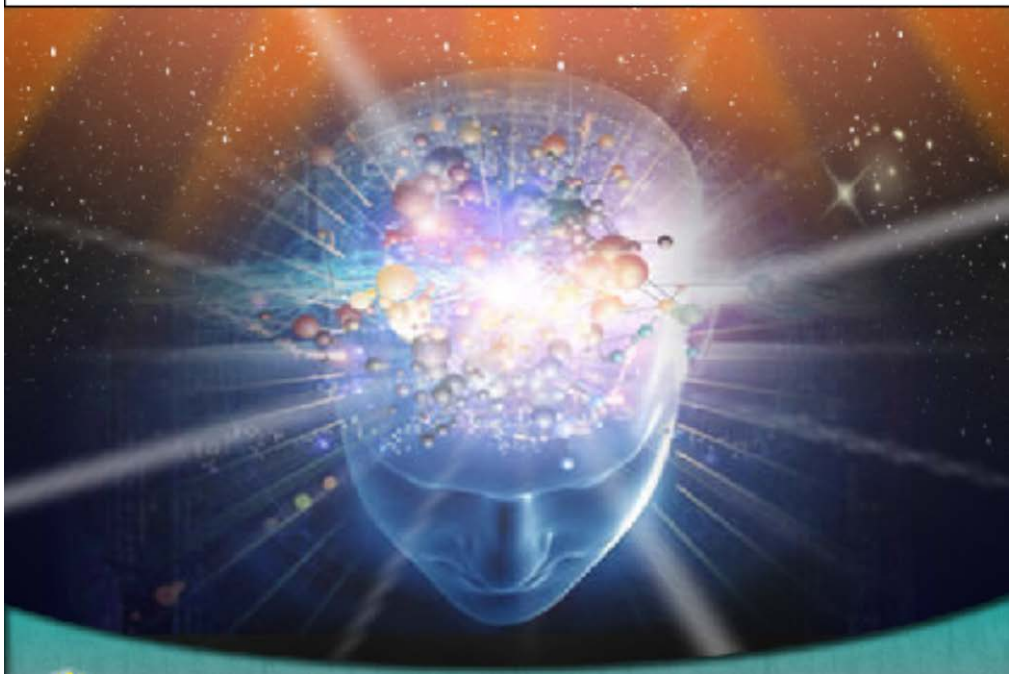




SCIENCE OF HUMAN CONSCIOUSNESS

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Science of Human Consciousness

Who am I?

The human consciousness, referred as a soul- *Atma* in many scriptures of the world, has so far been the subject of faith or of mythology. But since last several decades the researchers in the field of metaphysics, psychology, parapsychology, medical sciences & spiritual sciences have clearly revealed that there lies the metaphysical consciousness in human physical body, who is the owner of the body, the controller of the body.

Let us have a perusal over what the renowned scientists of the world said about the human consciousness, time to time.

“Anyone who become seriously involved in the pursuit of science become convinced that there is spirit manifest in the laws of universe, vastly superior to that of man.”
----- **Albert Einstein**

“All the matter originates and exists only by the virtue of force. We must assume behind this force is the existence of a conscious & intelligent mind. This mind is the matrix of all the matters”

He also said

“Science can’t solve the ultimate mystery of nature. And that because, in the last analysis, we ourselves are the part of mystery that we are trying to solve”
-----**Max Plank**, The Father of Quantum Physics, 1858-1947

“Consciousness is the fundamental reality of universe. Reality is the process that involve your consciousness. Nothing can be real without consciousness”

He also said

“The current theories of the physical world do not work, and can never be made to work until they fully account for life and consciousness”

-----**Robert Lanza**, Renowned Scientist in the field of Regenerative Medicines & Biology.

In 2007 he proposed the concept of Biocentrism

Dr. Eben Alexander, a Harvard scientist and former skeptic, neurosurgeon, said in an interview with the *New York Times*

“Our spirit is not dependent on the brain or body; it is eternal, and no one has one sentence worth of hard evidence that it isn't.”

He also argue that when their brains stopped working, their souls floated off to experience a better place.

Most of these people also confirm & affirm that this metaphysical consciousness, The Soul, is an immortal, indivisible, indestructible metaphysical subtle entity, though the physical body is mortal one. The soul and its potentials & personality traits are manifested through the body & all its senses. The body is the mere costume for the soul, as written in the scripture Gita. Hence the teller, who tells that this is my body, is the “I” the soul, the metaphysical consciousness.

They also confirm that along with the physical body the soul also possesses the subtle or astral body, combined with the physical one & comprising of subtle light. The astral body is of the same size & of same features as that of the physical one at any instant of time. The photography of the subtle body is also now possible with Kirlian photography technique. The physical & the subtle body combined are the instruments for the consciousness to play its role in this world drama.

