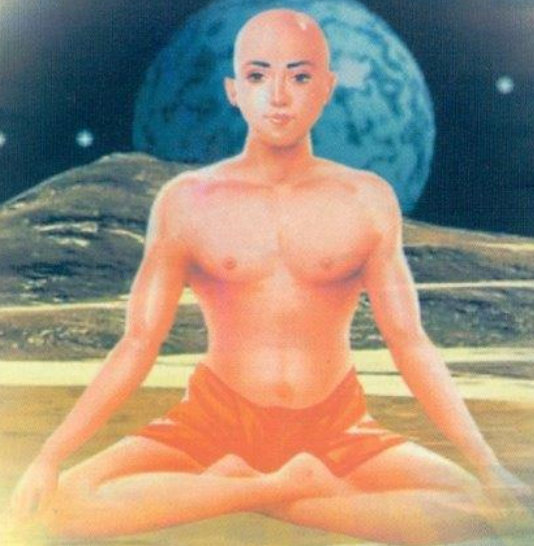


THE ASTONISHING POWER OF BIO-PHYSICAL AND SUBTLE ENERGIES OF HUMAN BODY

(Kaya Urja Evam Uski Chamatkari Samarthya)



— SHRIRAM SHARMA ACHARYA

Astonishing Powers of Biophysical & Subtle Energies of The Human Body



(Translation of the Hindi Book
"Kāya Urjā aur Usakī Chamatkārī Sāmarthya"
Author: ***Pandit Shriram Sharma Acharya***)

Revised Edition: 2012

Price: Rs. 18/-

Revised Edition: 2012

Price: Rs. 18/-

Translation & Editing:

R. Joshi & Shambhudass

Published by:

Shri Vedmata Gayatri Trust (TMD)

Gayatrinagar, Shrirampuram

Shantikunj, Haridwar (Uttarakhand)

INDIA 249411

Ph. 91(01334) 260602 Fax. 91(01334) 260866

Internet: www.awgp.org, www.dsvv.org

Email: shantikunj@awgp.org

Abstract

Bio-energy fields, aura-measurements for diagnosis of psychosomatic disorders, and energy-healing by Reiki, Pranic, Siddha-science, etc are gaining popularity among the literate world since past few years. The concerned topics have also attracted the attention of the mass media as well as scientific journals on Alternate and Complementary Medicine. However, at the popular level, the approach is largely superficial. The surveys of the healers and also of those who practise these therapies regularly as part of fitness exercises do not show consistency on scientific basis and effects of these techniques. The reactions of scientifically trained minds are often extreme in this regard — one either regards theses 'therapies' as yet another kind of faith-healing (placebo), or, one wants to decipher the underlying phenomena in the modern laboratories like the energy of particles of matter.

This book elucidates the multidimensional aspects of the subtle and manifested energies of the human body. It explains — what is the driving force behind the methodical physical and mental functioning of human body, how do the electrical and magnetic fields inside the earth and outside

influence the human body, how does psychic or spiritual healing work, what causes the aura (halo of light) around the highly evolved beings? It also discusses the manifestations of higher levels of consciousness through various bio-physiochemical (hormonal) activities. It cites several laboratory experiments conducted and techniques employed to measure the electromagnetic energy emitted from the human body. It also presents views of ancient saints, eminent philosophers and modern day scientists on this topic.



Contents

1. A Magnetic Ocean Quavering in the Human Body.....	07
– <i>Some Healing Experiments</i>	11
2. Prāṇa and the Bioelectrical System of Human Body.....	14
– <i>Aura Around the Body</i>	16
3. Miraculous Functioning of the Subtle System of Human Body.....	25
– <i>Geomagnetic Vs Human Body Poles</i>	29
4. Five Important Sheaths of Human Consciousness.....	35
– <i>Manifestation of Consciousness-Force in the Physical World</i>	37
5. Bio-Energy: Medical Imaging to Psychic Healing.....	47
– <i>Role in Modern Healthcare Systems</i>	51
6. Transcendental Energy Transmission(Śaktipāta): The Basis of Latent Influence.....	58

A Magnetic Ocean Quavering in the Human Body

Human Body is a wonderful creation of the supreme creative power. It is endowed with all the physical and conscious energy forms existing in the universe. The living system of human body can be identified as a grand magnet or as a moving electric powerhouse. The human-magnet through its vital energy can affect and get affected by others. An in-depth study and controlled utilization of such effects at (bio)physical and subtle

chapter 1

levels offers challenging and important research problems in advanced sciences.

The source of biomagnetism in our body gains energy from the earth's gravitation, similar to what the latter gains from the Sun. All the universal magnetic forces affect the (bio)magnetism of a human body. Vital energy levels of a person vary according to the biomagnetism of his/her body. The visible effects of reduction in this magnetic power are – dullness in eyes, spiritless face, dry skin and lethargic body. Feelings of oblivion, illusion and fatigue are common in persons with weak biomagnetism. Elevated levels of biomagnetism, on the other hand, give rise to corresponding increase in the general vitality, charm, enthusiasm, sound memory and intelligence. Persons having more powerful biomagnetism naturally attract and influence the weaker ones.

