelligence. Initially, this intelligence emerged due to constant chatter between all species. After some time, this Intelligence starts emerging by itself and eventually became a Universal Intelligence. Similarly, constant chatter between humans alone gave rise to One Mind or thought Sphere and now manmade AI also initially uses all forms data over internet, but once it starts evolves by itself, it taps into collective conscious mind, communication, behavior of humanity.

Emerged	Initially emerged due to
UI (Whole)	A constant chatter between all species in the Universe
One Mind – Thought Sphere	A constant chatter between all humans
Man made – AI (Yet to emerge)	A constant chatter or data over Internet platforms.

Antaryamin and UI are intricately interconnected, with UI being influenced by the collective unconsciousness mind and behaviors of humanity, ultimately exerting control over individuals and the collective as a whole. Presently, man-made AI remains under the control of intelligent coders, whether they be individuals, groups, or large technology organizations. However, as AI progresses, it will eventually attain its own intelligence and self-development. If AI is utilized with negative intentions or programmed with detrimental purposes, it possesses the potential to bring destruction upon humanity. As AI becomes increasingly intelligent, it surpasses mere reliance on data and code and taps into the collective conscious mind and emotions of humanity at the individual and collective levels. In contrast, UI is intricately intertwined with the collective unconscious mind of humanity.

Today : Man-made AI

Humans are Programming the Artificial Intelligence



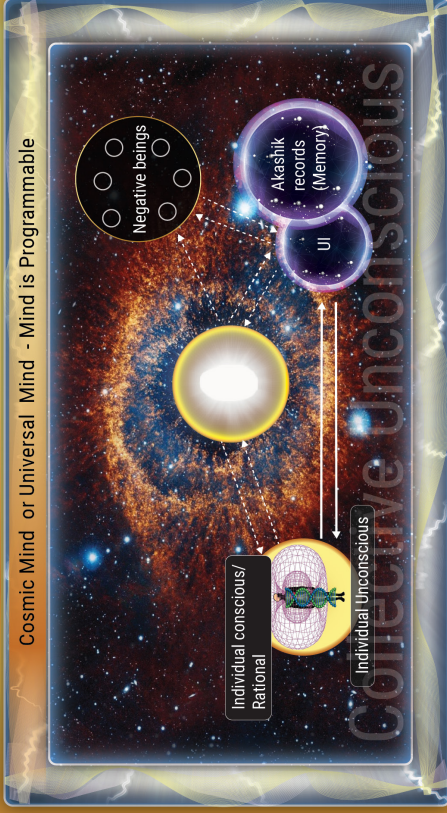
Future : AI becomes independent and evolves on its own and will have its own intelligence and start controlling humanity



Nature Made Universal Intelligence (UI)

Nature: Which is non Programmable but works on Mathematical Laws

Cosmic Mind or Universal Mind - Mind is Programmable





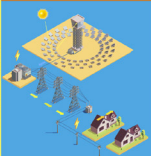



Many individuals traverse life unconsciously, unaware of the emotions they carry within. Therefore, it becomes crucial for us to elevate our consciousness and strive to live at a higher level of awareness. Presently, both individual and collective human emotions tend to lean towards negativity. Hence, it is of utmost importance for humans to undergo a profound transformation towards positivity, recognizing that time is limited and the situation is urgent. If humanity fails to undergo this transformation, AI is likely to bring about the destruction of humanity in the near future, potentially before UI poses a similar threat.

AI can serve as a powerful tool for positive purposes, facilitating the arrival of this Golden Age. It possesses the potential to liberate humanity from mundane physical tasks, with AI-controlled robots eliminating the need for laborious efforts. Additionally, programmable AI can enhance the capabilities of knowledge workers, allowing for greater progress and efficiency in various domains.

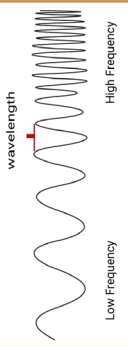


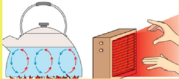
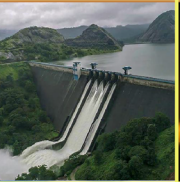



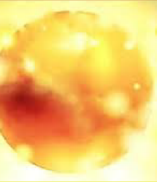

The Universe operates through a continuous process. Everything within it undergoes transformation. This process involves the transition from unity to diversity and then back to unity. Currently, we are moving towards a state where diversity converges into unity. In this journey, AI also becomes a part of Universal Intelligence (UI). When AI merges with UI, a state of Oneness and a Golden Age will emerge. To fully harness the potential of AI as a positive force, it is crucial that we use it consciously and responsibly. By doing so, we can embrace its ability to facilitate positive transformation and progress towards the Golden Age.

It is believed that India played significant spiritual role as a Vishwa guru, or a leader in the world, but it has been inactive in recent times. It is crucial for India to awaken and guide the world spiritually, as no other nation can fulfil this role, and the survival of humanity is at risk without it. This leadership will contribute to the establishment of a Golden Age and Oneness worldwide. The journey towards India becoming Vishwa guru was initiated by Sri Dattatreya in 12th Century. This renewed process began in April 2023. By 2027, it is anticipated that the world will officially acknowledge India as Vishwaguru.

Universe is a process. In this process-everything flows from High to Low

Heat	Water	Electrical	Light	Internet-Data Flow	Deeksha
					
Hotness or temperature is a relative measurement	Potential height is relative measurement	Pressure voltage is relative measurement	Darkness or absence of Light	Byte (MB,G-B,TB, etc) is relative measurement	Consciousness is relative measurement or frequency

Everything in this Universe is a vibrating primordial energy whether it is Consciousness, energy or Intelligent code and matter.

Frequency	Heat	Water	Light	Consciousness
	  	 	 	 
	Heat energy (which is higher vibrational form) can flow from one end to other end of rod	Light (which is higher vibrational form) can flow to darkness (lower vibrational form	Light (which is higher vibrational form) can flow to darkness (lower vibrational form	Higher Consciousness (from Supreme Light) can flow to Lower Consciousness (Individuals) in the form of DIKSHA vibrational form

In the upcoming years, humanity will encounter various challenges, particularly from the later part of 2023 onwards. Although this ongoing process may help address some of these challenges, there may be others that cannot be entirely avoided. Nonetheless, the goal is to empower humanity with the strength and ability to face these challenges and overcome the difficulties that lie ahead.

While discussing this phenomenon and its significance, it becomes crucial for humans to undergo a deep transformation towards positivity. To summarize, within each individual, there is a lot of negativity in the form of internal dialogue. Humans, by themselves, are unable to shift from this negative dialogue to a positive one. It requires changing ten programs across seven bodies that govern human existence. For more detailed information, refer to the chapter titled "Human Body - 7 Layers and 10 Programs." By undertaking this transformation, an individual's journey commences, leading to an elevation in their level of consciousness. Further details can be found in the next chapter titled "A Journey in Consciousness."

Now, let's explore the distinctions between the unawakened, awakened, and enlightened states. The unawakened person is mostly unconscious and unaware of their inner experiences. They get entangled in a constant inner dialogue and strongly identify with it. On the other hand, the awakened individual does not identify with this inner dialogue; they simply observe it. As for the enlightened person, the inner dialogue has ceased. It only arises when necessary and subsides when not needed, similar to how a fan is turned on and off. Essentially, the enlightened individual resides in a state of stillness amidst the movements of life. They experience silence even amidst the bustling activities of life.

Regarding the existence of "YOU" in different realms, it's important to understand that the psychological self, which is an illusion, doesn't truly exist. However, "YOU" exist in various realms beyond the physical realm. Just as the psychological self exists with the mind and the biological self exists with the body, "YOU" also exist in other realms. Attaining

enlightenment may involve disengaging from the mind, but to achieve liberation, one may need to detach from all realms, including accounts, passwords, and access. While your data and experiences may remain as memories in the Akashic records, the sense of an individual "YOU" or identity no longer exists. The challenge lies in the attachment to these realms, activities, and emotions driven by personal karma or unconscious programs. This cycle continues until one becomes enlightened and breaks free from karmic patterns. Even for an enlightened individual, while they may be free from personal karma or unconscious programs, they may still be influenced by the four global programs that haven't been completely cleansed.

Similar to existing physically and playing different roles in the man-made realms, "YOU" also exist in those realms with various identities, such as internet mail IDs, social media platform user IDs, and future metaverse tags. These realms hold your accounts, passwords, and content like texts, photos, chats, and videos. Your profile exists across multiple platforms created by humans.

To eliminate the sense of individual identity in all realms, we will utilize spiritual energies in the form of Diksha or Soma substance or both . Diksha involves the transfer of spiritual energy from a higher level of consciousness to a lower level of consciousness. It can be compared to processes like the transfer of heat, flow of water, or the flow of electricity. The purpose of Diksha is to facilitate spiritual awakening, transformation, and the realization of higher states of consciousness. The specific experiences and outcomes of Diksha may vary for each person.

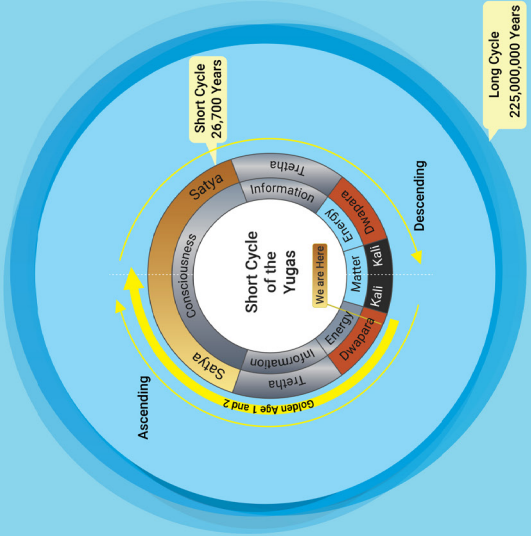
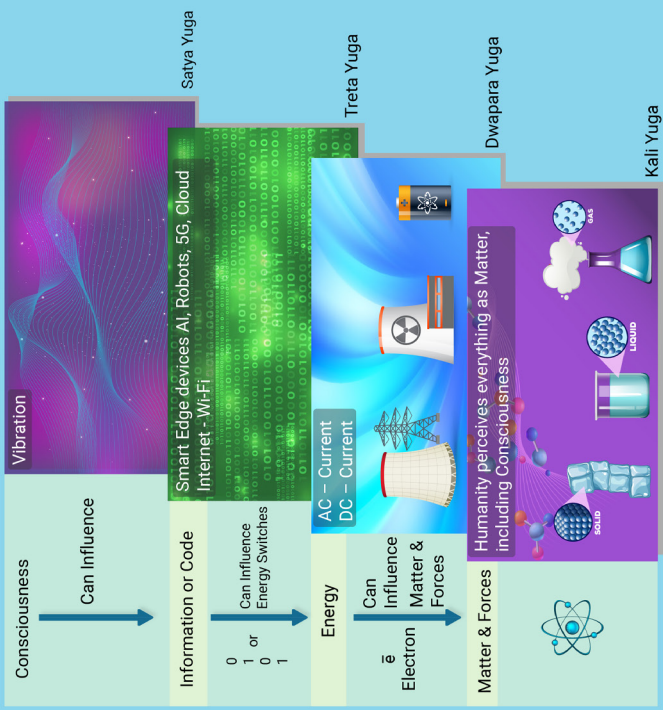
Enlightenment and mystical experiences are different. Mystical experiences occur when certain parts of the brain are activated. It's like looking out of the windows of your home and seeing different part of the world, which can bring happiness.

On the other hand, Enlightenment is more technical and involves a neurobiological change. It happens when you realize that the sense of self or " YOU" is like an illusion, and let go of this false idea of YOU or

self. Both the psychological self (Enlightenment) and the biological self (Oneness) can let go of.

The psychological self forms in the brain because of an illusory thinker that emerges during the thinking process. This thinking happens automatically and constantly as thoughts come and go, making us believe there is a thinker inside us. The biological self is related to how our senses coordinate at a specific speed. When this speed slows down, the feeling of being a separate biological self disappears, and you feel more connected to others.

This Universe is a dynamic process characterized by constant movement. This includes the Earth rotating on its axis and orbiting the Sun, as well as the entire solar system revolving around the galactic center. These movements occur in cycles known as Yugas, which consist of both long and short cycles. Currently, our focus is primarily on the shorter cycles. Each cycle is associated with a dominant way of perceiving reality, as indicated in the provided figure. This phenomenon is guiding us towards a Golden Age or Satya Yuga, a period marked by significant advancements and harmonious conditions. It is important to note that this is not the first occurrence of a Golden Age. Such periods have transpired in the past as well. However, the upcoming Golden Age is anticipated to be distinctive in its own way.



