



## SECTION - V

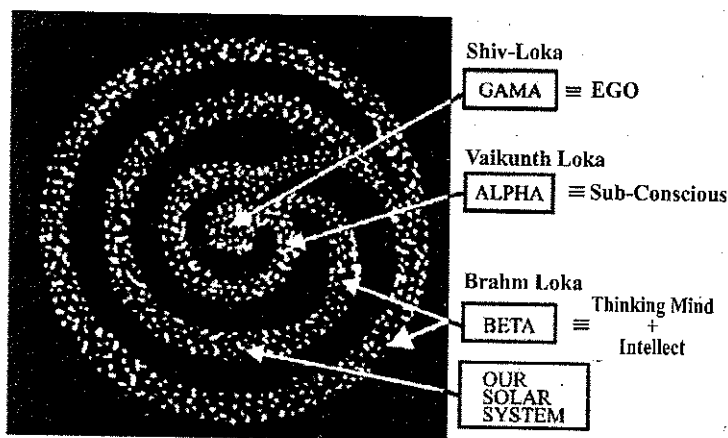
### **Healing upto Spiritual Level**

After learning the penetration levels of various therapies and specially after Comprehending the Law of Microfication, we can now draw an impartial conclusion that the Homoeopathy can liberate us by eliminating huge load of sins and purify the sub-conscious. That means it can carry us upto EGO layer of human form i.e upto the door way of God. Hereafter the journey to God should become smoother otherwise to attain the state of Samadhi through eight steps preached by Rishi Patanjali is not that simple and easy due to heavy load of miasms (sins) lying dormant in the sub-conscious of each individual.

Rishis have researched many wonderful subjects, but the meditation technique is the topmost research. With the help of this technique alone, they could discover and create the Vedas as the wonderful storehouse of knowledge. For the benefit and guidance of humanity, they have recorded that technique. The subject matter requires serious attention. Even though several scholars have written volumes on this subject, however, based on Maharishi Patanjali's writings brief description is given below.

**Meaning and benefits of meditation:-** The subtle body of every human being consists of (a) Thinking mind (b) Analytical mind (intellect) (c) Chitta (sub-conscious mind) (d) Ego. Even though the details of the formation of antahkaran (subtle- body) have been given in Session no. II of the book – "Vedic Dharm and Modern Science" (refer fig. no. 2.03), yet for better clarity, it is being reproduced as under:-

## KUNDALINI &amp; OUR GALAXY



TOP VIEW

According to the law "As the microcosm, so the macrocosm" the behaviour of atom, human being and the milky way is similar.

Kundalini = Soul = Subtle-body = Antah Karan

Length of Milky Way = 1 Lakh Light Years

Distance of our Sun From Centre = 32,000 Light Years

One Light Years =  $9.46 \times 10^{12}$  Km.

Fig. 2.03

(a) **Thinking mind** :- It is not a physical system. Due to the movement of electrons on the solar plexus, infinite no. of thoughts are produced. This constant flow of thoughts is termed as mind. During waking state this flow is non-stop. The mind remains active in the state of dream also. During deep sleep the motion of electrons stops, therefore, the thought flow also stops. The energy is then conserved, therefore, when the person awakes from deep sleep in the morning, he feels fresh, energetic and cheerful. In the language of yoga, the deep sleep state is called Sushupti (सुषुप्ति)-

**Postulation :-** On the spinal cord behind the solar plexus, a chakra known as 'Manipur' functions, so as to emit thought waves called thinking mind. The electron on this chakra keeps on changing its orbit and velocity, causing varieties of emotions and patterns of thoughts. Since a specific set of impressions engraved on the Kundalini are brought forward from previous births and these samskars in collaboration with the sun, the Rashis, the moon the nakshhatras influence the chakras, therefore this results in the ever changing behaviour of the person viz he is sometimes kind hearted, then angry or sexy or greedy and so on. Thus he is possessed with both kinds of thought patterns. This is how the energy is constantly consumed. The thoughts influence the activities of the person. Through activities and thoughts, the person is connected with the outer world. But he is never aware, that the great invisible power known as Atma resides inside the human shell by knowing which, he can know all the mysteries of nature without using any physical means. Because these means have limited application as has been experienced till now, whereas with the help of meditation and samadhi one can attain God also. In case this flow of the mind is stopped even for some moments, large amount of nuclear energy is conserved. Eight kinds of Riddhis and nine kinds of Siddhis come under control. Lakhs of people praise and salute. People hear patiently, follow and worship him as a Guru.