The reception of cosmic radiations by human-psyche is also characterized by the individual's biomagnetic quality. The North Pole of the '*Human Magnet*' is said to reside in the brain. The formation of an aura (halo of light) around this vital organ is a result of an upward bioelectric flow near this subtle pole. The South Pole of this living 'magnet' is situated near the genital organs. The sexual activities are

controlled by the vital energy through this pole. Excessive stimulation of this pole results in severe loss of vital energy.

The body's biomagnet can be made more powerful by a consistently upward flow of the vital energy. Dr. Albert Abraham of San Francisco had defined the human body as a whirlpool of magnetic energy waves. A living human body continuously emits and absorbs these energy waves from its surrounding fields. Dr. Abraham's research indicates that the rate of emission of electro magnetic energy through a human body is of the order of 80×10^9 cycles per second; the rate of receiving energy from cosmic radiations however, is much higher. The technique to measure the electromagnetic energy emitted by a body was also developed by Dr. Abraham. This technique is called Radisthesia. Dr. Abraham's studies showed that the rate of emission of this energy is maximum in emissions from the brain, eyes, finger-tips (pores of fingers) and the genital organs.

Advanced research in related biomedical sciences has shown that the mutual adjustment of the magnetic fields among various tissues and cellular interactions control the normal/healthy functioning of our body. The continuous circulation of blood due to the minute iron and other

chargeable particles in the RBCs results in a consistent flow of an electric current. The electric field generated thereby also creates a (bio)magnetic field inside the body. The iron and other charged particles thus provide energy for various ionic flows at the cellular and organ levels. Because of the highly complex but extremely well balanced electromagnetic interactions between the large number of constituent macromolecules, each healthy cell in the human body is like a strong power storage/supply unit. Any imbalance (due to the intracellular and the extra-cellular ionic flows) in the cells' electromagnetic activity amounts to a loss of the vital energy, which results in a reduced resistance to various diseases.

A group of scientists working at the Leningrad University have successfully detected the presence of (bio)magnetic fields in the human-body. They argue that an excessive stimulation of such fields in a person may create serious problems for his/her mental and physical health. John Michael and Robert J.M. Richard have described many incidents of such effects in their book entitled 'Mysterious Phenomena'. Some of these incidents are described below in brief.

Several decades ago, the investigators at the Ontario Medical Association, Canada had observed a case of one Ms.

Carolina Clair who possessed an excess of biomagnetism. With a little stimulation her body-magnet was able to attract the iron made substances like knives, spoons, nails etc. Similar biomagnetism was observed by some scientists in the fingers of a girl student at the Maryland University. She was able to hang a 1 ft x 1 inch iron rod in air by a mere touch of her finger-tips. Compass needles placed near her used to stop functioning. Even the people in her proximity would feel being pulled by an unusual force of attraction.

A man named Frank Mac-Quinstry in Joplin, Missouri (USA) was sometimes unable to walk because his feet would stick to the earth in the stimulated state of the sensitive biomagnet of his body. Pulling off by a stronger external force used to be his remedy in such situations.

Noted psychologist Prof. Victor E. Kromar has investigated the role of mental power (will power) in controlling and utilizing the biomagnetic power of the human body. The experiences and experiments of Dr. Franz Anton Mesmer of Germany are well known in this regard.

Some Healing Experiments:

Due to the non-availability of proper medicines, Dr. Mesmer once found himself helpless in controlling the

excessive bleeding through a patient's body. In this desperate situation, Dr. Mesmer began to move his hand on the wounded spot; he observed that the bleeding miraculously stopped after a while. Inspired by this incident, Dr. Mesmer conducted many experiments to study the associated effects. He concluded that it is some kind of electromagnetic field existing in the tips of his finger that affects his patients' bodies. This power was given a name biomagnetism by him. Dr. Mesmer's research led to the foundation of Mesmerism. Later, Dr. Van Helmond also gained popularity because of his successful experiments on curing various mental and physical diseases by Mesmerism.

The pain-killing treatments given to the German dictator Adolf Hitler and his friend Heinrich Himmler by an Estonian named Kristan are historical examples of the applications of Mesmerism. Kristan is also said to have used his hypnotizing power on Himmler to liberate over a hundred thousands innocent people who were captured by Hitler.

An expert user of Mesmerism actually influences the will-power and the nervous system of others by his/her own (bio)electromagnetic power. Subtle effects of such

experiments lead to the transfusion of the *prāṇa* (vital energy) of the performer into the body of the patient.

The Greek saint and doctor, Hippocrates had great faith in the power of vital energy. His philosophy states that — as the body survives because of the power of the soul, it should not be difficult to cure and regulate its healthy state by using the vital energy supplied by the consciousness. A Scottish philosopher, Mr. Maxwell had a similar belief. He had opened a training centre for spiritual healing. Another European named Eschulepus was famous for his treatment that included a few sessions of touching a patient and exhaling on the latter's mouth. An English priest named Father Daedal was also known for similar expertise. A London-based gardener named Lenhart gained popularity due to the healing-effects of his fingertips.