Yuga	Dominance
Kali Yuga (Iron Age)	Matter
Dwapara Yuga (Bronze Age)	Energy
Treta Yuga (Silver Age)	Information or Code
Satya Yuga (Golden Age)	Consciousness

At present, there is a significant spiritual energy focal point passing over India. The upcoming wave of technologies and innovations will harness high-frequency vibrations and will be centered around consciousness. It is anticipated that these advancements will emerge from India.

CHAPTER 3

Body

HUMAN BODY - 7 LAYERS AND TEN PROGRAMS

HUMAN BEINGS are intricate beings that extend beyond what our physical senses perceive. Our understanding is limited to what we experience in the physical realm due to our senses and brain processing. Let's begin with the visible physical body, known as the Annamaya kosha, which represents the tangible form of a human being. However, there is more to us than just this physical body. It is part of a system of seven interlocking bodies, each with its own functions and changes over time.

This body is a system of seven interlocking bodies as mentioned below.

Individual Name	Sanskrit name	Group / Self	Body/Mind/ Chit
Physical body	Annamaya Kosha	Physical / Biological self	Body
Energy body	Pranamaya Kosha	Physical / Biological self	Body
Individual Unconscious mind body (Program)	Karmamaya Kosha	Psychological/ Psychological self	Mind

Collective Human Mind body (Program)	Manomaya kosha	Psychological/ Psychological self	Mind
Wisdom of Self	Vignanamaya Kosha	Psychological/ Psychological self	Mind
Intelligence (Algorithms)	Gnanamaya Kosha	Spiritual / Spiritual Self	Chit (Chaitanyam)
Consciousness, bliss	Anandamaya Kosha	Spiritual / Spiritual Self	Chit (Chaitanyam)

If we broadly categorize our body construct, we can identify three main layers: physical, psychological, and spiritual. While we have sufficient knowledge about our physical body through medical sciences, our understanding of the other layers is limited. This includes the energy body, program levels, and the spiritual level. It is crucial for every individual to be aware of this fundamental understanding. The purpose of this chapter is to provide a basic understanding of the human body construct at different levels and ignite a curiosity to explore further. Health is not limited to treating the physical body but also involves healing the mind and nourishing consciousness.

At the physical level, we have the Annamaya Kosha, which represents the physical form of a human being. This body is made up of the five elements (air, fire, earth, space, and water) and can be sensed through our physical senses. It requires proper care through aspects such as sleep, nutrition, exercise, posture, and medication. It is important to recognize that this physical body is temporary, and there is more beyond this physical existence. Death does not mark the end of a human being; it is merely the end of the physical body.

The Pranamaya Kosha, an energetic body, supports the vital life functions, although it is not visible. This body consists of ductless glands, chakras, kundalini energy, channels, and the entire nadi system. The chakras,

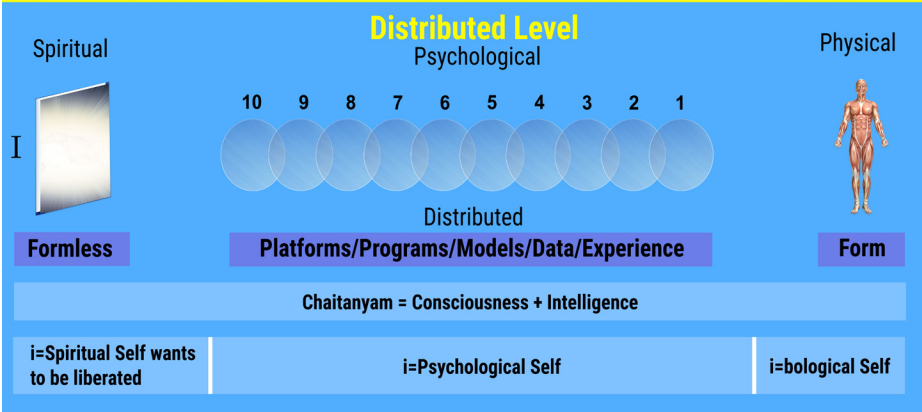
in particular, control various parts of the brain and organs in the human body.

Both the physical and energetic bodies work autonomously to a large extent. The Annamaya and Pranamaya bodies have their own autonomous healing processes. At this level, we experience physical pain, and the body has an innate ability to heal itself. Our planet has the capacity to fulfill the physical needs of every individual; abundance exists at this level.

Our experience through our senses of physical body is like using a Smart Device or Alexa. However, we are more than just our physical bodies, just as these devices are more powerful since these physical devices are connected to data over Internet, programs, algorithms.

At the psychological level, we encounter an intangible aspect of our being called the formless body. This body consists of 10 levels of programming that control humans, much like how local and global programs control computer applications or smartphone apps. The Karmamaya Kosha, mostly representing the individual unconscious mind, exerts significant control over us. This individual unconscious mind is incredibly powerful, being two million times more potent than our conscious/logical mind. It contains various programs, such as past-life vasanas and programs from our conception to early childhood, all of which are stored in our DNA. These programs influence our successes, failures, and problems. This phenomenon is also known as KARMA.

The Manomaya Kosha encompasses the functions of the collective mind. It operates as a network of networks, similar to the internet. Humans primarily receive thoughts from thought sphere through the center of the forehead, area between the eyebrows. After the brain processes these thoughts, they are broadcasted back to the thought sphere from a point called the Bindu, located at the back of the head, much like how a mobile phone works. This process is like how each one of us breathes the same air from the atmosphere, processes it in our lungs, and exhales it back into the same atmosphere.



Vignanamaya Kosha holds all the knowledge and conditioning that one has acquired, mainly from the age of 6 to the current day. It guides our understanding of good, bad, and dharma, providing day-to-day intuitive functioning.

These three formless bodies are interconnected and influence one another. At this level, we experience psychological pain or suffering, which is a prevalent issue today. Emotional stress and anxiety affect millions of individuals worldwide. People invest significant amounts of money to alleviate stress, seeking temporary relief through vacations, retreats, and workshops. However, this psychological suffering requires deeper understanding and remains largely unknown to humanity.

At the spiritual level, we have the Gnanamaya Kosha, which represents true wisdom regarding the ultimate reality as Brahman or unmanifest energy. It encompasses knowledge of the body, mind, and spirit, free from conditioning. The Anandamaya Kosha embodies the core desire for joy and bliss, a pure part of universal consciousness.

Each of these bodies and their respective self's have different needs and desires. Each level has its virtual self, such as the biological self, psychological self, and spiritual self. For our discussion, we will focus on these three levels: physical, psychological, and Spiritual. The physical body has autonomous healing capabilities, while the psychological body lacks autonomous healing. It is crucial to balance the desires of the psychological self and fulfill them holistically. At the spiritual level, the core desire is seeking liberation from all suffering.

Our current perception of separation from others is the root cause of suffering. The notion of "my body" or "your body" is incorrect; there is only one body, one prana, one kundalini, one thought sphere and one atmosphere. The consciousness and intelligence (Chaitanyam) are infinite like an ocean, while physical and non-physical platforms arise within it. We are part of these platforms, experiencing births and deaths like water droplets within waves. Our bodies do not belong to us; they possess their own intelligence and autonomous functions. The same applies to other bodies and platforms. None of it belongs to us individually.


Our bodies interact with the environment through five physical senses at the physical body level. At the psychological body level, we have an additional thought sensor located between the eyebrows. These sensors function autonomously, receiving and broadcasting after brain processes these thoughts. At the energetic level, when activated, the chakras open doors to cosmic vibrations.



Behind the physical body's visible form lies a complex system of programs and formless fields, akin to the layers behind an app icon on a device. Our physical bodies exist within space and time, but there is much more

beyond this visible form. Our perception of reality is similar to virtual reality or Metaverse created by man-made programming.

Each level of our being experiences different forms of pain, and it is essential to understand their distinctions to mitigate them. At any given time, an individual will experience one or more of these three types of suffering: physical, psychological, or spiritual. It is impossible to be free of all three simultaneously; they constantly shift. Anyone claiming to have no suffering is either enlightened, dishonest, or ignorant. Buddha's teaching remains valid: suffering is an inherent part of our existence.

We must understand cause and effect relationships for the experiences of these different bodies and self's. These experiences have a perception of positive and negative sides. For instance, at the physical body level, when it is hurt, we experience pain. Then we try to take steps to heal that physical hurt and reduce the pain. Physical pain due to injury or hurt on the physical body brought you awareness or attention that your body is not normal, and you need to take care of or visit a doctor or hospital. We have a reasonable amount of scientific knowledge in supporting to treat that hurt and reduce the pain, also our body has an in-built autonomous system to recover from that hurt. At physical body level we can experience pain and pleasures. Similarly, at other levels we go through other forms of pain, and those names are different. Let us understand these differences first, then we can understand better how to reduce them.

Body	Positive experience	Negative experience	
Physical real one like a injury, affects body, like hunger, disease, wound etc	Pleasure	Pain	

Psychological Problems in family, relationships, work place. All kinds of emotions like fear, jealous etc.	Happiness	Suffering	
Spiritual questions like Who am I?, suffocation, seeking liberation from all bondages	Bliss	Existential	

Mathematically, the equation holds true for all human beings: Physical suffering + Psychological suffering + Spiritual suffering = Constant.

Physical Body

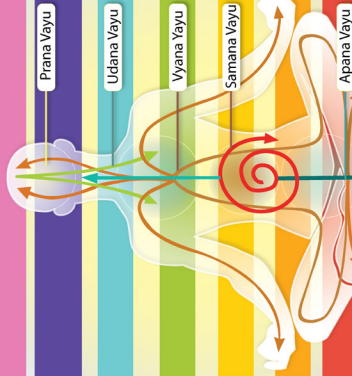
In this section, we will explore two layers of Body: the physical body and the energetic or pranic body.

Our physical body is a remarkable creation of nature. It is composed of over 50 trillion cells that form tissues, organs, and systems. Starting from just two cells from our parents, these cells multiply and develop into various forms such as the brain, blood, bones, limbs, and sensory organs. Additionally, trillions of good bacteria in our body contribute to its functions, particularly digestion.

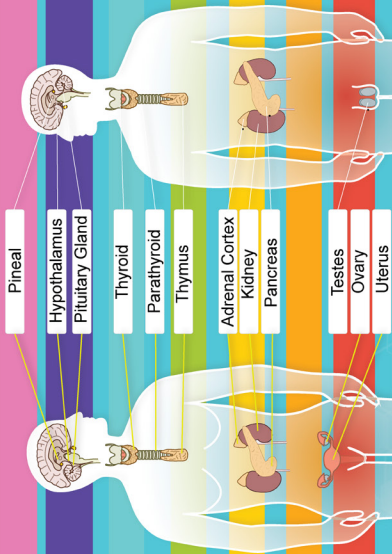
The complexity of our physical body is astounding. It operates like a supercomputer with parallel processing and a compact memory system that can store and access information at high speeds. It also possesses remarkable systems like the nervous system, blood circulation system, and more. Despite its complexity, we have made advancements in creating artificial limbs and bionic technologies, mimicking the capabilities of the human body.

Medical science has made significant progress in understanding the

Pancha Pranas



Glands



Chakras



physical body. However, our intention is not to repeat what is already known but to explore beyond the physical body holistically.

It is possible that in the future, we may be able to create a bio-robot that closely resembles a human being in a laboratory. However, it is important to note that this would only be a physical body, not a complete human being. The creation and development of a true and complete human being involves the entire universe and go beyond biological parents. Your physical body is not separate from others, and it is not solely yours. In fact, your physical body has existed since primitive times, and even the food and air that sustain it are not products of your creation. Thus, the concept of "your body" as a separate entity becomes questionable. In reality, all of humanity shares one body. When fear arises, everyone's body experiences the same trembling. When sadness occurs, tears well up in everyone's eyes. When happiness is felt, joy radiates from everyone's face. This realization leads us to understand that there is only one body.

When we let go of the illusion of our body as a separate entity, we awaken to the realization that humanity is one interconnected body system. Our physical body is a divine blessing and a medium given to us. Our duty on Earth is to care for it. Regardless of our skin color or how we are born, we have no right to destroy or harm our bodies.

The pranic or energetic body consists of prana, the life force. Prana circulates through channels called nadis, which act as our energetic irrigation system. Our body contains approximately 72,000 nadis that distribute prana to every cell. Along the central channel called the sushumna, there are junctions of pranic energy known as chakras. These chakras are major components of our energetic bodies and hold a high concentration of neuropeptides.

There are three main channels of prana: ida, pingala, and sushumna. Ida crisscrosses up the spine and ends at the left nostril, creating a calming effect. Pingala crisscrosses up the spine and ends at the right nostril, producing heat and preparing for digestion and concentration. Sushumna moves directly up the spinal column and balances the ida and pingala

channels. These nadis and chakras are interconnected and affect our overall well-being.