What is the Form of Consciousness?

One thing is very clear that metaphysical consciousness is neither physical matter nor physical energy. Hence it can't have any dimensions. The form of any entity is describe by the geometry. Now the question arises is there any geometrical parameter or form, which does exist, but doesn't have dimensions? The answer is yes, the Point. Hence the form metaphysical consciousness can never be other than the point, which can be conceived as infinitesimally small point of divine light.

Where does the consciousness dwell in the body?

Being the driver or the controller of the body the consciousness should dwell at such location of the body that sitting at this place it can control the whole

body along with all the senses and all its functions. According to medical science the systems of the body & its functions are mainly controlled by the two vital systems of the body namely the central nervous system along with autonomic nervous system & the endocrine system. The ultimate control of central nervous & autonomic nervous systems is with the most vital organs thalamus-hypothalamus through the brain. The ultimate control of endocrine system is with the pituitary gland. Now it is important to note that the vital organs thalamus, hypothalamus & the pituitary gland are located together at the centre of the brain, behind the centre of forehead. According to this the ultimate control terminal of the whole body turn out to be the centre of the brain. Hence the controller of the body, metaphysical consciousness- the Soul, should dwell in the brain by the side of thalamus, hypothalamus & pituitary gland. Sitting at this place in the body soul controls all the body systems & its functions.

Our *Rishies & Yogis*, practising yoga for self-realization, have also realized their own self as a divine shining point of light at this place which is just behind the two eye brows, also called *BRUKUTI*

In *Kundalini* yoga practice also there are seven *Chakras*, which are needed to be conquered to have God realization ultimately. Here also when sixth *Chakra* called *Agya- Chakra* is attained, it said that the practitioner-*Shadhak* has a self-realization in a form of divine point of light. It is important to note that the location of the *Agya-Chakra* in *Kundalini Yoga* is also at the centre of the forehead, *The Brukuti*.

As per all these aspects, the metaphysical consciousness, the soul, dwells in physical body at the centre of the brain just behind the centre of the forehead.

What is the Main Attribute of Soul?

The main attribute of the soul is its eternity. The physical body, comprising of five inert elements, is a mortal one but the soul is an immortal & eternal one. Eternity is one the most important originalities of the soul. Because of this the soul is imperishable, indivisible, indestructible & incombustible. The existence of consciousness as a point of light is from negative infinity & its

existence as conscious point of light will be sustained up to positive infinity. The soul has never been born & is never going to die. There is no beginning & there is no end of "I" the soul. In scripture terminology the soul is *Anadi & Anant*.

What is then Birth & Death?

BIRTH: When the conscious entity enters the new physical body and comes out from the mother womb, it is called a birth.

DEATH: When the conscious entity leaves the physical body due to one or more of many reasons, the body is considered to be dead. But, the consciousness remains eternal and leaves the body with its personality, i. e. death is of physical body not of consciousness.

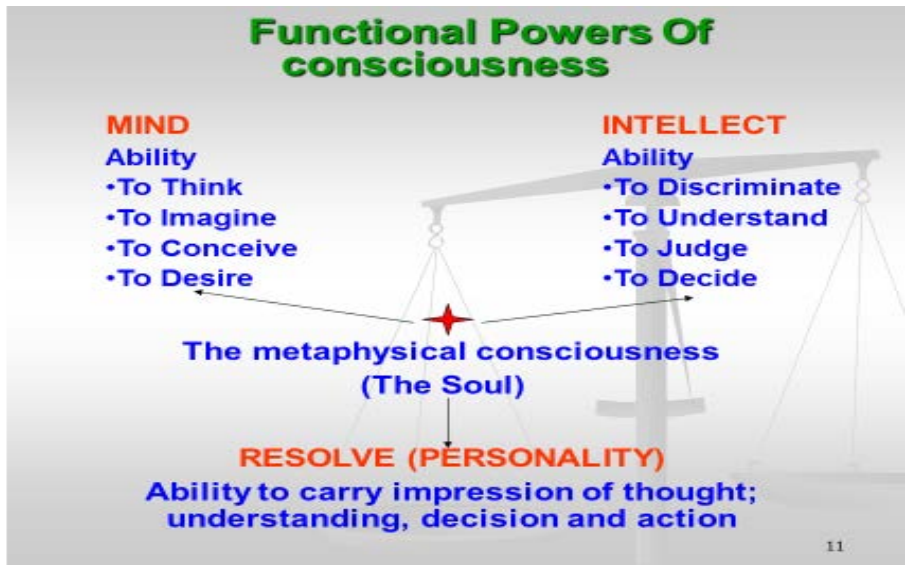
The soul plays its eternal role in this eternal world drama cycle from golden age to iron age by taking several births adopting different body in each birth. In every mega cycle of the drama the soul repeats its role identically to sustain the eternity of soul & eternity of the word drama cycle. The soul has played this repetitive role infinite number of times & will keep on further repeating the same for infinite number of times. Our life is continuous, our role is continuous.