In the recent past, a group of Parapsychologists headed by Dr. Thelma Moss has experimented on some spiritual healers including the celebrities like Dr. Marshal Warshey. Dr. Warshey, a urologist by profession, was known in the Western world for creating 'liveliness' in the patients by a mere touch of his fingers. Many otherwise incurable complaints of headaches were also reported to have been cured by this spiritual healer.

***Prāṇa* and the Bioelectrical System of Human Body**

An unlimited resource of electrical energy forms the basis of physical manifestation of Nature. The discovery of this fact and persistent efforts to utilize this immense power of Nature has been of great help in scientific and technological developments of our age.

The space between the earth's strata and the Ionosphere contains positive potential of about 3×10^5 volts while the earth's interior contains an

chapter **2**

equivalent amount of negative charge. On an average, every living organism on the earth bears a subtle electrical pressure of the order of 5 volts/m created by the lowest layer of the Ionosphere situated about 60 km above the earth's surface. This potential generates an electric current in human body, which is a good conductor of electricity. The measurements by sophisticated instruments have shown that this current is of the magnitude of 10^{-16} Amp Sec/cm². At a first glance, this small quantity of current may appear to be negligible. Nevertheless, its effects are incredible because of the existence of some subtle power centers in the human-body as described below.

The scientific exposition presented here is focused on the invisible power nuclei in human-body existence of which is manifested in the forms of Bioelectricity and Biomagnetism. The subtle bioelectrical energy of *prāṇa* (life-force) provides the vital force for the body's functioning and governs various mental activities.

Human body simulates an 'Ocean' consisting of infinitely many 'rivers' in the form of the Blood vessels and the Nerves. Each respiratory cycle gives rise to high and low tides of currents in this 'Ocean' at an average rate of about

15 cycles/minute. The technique of electric power generation from the tides and cyclones in the seawater is well known today. However, very few people know that the electric ions inhaled from the surrounding atmosphere during each respiratory cycle give rise to a powerful tide and hence electrical flow within our body. The ancient Indian sages (*Rishis*) had a deep knowledge about this current and its utilization for higher purposes.

Aura Around the Body:

Our body can be likened to a grand powerhouse. The brain and the heart work respectively like the generator and the transmitter of the bioelectricity (ionic currents) in the body. The bioelectric energy is distributed amongst the body cells as per their functional requirements. This electricity, in conjunction with the (subtle) vital energy of a person, produces the (bio)magnetism which in turn manifests as the aura (halo of light) around one's body and the region of attraction in one's personality.

It should be noted here that biomagnetism is a manifestation of *prāṇa* which can affect the material as well as the conscious forms existing in Nature. If this subtle vital energy could ever be measured as an electromagnetic

energy, it would turn out to be the greatest gift of the Creator of the Universe to the human race. The spiritual seers and sages of yore had found that the presence of this biomagnetism could be experienced by personal contacts, communication or meditation. Supernatural abilities can also be developed by controlling and channelising this energy through different spiritual practices. This energy then also helps in communicating with the subtle realms of consciousness pervading the universe.

The individual consciousness (individual self) is a part of the Omnipresent Supreme Consciousness Force and the extent of the manifestation of the latter via sentiments, thoughts and deeds of the former depends on the level of abovementioned biomagnetic (vital) energy. The subtle energy is an integral part of all the cellular and molecular constituents of the body. Its physical existence in all the cells, tissues, neurons, enzymes, glands etc. is as homogeneous as that of the dissolved salt in the seawater. The overall intelligence, vigor and energetic alacrity, (collectively called *ojas*) of a person is maintained by this vital energy. This subtle energy also inspires the radiance (*tejas*) of thoughts and the divinity (*varchas*) of the inner self (*antahkarana*).

Great personalities, with conscious touch with higher spiritual realms naturally have their subtle and astral bodies in an awakened state. The power of their biomagnetism can be easily seen in terms of the aura around their physical body, especially around their face and fingers. One finds a divine attraction in them. Their company inspires godliness in others. People with low biomagnetism, on the other hand, induce a kind of repelling force and dullness in their surrounding atmosphere. In spite of good physical looks and body-built etc. they appear to be 'lifeless' and abominable. Similarly the biomagnetism of people with negative personal traits (e.g. cruelty or lasciviousness) spreads corresponding harmful effects in its vicinity.

The Ancient Indian scriptures describe in detail the science, philosophy and methods of practicing various spiritual disciplines of yoga and *sādhana* meant for increasing the 'positive' biomagnetism and thereby nourishing the will-power, intellect and other mental and physical faculties. These methods deal with micro-subtler forms of the vital mechanisms inside the human body.

Atmosphere above the earth is charged with the strength of a wide variety of energy waves within or beyond the range

of the X-rays, Gamma, Beta, Infrared, Ultraviolet or other kinds of cosmic radiations. Human body constantly receives such cosmic radiations and transmits similar ones in the surrounding atmosphere. Enormous amount of this energy remains stored in the human body and manifests its power in terms of its various macro or molecular functions governed by universal physico-chemical laws. The powers and capabilities of the subtle human body (a continuum of abovementioned storage of cosmic energies linked with the vital energy) however are unimaginable. This unlimited source of power remains untapped and unutilized because of our ignorance about its existence.