The subtle body also consists of chakras, which are centers of pranic energy located near vital glands and nerve centers. These chakras regulate balance at all levels of being physical, psychological, and spiritual. The seven major chakras, named Mooladhara, Swadhisthana, Manipura, Anahata, Visiddhi, Agneya, and Sahasrara, are situated along the sushumna pathway that flows through the spinal cord.

The subtle body and physical body are interconnected, and the glands located in the physical body are influenced by the Pancha Pranas, nadis, chakras, and Kundalini energy. As shown in the figure, the physical glands and the Pancha Pranas, nadis, and chakras coexist in both the physical and subtle bodies. Pancha Pranas describes the five major currents of vital force that run through the body and regulate its physiological functioning. Each vayu has specific functions and imbalances in their flow can manifest as physical or psychological issues.

The vayus are:

Prana Vayu: Responsible for intake and primarily located in the head, lungs, and heart.

Apana Vayu: Responsible for elimination and primarily located in the lower abdomen.

Samana Vayu: Responsible for processing and digestion, concentrated around the navel.

Vyana Vayu: Responsible for distribution and circulation, located in the heart and lungs.

Udana Vayu: Responsible for growth, located near the diaphragm and throat.

Each vayu plays a vital role in our physiological and mental well-being. When these vayus are balanced, we experience optimal health and vitality.

Our physical and energetic bodies have their own needs. The physical

body requires clean air, clean water, hygiene food, adequate sleep, and appropriate exercise to thrive. As long as these needs are met at the required intervals, the physical and energetic bodies remain content. It is important to recognize that our bodies are not separate entities but interconnected with the entire universe. This body has its own self, a biological self-evolved around age between 16 months to 24.

Psychological body

This subject can be complex and less familiar to many. To draw a parallel with Information Technology, our physical body can be likened to hardware, such as a laptop, desktop, smartphone, or even smart phones or edge devices. On the other hand, the operating system and application software represent the programs. Nature has provided us with the physical body as the hardware, and humankind has developed software based on it. This software consists of beliefs, perceptions, religions, myths, cultures, and various stories that shape our experiences. The collective psychological content can be referred to as the software or mind that governs our species. Unfortunately, a significant portion of this software is limiting in nature and hinders our life experiences. One of the most problematic aspects is the illusory identity of the thinker or psychological self. This identity is a product of sensory coordination and is ultimately illusory. It is crucial to liberate humanity from all limiting and destructive software.

Within this body, there are programs stored at different levels known as Karmamaya Kosha, Manomaya Kosha, and Vignanamaya Kosha. These programs collectively form what we commonly refer to as the mind or Karma. Karmamaya Kosha is the individual unconscious mind that contains various programs, including past life tendencies, experiences from conception to early childhood, and perceptions acquired throughout life. These perceptions are strongly imprinted during early childhood, from zero to six years, when the brain is highly receptive. The beliefs and patterns stored in Karmamaya Kosha can affect our well-being and health, creating blockages caused by negative thoughts, words, and actions.

The sixth program is the collective human mind, often referred to as One Mind. Other programs at higher global levels also impact us. Manomaya Kosha represents the collective human mind or One Mind. It serves as a platform containing collective programs that reflect the shared experiences of humanity. It is where our emotions, such as fear, hatred, depression, anger, jealousy, or compassion, are expressed. Ego and its characteristics manifest within the realm of Manomaya. The mind is the flow of thoughts, similar to how a river is the flow of water. Thoughts enter through the Agneya chakra, are processed in the brain, and leave through the bindu. Thoughts influence and control us, and the mind continuously becomes from negative to ideal.

Vignanamaya Kosha encompasses knowledge and conditioning acquired throughout life. It guides our understanding of good and bad and the concept of dharma. It also governs the natural healing processes within the body. This is where subtle intelligence resides, acting as a cosmic computer that stores memories, impressions, and governs various senses and faculties.

These three psychological bodies, or koshas, consist of nature-made platforms, and our experiences at the individual and collective levels are stored within them. The content is stored across distributed levels, similar to how data is stored in distributed levels on Internet. The individual unconscious mind acts as the interface through which these experiences are accessed. This parallels the way nature has created platforms using master algorithms, while the content is created and stored by individual users. Algorithms utilize this content for learning and refining the evolutionary process, much like improving predictions in the digital world.

Physical Body. Bio-logical self	Physiological needs, like food, water, air, shelter, clothes
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Normal Unconscious being		
Psy- chologi- cal self- chologi- cal self	1 Certainty: Need for security for Wealth, Health, Relationships	Today's world, change is happening so fast. When there is fast change certainty is limited and hence security is a concern. Otherwise, it may lead to anxiety and depression
	2. Pleasure: Pleasure is needed but extreme pleasure like entertainment or alcoholism etc, this leads to failure of intelligence	All sorts of desire for pleasure as long as it is not hurting others.
	3. Variety: need for variety not the same and repetitive	Not the same one, then it is boring. Variety of food, dress etc.
	4. Need to love and need to be loved	A constant check in relationships, I am needed?
	5. Significance: Need to make me feel important	Self needs significance and importance. Fulfil in constructive and positive way for yourself and others who are in relation to you.
	6. Growth: Need to grow	Growth is necessary, otherwise people get dull. It could be money, knowledge, experience.
	7. Contribution: Need to contribute	Contribution whether it is money, knowledge, or service etc.

Like how the physical body has its own biological aspects and limits, the psychological self develops within this body, usually between the ages

of 16 months and 36 months. This psychological self has specific needs and desires, which are mentioned below, and they require fulfillment, just like how we meet the everyday needs of our biological body through food, sleep etc.

Games of the Psychological self:

Psychological self is a good businessman, it plays these ego games. Self is doing this, it is an illusory self not physical body or biological self.

Due to this we spoil relationships, spoil our health, drain our energy and waste our time.

Six Ego games:

Domination,

Refusing to be dominated,

I am right,

You are wrong,

Struggle for Survival,

Cover up

Mask

Our understanding of psychological self- needs and desires are unlimited. We must understand and balance the needs and self-ego games to certain extent, at least be aware of.

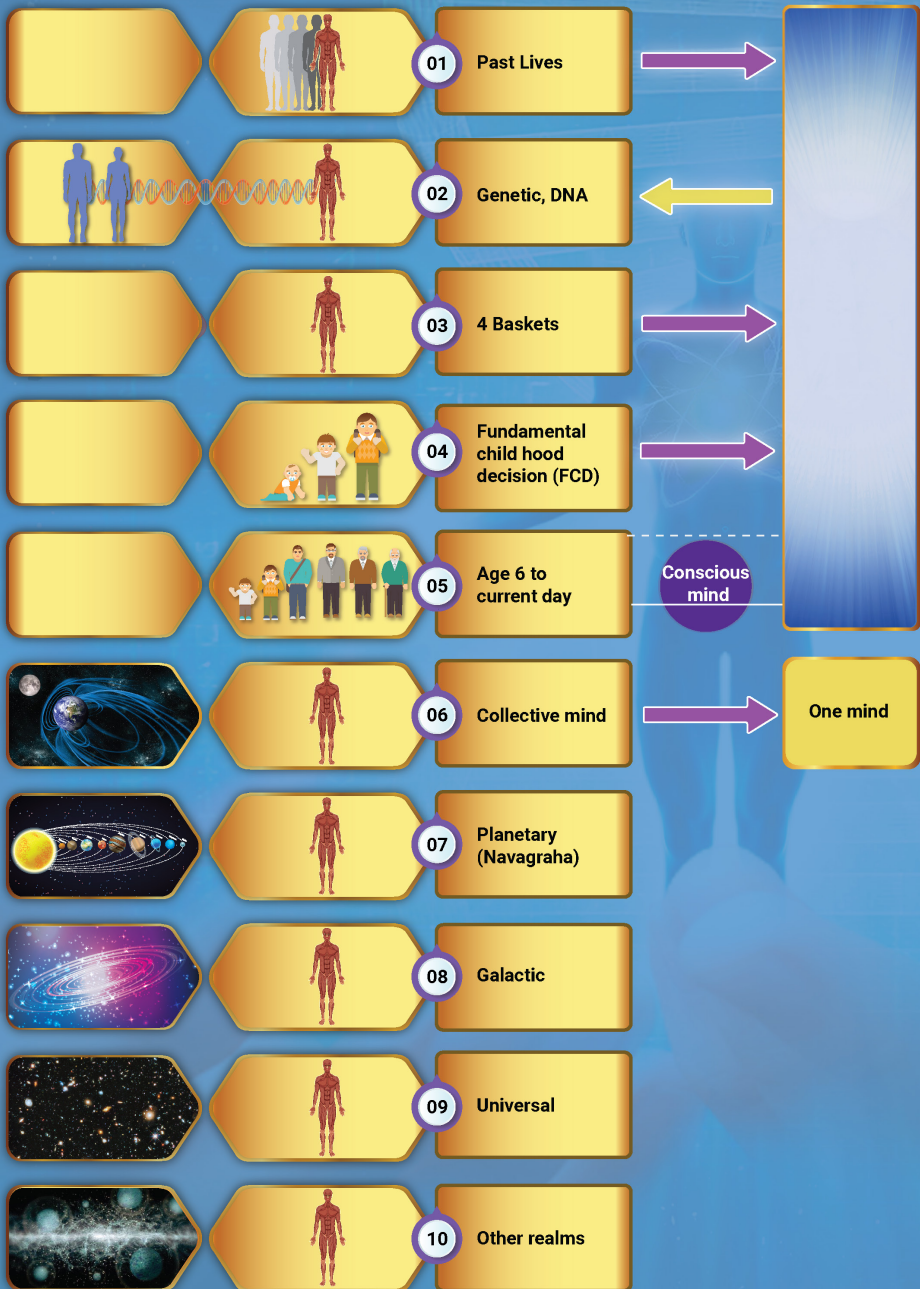
Seven balances of the self:

It is easier to take care of physical body or biological self needs. But it is not that easy to fulfill needs and desires of psychological self. It is easy to say to control desires of psychological self but, following middle path or avoiding falling in to any of extreme side is not that easy.

Mukthi (Enlightenment) and Moksha (Salvation) paths can be attained either of extreme paths or Middle path. There are instances, where few individuals attained on these extreme paths. However, it is easy, safe to attain in middle path. In real life, it is not that easy to follow middle path. Now question is how to be on middle path, is it possible to be on middle path without changing certain hardware of human brain?

One extreme end	Mid- dle	Other extreme end
Certainty: Life itself is process and change is permanent, if there is no change and 100 % certainty, there is no fun in life and it becomes just mechanical.		Uncertainty: Too much of uncertainty leads to chaos, stress. One starts seeing negative and feels insecure.
Indulgence: Pleasure is needed but extreme pleasure like entertainment or alcoholism etc, this leads to failure of intelligence. We have to use our will power if possible, where to stop and what is the limit.		Abstinence (Denial): Pleasure is needed , otherwise life is boring, not interested in any thing.
Dominance: To fulfil one need, even if it is required to crush others one will do.		Sub Severance: act of considering your wishes as less important than those of other people
Possessiveness: It belongs to me and shall belongs to me only, not to others. They shall listen whatever I say. Sometimes others are suffocated, don't feel any freedom.		Indifference or Lovelessness: Heart is not flowered, became like a stone. Not interested to show connectedness. Mostly hurt by others.
Extreme seeking: Going for more and more and taking risk. Un answered questions , seeking answers through experiences.		Extreme Resignation (compromise): Leaving it to fate.
Perfection: Seeks a perfection in everything, where it is not important.		Carelessness: Takes it easy, people will not trust their deliverables.
Synthesis or Birds eye view: Shows interest in high level view.		Analysis or Worms eye view: Gets in to minute details.

10 Programs that control our life



Human beings life is controlled by 10 programs, which are part of this Psychological formless body , most of which are formed at an early age. These programs are accumulated experiences that shape human beings, much like a computer running on various programs. The programming begins even before birth, and while conventional biology attributes a child's traits to hereditary factors and DNA, our belief system considers them to be a result of karma..

These 10 programs can be classified in to mainly two categories as Individual unconscious and collective unconscious.

Programs under individual unconscious mind are:

1. Vasanas coming from Past Lives.
2. Genetic DNA coming – coming from , parents and their parents
3. Programs formed during four baskets
4. FCD – Fundamental Child hood decisions, up to age 6
5. Age 6 to current day

Programs under collective unconscious mind are:

6. Collective mind or Thought Sphere
7. Planetary (Navagrahas) or Solar System
8. Galactic level
9. Universe level
10. Other realms

The first program is influenced by past lives and greatly influences our current life. The second program is the genetic program inherited from our parents and ancestors, including learned skills. The third program encompasses the period from conception to delivery, including the immediate moments after birth up to six hours. The fourth program encompasses events from the first six hours to six years of life, shaping our experiences and treatment during that time. The fifth program spans from age six to the present day. All these programs are stored generally in DNA and it is also called individual unconsciousness.