**(b) Intellect :-** 'Ajyan chakra' is situated at the centre of two eyebrows. On this 'chakra' also, the electron revolves around the nucleus as in case of Manipur chakra. The difference is, that the motion of electron on this chakra starts, when the motion of electrons on manipur chakra is slowed down and also that the electron of this chakra is situated nearer the nucleus. Due to this proximity of electrons, with the nucleus, the person's Intelligence level is enhanced and he can take better decisions.

**(c) Chitta (Sub-conscious) :-** On close scrutiny of kundalini situated at mooladhar chakra (coccyx), where its alpha plate carries pre- birth samskars (record) - Refer fig. no. 2.03, it becomes clear, that the soul is born on the earth to enjoy / suffer fruits of its pre-birth 'karmas'.

During the lifetime, new impressions are continuously recorded on the alpha plate of the sub-conscious due to the stimuli received from the external world. This activity is performed wholly through bio-electricity of the nervous system. The chitta is assumed to be situated at the posterior part of the 'Cerebrum'. It is the part of the antahkaran, which dominates the mind and intellect. The structure<sup>1</sup> of this is well understood by comparing it with the structure of an atom. The electrons when in motion outside the nucleus spend energy. But when this motion is stopped, and/or the electrons enter the nucleus, the energy is conserved and the sadhaka is said to have entered into samadhi. At this juncture, the electrons gain huge amount of energy available in the nucleus and when they come out and start moving, then a strong energy field is woven around the 'sadhaka' from the energy brought by the electrons whose benefits have been stated earlier. As long as the thought flow remains locked, no external stimulus is recorded on the sub-conscious. Longer the period of samadhi, the sadhaka reaches nearer to God. On exhaustion of old impressions and not recording of new ones, the sadhaka moves towards the salvation. *This is the greatest achievement of meditation technique. The sadhaka loses the track to god, if he gets involved in reaping the benefits of Riddhis and Siddhis.*

(d) **Ego** :- As already stated, the formation of chakras situated on the passage starting from mooladhar and up to sahasrasar (cortex) has been assumed similar to the atomic structure and also that inside the nucleus, protons and neutrons are situated, which in the macro are known as chitta - the lord Vishnu and Ego - the lord Shiva respectively. The sahasrasar (cortex) is constituted of lakhs of nerve cells. This chakra is the joining or dividing layer for soul with the Brahm (macro). This dividing layer can be wiped away by the practice of meditation. ( Paragraphs (a) to (d) above are hypothesis by the Author).

**Preparatory steps for meditation** : According to the Rishi Patanjali's yog-sutras, following eight steps are essential for attaining samadhi (trance). These are discussed below:- 1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahar 6. Dhaarna 7. Dhyana and 8. Samadhi.

**1. Yama :** It means the essential duties. These are five. These disciplines lead to moral building and purifying the mind and intellect. These are described below :

**(a) Sathya (Truthfulness) :** Speak always the truth. One should speak only, what he has seen, heard or experienced by the senses and nothing else. If one is not true in thoughts, speech and action, then this causes disturbance in the sub-conscious, which results in loss of energy (Prana) and creates obstruction in meditation.

**(b) Asteya (Transparency) :** One should lead a life of transparency. If any act is performed by hiding, then the person remains in the state of fear, which results in loss of Prana (energy).

**(c) Ahimsa (Non-violence) :** One should not hurt the feelings of others through thoughts, speech and action. Any kind of violence leads to reaction from the other party and the meditation process is obstructed.

**(d) Brahmacharya (Celibacy) :** The maximum loss of energy (Prana) takes place if celibacy is not practiced. There are eight kinds of sexual acts, which lead to the loss of semen and loss of electromagnetic energy. One should protect himself from such loss. For the success in the attainment of Samadhi, Celibacy is the pre-requisite.

**(e) Aparigraha (Non-storing) :** In case we accumulate more than our bare needs, it promotes the desire to acquire more. Thus the concentration of mind becomes difficult. Hence the necessities should be set at the most minimum level and these should be noble also.

**2. Niyama :** It also means essential duties, which cleanses the substrata of the mind, i.e. it purifies the sub-conscious and ego. These are also five and are described as under :-

**(a) Shauch (cleansing the sub-stratum) :-** It means to lead a sacred and pious life. The wealth should be earned through judicious means. One should eat satwik vegetarian food only, keep friendly attitude with everyone and be free from hatred and

envy. Such behaviour keeps the person happy and cheerful and elevates the level of prana (energy).

**(b) Santosh (contentment) :-** One should feel contented with whatever wealth comes as per the destiny and live on this happily. Keep control on desires. Be free from greed, and never be jealous of the prosperity of others. This is known as Santosh (contentment).