Recent scientific research indicates that the geomagnetic pressure and the electrical field in the earth's atmosphere are essential not only for the biophysical / biochemical functioning of our body but also for our mental creativity. The feelings of fatigue, dizziness, lack of decision-making abilities observed in the astronauts when they were away from the earth's atmosphere gave rise to the above hypothesis which was confirmed by a series of systematic experiments. In other experiments the astronauts felt perfectly normal while traveling in the spacecrafts wherein the earth's atmosphere was artificially created or simulated.

Drs. Den Daniel and Kentberg have shown that longevity and reproductivity also depend on the electrical waves received from the external fields in the atmosphere. The pollution of natural atmosphere and adoption of an artificial life-style by the human society has resulted in a decrease in the level of the abovementioned electrical flows and the capacity of human beings to absorb these waves. The reduction in the average life of an individual and the increased incidence of impotency in modern age are obvious off-shoots of this imbalance.

The huge electric capacitor of the earth and its atmosphere is called the Global Capacitor. This capacitor is dynamic and continuously subjected to electrical fluctuations. It emits the waves of natural frequency range of about 7 to 8 cycles per second. These waves constantly resonate between the earth's surface and the Ionosphere and give rise to the Schumann Resonance. It is a significant coincidence that these waves resemble closely the electrical waves active in the human brain. Both are active at the same frequency. In a book entitled "The Carcadian Rhythms of Man" the author, Prof. R. A. Ved has described how the biological rhythm of the functions of a human body and the electromagnetic fields in the surrounding atmosphere influence each other.

Further, a strong electrical field also exists deep inside the Geonucleus. An electric current of about one ampere flows in each cm^2 of this region. As this current spreads throughout the geosphere it gathers strength and begins to follow a spiral path. This current gives rise to the electromagnetic storms, which also influence various cellular and molecular components of the human body.

In fact, our universe contains an orderly and organized system of electromagnetic waves. This universal system not only controls the mutual attraction and movements of various planets at the macro level but is also responsible for all the continuous motions and activities at the atomic and the micro-atomic levels. Energy in the form of electromagnetic waves exists everywhere in the universal 'Ocean' of Ether, forming an Omnipresent Cosmic flow. The level of this cosmic energy existing in a person is manifested by the aura around his/her body. One can receive and subtly store any desired amount of the universal vital energy by a proper practice of the *Prāṇāyāma Sādhana* of Yoga, with strong will-power and faith.

The mechanism of absorption of the above energy and the regulation of biomagnetism would become clearer when we consider the following features of the human body.

In continuation of the discovery of genes and neuropeptides, the molecular (neuro) biologists and physicists have also discovered some macromolecules responsible for bioelectric functioning. It is found that a powerful electrostatic field exists around all tissues of our body. These electric fields activate the neurons in the brain and, under the energized control of small amounts of neuropeptides, affect the membrane potential across the cells in other parts of the body.

The human body consists of over 75×10^{12} cells. There exists an electrical potential of about 60 to 90 millivolts across the membrane of each cell. The body is thus a strong electrical powerhouse. Every important function of this system — such as the heart beating, nerve and muscle stretching and contraction, hormonal secretion, information processing by the central nervous system etc involves electrical activity. During respiration we inhale negative ions, which are absorbed in the blood corpuscles and are spread in the whole body with the circulation of blood. These ions are discharged back into the atmosphere through the skin pores. This electrical cycle continues throughout our life.

The *Sushumna Nadi* (core of endocrine system) is described by yoga-scientists as permanent electric dipole

whose negatively charged lower (south) pole resides in the Kava Equina (*Mooladhar*) in the center of the genital organs and the positively charged upper (North) pole lies in the Cerebrum (*Sahasrar*). In all the living organisms the electrical flows through the spinal cord are directed downwards. Distinctly, the human-body alone is suffused with a strong vital energy which if evoked under proper *sādhana* processes of *yoga* would reverse the direction of this flow and strengthen the functioning of the brain by activating the otherwise unused subtle centers of energy existing there.

The total electrical pressure of about 10^{-5} volts per centimeter exists in the human-body, which is continuously lost by emission through the skin-pores and the genital organs. This loss could be prevented by dedicated practice of the self-restrain, *yogasanas* and meditation as described in the ancient Indian scriptures. The electrical energy saved thereby could be utilized for elevating one's biomagnetic level, resulting in enhancement of charm, kinesis, courage, patience, sharpness etc. Under specific spiritual practices this energy could also be used in activating the divine spark indwelling in the inner-self of every human being. Spiritual adepts examine the personality of an individual by

'reading' the (biomagnetic) aura around his/her body and suggest the appropriate line of *sāadhanā* accordingly.