Why is the Soul Called Consciousness?

In comparison to inert material or object, the soul is considered to be conscious entity, because the soul possesses several potentials, abilities & powers, which are not at all possessed by the inert material. Hence it is called the consciousness. According to Newton's first law of motion the matter is inert up to such an extent that unless it is compelled to move by applying force, it is completely reluctant to move. This is the extent of inertness of matter. Contrary to this the metaphysical soul is able to do a lot through its enormous abilities & powers. Hence it is rightly called consciousness.

What are the Basic Functional Power of Consciousness?

Mainly there are three basic functional powers of the consciousness. They are Mind, Intellect & personality.



MIND:

Since ancient time human mind has been a subject of great mystery and subject of occult science. Many philosopher, spiritualists, psychologist parapsychologists, meta physicists, medical scientist have thought a lot about a human mind and have given various concepts, which have changed time to time.

One time the human mind was considered to be a part of brain which is vital physical organ of the body i.e. mind was considered to be physical entity. Then it was considered to be a subtle entity independent of brain but manifesting through the brain i.e. mind was considered to be subtle entity. But in the recent years lot of research has been conducted on human consciousness in the fields of parapsychology, metaphysics, Medical Science & spiritual science, which has revealed that mind is neither subtle nor physical entity, but it is one of the vital abilities of the consciousness, which is independent of the physical body.

Even the great philosopher Aristotle also described the mind as: ***“The highest and spiritual energy of the immortal soul, separate from the body.”***

As discussed previously, the consciousness possesses several powers. These powers may be classified mainly into two categories: the common powers

and the cognitive or logical powers. The common powers possessed by the soul may be listed as power to think, power to imagine, power to desire, power to feel etc. This set of common powers possessed by the consciousness is the Mind. Hence the mind can now be defined precisely as ***“Mind is neither physical nor subtle entity, but it is an ability or faculty of metaphysical consciousness by virtue of which it is able to think, to imagine, to feel, to desire.”***

INTELLECT:

One time intellect was also considered to be the independent subtle entity, manifesting through brain. But the latest research in science of consciousness has clearly revealed that intellect is also one of the functional ability or power of the consciousness. The set of cognitive or logical power like power to discriminate, to analyze, to interpret, to judge, to perceive, to take decisions etc. possessed by the consciousness-the soul is the intellect. Hence the intellect can now be defined precisely as ***“Intellect is neither physical nor subtle entity but it is an ability or faculty of metaphysical consciousness by virtue of which it is able to discriminate, to analyze, to interpret, to perceive, to judge, to take decisions”***. Even in psychology while defining the term Emotional Intelligence, the intelligence is defined as ***“The set of cognitive powers which allows us to learn, acquire knowledge & solve the problems”***

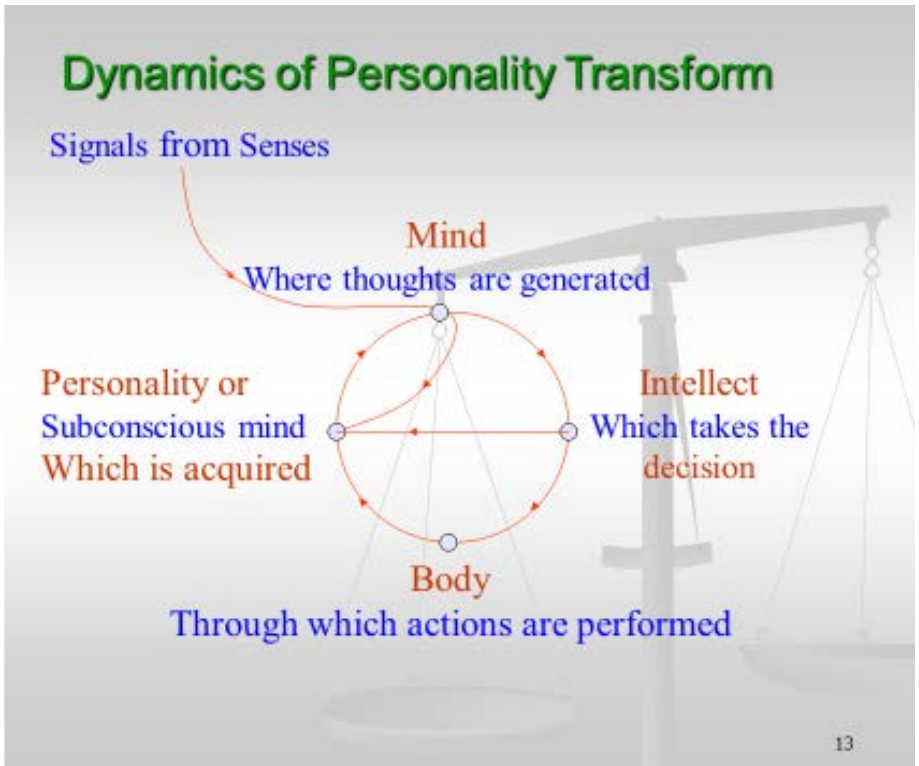
RESOLVE (PERSONALITY):