**(c) Tapah (Austerity) :-** Austerity means the physical and mental difficulties faced in following the disciplines viz control on senses, performance of vows and religious rites etc. It means to live fully disciplined life, which strengthens the power of determination (sankalpa) in the practitioner's mind.

**(d) Swadhyaya (self study of scriptures) :-** By studying the scriptures regularly, the practitioner proceeds steadily on the path of spirituality. The scriptures teach and inspire the reader to tread the right path. Understanding of the Law of karma and the experiences of sufferings during several births and deaths inspire the practitioner to strongly stick to the path of detachment from the world of matter.

**(e) Ishwar Pranidhan (Complete surrender to God) :** It means, that the practitioner should completely surrender himself to God. Along with the practicing of all the disciplines stated above, the sadhaka has to contemplate on a thought of omni presence of God and also that God is the doer of every act. Thus the practitioner remains above the thought of doership (ego) and proceeds steadily to the state of samadhi (trance).

**3. Asanas (Physical postures) :-** For practicing meditation, one has to choose a suitable posture, which should not be painful, but comfortable. It should not bring sleep, but keep the spine and neck in a straight line, so that the energy flow in spinal cord remains unobstructed. The Rishis after observation of several birds and animals have evolved a number of Asanas (postures). All these postures come under Hathyoga. Yet after selecting some of these Asanas, the practitioner should do them daily to keep the body fit.

The object of doing these asanas is to increase the energy level and keep the body strong and disease free. In this way the practitioner successfully proceeds to the state of samadhi.

**4. Pranayam (control on breath) :-** Through this technique of controlled breathing, profuse quantity of oxygen, and charged cosmic energy is ushered into the body. This causes the body to be disease free and enhances the magnetic energy, vigour and nourishes the intellect. Besides all this the flow of thoughts comes under control. Some useful techniques of Pranayama have been given below:-

(a) **Bhasrika** : Like a blacksmith's pump, one should suck air from both the nostrils rapidly and exhale also quickly. Such numbers may be eleven in the beginning, but may be increased according to the personal capability without causing fatigue.

(b) **Kapaal Bhati** : Exhale the air with a stroke, drag the stomach inside and let loose repeatedly. One should only concentrate on exhaling the air and the air required by the body shall automatically enter the lungs through nostrils. It should be repeated quickly as per the personal capacity. The number of such repetitions may be increased gradually without causing fatigue.

(c) **Anulom-vilom and Bhramri** : First close the right nostril and then draw the air slowly from the left nostril. Now close the left nostril and exhale from the right nostril slowly. Keep the left nostril closed and inhale the air from the right nostril. Now again close the right nostril and exhale slowly from the left. Each inhalation should be deep. Do it according to the personal capability. 'Bhramri Pranayam' is very good for meditation. All these techniques should be learnt from a highly educated Guru.

**5. Pratyahar** : It means not to accept the verdict of senses, because they lead to material enjoyments. The object of Pratyahar is to detach the mind from the world of matter and divert it to the divine path. Srimad Bhagwad Geeta (13/8) provides necessary guidelines to harness the mind running towards the sensuous pleasures. The guidelines are given below:-

- 1) Try to convince the mind, that one is never fully contented on enjoying worldly pleasures.
- 2) It induces more and more desire for enjoying the same.
- 3) It causes pains of old age, diseases and binds the soul in the cycle of life and death.

By such repeated suggestions to the mind, it is possible to bring it under control and put it on the path of contemplation.

The above steps are aimed to deal with the exterior matters. Following steps are meant to deal with deeper layers of human shell.

**6. Dhaarna (contemplation) :** To motivate the mind to single channel of thought is known as contemplation (Dhaarna). This activity can be performed in many ways. Some techniques are described below:-

**(a) Physical medium :** The physical medium chosen may be

**(1) Shiva linga, idols of Rama, Krishna, Devi and Ganesha etc.**

**(2) Flame of deepak** (say candle), sun at dawn, pole-star, moon or any other natural scenery. By constantly gazing at any of the above objects and also contemplating upon it in thought, the mind starts becoming still. There should be no strain on eyes while gazing.