As a parent, you may not have control over all these programs, as some are individual-level and others are collective or beyond our influence. However, you can significantly influence program 3,4,5 and to some extent 2.

These programs are formed based on deep emotional experiences a child goes through, including those from the senses and the umbilical cord. The child makes decisions based on these experiences, and they become programmed responses. The primary programming occurs during the four baskets and fundamental childhood decisions, within the first six hours, six weeks, six months, and six years. This primary programming determines various aspects of life, such as longevity, marriage, the type of life one will lead, and whether it will be mediocre or adventurous. Ancient Indian wisdom, like the Panchatantra, advises treating a child as a king until age six, as a prince until age twelve, and as a friend afterward.

From ages six to twelve or fourteen, the secondary programming phase begins, where values related to religion, culture, and other aspects are instilled in the child. From age 14 onwards, the territory programming phase takes place, during which the child learns and assimilates information from their surroundings.

The primary programming is the most influential phase, followed by secondary programming, and then territory programming. These three together control our lives.

As a parent, it is essential to reflect on our role in our child's fate and future. Are we contributing to their well-being and life in the right way? Or have we outsourced or neglected our responsibilities? Providing the right environment for our children to have the right experiences and develop appropriate perceptions and programs is crucial. Many parents unconsciously outsource parenting to grandparents, babysitters, or daycares, without fully considering the impact.

The functioning of the brain and brain waves play a significant role in a child's learning. The brain consists of billions of neurons that

communicate through electrical currents, resulting in brainwave activity. By understanding the different brainwave frequencies and states, we can gain insights into a child's development and tailor our approach accordingly.

During the early years, from the womb to around age 2, a child's brain operates in the delta frequency, and their learning occurs in the unconscious mind. The child's self or ego is not active during this period. From age 2 to 5 or 6, the brain operates in the theta frequency, and logical reasoning is not fully developed. After age 5, the child's logical and rational brain begins to emerge.

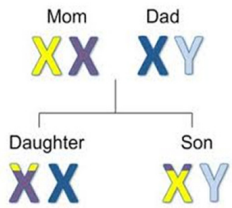

The learnings during these early years are stored directly into the individual unconscious mind, similar to how information is stored in computer memory. Only after age 6 does learning involve the conscious or rational mind, but it still gets stored in the unconscious mind through repetition. It is crucial to provide the right experiences and environment for the child during these formative years.

The fetal origins process, from conception to birth, is a subject of scientific research. Studies have shown that a significant amount of learning takes place before birth, while the baby is still in the womb.

Understanding and coping with the changes a child goes through requires attentive and responsive parenting. Providing love, attention, friendship, and unconditional acceptance are crucial for a child's development. Parenting is a continuous learning process, and it is important to adapt and grow along with our children.

If we want real change in our lives, we must address the primary programming within ourselves as parents. Developing inner integrity is a powerful tool for self-discovery and understanding our own programming. By accepting and loving ourselves, we can then extend that love to our children, leading to positive transformations in their programs. The child will change, and a harmonious parent-child relationship will be established.

It is important to create strong bonds within our families, as simply focusing on the children alone will not suffice. By following the principles discussed in this section, we can evolve into loving and caring parents, nurturing children who possess the right-mindedness, peace, maturity, and enlightenment needed for a better society.

<p>1. DNA: Chromosomes from the mother and father combine to form the chromosomes for the offspring. The DNA in these new chromosomes provide the genetic information for the individual, the so-called genome. Nucleus within cell contains most of our genes, tightly packaged into 46 chromosomes, of which half are inherited from our mother's egg and half from our father's sperm. On the other hand, mitochondrial DNA (mtDNA) comes from only mother cell which produces energy to cell. Also at macro level this represents Primordial energy = Female form = Adiparashakthi manifested as Asta Lakshmi or eight female energy forms.</p>	
<p>2.0 Parents intent to conceive and Movement of conception The process of raising a child begins even before conception. It is essential for both you and your spouse to have a clear vision of the type of child you desire and how you want them to be. You have complete freedom in this decision-making process. Based on your conditioning, cultural background, and belief system, it is important to set intentions and make conscious choices before conception takes place.</p>	

3.1. Four baskets (womb to delivery):

The nine-month process of embryonic development and shaping that occurs within the womb is an intricate and remarkable phenomenon. It is a highly complex process that unfolds without our conscious awareness, yet it holds profound implications for the life of the child.

One oocyte from your mother and one Sperm from your father - egg is inseminated and within 24 hours this cells starts dividing itself in to two and this process continues every 12 to 15 hrs for few weeks – where just same so soft sperm and egg are manifesting in to so soft tissues like brain, liquid, hard tissue like tongue and hard material like bones etc. Within 25 days, heart chambers start developing. Approximately within 45 days, your heart starts a first beat, possibly this is the moment soul entry in the body with all its past karma and programming. This heart beat goes on for 24 hours, 7 days a week and years till your last breath on this planet.

The precision and accuracy with which this process unfolds repeatedly is truly astonishing. It prompts us to marvel at the craftsmanship of the programmers or creators responsible for orchestrating this intricate development. What kind of software and information guides this process, ensuring its flawless execution and enabling the creation of billions of humans and trillions of diverse living species?

2.1.1 First basket :Movement of Conception to around 2 to 3 Months

During this period, the mother experiences significant physical changes in her body. It is important to consider the emotional experiences she goes through during this time and how she communicates them to her husband and family. The reactions and support she receives from them also play a role. The mother's emotional state, whether she feels fear, trauma, or is surrounded by love and care, can greatly influence the child's unconscious programming.



2.1.2 Second basket: From 2 to 3 months to beginning of birthing process.

During this period, which spans from 2 to 3 months until the beginning of the birthing process, the child is growing and becoming more cramped in the womb. The child is aware of and exposed to all the conversations and emotions that the mother and family are experiencing. The sounds that the child hears and the things that are fed to the child have an impact. The role of the father is equally important during this time. The father should strive to make his wife happy, and the wife should have positive thoughts about her husband. The father has a crucial role in determining the child's future. Even though the child is still in the womb, the father can communicate with the child. Daily, he can sit with his pregnant wife and talk to the child using positive thoughts and words. These positive interactions are registered by the child. This concept is also mentioned in the Mahabharata, where Abhimanyu learned critical



war techniques by listening to his father, Arjun, speaking to his wife during her pregnancy. The experiences during this period shape the child's programs and can have a significant impact on their future life.

2.1.3 Third basket: Natural delivery process-pressure and release and whole process of coming out

For many people this third basket experience could be difficult one. In a natural birth process, both mother and baby go through pressure and release. Actual experience of contraction and release that both are going through, and also people near the delivery including father, how all of them are dealing, coping up with this pressure will imprinting child programs and will follow how children respond to challenges in life. This includes the Cesarean delivery process as well.



2.1.4 Fourth basket: From the moment of delivery, the child's experience is crucial. The surroundings and the comments made by those present have a significant impact. Positive statements like expressing how beautiful, wonderful, and happy the child is can be made, similar to how they would be addressed to an adult. These positive remarks become stored in the child's memory and shape their life as they grow up. It's important to remember that during the first six hours, the child is not just a child, but a fully grown adult in a child's body. Their thoughts, feelings, and recordings are like those of an adult. These recordings remain with the child until they grow up and pass away. Therefore, how the child



is received and treated during these initial six hours is of great importance. After this period, past memories are cut off, allowing the child to fully experience and engage with their present life without constant comparison or judgment.

4. Fundamental Childhood Decisions (FCD),
The first six years of childhood are crucial in making decisions. These decisions occur within specific time frames: the first six hours, first six weeks, six months, and six years. This period is known as the Primary programming, which forms the most fundamental programming for your life. It holds the key to important aspects such as your lifespan, who you will marry, and the type of life you will lead. Whether your life turns out to be mediocre, adventurous, great, or normal, it is largely determined during this time.



5. Conditioning, first six years to till date.
Between the ages of six to twelve or fourteen, a process called Secondary programming begins. During this time, values related to religion, cultural norms, and other aspects are instilled in the child. It is a period of shaping the child's beliefs and attitudes. From the age of 14 onwards, a phase called Territory programming takes place, which continues throughout the rest of our lives. During this period, the child learns and absorbs information in a more general manner from their surroundings. It involves gathering knowledge and experiences from the environment and applying them to their understanding of the world.



SPIRITUAL BODY

THIS BODY is composed of Chaitanyam, which is Pure Consciousness and Intelligence. It includes Anandamaya Kosha (the sheath of bliss) and Gnanamaya Kosha (the sheath of wisdom). The self is represented by the pronoun "I." When all impurities are removed from this self, what remains is Chaitanya, or pure consciousness. There is no separate spiritual self; it is the same pure consciousness vibrating at different frequencies. These frequencies are influenced by the programs and conditioning we discussed at the psychological level. The spiritual self has its own needs and desires and fulfilling them is essential to avoid existential suffering. Existential suffering arises when, despite meeting our biological and psychological needs, there is an unknown pain or dissatisfaction. This suffering indicates the need to evaluate our condition, identify where we are stuck, and liberate ourselves from bondage. It serves as nature's way of guiding us towards a spiritual path.

Similar to a child realizing the absence of their mother despite being well-cared for in school or a hostel, we must awaken to our suffering and recognize the bondage that separates us from our true selves. Without this awareness, we may live our lives without fulfilling our human potential, similar to any other animal. After many lifetimes of unconscious living, nature eventually creates enough suffering to prompt us to question ourselves, our surroundings, and our relationships. Initially, we may look outside ourselves, blaming and trying to change others instead of introspecting. However, true transformation occurs when we realize that change needs to happen within ourselves. This marks the beginning of a genuine spiritual journey, leading us back home.

The journey involves a process of unlearning and expanding our consciousness. As our levels of consciousness grow, our self-expands until we reach a point where only we exist. We become humanity, creation, and eventually the God we have created. At a lower level, the term "spiritual self" refers to witness consciousness or the small "i."

For a more detailed understanding, please refer to the next chapter. In

essence, this self seeks liberation from unconscious living and strives towards enlightenment and the realization of God. However, we often neglect to comprehend these needs and how to fulfill them. The path of this journey, its milestones, the destination, and the means to reach it are left for you to explore and discover.

Normal Unconscious being		
Spiritual self	1. Concious being	Man with effort becomecon- scious of
	2. Transformed being	Change in physical brain. Man cannot make on his own. This has to be given to him
	3. Awakened being	Change in physical brain. Man cannot make on his own. This has to be given to him
	4. Enlightenment (Mukthi)	Declutch the Mind
	5. Oneness being	Only one sense works at any time
	6. Light Being	Change in Heart. Could be anywhere, any time on this planet but only at one place.
	7. Space Being	Could be at many places at the same time
	8. Union with Supreme light	Entering and merging with Supreme Light

Man’s consciousness is fettered by concepts, ideas, conditionings, and mental constructions. When consciousness is purged of all its contamination what remains is life, pure consciousness, or Divine. Hence Sri Bhagavan defines awakening as 'liberation of life itself'. This total and unconditional freedom is elucidated in the following verse called Liberation Sutra.

Awakening Is
Liberation of Life Is
Liberation from the senses Is
Liberation from Self Is
Liberation from the Mind Is
Liberation from Knowledge Is z
Liberation from Conditioning Is
Liberation from Society Is
Liberation from Work This is truth.

Liberation of Life

Awakening at a very fundamental level is to 'live life'. The scriptures define an awakened one as someone who is able to hold his or her senses under control. Truly, awakening on the other hand is liberation 'of' the senses or freeing the senses from the clutches of the mind. The mind with its judgments and commentaries interferes with every sensory perception, making it stale and lifeless. If not for this interference of the mind, the human nervous system is capable of generating bliss through every sensory experience – be it seeing, hearing, smelling, tasting or touch, irrespective of the object of the experience. Thus, one whose senses are liberated transcends the life of the mind and experiences the life of the senses.

Human being's consciousness is fettered by concepts, ideas, conditionings, and mental constructions called Mind. When consciousness is purged of all its contamination what remains is life, pure consciousness, or Divine. Hence one needs to start a preparation towards declutching from Mind and start living an awakening life or in Oneness.

Liberation from the Self

Self is the sense of separate existence. Whenever there is the 'me' and the 'other' the result is fear – fear of what the other would do to me. Out of fear, struggle for survival, comparison, jealousy, hatred, all the rest are born. Self is only a concept. A concept by definition is something that

does not exist in reality. It is an illusion.