It is also one of the functional power or ability of the consciousness. ***It is an ability of metaphysical consciousness to carry and to retain the impressions of our own thoughts, understanding, decision and actions in the form of Memory > Resolve > Nature > Habit > Attitudes>Instinct>Talent>Skill etc.*** Whatever we do with the powers of our mind, may be thinking, feeling, desiring, visualizing etc.; whatever we perform with the powers of our intellect, may be discriminating, analyzing, interpreting, judging, deciding etc. & whatever actions we perform through our body and all its senses, may be executing actions through our hands & legs, may be of hearing, seeing, tasting, smelling, sensing touches, speaking etc.; all these activities & actions performed by our consciousness are getting resolved over our own

consciousness, leaving their impressions. These impressions are retained & conserved on our consciousness in a form of a record. These records build up the inner personality of human consciousness. In psychology these retained records are also referred as sub-conscious mind.

Quotes by Mahatma Gandhi

*Carefully watch your thoughts, for they become your words.
Manage and watch your words, for they will become your actions.
Consider and judge your actions, for they have become your habits.
Acknowledge and watch your habits, for they shall become your values.
Understand and embrace your values, for they become your destiny*



Types of Inner Personality:

The inner personality of consciousness may be classified as ***Innate Personality & Acquired Personality.***

What is Innate Personality?

These are the original, innate & eternal attributes of the consciousness. They are ***Purity, Peace, happiness, Bliss, Love, Power, Truth, & Knowledge.*** If you ask anybody would you like purity or impurity, the answer will definitely be purity. Similarly if you ask anyone would you like to remain peaceful or peaceless, definitely the answer will be peaceful. Because the peace & purity are our innate & original personality traits. Same way we all the human being like to remain happy, blissful, powerful, truthful & knowledge full, not unhappy, sorrowful, painful, weak & ignorant; as happiness, bliss, power, truth, knowledge are our original attributes. Everyone like to love someone as well loved by someone, as love is our originality.

In the initial stage of its role in this world drama, the human consciousness-the soul is fully soul conscious. Hence there is no negativity, of any sort, in human consciousness at this time. As a result there is no negative record of any kind on it. Hence the original innate qualities of the consciousness remain in the emerged state & they are naturally manifested.

What is Acquired Personality? :

As discussed earlier, as a consciousness, whatever we do with the powers of mind, and powers of intellect; whatever actions we perform with the help of our physical or astral body; all these activities are resolved on our consciousness and are retained as records on our consciousness. These records build up our acquired personality. In another words, acquired personality is the acquired qualities of metaphysical consciousness (soul) while playing its role in the world drama birth by birth. This may be positive or negative depending upon positive or negative record built up on sub consciousness mind.

How was the Original Personality of Human Consciousness?

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In our early births at the beginning of the cosmic cycle of the world drama, also referred as golden age, we were fully soul conscious. There was no trace of body consciousness in us. Hence we were completely free from influence of vices like Sex-Lust, Anger, Greed, Attachment, Ego and also their allied like Jealousy, Hatred, Sense of Revenge, Intolerance, Sadism etc. As a result the acquired personality traits of human consciousness were completely positive. Every human consciousness was full of Positive thoughts, Creative Imaginations, Positive Emotions & Feelings, Values & Virtues, and Immaculate Character etc. No sins were committed by anyone. Hence everyone was free from sorrows or sufferings. People were fully peaceful, happy & satisfied. All were deities, enriched with divine virtues like Cheerfulness, Sweetness, Honesty, Truthfulness, Contentment, Humility, Fearlessness, Harmony, Respect etc. Each one of us was full of positive emotions like Purity, Love, Peace, Bliss, Trust, Patience, Hope, Enthusiasm, Cooperation etc. There was complete health, wealth & happiness. This state of human personality continues for almost half the period of world drama cycle.