The immense physical power of the vital energy has been discovered and investigated by different groups of scientists under different names such as – Biomagnetism, Bioplasm, Actoplasm, Bioflux etc. The manifestation of this power is negligible in plants and other organisms as compared to that in the human beings. Dr. Semyon Kirlian and Dr. Thelma Moss chromo-recorded these energy fields (aura) around the human body by using the Kirlian and Argon photographic techniques. Theosophists call this 'energy-cover' as the *Etheric Double*. Supernatural and spiritual powers emanate from this Biomagnetism or Vital Energy Field.

The practices of meditation and *prāṇāyāma* as described in the ancient Indian scriptures can contribute towards the improvement and control of one's biomagnetism. Before going in for such practices one must realize that it is essential to avoid any dissipation of *prāṇa* and to properly channelise it through self-discipline and refinement of the mental system.

Miraculous Functioning of the Subtle System of Human Body

The visible structure and functioning of the human body are wonderful in themselves. More peculiar are its inherent, imperceptible and subtle aspects. A mysterious and all-powerful world of electromagnetic waves and neurochemicals is hidden inside this system. A comprehensive approach incorporating the macromolecular, micro-subtler and consciousness levels will be required for a complete decipheration of the

chapter **3**

complexity and marvelous functioning of this system. In simple terms, integration of material based scientific research and the science of consciousness and its extrasensory powers alone can lead to a complete understanding of the origin, structure, functioning and enormous potential of the human being. The philosophy and science of *yoga* and spirituality invented by our *Rishis* (Indian Sages, scientists and *yogis* of Vedic Age) guide us on the way to achieve this.

Here, we highlight some aspects pertaining to bioelectricity and electro-physiology in the present context.

Our body, with this bioelectrical property, functions like a dipole magnet whose North Pole resides in the central brain and South Pole in the center of the genital organs. Scientists claim that its polarization process is similar to the polarization of the earth and that it begins right at the level of a zygote. Mitotic and meiotic divisions occur after this polarization. An electro-sensitive micron-image processing of even a child's body can show the halo of light – emitted by etheric dense spots – near the brain and genital organs. The North and South poles of the bioelectric magnet of human body match respectively with

the term '*Sahasrāra*' (the crown *chakra*, nucleus of extrasensory energy in the central reticular activating system) and *Mūlādhāra* (in central genital organ) as referred in the description of '*Kuṇḍilīnī*' (galaxy of supernormal vital spiritual energy) in esoteric science. *Sahasrāra* and *Mūlādhāra* are described as the terminal points for the subtle energy and information processing inside the body's universe.

Dr. Harold Saxton Burr (1889-1973) was a Professor at the School of Medicine, Yale University, USA, when he experimentally demonstrated the electrical characteristics of living system. His papers (with CT Lane and others) on "The Electro-Dynamic Theory of Life" gave new directions of understanding of cellular functions. Describing the "L-fields: the fields of life" in his book *Blueprint for Immortality* (published by Neville Spearman, 1972), he writes that the high magnitude of the electro-potential difference between the two poles of a Zygote is amazing. This bio-electromagnetic property naturally has an important role to play in the multi-cellular development of this single cell into a whole human body. In fact, sperm itself is a dipole in which the upper pole –carrying the nucleus – is the center of information and the lower pole, the tail, contains energy for transmitting this information.

These poles ultimately perform the roles of RNA and DNA in the cell.

The continuous and controlled flows of electric currents between the involved cellular dipoles play the key role in embryogenesis and the complete development of the body. According to Dr. Jean Mark (Science, Issue 1 in 1981) electrophoresis is fundamental to various cellular processes occurring inside the body. Even the circulating RBCs and WBCs rely on electro-secretions through their membranes.

Maximum work on electrophysiology that led to life-saving device-development is focused at the cardiac pacemaker and conducting tissues, which control the pumping action of the heart. On basic research fronts, electrophysiological phenomena have also been studied microscopically in the spinal cord and connecting sympathetic and parasympathetic ganglions. Transport of calcium ions across the cell membranes is found to be responsible for the bio-electromagnetic properties of the cells. The extrasensory subtle energy channel – the *Suṣumnā Nāḍī* - is hidden deep inside the spinal cord along side of which – on the left and right – lie the two sublime channels of 'positive' and 'negative' currents of vital energy. The poles – at the

two ends of this channel – of the 'circuit' of bioelectrical and biomagnetic flows have remarkable resemblances with those of the Geomagnetic Force.

Geomagnetic Vs Human Body Poles:

The terrestrial magnetic lines of force enter through the geo-north pole of the earth and exit from the geo-south pole. The reception and transmission of cosmic rays is also most effective at these poles. The charged high-speed solar rays are always concentrated at the receiving center (North Pole) and are dispersed at the exit (South Pole). Geomagnetic South Pole plays the exit door also for the heat and pollution gathered at the Geomagnetic North Pole. These examples are cited to explain the importance of polarization stored in our body too. The successive development and control of the two poles in human body result in the external appearance of the *Tejovalay* (Aura) at the upper pole.