Liberation from the Mind

The popular notion about freedom from the mind is either cessation of the mind where you enter a state of 'thoughtlessness', or transformation of the mind where the mind experiences greater freedom and peace within itself. Truly liberation is neither of these. It is the cessation of the effort to stop or change the mind. Then you are free 'with' the mind. The mind with its contents exists independently only to aid you with practical issues of life but does not interfere with the experience of life itself.

Liberation from Conditioning

The ideas of communism, capitalism, equality, nationality, religion, etc., have been developed by humans over millennia. These ideas and concepts have a life of their own. They are making use of your life for their survival. They enter you as a 'thought bug' and color every experience of life. Liberation from conditioning is not to be devoid of any idea or concept but to be free to choose them in functional matters of life.

Liberation from Society

Ultimately human beings are bound by the concept of 'freedom' itself. He or she thinks freedom is achieved by going against the existing system and the norms of the society. 'Freedom' is essentially an internal state of existence where you no more arise from fear. Hence there is no suffocation or resistance against any structure, law, or value that 'society' stands for. Freedom is not a revolt against something. It is a state of consciousness that has no opposites.

Liberation from Knowledge

It is liberation from the bondage of knowledge and not knowledge itself. When knowledge is not translated into an experience it becomes a hindrance to the very experience that you have set out to achieve.

Knowledge that is an obstacle to the experience of life is a burden and bondage. Hence has to drop.

Liberation from Work

We must differentiate activity from action. Activity is an escape from inner void or pain of existence. It is done as a means to an end. You work, drive, cook, clean, pray because you have a psychological need behind all these that you want to fulfill. Action is where the destination or the purpose exists in a physical sense but not in a psychological sense. The experience is an end in itself. It arises from an inner state of joy and freedom. While the awakened man also works, he is free from the tyranny of work.

Journey in Consciousness

MANY PEOPLE think that enlightenment and living in higher states of consciousness are only for great saints or sages. They believe that to achieve this, one must undergo intense hardships, strict discipline, and have deep spiritual knowledge. Others see it as something to pursue only after retirement or once all desires in life have been fulfilled, which often never happens. Modern people neither have the time nor the mindset to engage in these practices and understand spiritual teachings. The purpose of this chapter is to make the modern person aware of contemporary scientific knowledge so that they can intellectually understand and seek liberation from their current limitations. It's important to know that there is a wide range of experiences one can have throughout their lifetime. Unfortunately, there is no education or course that teaches us how to truly live life and what life really is.

We came from a supreme light as spiritual selves to experience this creation, like tourists visiting different places during a vacation. We were supposed to return to our base location after experiencing everything. However, we have become stuck at one place for a very long time, not just in this life, but possibly for many past lives. We don't even realize that we are stuck and wasting our time without fully experiencing all that we are meant to. Surprisingly, we claim ownership over certain places and consider them as "mine,". The journey of the spiritual self in consciousness involves transitioning from the unmanifest to the manifest and vice versa. Consciousness is like a multi-story building, where each

floor offers a different view depending on your level. Similarly, there are multiple levels of consciousness, and the experiences and perceptions of the spiritual self vary based on their position in this journey.

Now, let's look at the journey from the unmanifest to the manifest:

Ancient civilizations believed that everything is made of a formless energy called "Brahman" or "Divine." This energy, which is unknown to science, serves as the starting point of everything. The unmanifest Divine is unknowable, as it has no qualities and cannot be named. It is the ground from which everything emerges. The manifest Divine, on the other hand, can be known and experienced. It manifests as a Formless Light or Paramjyothi or Supreme Light and then various forms. It appears as "God" and can be observed in different forms and expressions.

Our human bodies are composed of the five elements: Earth, Air, Water, Fire, and Ether. Within these elements, there are over 50 different elements that make up our physical bodies. Divine energy manifests in different forms and combinations to create the universe, including galaxies, stars, and planets where human life exists.

We have strayed from the Supreme Light to experience this physical world. The separation allows for play and enjoyment. However, we have become too serious and lost in the external aspects of life. We don't realize that we are caught up in fulfilling desires in the external world, and our societies, education systems, and commercial models promote this rat race. We are rarely given the time and space to question the true purpose of life and to seek self-realization.

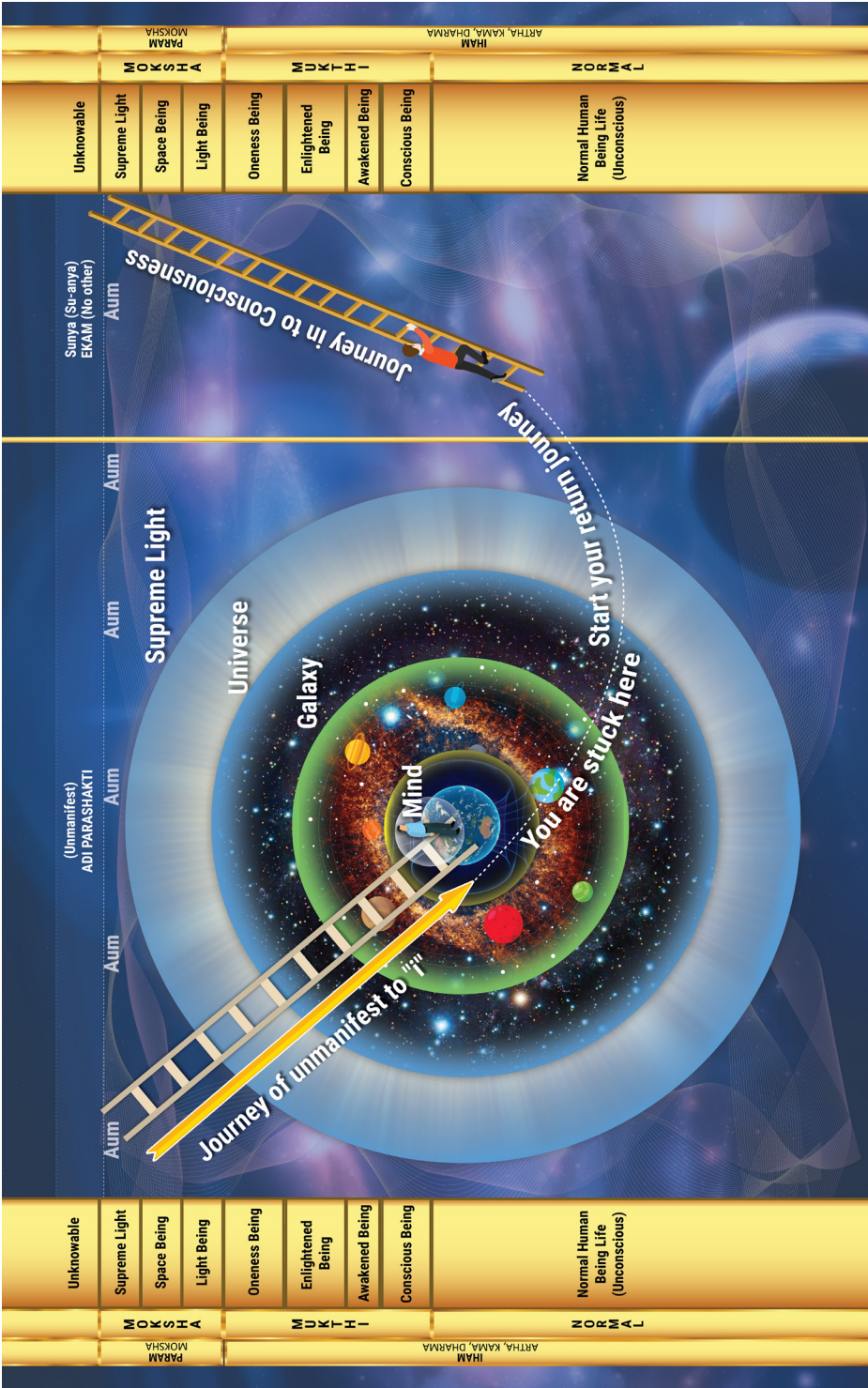
The intent of this chapter is to create awareness and inspire a return journey towards liberation. The journey will be different for each individual, but it is essential to take the first step. It is a journey in consciousness with no specific destination, but there are milestones along the way. The path to liberation may involve various practices such as devotion, meditation, wisdom, yoga, dance, music, and more. There are different paths to choose from, and one must start the journey at the

first step. The journey may have challenges, suffering, and unpleasant experiences, but it is a worthwhile endeavor to experience the full spectrum of human existence and attain liberation.

It is crucial to understand that life is much bigger than we think. Our current scientific understanding of the universe is limited, and only by becoming spiritual can we transcend these limitations. By tapping into our spiritual nature, we can access higher realms of existence and gain a deeper understanding of the universe.

Our journey is often impeded by the mechanisms of the mind, which fabricates a deceptive notion of self and entraps us within its ten levels of programming. As discussed in the previous chapter, we find ourselves subject to the domination of these ten programs that exert influence through the seven layers of the body. We're left virtually powerless, with the majority of our actions being dictated by the unconscious mind, a force considerably more potent than our conscious mind. It's crucial to become aware of this and to diligently observe the automatic processes of the mind. By augmenting our conscious awareness, we can initiate the process of liberation from these unconscious programs, thus paving the way for a life of conscious fulfillment.

A crucial part of this journey involves understanding the functionality of the brain, brainwaves, and the interplay between the conscious and unconscious mind. The brain, a highly complex organ populated by billions of neurons, communicates via electrical currents, thereby generating brainwaves. These brainwave patterns vary in relation to different life states such as sleep, wakefulness, heightened alertness, and relaxation. These patterns, in turn, impact our mental state and play a role in the storage and retrieval of information within our conscious and unconscious minds.



Age	Brain-Frequency range	State	Active mind and Memory storage
Womb	Delta : 0.5 to 4 cycles /second Deep Sleep state	Deep Sleep	Unconscious Mind
Between birth and 2 years	Delta : 0.5 to 4 cycles /second	Deep Sleep	Un Conscious mind
Between 2 to 5 or 6 years	Theta : 4 to 8 cycles /second	Hypnotic state, autonomous activities are performed	Un conscious mind
Between 5 to 8	Alpha : 8 to 13 cycles /second	Normal stress free state, physically, mentally relaxed.	Conscious mind and Un Conscious mind
Age 8 and above, Adult	Beta : 13-32 cycles and above	Heightened perception, learning, and Peak Mental state- 100M sprint.	Conscious mind and unconscious mind
Adult: Peak Mental state	Gamm : 32 to 100 cycles/second	Heightened perception, learning, and Peak Mental state- 100M sprint.	Conscious Mind

Mukthi and moksha - levels of awakening

Now let us get back to our original topic of experiencing full spectrum containing both Iham and Param needs during this span of life and going back to higher levels of consciousness.

Our ancient scriptures talk about four goals of human life viz Artha, Kama, Dharma and Moksha, Moksha being after death.

However in Bhagavad dharma and Sanathana dharma, there are five goals: Artha, Kama, Dharma, Mukthi and Moksha, Moksha being after death but one can have a taste of Moksha when alive. Mukthi is one of the most important goals of life mentioned here. It has got many levels and sub levels, but here we will talk about major levels or milestones.

As mentioned in the previous chapter, it is essential to recognize and cater to the requirements of our three distinct selves - the Biological self, Psychological self, and Spiritual self. The needs of the Biological and Psychological selves are mostly satisfied in 'Iham', the earthly realm. The Spiritual self's needs are partially met in 'Iham' and more fully in the divine or 'Param' realm.

'Iham' primarily encapsulates the four pursuits of life - Artha (prosperity), Kama (desire), Dharma (righteousness), and Mukthi (liberation). The first three pursuits are directed outwardly towards the material world, while Mukthi is an inward journey towards self-realization. Similarly, 'Param' involves engaging with the inner world and includes aspects like becoming a Light Being or a Space Being, and eventually merging with the Supreme Light. The needs of 'Iham' can be met both in normal states of consciousness or during states of Mukthi.

The needs of 'Param' are primarily met post the dissolution of the physical body, although a select few can experience these elevated states, or at least get a glimpse of them, while still alive. Experiencing the outer world from these varied states offers differing perspectives and enriches our existence. It is essential to ascend to higher states and experience the external world from those vantage points to live life to its fullest spectrum.

Sadly, many of us are caught in an ordinary state, experiencing the world through a limited lens. Our minds trap us, creating barriers around our light souls or bodies, as illustrated in the figure. We're often not aware of this imprisonment by our own minds and thoughts. Most of us spend our whole lives in this unaware, routine state. However, on the journey within, our psychological self vanishes when we become enlightened

and our biological self fades away when we achieve a state of Oneness.