What is the Present Status of Human Consciousness? :

But with the laps of several birth, the soul, the metaphysical consciousness, gradually comes under body consciousness losing soul consciousness. Due to ignorance & the body consciousness, the vices like sex lust, anger, greed, attachment, ego, jealousy, hatred etc. are emerged in human consciousness. The human consciousness comes under the influence of these vices, which leads the consciousness to think negative, to decide negative, to do negative. Due to this, a negative degenerative record is created on the consciousness, which builds up lot more negativity in acquired personality of consciousness. Thus, Personality of an individual got degraded and almost became negative. Today the world leading psychologists and parapsychologists say that human inner personality has almost gone down to negative by 80% to 85%. Hence around 80% of our thoughts are either toxic or negative or wasteful. At present, the number of thoughts generated in human mind is around 40,000 per day. It is in this context that the discussion on the topics like Personality Development, Elevating Human consciousness, Divinization of Human Consciousness, Character Building, Value education, Emotional Intelligence etc. have become the need of the day.

Now Personality Development, Elevation or Divinization of Human consciousness means how to transform the degraded acquired personality of the human consciousness to the original elevated personality. As discussed

Mechanics Of Degeneration Of Human Soul



Virus of Vices	Innate Personality	Turned Into
Sex-Lust	Purity	Impurity
Anger	Peace	Peacelessness, Tension, Anxiety
Greed	Bliss & Happiness, Self-contentment	Unhappiness, Worry, Misery, Selfishness
Attachment	Love, Empathy, Mercy, Sympathy, Brotherhood	Partiality, Hatred
Ego	Power	Powerlessness, Weakness, Fear

18

previously our personality is basically our subconscious mind. Hence before we discuss anything about any scientific approach or technique to transform or elevate human personality, we should understand the different level of human consciousness, which is referred as the types of mind in psychology.

Types of Mind:

Basically there are two levels of our consciousness or in the terminology of psychology we may say there are two types of mind. The conscious or rational level or mind, and the subconscious or irrational level or mind. Each is endowed with separate and distinct characteristics, attributes and powers. . The nomenclature generally used to distinguish the two functions of your mind is as follows: The objective and subjective mind, the conscious and subconscious mind, the waking and sleeping mind, the surface self and the deep self, the voluntary mind and the involuntary mind, the male and the female, and many other terms.

CONSCIOUS MIND:

1. The part of mind, which remains fully active when we are awake, which we are conscious about, which has awareness of the present moment.
2. One is easily able to know the contents of conscious mind.
3. The conscious mind is logical, analytical, objective and rational, and features temporary memory and will power.
4. Our conscious mind has the ability to think, to discriminate, to analyze, to judge, to perceive, to take decisions. It can accept or reject.
5. Hence the conscious mind determines the actions
6. Conscious mind forms hardly 10 % of the whole mind.

SUBCONSCIOUS MIND:

1. As discussed previously it is the record or data bank of our consciousness. All our experiences of life are stored in this part of consciousness.
2. The subconscious mind is like an automobile while the conscious mind is like a driver. The power is in automobile but the control is with the driver.
3. The subconscious mind is imaginative, literal, emotional, security-orientated, and features permanent memory; allowing it to record every experience throughout our lives. The subconscious mind conditions our perceptions of the world and our experiences, based on imagination and our literal, emotional responses. And to keep us safe, the subconscious learns from this information and creates automatic protective habits, so we don't have to think through our response in each instance; we can just act. In turn, these responses reinforce the beliefs and perceptions which underlie them every time they are used.
4. In addition, when an incoming belief/perception doesn't match the existing pattern, the subconscious may create a blind spot. This blocks any mismatched input, and protects existing beliefs from challenge, keeping our world stable and familiar.
5. During normal state one cannot remember the contents of this part of consciousness.
6. Our subconscious mind only accept, it makes no distinction regarding inputs.
7. The contents of subconscious come to the surface during sleep or when we practice relaxation or yoga or when we get concentrated in some work.

8. The most important thing you need to know about the subconscious mind is that it is always “on”. That is, **it is active day and night**, regardless of what you are doing. **The subconscious mind controls your body.** You cannot hear this silent inner process
9. Your subconscious mind not only controls all the processes of the body, but also **knows the answers to the various questions and can solve many problems.**
10. Before going to bed, **refer to your subconscious mind with a specific request** and soon you will see its miraculous power in action. Your conscious mind is sometimes referred to as your objective mind because it deals with outward objects.
11. Anything that is captured in your subconscious mind will directly affect you in the form of emotions, circumstances and events. Therefore, you need to watch closely what thoughts and ideas govern your mind.
12. All experiences arise from unfulfilled desires. If you are focused **on various issues and problems**, thus will be the reaction of your subconscious mind. When you have **a specific goal or dream**, consciously repeat this statement: *“I believe that the power of the subconscious, which gave me this desire, will embody it in me now.”*
13. Stress, anxiety and fear can disrupt the natural rhythm of breathing, heart rate and work of any other part of the body. Cultivate in your subconscious mind **thoughts of health, peace and harmony**, and all the functions of the body will return to normal.
14. Fill your subconscious with **expectations of the best experiences and emotions**, and your thoughts will become a reality.
15. The conscious mind determines the actions, the **unconscious** mind determines the reactions; and the reactions are just as important as the actions." ~E. Stanley Jones
16. Our minds take in information about the world and our experiences through the five senses. Then, all incoming data is categorised and stored in the conscious and subconscious minds.