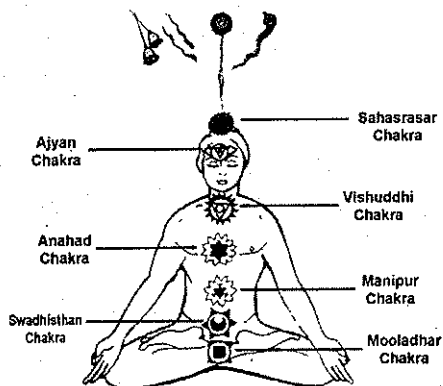
The second stage of practice i.e. on subtle objects is followed after the practice on physical objects is perfected. These are described below:-

**(b) Subtle medium** (fig. no. 7.01):- The commonly known subtle media are:- feel the light inside the heart or between two eyebrows, inside the throat, or on the solar plexus etc. One should continue such feeling in his thoughts as well. Contemplating on the breath also comes under the category of subtle medium.

**Japa of Vedic mantras** viz 1. Aham Brahmasmi 2. Ayam Atma Brahm 3. Tatwamasi 4. Soham and 5. Shivoham is the best technique. Along with japa the meaning of mantra should be contemplated simultaneously in thoughts.



## Meditation in (Sukh Aasan - Posture)



**Fig. 7.01**

**7. Dhyana (meditation) :** On success of Dhaarna (contemplation) the flow of thoughts stops. At this stage the tendency of the mind to remain in duality i.e whether or not to do this or that, is locked. For the beginner, the stoppage of thought flow even for a moment can be termed as beginning of meditation. Thus the flow of thoughts in a single channel is known as contemplation, locking the thoughts at one point is concentration, whereas thoughtlessness state of mind is known as Meditation. There are several methods or techniques of meditation. One such technique is given below:-

The simple and comprehensive method of meditation is to do japa of the name of the cherished god e.g. Hari Om, Sri Ramaya namah, Sri Krishnaya namah, Om namah Shivaya etc. and contemplate upon the form of the deity. The sadhaka should slowly move the attention from the smiling face of the deity and go down upto the heels and then revert back. The contemplation should include the ornaments, the garments, the adornments and specific colour of the deity. On number of such repetitions, when the mind starts becoming void of the sound of japa and the form of the deity, then this is the beginning of the meditation. Efforts should be made to

lengthen the period of void, which finally is known as Dhyana (Meditation).

**8. Samadhi (Trance) :** When the mind attains the state of single-pointedness, it is followed by the zero state or the state of thoughtlessness. At this juncture, the sound of mantra and form of cherished god both are lost in void, because now the thinking mind and the intellect together merge into chitta (sub-conscious). This is known as the state of Samadhi. To compare this state, it may be said, that the electrons orbiting around, merge into the nucleus and stay there. Even without the merger of the electrons into chitta, the stoppage of the motion of electrons for a smallest period produces a peace and peculiar kind of happiness. May it be for a few seconds. More this experience of happiness is lengthened, more the practitioner shall be detached from the material world and he will rise to the higher realms of nature. At the end the sadhaka will attain the state of non - changing, non-flickering, eternal state of bliss. This state has been termed as godly abode, because the permanent abode of God and of the spirit is the bliss sheath. By practicing with strong determination, the practitioner can continue this state of bliss for hours and days. Thus he earns extensive gyan (knowledge) and huge amount of vitality and finally the salvation, meaning thereby, he is freed from the cycle of death and birth. This state is known as Nirbeej samadhi (seedless trance). In this state, the mind becomes completely void from any thought. In case the 'sadhaka' retains a thought to serve the people, then on coming back from the samadhi he acts amongst the masses for their welfare. This kind of state is known as Sabeej samadhi (trance with seed). There is one more meaning of samadhi, that the sadhaka attains a state of mind, where he does not react to any kind of external stimulus of pains and happiness, respect and disrespect or heat and cold, that is, he remains in the balanced state of mind. This is known as if the practitioner has acquired the status of lord Shiva. Thus on the exhaustion of his Prarabdha (destiny or balance karmas), he merges with God. (To learn more about the samadhi and its benefits, the literature on Patanjali Yoga Sutra may be referred).

**9. The benefit and the technique of acquiring knowledge (gyan) through Samadhi :** Vedic scriptures state, that several kinds of siddhis are gained through the perfection of samadhi. The sadhaka can perform such deeds, which a common man cannot, viz knowing other's mind; understanding the language of birds and animals; becoming invisible; very light or heavy; creating anything; which is not normally and easily possible; knowing about the pre-birth and so on.

The electrons revolving on the outer periphery when enter the inner orbit, create favourable conditions to take appropriate decision. It further moves to the nucleus, where it joins the energy of the order of about ten million electron volts<sup>1</sup>. It meets there with the proton (chitta) on which the memories of infinite births are engraved. Therefore, by simple desiring, the mind can now read those pre-birth memories. Since the total knowledge is available on the internet of the cosmic space (Mahakash), hence thinking mind when used as cursor, it moves, searches and exhibits information of any field on the screen of chitta. It is as simple as downloading the informations from NASA website. This is how, the Vedic Rishis explored the laws of creation, sustenance and annihilation, as well as the effects on human beings caused by the Nakshhatras, Rashis and planets.