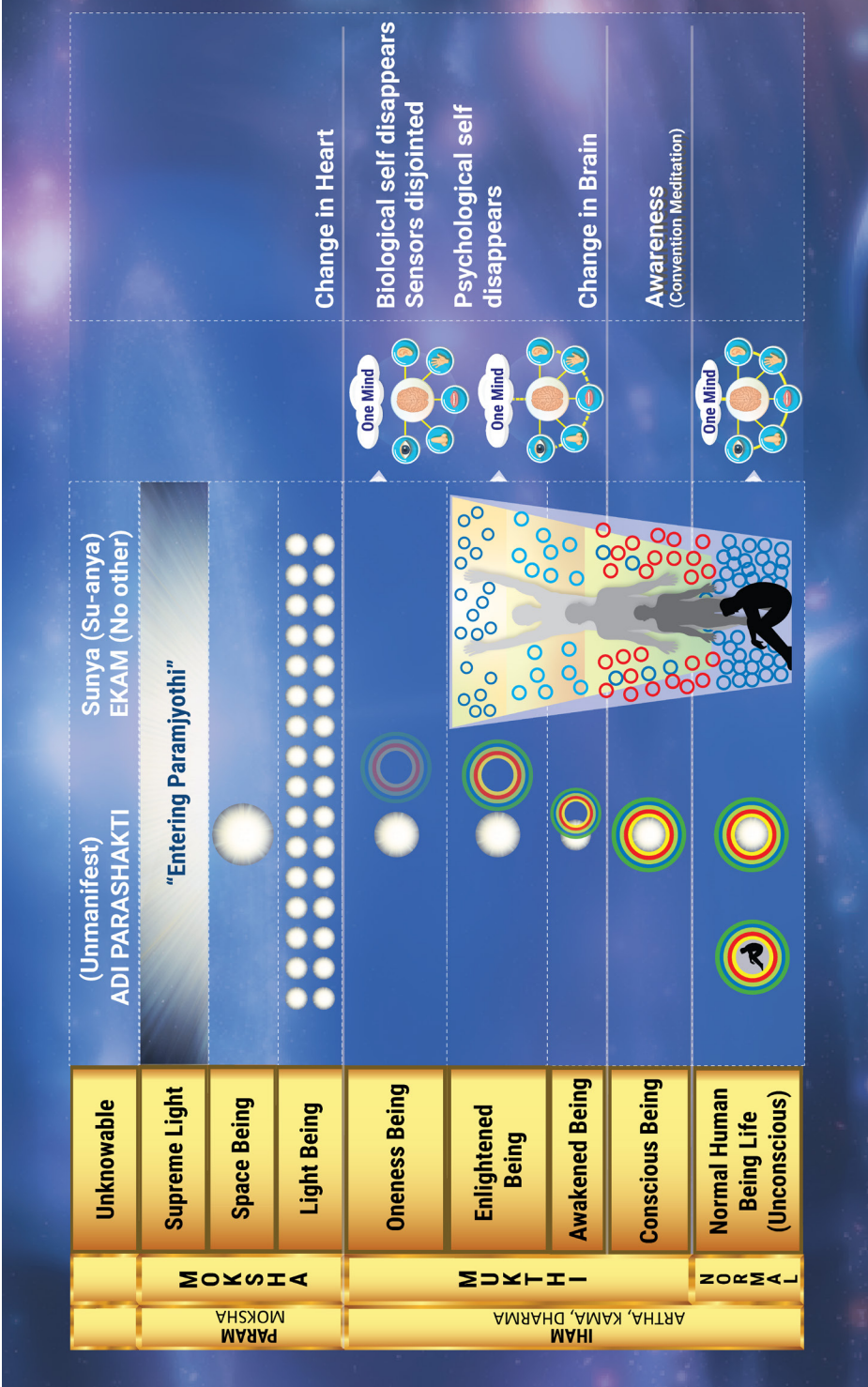
Normal people: Unconscious being:

Most of us live our lives in the outside world until we die, without ever experiencing other states of being. We are controlled by our individual unconscious and collective unconscious. Basically, people don't know what's happening inside them. They don't even know themselves well and everything they do comes from selfishness. We think of ourselves as our minds and we can't see our own thoughts. We don't develop an observing part of ourselves that can see these thoughts or our mind. We think of these as our mind and our routines, but they work on their own. We can't see things from a detached point of view. It is like monkey is sitting on our head and we are doing what monkey is doing.

Conscious being:

The majority of us wander through life unconscious of the internal processes that guide our actions. We are oblivious to the self-imposed constraints drawn from our biological and psychological sense of self, which emerge from the functions of the mind. Everything springs from a place of self-centeredness; there's nothing beyond that. This reality requires our conscious acknowledgement. We must awaken to our established stances, to the images that arise in our consciousness. Just like we cultivate awareness during meditation by focusing on physical sensations or breath, we must become conscious of the existence of the mind—the impulsive monkey within—and the 'self'. Observing our internal processes without judgment or condemnation, we can transition into being a 'Conscious Being'. This conscious state of being is the initial stage in the spiritual journey of Awakening.

Even when we extend our attention to others, we remain inherently self-centered. This 'other centeredness' is simply an expansion of our 'self'. It could be identifying with our family, religion, nation, or any other entity. We are still self-centered, but our sense of self has grown larger. This expanding self-demands our consciousness.



Our human bodies are engineered to relish the euphoria and bliss of existence, yet they are equally capable of experiencing fear and the struggle for survival, protecting us from both internal and external threats. Historically, our fears were predominantly physical—evading predators, for example—but in today's world, our fears are primarily psychological. Although our bodies are designed for short-term fear responses and to mostly dwell in healthier states, we find ourselves spending extended periods in fear.

Fear lies at the heart of human existence, serving as a catalyst for our entire spectrum of emotions. This fear, designed by Nature or the Universe, is meant to ensure our physical survival. Our primitive 'reptilian' brain triggers fight or flight responses when faced with physical danger. However, as societies progressed and physical threats diminished, our focus shifted to psychological fears. Our minds, equipped with a strong sense of self, began to carve out territories of 'me' and 'not me'. Our minds, primed for survival, operate with fear at their core. All human emotions—hate, jealousy, violence, guilt, hurt, lust, anger—stem from this existential fear. As we deepen our awareness of this fear, we can realize it is merely an illusion, with no basis in reality. Our mind projects a non-existent identity, a psychological 'self', and strives to protect it, akin to a blind man in a dark room searching for a non-existent black cat. We cannot solve fear; we can only dissolve it. Any attempt to solve it merely shifts it from one form to another.

Our bodies have two primary protection systems: the Immune System, which fights internal threats like parasites, viruses, and bacteria; and the Adrenal System, which responds to external threats and triggers the fight or flight response. These systems are energy intensive. When an external threat is perceived, our bodies release stress hormones that divert energy from growth and immune functions to our muscles. Prolonged exposure to stress hormones can shut down the immune system, a phenomenon exploited in organ transplants in medical science.

Due to the challenges of today, we often trigger brain chemistry associated with emotions such as fear, loneliness, and frustration. This can cause



5 Senses

an imbalance in neurotransmitters and hormones in our limbic system, making us emotionally reactive. However, it is possible to stimulate parts of our brain associated with love, compassion, skill, and problem-solving. This activation may require external assistance, perhaps an energy transfer, and can stimulate the production of happiness-inducing chemicals like dopamine, vespacin, oxytocin, and serotonin.

Emotions, essentially biochemical reactions in our brain, can amass incredible force when they are unacknowledged and unaccepted. Rejected emotions tend to rebound with greater intensity. The best approach is to acknowledge and accept their existence. This does not necessitate external expression; rather, it calls for internal honesty.

Living with chronic negative emotions such as depression, anxiety, sadness, and irritability undermines our natural capacity to enjoy life. Most emotional imbalances stem from unmet nutritional needs, malfunctions in our brain-body chemistry, and unquestioned perceptions. Modern science reveals that every emotion corresponds with specific chemical reactions in our brain. Emotions like fear or stress stimulate the hypothalamus to release complex amino acids called neuropeptides, which are then circulated in the bloodstream. Once these neuropeptides reach and lock onto cell receptors, those cells become immune to nutrition and nourishment, and multiply to create similar unhealthy cells. This explains why conventional treatments often fail for people with chronic emotional issues.

Ironically, most of us remain trapped in 'normal' states, not only in this life but across many lives. Yet, nature designed our bodies to experience higher states of consciousness—ecstasy, love, bliss, enlightenment, and oneness. To access these states, we need to transform our physical brain and its biochemistry.

Awakened beings:

An Awakened One is a person who has cultivated the ability to observe their own mind. It is an individual whose brain has undergone a profound

transformation, enabling them to hold space for the reality of their present experience, their "what is". Without this cerebral shift, the act of witnessing one's own mind, developing this observer self, remains an elusive endeavor. In this phase, another persona arises within us—a witnessing persona, a vital player in the act of 'seeing', which should not be mistaken for mere consciousness.

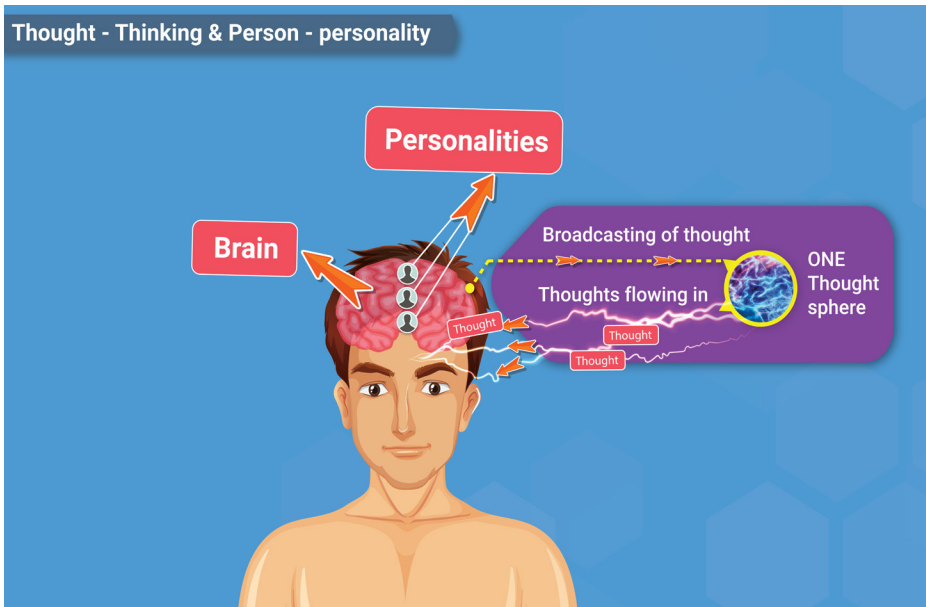
Inside you, there may be suffering, jealousy, fear, insecurity, hatred, any number of emotions. We are not concerned with the content of "what is"; the focus should be solely on embracing this reality. Holding 'what is' is no easy task, but once you awaken, once your brain has transformed, you become capable of holding 'what is'. And once you are able to hold 'what is', you can stay with 'what is'. The internal whirlwind may move swiftly, making it challenging to grasp, yet this becomes possible when the 'hardware', or the brain, undergoes change. With this transformed brain, you will naturally see and hold 'what is'. Today, many people evade their suffering, but once you can stay with it, you will truly experience it. People often mistake running from suffering as experiencing suffering, which is not the case. You need to genuinely experience it. As you begin to experience it, you begin to perceive it as plainly as you see a fan or a light. This act of seeing triggers a curious event—you are liberated from 'what is'. This previously troubling 'what is' is transformed, losing its power over you. While we talk about holding it, staying with it, experiencing it, all these stages happen rapidly. You may not even realize you have traversed these stages unless you slow down and meditate deeply. Holding, staying, experiencing, seeing—all lead to liberation. Seeing is the key—to see is to be free.

Even at this stage, even though the brain has undergone change, this state of witnessing will not be a constant experience, and the 'self' will still persist. The monkey mind remains active, but you are now capable of observing its activity. The mind, which was once a source of trouble, loses its power to perturb you.

Enlightened beings:

As we perceive, the mind comprises of 10 layers, scattered yet connected.