The spinal cord is like a connecting wire that transmits bioelectric power transmission from the central nervous system to all sensory organs within a thousandth part of a second. The spinal cord is made up of collagen tissues constituted by the compact assembly of stable protein

molecules. The upper end of this cord (of nerves) is charged positively while the lower end is charged negatively. In terms of the tissue-structure this cord forms a coiled cluster at the lower end and spreads at the upper end to form an elliptical surface as the reticular activating system in the brain. Body's immense electrical energy is centrally stored at this place. Due to its hidden storage and nullification due to opposite charges it is usually difficult to measure the electric fields by electroencephalography. This is the reason why EEG is considered to represent only about 13% of the entire brain-functions.

In Indian Scriptures on Yoga, these electrical fields and the center of the Pineal-Hypothalamus-Pituitary system of neuronal transmissions is termed the *Brahmrandhra* and the *Sahasrāra*. This crown *chakra* is described to be the extrasensory 'source', which receives the cosmic signals and subtle transmissions from the universe. Under proper spiritual training, the desired supernatural powers could be received through this end and the evil effects could be discarded through the *Mūlādhara* (the lower pole). The quality and extent of the reception of cosmic-energy currents at the upper end (the *Brahmrandhra* and *Sahasrāra*) of the dipole magnet of spinal cord depends upon the mental and spiritual level of the person.

The way the cosmic rays are received by the geo-north pole of the earth and the waste thereafter is thrown out through the geo-south pole is similar to the subtle process of the reception of cosmic signals at the upper end (*Sahasrāra Chakra*) of the *Suṣumnā Nāḍī* and exit (after necessary absorption and processing at other extrasensory energy nuclei – the remaining *chakras*) of the unused part through the lower end (the *Mūlādhāra Chakra*).

In the Indian scriptures on *Yoga* and *Kuṇḍalinī*, the *Mūlādhāra* is described as a deep pond and the *Sahasrāra* as profound mountain allegorically likened with the Kailash peak of the great Himalayas; the conformity and union of the two *chakras* (*Mūlādhāra* and *Sahasrāra*) is considered to cause eternal bliss of the complete merger of the individual self (*Ātmā*) into the ultimate, infinite Supreme Self (*Paramātmā*).

At the *Sahasrāra*, the cosmic rays form the aura (*Tejovalaya*) specific to the consciousness and vital energy of the receiving person. One might ask whether it is possible to photograph or record this aura of vital energy at the upper pole of spinal cord like the visual recording of different features of polar spectrum at the terrestrial North Pole. Will this aura resemble the sort

of bright sphere (halo of light) picturised in the different images of gods and goddesses in ancient books? The answer to these questions is affirmative as published in the two volumes of 'Psychic Discoveries Behind Iron Curtain' and in other references reported in the Hindi magazine "*Akhand Jyoti*" on topics covering the micro-subtler effects.

Kirlian Photographic techniques have made it possible to record the aura (halo of light). Dr. Narendran, a neurologist at the Madras Medical College is reported to have recorded the vital energy zones (halo of light) around other parts of the body including the fingers. The Kirlian technique of sensing and recording of micro-ionic energy spheres of subtle form is a remarkable scientific achievement after the development of Thermograms and Electromagnetograms in recent decades.

According to Bioenergy researchers like Dr. Narendran, the intensity of aura (the halo of light) around one's body increases with vital energy. It exists even in inanimate matter and in plants and trees but is difficult to be photographed due to its low intensity. For measuring the aura in normal human beings a 'high-voltage projection recording' is done using a modified version of Dr. Kirlian's

instrument (original design developed in 1939). Researchers in this field opine that the measurement of aura and the analysis of its spectra would be useful in understanding the mental state of the patients and would therefore add to the psychosomatic means for diagnosis and management of diseases. According to them, the knowledge about this new branch of science exists since ages but was misinterpreted due to unscientific practices of Mesmerism, Holography etc.

Using the dicyanine screen Dr. Kirlian had shown that the distribution of ions in the atmosphere surrounding our body is affected by the number of dead cells being disposed off through the skin-pores and the extent and rate of cell decay is associated with the level of bio-energy; hence a relation between the aura (visualized due to ionic zone) and the vital energy. He mentions (ref. Book entitled 'Human Atmosphere') that due to their tiny structures the charged-particles in the aura remain invisible; however, people with supernatural powers can see and measure ('read') the aura.

The present state of investigations in this area indicates the beginning of a collaborative research in physical and spiritual sciences. Further information on the 'physical'

properties of 'aura' may be found in the books dealing with bioelectricity of the human body and bio-energy imaging.

Complete knowledge about the subtle mechanisms of the living system will help unveil the mystery of the universe. This in turn will increase our faith in the supreme powers of its creator and hence in humanity in the truest sense. The *Sukśmīkaraṇa Sādhana* (Spiritual experiment of sublization and magnification of life-energy) is a consistent and phased process of the realization, unification, expansion and transmutation of the individual consciousness into the supreme universal soul.