UNCONSCIOUS MIND:

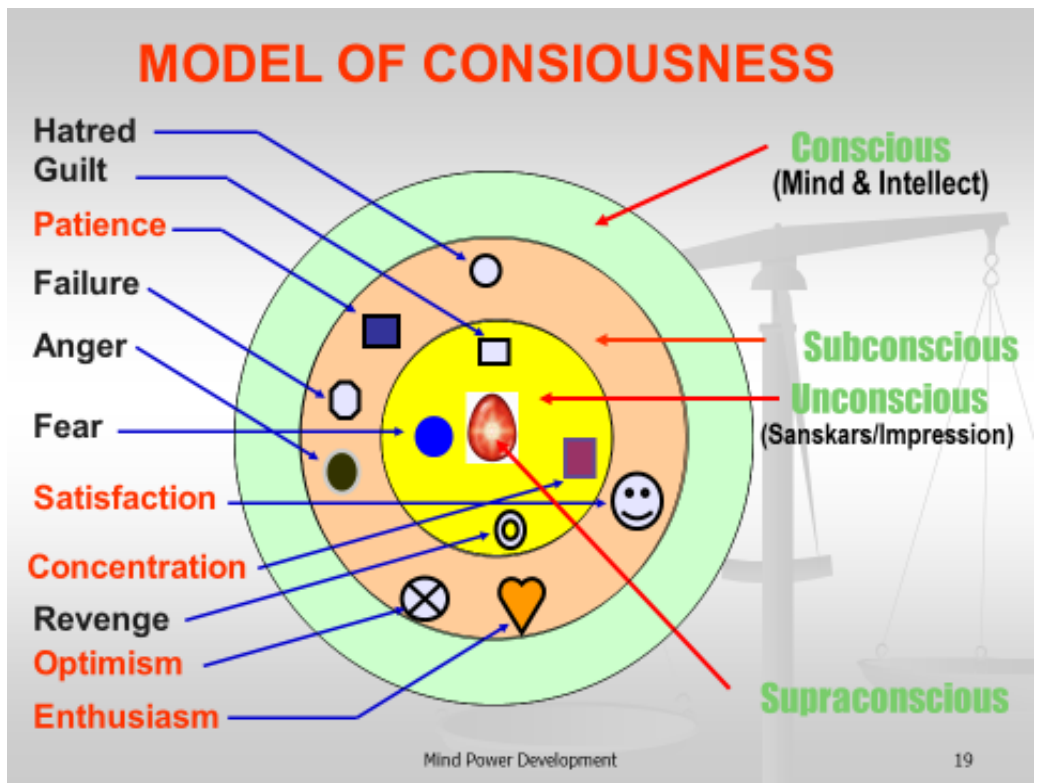
It is the deepest level of consciousness which do not come to surface even during sleep or relaxation.

The unconscious mind, consisting of the primitive, instinctual wishes as well as the information that we cannot access. Although our behaviors might indicate the unconscious forces that drive them, we don't have easy access

to the information stored in the unconscious mind. During our childhood, we acquired countless memories and experiences that formed who we are today. However, we cannot recall most of those memories. They are unconscious forces (beliefs, patterns, subjective maps of reality) that drive our behaviors.

It is possible that some of what might be perceived to be unconscious becomes subconscious, and then conscious (e.g. a long-forgotten childhood memory suddenly emerges after decades). We can assume that some unconscious memories need a strong, specific trigger to bring them to consciousness; whereas, a subconscious memory can be brought to consciousness more easily.

By special technique known as Progressive Hypnotic Regression or by special Yoga practice this Mind can be brought to the surface.



SUPRA CONSCIOUS MIND:

Mind

in which spiritual experience are stored or which is responsible for spiritual experience, extra sensory perceptions etc. Supra conscious mind is the field of infinite potential and unlimited creativity.

Characteristics of Each Level

Theory of the Mind

Approx. 5-10% of the mind

Thinking, rational, logical, planning.

Sets goals, knows what you want

Short term memory

Goal: To understand



Approx. 80-90% of the mind

Semi-automatic physiological systems

Holds beliefs about the world

Holds beliefs about self

Habits, thoughts, emotions

Fight or flight response

Remembered trauma

Long term memory

Protection

Fears

Desires

Goal: to protect and be right



Approx. 5-10% of the mind

Early impressions (in utero, birth, 1st yr.)