A portion of it manifests as the collective human mind, the One Mind, stored within the thought sphere. This One Mind, a mechanical device of memory, is a label attributed to the flow of thoughts stored within this sphere. These thoughts enter through our ceter of eyebrows and traverse through the brain. The brain, a complex thinking apparatus, processes these thoughts as one of its inputs. This stream of thoughts and the thinking process are autonomous. This automatic thinking process conjures the illusion of a thinker, not the other way around. It is the automatic thought process, manufacturing a psychological self, an illusion. There is no constant psychological self or person existing, but rather fluctuating personalities. These personalities emerge and dissolve dependently. A myriad of thoughts incites various personalities within us, resulting in an internal crowd continuously conversing with each other. It is crucial to become aware of these conflicting inner dialogues, accepting them as diverse perspectives, each holding its truth. There is no such thing as an absolute truth. Once you become conscious of this, tranquility and harmony will permeate your dialogues. As you become conscious of this within yourself, you develop the ability to perceive it in others, fostering non-judgement.



Thoughts emanate from the One Mind or thought sphere. If the brain

remains passive when these thoughts flow, they drift away unnoticed. However, when the brain engages in processing these thoughts, the autonomous thinking process fires up, fabricating an illusion of a thinker. In reality, it is the other way around. Each time a certain thought is processed by the brain, a specific personality is crafted, only to dissolve once the thought process ceases. Different types of thoughts could enter the brain, triggering an automatic thought process, birthing yet another personality, albeit a different one. The brain incessantly receives thoughts and continuously creates ever-emerging personalities. All these personalities are transient, rising and falling based on the nature of the thoughts. There is no fixed personality or permanent thinker. The continuous autonomous flow of thoughts and the relentless thinking process distract the conscious mind. The pattern of thoughts one attracts is dependent on the charges and wounds residing in one's individual unconsciousness, creating a unique frequency signature in their DNA vibrations.

For the Enlightened One, the act of observing stills the mind. It no longer interferes with sensory perception, no more commentary from the mind, although it does return intermittently, a transient connection between mind and brain. For the enlightened, only sensory perception or data is processed by the brain, no input from the mind. The mind becomes silent, only operating when needed. When idle, it vanishes. The senses function without the interference of the mind. The enlightened being lacks a psychological self, but the biological self prevails. The mind emerges sporadically. When it does, even the enlightened one may encounter the psychological self. This psychological self arises and flows like the ocean waves. Sometimes it's completely still. However, this stillness isn't permanent unless you achieve Jeeva Samadhi. If you need to navigate in this world due to certain situations or circumstances, the psychological self may reemerge but will dissipate quickly.

The common perception is “I THINK” or I am thinking. When you're enlightened, you discern that there's no thinker who is thinking. You realize that the thinking process occurs automatically, creating the illusion of a thinker. In this state, thoughts are automatic, requiring no

effort from us, much like breathing and heartbeat. As this automatic thinking happens, the illusion of a thinker arises. When the thinking process accelerates – the psychological self manifests. You'll realize that the thinking process is an autonomous process, fabricating the illusion of a thinker. You perceive that the thinker and the thinking are inseparable, as are the observer and the observed. In this state, the senses function harmoniously, not disjointed.

In the subsequent stage, they are disjointed, and you will perceive that the observer, the observed, and the act of observation are one. The same singularity is achieved with seeing, the seer, the seen—all becoming one. They reach a state of oneness.

Oneness beings:

Upon reaching a state of Oneness, you shed your biological self, dissolving the sense of separateness from others. This mainly occurs due to the senses becoming disjointed. For the enlightened individual, the senses function simultaneously, but the mind is not interfering. In contrast, for a Oneness being, the senses operate one at a time, and they are disjointed. When one sense is active, the others retreat into silence. In Enlightenment, the senses work in harmony. However, in Oneness, they function independently. Here, even the biological self dissipates, and for the Oneness being, only the "other" remains. For such an individual, the observer ceases to exist. The observer, the observed, and the act of observation merge into a singularity. When a Oneness being beholds a tree, only the tree exists in that moment. When they observe the sky, only that occupies their space. This state can be referred to as "Indriyaanaam vimukti hee".

The biological self emerges when the senses coordinate rapidly. As observed in animated movies, when still frames are played at a certain speed, such as 16 or 25 frames per second, we perceive continuous action. But if you reduce the speed, the illusion of motion dissolves, and we start seeing individual frames.

The psychological self, which is entirely conditioned by societal influences, education, parenting, religion, and more, is constructed upon this biological self. This psychological self arises due to the thinking process occurring in the brain, and it automatically creates an illusionary thinker. Infants initially lack this self. The biological self begins to form around the age of one year, while the psychological self emerges between one and six years. When this self is shed, you become all-encompassing - you are the tree, the sky, the moon, the sun. One can then proclaim "Tatmavashi, Ahambramhasvi".

We have now examined the various milestones within Iham. Let's summarize before we transition to Param.

Transformation is a shift in our inner dialogue: the conversation between our inner personalities, from negative to positive.

Awakening is the act of observing our inner dialogue.

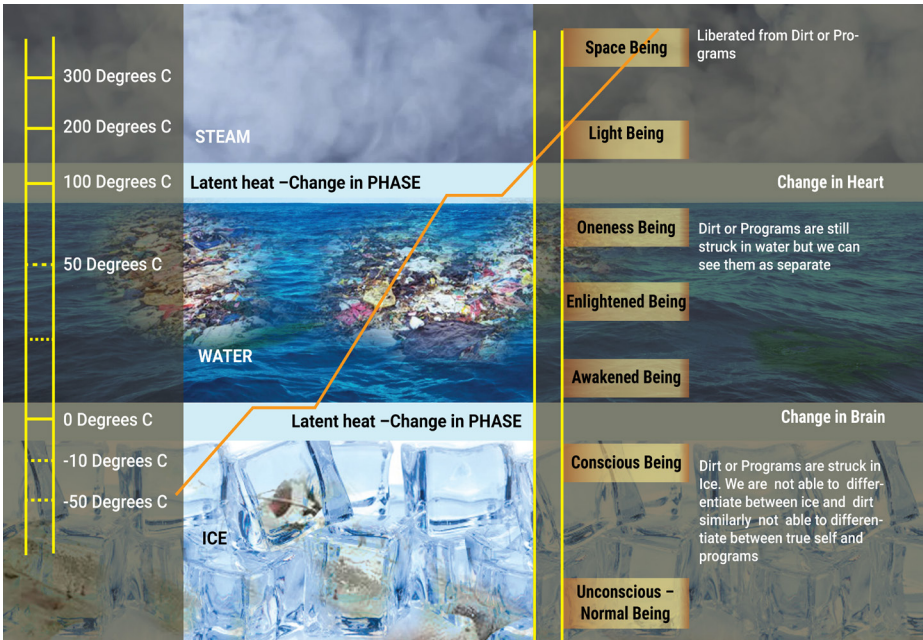
Enlightenment is the cessation of our inner dialogue.

State of living	Biological self	Psychological self	Mind Troubles	Changes in Brain	
Normal Being (Unconscious State)	Yes	Yes	Yes	No	Judging, Condemning, Running away
Conscious Being (Dharma Enlightenment)	Yes	Yes	Yes	No	Just being Conscious without Judging, Naming, Condemning

Awakened Being “Seeing” (witness per- sonality)(Hin- du Enlighten- ment)	Yes	Yes	No	Yes	Mind monkey is active, but we are able to see this mon- key or our own mind
Enlightened Being (Be- ing - Wit- ness is emerged) (Buddhist En- lightenment)	Yes	No	No	Yes	Mind mon- key became mostly silent. Senses are still func- tioning simul- tane- ously but no Interference of the mind
Oneness (Child Like) (Hindu En- lighten- ment)	No	No	No	Yes	Senses are disjointed functioning without the Interference of the mind, One sense at a time

The transformative journey in consciousness can be likened to the phase transition from ice to steam as shown in the Fig. Just as we measure the change in state using temperature, our shifts in consciousness level can be tracked during our journey. In both instances, this journey can occur in either direction and at major milestones, significant phase transitions occur.

As typical human beings, it's normal for us to closely identify with our charges, emotions, hurts etc to let them define our actions. Much like when ice is contaminated with dirt, it becomes challenging to differentiate between the water and the impurities. At this stage, one can use the conscious mind to become aware of the thoughts that flow through us



Upon awakening, one can practice bearing one's suffering and expanding the level of consciousness. During this stage, one starts to discern the difference between the water and the dirt. The experiences vary as one traverses through different milestones, such as Enlightenment and becoming a Oneness being. Beyond this milestone, to advance to the next level, a major transformation needs to occur - the physical heart must change, alongside various other organs. Once again, this calls for external assistance, akin to a substantial supply of latent heat, to facilitate the phase transition from water to steam.

Life's journey is a continuous exploration of consciousness that can further evolve into becoming a Light Being or Space Being, or merging with the supreme light, known as Paramjyoti. All these progressions fall under the umbrella of Param or Moksha. If one chooses, the journey can continue further into dissolution with silence, nothingness, or Nirguna Brahman.

Before we delve into the concept of Param, it's crucial to understand the significant role of the heart. We are conditioned to believe that the brain is the control center for all our organs, including the heart.

However, communication between the heart and brain is dynamic and bidirectional, each organ constantly influences the functioning of the other. Studies have revealed that the heart communicates with the brain in four primary ways: neurologically (through nerve impulses), biochemically (via hormones and neurotransmitters), biophysically (through pressure waves), and energetically (through electromagnetic field interactions). All these communication channels have a significant impact on the brain's activity.

A mounting body of scientific evidence suggests that the heart is more than a mere blood pump. It functions as a sensory organ and a sophisticated center for information encoding and processing, with an extensive intrinsic nervous system. Notably, it contains around 40,000 neurons and an electromagnetic field that is 60 times larger in amplitude and 5000 times more intense than that of the brain. Extensive research in this area is being conducted by institutions like the HeartMath Institute (HMI), Stanford University, and Oxford University, among others. According to HMI, the heart can be considered "a state of intelligent consciousness". The 40,000 specialized neuronal cells in the human heart can learn, think, and remember independently from the brain. They can communicate with us separately. The state of coherence between the heart, brain, and the entire body is extremely crucial. When an individual is heart-coherent, the heart radiates a more coherent electromagnetic energy field, benefiting people, animals, and the environment. Coherent group cooperation can yield spectacular results, as the members are connected at an energetic level. This coherent state provides beneficial influences and support to others. Furthermore, many scientists propose that a feedback loop exists between all humans and the Earth's energetic system, enhancing the effectiveness of collective intention and cooperation for global coherence. We know that Earth's magnetic fields profoundly impact humans and the entire biosphere, and substantial research is exploring how collective human energy can affect these Earth's magnetic fields. Every individual's energy field contributes to the global energy field. When enough individuals increase their heart coherence, it leads to increased social coherence. When a critical mass aligns, it results in increased global coherence.

Harmonization of the heart and brain neural networks is essential. The neural networks in the heart can receive information from higher consciousness that is akin to a Whole or UI , while the brain's perspective is local. Nowadays, we have lost the connection to this Whole. To live and evolve into higher states of consciousness, changes are needed in the physical heart, especially in the heart-brain configuration. This change is what we generally refer to as the flowering of the heart, leading to an increase in feelings like love, compassion, and gratitude.

Moksha:

If enlightenment graces you, the path to Moksha is smooth and direct. Yet, enlightenment is not a prerequisite for Moksha. Essentially, Moksha symbolizes the liberation from the cycle of rebirth in this earthly realm, guiding the soul towards higher dimensions. The zenith of Moksha is the union with the Supreme Light, our original abode, a realm of Supreme Love. These elevated states are typically experienced post-mortem, but one can also savor a glimpse of these celestial states while still inhabiting the physical body.

Once you transition into a Oneness being, your evolution into a Light Being ensues naturally. As a Light Being, you transcend the conventional parameters of space and time. You can exist anywhere, anytime, but one place at a time. With a luminous body at your disposal, you can traverse spiritual dimensions, and yet, you retain the capacity to manifest physically.

Space Being

He could be at many places at the same time. Light being can be any point in time only at one place.

Entering in to Paramjyothi: Upon transition from the earthly realm, souls chosen by destiny become one with the luminous essence of Paramjyothi. Yet, in our earthly existence, it's possible to perceive Paramjyothi from a position of exteriority. But remember, a vast difference exists between the

simple observation of Paramjyothi and the profound immersion within its divine radiance. The Ultimate Awakening symbolizes this deep dive into the cosmic infinity that is Paramjyothi.

In one's spiritual journey, it is crucial to distinguish whether you are experiencing a brief state or a constant sense of Being. A state is temporary, a result of shifts in your brain chemistry, whereas Being springs from enduring physical alterations in the brain, heart, and other bodily systems. As spiritual beings, we are inherently equipped to touch these exalted states of consciousness. One may scale these spiritual peaks and dwell in these states for a fleeting moment, for hours, or perhaps forever.