As the modern science would proceed to know more about the subtle mechanisms of the living-system within us, it will become clearer that the power of consciousness is far more superior to that of matter. Integration of Science with Spirituality will one day brighten the knowledge of the science of *sādhana* and motivate each one of us to follow this preeminent science and practice it for divine transmutation in this very body.

Five Important Sheaths of Human Consciousness

The science of spirituality pertains to all the physical, mental manifestations and transcendental domains of consciousness. Masters of this science can perform supernatural experiments on the physical body too. But, they experience greater blissfulness as they realize higher and subtler levels of the consciousness.

Their research findings scripted in spiritual literature describe that the

chapter

4

soul while manifested as a living being, is wrapped in five sheaths (*pancha kośa*). In simple terms these are five natural layers or levels of expression of consciousness in human form.

These are described as — (i) *Annayamaya kośa* (the physical sheath): physical consciousness which is manifested in biological and physiological activities, including the genetic and hormones functions etc, of the physical body; (ii) *Prāṇamaya kośa* (the vital sheath): life-force of consciousness which is active in the form of vital energy, bioelectricity, feelings, etc; (iii) *Manomaya kośa* (the mental sheath): the psychic consciousness which gives rise to willpower, mental concentration, biomagnetism, etc; (iv) *Vigyānamaya kośa* (the knowledge sheath): intuitive consciousness that empowers discerning intellect, prophetic vision, etc; and (v) *Ānandamaya kośa* (the bliss sheath): beatitudinous consciousness which is the source of soul-realization and ultimate bliss.

Extrasensory centers of the hidden force of the psyche are said to subtly reside in the cortical nuclei of reticular activating system in the brain. The consciousness power currents associated with these and those governing the intellectual and mental functions are more powerful and

intense. Activation of these requires long-term devout *sādhana*s.

The spiritual endeavors (*sādhana*s) of *Kundalini Jagarana*, *Shat-chakra Bhedana*, *Yogatrayee*, *Panchkosh Jagarana*, *Sukshmikarana*, etc are similar with respect to the fact that they are aimed at the controlled awakening of the transcendental levels of consciousness in human body. The deeper knowledge regarding subtilization of the consciousness energy-streams in the body and details of related spiritual practices are described in the ancient Indian treatises of yoga and spirituality. Experiments in this direction could be tried only under adept guidance of accomplished *yogis* and spiritual masters after successful completion of *sadhanās* of self-discipline and self-refinement and after in-depth understanding and realization of this enchanting but difficult field of knowledge.

Manifestation of Consciousness-Force in the Physical World:

Human body is a complex ensemble of interlinked systems of over 75×10^{12} cells. A large number of independent 'streams' of vital energy govern the activities of its various

constituents. The 'power' behind the biochemical activities of the nucleic acids, genes and chromosomes in reproduction and other genetically controlled processes, defensive power of the body manifested in immune response, inter-cellular communications, etc, are examples of these streams of creative forces. The vital energy in endocrine secretions, brain-impulses, bioelectrical and bio-magnetic functions is also a manifestation of the immense power of consciousness force indwelling our body.

As far as its manifestations in the form of (bio) physico-chemical activities is concerned, the presence and extent of the vital energy streams of this force can be easily measured in modern laboratories by techniques like tissue histology, ELISA, ECG, EMG, etc. The subtler effects of these vital powers are tremendous. These can be awakened and experienced by certain practices of *yoga*.

In this section we shall highlight some aspects concerning manifestations of consciousness energy in regulation of neuro-hormonal secretions.

Hormonal activities begin right at the level of embryogenesis. Even before embryogenesis, the electrical

energy necessary for the stability of the sperm is 'supplied' by the mother's hormone. The transmission of *sanskāras* (intrinsic impressions on the unconscious mind) via genetic information also takes place with the help of these hormones, which ultimately govern the development of the body and the personality as a whole.

When the embryo after developing into a complete body enters the outer ionic environment, then its protection from the harmful interactions and appropriate control of its adaptive processes is also governed by specific hormonal activities. The secretion of hormones is controlled by the subtle consciousness existing in the brain. The seven glands, namely, the Pineal, Pituitary, Thyroid, Parathyroid, Thymus, Adrenal and Gonads, are spread from top to bottom within the body and control all the biochemical activities during its lifetime by the secretion of various hormones. The secretion of hormones inside a human body also maintains the psychology of concerned person. The sexual abilities and temperament of a person depend largely on the levels of specific hormonal activities in his/her body.

The simple yoga-practices of *Bandh, Mudra, Asanas*, etc along with disciplined diet and austere life-style help in

establishing control over various hormonal activities. The regulation of hormonal secretion thereby maintains the harmony between different parts of the body and various physiological and mental activities and emotions. This balance and smooth functioning of mind-body system are essential for practicing the higher levels of spiritual upliftment.

