



On the unification of bio -energy with cosmic- energy

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Abstract: Maxell unified electricity and magnetism; Abdus Salam and Steven Weinberg unified electromagnetic force with nuclear weak interaction force; Einstein unified mass and energy with his formula $E = mc^2$, Einstein combined space and time. Presently physicists are facing great challenges on the unification of Einstein's general relativity with quantum mechanics. The physical interpretation of energy states that energy is capacity to do work. The conservation law of energy expresses that energy can neither be created nor destroyed. One form of energy can be converter in to another form. In this work, the author attempts to unify bio- energy with cosmic- energy.

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Introduction

The Hindu, Christianity, Islam, Buddhist, Tao, Zen and all other schools of thought preach that Light is Divine. Lord Jesus Christ says that his favorable choice is light. These spiritual fields preach that God is within you. You need not search God outside. By travelling inner side, one can find God. All these doctrines instruct to sit, meditate and control your thoughts. But frankly speaking, when you sit, meditate and try to control your thoughts and mind, more and more thoughts will arise and disturb you. This is the real thing. The destruction of thoughts create the way to Spiritual Enlightenment, and Spiritual Bliss. Only this leads one to the union with God. To achieve this goal, one must under go inner voyage. The founders of religions have instructed several paths for inner journeys. But they are very difficult to perform and even to understand.

Spiritual Breathing Technique

Breathing is essential for life. We can control mind and erase evil thoughts ONLY THROUGH PROPER SPIRITUAL BREATHING. Fast breathings, hurried breathings harm human brain and parts. These breaths result in confusion, unrest, sorrows, diseases, and even quick deaths. Normally, we inhale and exhale air through two nostrils. It is not true. The breathing does not take place through both the left and right nostrils simultaneously. The breathing

mechanism occurs alternatively. I mean if the left nostril breathing takes place for a period of time **1**. then the right side nostril begins to breath for a period of time **2**. Thus the breathing is repeated by one nostril to another nostril. If at all you desire to control your mind and thoughts, YOU MUST FIRST PUT YOUR BREATHING TO RUN IN BOTH LEFT AND RIGHT NOSTRILS SIMULTANEOUSLY by reciting AAH, UUH, IMM for 50 times.

Chanting Om

First, sit comfortably on floor and chant Om for ten minutes. Om is the name and language of God. Repeated Om sound purifies all the inner parts of your body and your surrounding place. This Om sound contains light and energy. This Om recitation is the fundamental operation for the union with God. Recite Om mantra for 108 times.

Controlling Eyes

Second, sit comfortably. Close 50% of your eyes very slowly. Stop three seconds; then close the rest of the eyes too closely. After three seconds, slowly re open half portion of your eyes, and stop for three seconds. Then finish off the rest of the opening slowly. Repeat this experiment for ten minutes.

Meditation

The correct performance of the above two steps

make you ready for meditation. By sitting comfortably, close your eyes. Focus your thoughts on the third eye namely on the center of the forehead in between the eye brows. Pineal gland is the medical terminology for this spot. In hale and exhale as slow as possible. After, completing meditation correctly and properly for five minutes, very slowly raise your hands to wards your eyes. Press the eye lids with your first two fingers. After two or three seconds, YOU WILL DEFINITELY SEE LIGHT IN YOUR PINEAL GLAND. Experience and enjoy this bio- phenomenon for one or two minutes. Then remove your fingers as slow as possible. Then meditate for five minutes. Then repeat the previous process to see the Divine Light. The inner light is more brighter than the sun light. You can see different colors.

The Holy Bible on Divine Light

This is the message which we have heard from Him and declare to you, that God is light And in Him is no darkness at al [John, 1: 5] If then your whole body is full of light, having no part dark, the whole body will be full of light, as when the bright shining of a lamp gives you light. [Luke 11:36] He was not that Light, but was sent to bear witness of that light. [John, 1; 8]

Not only the Holy Bible, but also all the other spiritual philosophies declare that God is light. After 30 years of prolonged R & D, the author has found this simple technique. Even without performing the above mentioned techniques, one can enjoy light by pressing the closed eye lids. But it is not advisable. That can not activate the third eye.

Discussion

Located between the eyes, this chakra is intelligence and psychic power. Third eye chakra is associated with the pituitary gland, eyes, nose, ears and skeletal system. The brow chakra is directly related to your senses of sight and hearing. It has to do with perception. It is the seat of understanding that affects how we see the world we live in and how we make sense of what is being perceived. Balancing this chakra can help remove confusion or indecision and increase the ability to see clearly and make important distinctions. The Sixth Chakra is the Third Eye Chakra. It is located right in the center of your forehead. It deals with insight, intuition and wisdom and is weakened by all forms of illusions. Physically, it supports your upper frontal sinuses, eyes, ears, and the outer layers of your brain. A closed or blocked sixth chakra will keep you stuck in analytical, busy, churn mode, which is exhausting and stressful. An open and strong sixth chakra will enable you to spend most of your time in relaxed flow mode and to tap into inner wisdom and intuition which is really guidance from your own Soul. The pineal gland literally has a

lens, cornea, and retina, hence the term, third eye. Your two physical eyes help you get around this physical, material world while your third eye provides inner vision and guidance. When you are able to “see,” understand, and connect with the unseen, you dramatically improve your overall quality of life by being able to distinguish and understand the messages provided to you by the Spirit World. The author’s techniques will create increased intuition, better direction in life (GPS), knowing your life/soul purpose, more psychic awareness, never feeling alone, better health & well-being, clearer and more vivid dreams, astral projection, lucid dreaming, knowledge of self (spiritual being in a physical reality), connecting with non-physical beings (creator, god (s)/goddess (es), spirit guides, ancestors, angels etc.), increased overall knowledge, reduced risk of danger When you activate your Third Eye and develop your subconscious mind you become the co-creating god or goddess that you came here to be. The Universal Prime Creator gave us these tools for us to learn, grow, and create.

Our human body is made up of soil, water, air, fire and space. There is no pure/complete soil, water, air, fire or space. The following are the structure of five poothas:

(1) In space, space 50%, 1/8 water, 1/8 air, 1/8 fire and 1/8 soil.

(2) In air, air 50%, 1/8 space, 1/8water, 1/8 fire and 1/8 soil (3), In fire, fire50%, 1/8 water, 1/8 air, 1/8 space and 1/8 soil (4) In water, water50%, 1/8 space, 1/8 air, 1/8 fire and 1/8 soil.

(3) In soil, soil 50%, 1/8 water, 1/8 air, 1/8 fire and 1/8 space.

So, each and every inhale air contain the other four poothas. That’s why the author’s breathing formula reveals the Inner Divine Light in you.

Conclusion

When asked by the reporters to put meditation in two words: Osho replied:

“SITTING FORGETTING”. But sitting forgetting is not merely difficult but impossible I guarantee that the above technique will put you sitting forgetting and unify you with God.

“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and

all, then accept it and live up to it.” Buddha.

Recalling the Lord Buddha’s above statement, the author politely propose to PRACTICE, PERFORM THE ABOVE TECHNIQUES & THEN EXPERIENCE & ENJOY.

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