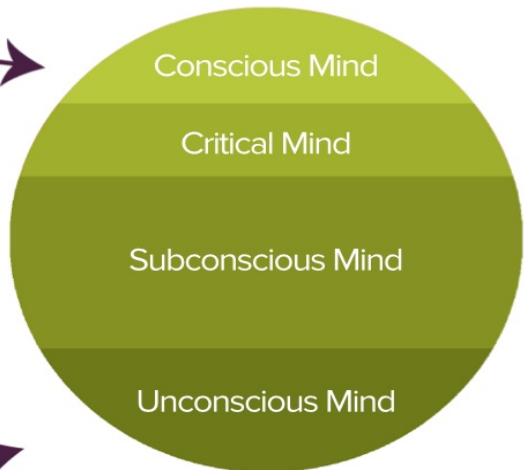
Automatic physiological systems

Instinctual responses

Forgotten trauma

Cellular memory

Goal: to survive



Gemma Stone.org

Powers of Mind:

Common Powers Conscious and Subconscious Mind:

1. Sensation
2. Movement

Powers of Conscious Mind:


Thinking; Desiring; Imagining; Discriminating; Analysing; Interpreting; Understanding; Perceiving; Judging; Decision Making; Executing etc.

Powers of Subconscious Mind:

Memory Power; Knowledge; Wisdom; Emotional Quotient; Telepathy; Intuition; Planning, Identifying opportunity, Quick Response, Mental clock, Mental Calendar, Control over autonomic nervous system, Control over death, Control over growth of the body, Healing, Defending disease

State of Mind as per psychiatry

Human body is the bio-electrical generator. Every cell of the body generates bio-electric potentials, mostly in a form of pulses. Most of these pulses are rhythmic. Our brain cell are also generating rhythmic electrical pulses having frequencies (cycles or pulses per second) ranging from 1 cycle per second to 60 cycles per second. This frequency depends upon the state of mind. For different states of mind, what is the range of frequency and what that state is called, are shown in the table.



<u>STATES OF MIND</u>		
States	Cycles / Second	Situations
Delta (δ)	1 to 4	Deep sleep or Raj yoga meditation
Theta (θ)	4 to 7	Shallow sleep or Raj yoga meditation
Alpha (α)	7 to 14	Half awake or Raj yoga meditation
Beta (β)	14 to 25	Awake
Beta + (β^+)	25 onwards	State of tension, anxiety, fobic mania etc.

To effectively communicate and impress the sub-conscious mind by giving positive and creative auto suggestions and visualisation for positive

transformation of personality traits, one must be in minimum alpha state. If you can be in theta or delta state in waking state, which is possible by practicing Rajyog Meditation, it is still better and more effective to impress the sub-conscious mind. To stabilise the mind in alpha state any relaxation or meditation technique can be used.

Scientific Method to Regenerate, Purify and Empower the Human Consciousness:

Relaxation:

Adopt any one of the relaxation techniques or practice Raj yoga meditation and stabilize your mind at least in alpha state.

Autosuggestions:

Formulate required autosuggestions in proper sequence for transformation of acquired negative personality

Link up with your subconscious mind to communicate with it and Start giving autosuggestions with full confidence.

Visualization:

1. Visualization goes hand in hand with autosuggestions.
2. Visual pictures of the kind of thing you want to have or do or the kind of person you want to be. Visualization is the process of creating and seeing me
3. Pictures are more effective than word on our subconscious mind or our subconscious mind understands pictures better than words. Words are effective by 25% while pictures are effective by 75%.
4. Visualization makes the mind more creative. Most of the creative people in the world possessed very much high power of Visualization.
5. The most successful scientist Thomas Alva Edison was once asked by his friend that why he was so successful on the life. Thomas replied in one sentence ' I never think in words but I always think in pictures.
6. Emerge a clear and white mental screen in front of your inner eyes. Try to visualize your autosuggestions as far as possible by picturizing them on your mental screen.

7. Influence both your conscious mind and subconscious mind, which in turn influence our personality.

Emotionalization:

In order to attain desired results, autosuggestion and Visualization must be accompanied by your positive feelings and emotions. Hence add your positive emotions to make personality transformation more effective, i.e. Let your heart go along with your head or let your heart and head work to gather.

How many times to perform?

Practice this procedure 3 to 4 times a day. Wait patiently for the result.

How should Be your Auto Suggestions:

Your auto suggestions should beShort, Simple and Straightforward; Your autosuggestions should not have dual meaning; Do not use any negative words in autosuggestions; Never use the word ' NOT' in your suggestions; Your autosuggestions should be in present continuous tense; Your autosuggestions should be Picturizable or Visualizable.

