



On Bio-cosmic Energy and eyes practice

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Abstract: The Unmanifested Invisible Supreme Space is the ultimate reality. It is called Brahman in Hindu philosophy. When there is a slight movement / motion in that Brahman, sound begin to originate. This sound creates PHYSICAL spacetime. Then emerges the formation of material objects. The physical spacetime has meaning if and only if there is matter. So, in a sense matter is the prime source for the properties of physical spacetime. Then this invisible Supreme space gives energy for the formation of five fundamental boot has namely soil, water, fire, air and physical space. The combination of these five boot has is the cause for all kinds of life. So, in this universe each and everything is the manifestation of energy only. The lifetron which is spinning in both clock wise and anti clock wise at the center of the bore head between the two eye brows supplies energy to the human body. When the lifetron loses its energy, then natural death occurs. If we go on filling cosmic energy in the bio energy, we can prolong human life for ever, for ever. This is not only philosophy but also science. In this work, getting cosmic energy through eyes control has been introduced.

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First

Sit comfortably. Keep the spinal chord, head and hip with out bending. Close your eyes. Concentrate at the center of the bore head between the two eye brows. Open your jaws *as slow as possible* and recite OOOOMMM for 108 times. This Om sound gathers atomic- electromagnetic waves around your head. Also, it purifies the atmosphere. And this Om sound erases negative thoughts in you and fills up with positive thought.

Second

Concentrate at the center of the bore head between the two eye brows. Recite AAAA OOOO IMMM for 50 times. This Holy sound creates light Dine Light around your body. It purifies your thoughts and mind. Also, this mantra streamlines your respiration. It puts the breathing in both right and left nostrils simultaneously. The unification of cosmic energy with the bio energy is possible only by this type of respiration.

Third

Concentrate at the center of the bore head between the two eye brows. Recite IMMM OOOO

AAAA for 50 times. This activates the nervous connections from eyes to the Pineal gland. To put it in literary words, these recitations cleans the whole nervous system and keep the pineal gland where the invisible lifetron is spinning ready to receive the cosmic energy.

Four

Chant AM UM IM for 50 times keeping your attention at the center of the fore head. This makes a link between your body and the spacetime. It activates your organs to receive cosmic energy from spacetime.

Five

Very slowly, open your whole eyes. Do not close your eye lids. Keep them without any movement of your body. Focus your attention at the spinning lifetron which is hidden in the pineal gland. Prolong this sitting for 24 minutes. You will begin to think that you have lost your breathing. You will doubt that the respiration has stopped. You can not detect any symptom of breathing. Your evil thoughts will vanish in the spacetime. Your mind will come under your control.

Your body will feel TOTAL calmness and the activities of your senses will cease to exist. You will start your INNER VOYAGE and also you can enjoy your OUTER TRAVELLING. You can feel the difference. The cosmic energy will begin to blow inside your body and lifetron.

Six

Close your eyes too slowly. Let your thoughts be on your fore head. You will definitely feel the ONESS with Nature. You can surely enjoy D^ISP^IRITUAL ENLIGHTENMENT & BLISS. Most of our energy wastes through our eyes. If we can control our eyes, we will both biological and cosmic wonders. Slow breathing is a must for spiritual success and to keep good health. The fast respiration consumes much quantity of our bio energy. Slow movements and slow breathings store bio energy. We human beings normally respire 21,000 times per day. In another words, we respire 14 to 15 times per minute. The tortoise respire only 9 to ten minutes per minute. It lives.

for 400 to 500 years. The sea – green snake respire only thrice per minute. Its life span is more than 1000 years.

Seven

After performing steps one to six, open you lids as slow as possible. Wake up as gentle as possible. Avoid both liquid and solid food for 15 minutes. Then take bath in cool water. This is the routine practice of eyes control and the unification of cosmic energy with the bio energy.

Discussion

One may challenge this. This is not a fiction. This is for reality. Galileo was not accepted; Einstein was not encouraged; Riemann and Lobachevsky were ignored by the scientific community, Leopold Kronecker who was at the editorial board of Grella's journal severely opposed the publication and contents of cantor's set theory article. Also, Bose's work on boson statistics, Peter Higg's paper on God particles, De Broglie's matter waves findings were not approved by the scientific community at the time of their proposals and publications. The rest is history. So, it is the nature of the scientific community to ignore, avoid, question, challenge, discourage, ridicule and spell out flippant remarks against new and novel ideas and concepts. But the author is confident; very confident; In fact too confident that this experimental work is going to be tested, verified and confirmed. Amen.

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