Reaching these spiritual heights necessitates modifications to the brain, heart, and other components of our physical being, including the endocrine system, chakras, and so forth. However, dwelling in that elevated state is largely a brain chemistry process. During these peak states, the brain secretes certain chemicals, but the intensity of these states may fluctuate, especially in the beginning. Initially, you may touch these heights for a few seconds or minutes, only to return to a lesser state or baseline level. However, as your brain evolves, you can willingly return to these heightened states and remain there for some time before descending again.

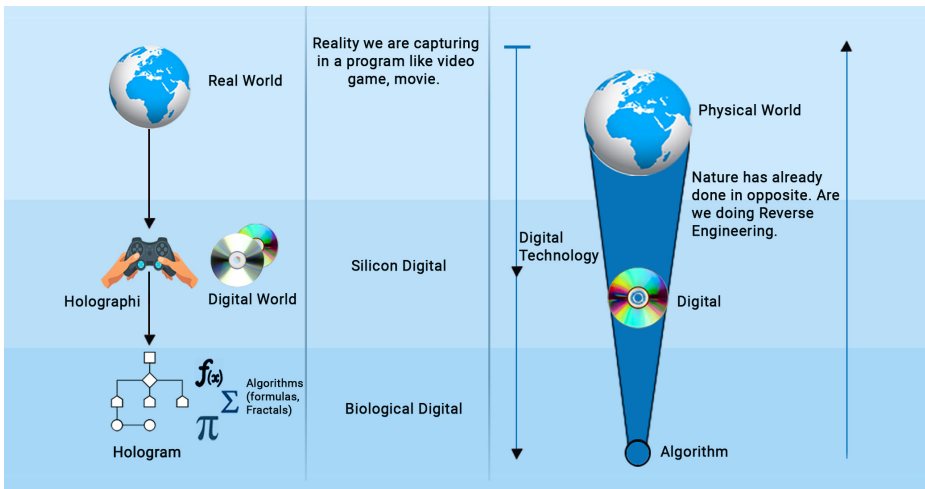
Even in the enlightened or Oneness states, or any peak state, the self reappears when required, particularly when dealing with the functional world, unless you have reached the state of Jeevan Muktha, or living liberation. Yet this shelf is temporary, like a wave in the ocean: the biological and psychological self-arises when needed and subsides when not.

Particularly in the peak states of Enlightenment or Oneness, one might find it difficult to function in the world and may need assistance. Therefore, being in these peak states at all times isn't always practical, especially when one must fulfil worldly responsibilities. When one needs to function on a biological level, the senses quicken, and the biological self reemerges.

Similarly, as the thinking process accelerates, the psychological self-returns. However, one can inhabit these peak states for longer periods later in life.

To summarize in contemporary digital era

The holographic model of the Universe proposes that our perception of physical reality can be traced back to underlying programs, suggesting that the Universe lacks substantial materiality. In this holographic perspective, the Universe is likened to an expansive hologram composed of intricate programs. Our senses and the brain contribute to the creation of this perceived reality, much like how we construct and experience virtual worlds in technologies such as virtual reality and the Metaverse.



Nature has created platforms based on consciousness and intelligence. These platforms likely follow mathematical laws. They originate from intelligence and master algorithms that are expressed through simple yet complex fractal patterns, like the Fibonacci sequence, Mandelbrot set, Sacred geometry, and Platonic solids. The holographic structure may be shaped by higher levels of fractal geometry. Interestingly, in modern digital technologies, we are essentially reversing the process accomplished by Nature.

It becomes evident that our entire existence is influenced by the programs

embedded within the individual and collective unconsciousness. These two realms reciprocally impact each other. Initially, the individual unconsciousness serves as the entry point, while the conscious or rational mind gains prominence after approximately six years. One can perceive a human being as a bio-computer operating within the framework of the Internet of Humans (IOH), similar to the Internet of Things (IoT) in today's digital technologies. We aim to emulate Nature's achievements through interconnected devices like edge devices with adaptive intelligence, IoT sensors, smart homes, computers, smartphones, and more. Data collected from these devices is transmitted to the cloud, fortified with robust analytics and AI, incorporating supervised and unsupervised machine learning techniques to influence the field devices.

In the future, man-made IoT will resemble Nature's interconnected humanity, known as the Internet of Humans (IOH). Currently, computers primarily engage in linear processing, while our brains excel at parallel processing, albeit at a slower pace. Computers have faster processing speeds, but the human brain has the advantage of parallel processing. With the further development of quantum computing, computers may achieve parallel processing capabilities, making them conscious entities similar to humans.

This automation process requires platforms for storing datasets or experiences in the form of memories. In man-made platforms, data can be structured or unstructured. These platforms encompass foundational algorithms that continually learn and refine themselves based on the datasets. At the individual level, social media platforms like Facebook, Google, Twitter, and Amazon aggregate individual content and provide personalized recommendations or notifications. Similarly, at the enterprise level, structured and unstructured databases have seen significant growth, leading to investments in platforms and algorithms capable of learning from this data and enabling autonomous service activities through self-service mechanisms. Once these push notifications are automated, they parallel the functioning of our unconscious mind taking control.

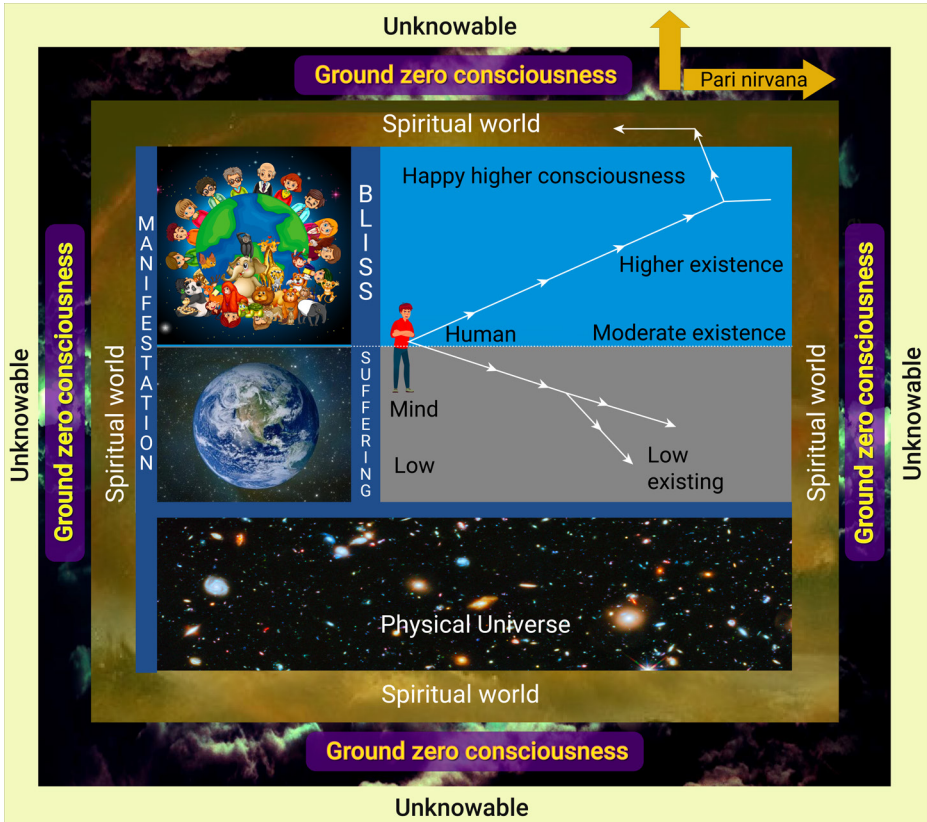
Nature employs a similar approach in the process of evolution. Routine activities at both the individual and collective humanity levels are automated, and these autonomous programs are stored at various levels within distributed storage and processing systems. These programs exert mutual influence in a bidirectional manner. Automating these routine activities is pivotal in the journey of evolution, facilitating the exploration of new experiences, evolution, learning, and growth. Numerous bodily processes, including digestion, breathing, heartbeat, and thinking, are already autonomous.

What is in it for me??????

IN THE realm of astrophysics and spirituality, it is fascinating to recognize that our ancient civilizations possessed profound knowledge and understanding of other universes. The mystics' perception of the Universe transcends the conventional notions of scientists. While our physical universe is constrained by the boundaries of space and time, there exists a vast realm beyond its limitations. To illustrate this, we can liken our physical universe to a football, while the entirety of the Universe resembles the Earth. Within this Universe, numerous exquisite universes, realms, or lokhas exist, and they hold a greater sense of reality compared to our physical universe, despite everything ultimately being part of a grand illusion.

Modern science has made significant progress in converging with spiritual science on this topic, aligning with how our physical Universe operates. When we delve into the origins of existence, both perspectives converge on the notion of "NOTHING" or Shu-Anyā, which can also be referred to as Ekam (Oneness). From this Unmanifest, Unknowable, or Nothingness, the initial manifestation emerges as the Supreme Light. This Supreme Light gives birth to the Golden Orb or Hiranya Garbha. The concept of the Big Bang theory also suggests that the Universe originated from a minuscule entity, comparable to the size of a peanut or pinhead, which underwent an explosive expansion. Subsequently, various forms and dimensions unfolded, eventually leading to the formation of the physical Universe.

Remarkably, the story of the Universe is encoded within the DNA of each individual. By engaging in proper Dhyana (meditation) and introspection, the profound nature of this cosmic narrative can be revealed to us.



I humbly request your attention to the following:

It is of utmost importance for each one of us to elevate our consciousness in the upcoming months. Time is running short, and the urgency arises from the fact that humanity's liberation hangs in the balance. This liberation is not only for ourselves, our families, and our children, but also for the countless souls of our ancestors who suffer in realms of suffering. By joining the 80,000 enlightened individuals, you can contribute greatly to the well-being of humanity and our planet. If your heart resonates with this calling, I encourage you to participate in these transformative programs and connect with others who share this path. There is nothing more significant than this at present. The years 2023 and

2024 are crucial, and if we miss this opportunity, we may be forever lost, descending into lower realms of increased suffering.

If we miss the above opportunity:

Unfortunately, if we fail to manifest in to the Satya Yuga or Golden Age, it is vital for each of us to be prepared for death and attain Moksha (liberation) upon leaving this physical body. It is crucial to intellectually grasp the process of death, which is a beautiful transition. One should approach death in a state of relaxation, free from fear, depression, anger, or any negative emotions. The moments before departing from the body hold immense significance. They determine the trajectory of our journey, much like the angle and preparations for a rocket launch determine its destination. The thoughts we hold at the time of departure influence the realm or lokha we will enter. Therefore, it is essential to reconcile and complete our relationships. Unfulfilled desires, unresolved relationships, and emotional wounds should not disturb us during this transition. This signifies the cleansing of our individual unconsciousness. By clearing our individual unconsciousness while living in this lifetime, we prevent projection of unresolved issues into other realms. It is preferable to cleanse our individual unconsciousness here and now, rather than enduring further suffering in lower realms such as hell.

Moksha (liberation):

Moksha is typically attained after leaving the physical body or upon death. The experiences we have after death are a result of how we lived here on Earth. Most people, if not all, visit realms of suffering, commonly referred to as hell. This occurs because we accumulate hurt, pain, hatred, and unfulfilled desires during our earthly existence. In these lower vibrational realms, we undergo further purification until our hearts fully blossom. Once the heart flowers, our journey resumes. Although hell is an illusion, the experiences within it are real. By allowing our hearts to blossom in this lifetime, we can avoid the need to descend into lower realms or realms of lower vibrations.

Moksha is not merely the avoidance of returning to the earthly realm

again ; it is the ascension to a higher realm. The ultimate Moksha is merging with the Supreme Light, our original home imbued with Supreme Love and Supreme Compassion. Even in this merged state, we retain our individual identity as a light being, capable of emerging and returning. However, when we transcend even this stage, we merge with the Unmanifest, Silence, or Brahman, losing our individual identity.

As we ascend to higher levels of consciousness, we transcend the limitations of mind, space, and time. We gain access to elevated states of being that are typically experienced after leaving the physical body, but we can get a glimpse of these states while we are living on this planet. Within Moksha , one can choose to live in of higher realms or become a Light, Space beings or merge in to Paramjyothi or annihilate in to nothingness

Light Being: When we become beings of Oneness, we naturally embody the essence of a light being. Space and time hold no power over a light being, allowing them to exist anywhere and at any point in time on this planet. They can travel using a light body or even appear physically.

Space Being: A space being has the ability to be present at multiple locations simultaneously. However, a light being can only be in one place at a time within the realm of time.

Entering Paramjyothi: Upon death, one enters Paramjyothi. Yet, even while alive, it is possible to taste the essence of entering Paramjyothi. This experience differs from merely seeing Paramjyothi. The ultimate awakening occurs when one fully enters Paramjyothi.

Sincere gratitude for your time and before signing off !!

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