**Vegetarian and Non Vegetarian diets :-** A debate on vegetarian and non-vegetarian diets is going on since ages. Several people, believe, that it has a strong link with Religion. Therefore it is important to know why one should prefer either. Non vegetarian diet promotes strength, vitality, resistance power, robust physique and higher breed. It generates the tendency to do hard work, be adventurous and a good warrior. It enables the person to enjoy worldly pleasures, more sex and fight out diseases. But everything beyond limit leads to destruction. In cold countries, where temperature goes much below than zero degree celcius, animal fat and rich proteinous diet is preferable. In regions, where agriculture is not possible one has to depend upon animal meat or whatever is locally available. This is

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1. The nuclear force holds protons and neutrons together with energies of about ten million volts \_ The Tao of Physics, third edition, Publisher M/s Flamingo, P-253

how more than 80% human population lives on non-vegetarian diet. However non-vegetarian diet binds the person with law of karma and he can never break the cycle of life and death.

Vegetarian diet is essential to keep the mind calm, quiet and serene, so that the practitioner may concentrate his mind and succeed in meditation and samadhi. Since the goal of human life is to attain 'Mokshha' and this understanding is possible to the human beings only, therefore he alone can go beyond death. However to supplement adequate energy, the sadhaka has to keep control on eating habits, observe celibacy and follow Vedic norms to attain the goal.

**Model Solution :** If the human mind is constantly kept in the state of equanimity, then the hormonal secretion shall not be imbalanced. This is exactly the object of teachings of Dharm. As soon as there is the imbalance secretion, the individual helplessly tends to commit crimes e.g. rape, murder, suicide etc. Present day scientists are now agreeing that the crimes are the result of mental disorders. These mental disorders have gruesome and far reaching effects on the life of the individual as well as on the society. The fruits of karma are carried forward in subsequent lives, till these are exhausted through sufferings in number of births. To understand Dharm means to know mysteries of karma. It is really very difficult to anticipate the fruits of karma. Vedic scientists say, that this world is a museum of varieties of mad people and it is the best hospital for their treatment. Thus for treating all kinds of people, there is the single and best therapy- *keep the equanimity of mind.*

Vedic methodology teaches to meditate on the symbol of lord Shiva, who represents the tendency of balanced state of mind. It also prescribes a mantra – 'Om namah Shivaya', which should be repeated along with meditation. This is a scientific way of achieving equanimity.

**Fruits of Karma :-** *The whole universe is a single unit.* The entire world of beings is interwoven into one another as on a canvass through electro magnetic waves emitted by the planets, Rashis, suns, moons, nakshhatras, atoms, and infinite number of particles.

Any activity taking place at any corner of the universe must create an equal and opposite reaction at some other corner as per 'Newtons' third law. Parmatman has bestowed adequate calibre to human beings to understand the activities occurring in nature. Out of the laws framed by the creator, the *law of Karma is supreme*. On the basis of this law the almighty governs the universe. The common man is not in a position to understand the behaviour of this vast universe.

**Liberation from sufferings of fruits of Karma :** In fact the soul takes birth from the parents, where it is likely to inherit the specific disease-seed destined under the 'Law of Karma' for suffering the same through human form. All this play is designed by the super computer (Lord Vishnu), who is the giver of fruits of Karma, because he keeps the sharp eye and administers over all of us very actively and minutely. Hence, the souls rarely get liberation and freedom from number of pains and sorrows, until they surrender themselves wholly to God. *Homoeo remedies help in relieving the individuals from their sins to the great extent by destroying their carried forward miasms existing in the sub-conscious* and purifying their tendencies of negativities and unrighteousness. The angry, the drunkard, the liar, the sexy, the jealous, the egoistic, the greedy, the deluded and frightened become pious, noble and godly. They reach the door of bliss. The rest is the choice of the person, whether he wishes to enter the temple of ultimate happiness – *the Sat Chit-Anand*.

**The future of Homoeo Therapy :** The future of this therapy is bright. It is possible, that one day a highly sensitive instrument for diagnosing the homoeo remedy matching the total symptoms of the patient shall be invented. 'Homoeo therapy' will then be simpler to apply and shall gain popularity amongst the masses.

**Note :** The entire section V has been picked up from the book "The Vedic Dharm and Modern Science".