Relaxation Techniques

Positions for Practicing Relaxation

Position No. 1

Lie down in 'Supine ' position and keep some distance between two legs (*Savasan*). Feet will be facing outward. Keep little distance between hands and the body. Keep your neck and back straight. Close your eyes. Keep little distance between upper jaw and lower jaw. Lips may touch each other. This is the most comfortable and relaxed position.

Position No. 2

Sit in a relaxing chair and keep your back straight. Sit backward as much as possible in the chair. Keep some distance between two legs and knees. Keep your ankle inward and feet outward. Upper extremities in semi flexion position resting comfortably on your lap. Keep your head erect so your back

& neck are aligned. Keep little distance between upper jaw and lower jaw. Lips may touch each other.

Position No. 3

Sit up in and right position on the floor in *Sukhasan* with both the legs flat and crossed on the floor. Hold your hands loosely in your lap, with palms one over another (*Lopa Mudra* or *Gyan Mudra*). Keep your head erect so that your back and neck are aligned. Keep little distance between upper jaw and lower jaw. Lips may touch each other.

Relaxation through Deep Breathing technique

Breathe in for the period of 1.5 to 1.75 second or for 4 counts through your nostril. Hold the air (breath) in lungs for the period of 0.5 to 0.75 second or for 2 counts. Breathe out for the period of 2 to 2.5 second or for 5 counts gently and slowly through your nostril. Before you start next cycle of breathing take rest of 0.5 to 0.75 second or for 2 counts. When you breathe in let your belly come out steadily and gradually and when you breathe out let your belly go in. Now fully concentrate on breath and try to feel the inflow and out flow of the breath within your nostril. Increase your concentration on your breath and now try to reel, within your nostril, the coldness of the air, which you inhale, and warmness of the air, which you exhale. Try to feel fully relaxed

Mind management through Rajyoga meditation

- Rajyoga meditation has been proved to be the total and gross tool for the positive enhancement of mind potential.
- As very first step of Raj yoga meditation is to get relaxed physically and mentally which leads to alpha and higher state of mind.
- It is essentially an art of positive and creative thinking as well as of visualization leading to the development of positive attitude and perceptions.

- The very first realization of Raj yoga meditation is self-realization through introversion and introspection, which leads to the visualization of one's original self, which is essential for mind power development.
- Due to self-realization one gets stabilized in soul consciousness and hence one easily gets free from vices, which leads to inculcation of values and virtues in life.
- Raj yoga meditation ultimately establishes a love full and purposeful union of the self with the supreme power, which leads to enlightenment, empowerment and enrichment of the self, ultimately leading to divine personality.
- It is a key leading to total personality transformation through self-realization, God realization and world realization.

Major steps of Rajyoga mediation

- Physical and Mental Relaxation
- Withdrawal
- Concentration
- Introversion
- Introspection
- Self-Transformation
- Self-Realization
- Linking up with God
- God Realization
- Enlightenment, Empowerment and Enrichment of Self.

What Is The Soul World?:

The Soul World, which comprises of the sixth element called *Brahm Tatva*, is filled with golden-red, divine light (experienced during meditation). Over there, the conscient (living entities), the souls, have neither bodies of matter nor bodies of light. There exists neither thought, word nor action;

just complete stillness, silence and peace. Just as this world occupies a tiny part of this physical universe, so too the souls occupy just a tiny portion of this infinite world. This is the highest region, the original home of souls and the Supreme Soul, God. This is the region which human beings, irrespective of culture or religion, have tried to reach in thoughts, prayers, etc. It is called by various names in various religions - Heaven, Nirvana, Shantidham, Paramdham, Brahmand, etc. Before I came to this earth, I was there with all other souls. The experience of complete and utter peace, purity and silence is there in my sweet home. There the soul is untouched by matter. Souls reside there as star-like points of light. They remain dormant, with their roles in the physical world latent (hidden) within them. The roles emerge when they, the souls, appear on earth, the world stage.

The souls stay in the soul world in well-defined groups. They descend onto this earth in a certain chronological order, according to the quality of *Sanskaras*. At the apex of this configuration of souls is the Supreme Soul, whom the other souls call God, Allah, Jehovah, etc. Beneath him the souls are positioned number wise according to their degree of similarity to the Supreme. Depending on the quality and the part the soul has to play, it emerges in the human world, taking the body of a developing baby in a mother's womb. It then continues through the cycle of birth and rebirth according to the role that it has. When the parts are over, souls again return to this world of light, peace, liberation and complete purity. The deep rest the soul has had in the home has such an effect on it that even though it forgets the details about that world, there is always a desire to search for that peace and silence when it becomes lost and confused in the world of matter. In that supreme region only, souls remain in their completely original, natural state, which can be experienced through Rajyoga meditation