Some astrochemists and cosmobiologists have found that individual consciousness is subtly linked to the universal consciousness and that this mutual relationship is manifested in the natural hormonal secretion processes within the body. They mention of some direct effects of the Sun upon the Pineal gland, Moon upon the Pituitary, Mars upon Parathyroid, Jupiter upon Adrenal and Venus upon Gonads. Further scientific investigations into these relationships would help in deep understanding of the Indian scriptures, which describe the spiritual modes of receiving desired levels of energy currents from the universe. Study of neurotransmission in the light of the ancient texts would be vast like investigating correlation of the generation of subatomic particles like *meson* and *neutrino*, etc and the energy fields in the cosmos vis-à-vis scientific interpretation of Vedic Cosmology.

Human body in the living state is like a natural powerhouse. Bioelectricity of a person and the subtle system of universal vital energy field (called the *etheric double* in Theosophy) are interlinked. Every cell, tissue and organ of our body is charged with bioelectricity. Control of the cell-membrane potentials by the sodium-potassium pump, ADP, ATP systems and cyclic AMP etc are examples of the electrochemical reactions responsible for the intercellular communications and hence for the regulation of various physiological/ biochemical activities in our body.

A couple of decades ago, Dr. Fred Wales had studied the electrical metabolism. An analysis of his results shows that during respiration every living being inhales negative ions which are dispersed through out the body – electrifying its constituent units. These ions are transmitted back into the surrounding atmosphere through the skin pores creating an electrical circuit thereby. Modern instruments have helped in a detailed study of this process of absorption (respectively excretion) of the negative ions by the lungs (respectively the skin pores). With the help of piezoelectric and pyroelectric sensors and recording of metabolite variations, the functioning of human body can be mapped and analyzed as that of a bioelectric system.

Many tissues of our body function like specific crystals and work like transducers used in solid-state physics. Every carbon atom in this body has a capacity to store electrical energy. It is only in some exceptional situations that the static electrical storage of the vital system is found suddenly activated. However, the processes of spiritual *sādhana*s make it possible to utilize this enormous electrical potential for desired effects. The immediate and simple manifestations of these effects are seen in the form of the development of an energetic, enthusiastic and bright personality.

The resistance power of the body also depends on this bioelectricity. This power can be awakened by the practice of “*hansyoga*” of *sauham sādhanā*. Even the voice and speech of such yogis of this *sādhanā* can influence their surroundings by the sublime bioelectric effects.

Biomagnetism and Bioelectricity are the powers activated in different states within the body. As mentioned earlier, the domain of influence of the aura, psychic healing, vital passing, gazing, hypnotism and *śaktipat* (transmission of spiritual energy by spiritually more powerful persons into the devotees) etc, are the processes related to biomagnetism that are often practiced by the *yogis*.

The magnetic field around the heart in a generally healthy adult human being is approximately 5×10^{-11} Tesla when measured by a magnetocardiogram. Sensitive instruments like dual channel SQUID can be used to measure the minute changes in the magnetic current in the conduction system of the heart with respect to the flow of the vital energy. These sophisticated instruments have also made it possible to measure the magnetic field around the two poles (the *sahasrāra* and *mūlādhara chakras*) of the dipole magnet in the spinal-cord (*suṣumnā*).

With the advancement of EMG techniques it is now possible to measure the D.C. potential around the upper pole (situated at the top of the central brain) of the above-mentioned biomagnet. Different types of meditations are described in the ancient Indian science of spirituality for the purpose of enhancing biomagnetism, inner will and 'penetrating' the mind sheath – *manomaya kośa*, that is, awakening the Psychic Consciousness. Dedicated learning and persistent spiritual practices enable true saints and seers attain a supernatural willpower, foresight, memory, emotional strength and mental acumen.

Modern science has just begun to realize the importance of neurohumoral secretions in generating supernatural

potentials as described in detail in some ancient Indian scriptures. Some recent scientific experiments on neurohumoral secretions indicate that the devotional practice of meditation with purity of thoughts by ascetic persons results in the secretion of several hormones like dopamine, serotonin, endorphin, enkephalin, and acetylcholine, etc, which in turn increase the internal happiness, concentration, memory, emotional maturity and overall body energy in such persons. As a dedicated disciple (*sādhak*) of spiritual training reaches higher levels of spiritual attainments, the subtler layers of consciousness get unfolded. Rare and specific kinds of neurohumoral secretions are natural consequences of this process.

Different postures (*mudrās*) of *yoga* along with meditation help faster attainment of the desired effects. Some well-known supramental powers normally attained during the spiritual practices of awakening of the intuitive consciousness (*vigyānamaya kośa*) are — telepathy, prophecy, capabilities of converting one form of matter into another, etc.

It should be noted that a true seer-sage never uses these powers for a mere display of magic aimed at gaining popularity, instead, he/she makes a careful and timely

utilization of such powers only for the welfare of all living beings.

Ancient Indian scriptures mention a great deal about the crown *chakra* (*sahasrāra chakra*) an absolutely peaceful and blissful state of human consciousness. The Reticular activation system (RAC) and the corticle nuclei in the human brain are given importance in higher-level functions of the brain in scientific research. In the present era, a little but significant knowledge about the RAC has come into light with the help of advanced medical electronics. Histopathological analysis of the electrical stimulation of this system by external field has shown that the corticle nuclei help awaken otherwise dormant areas of the mind under the controlled and continuous stimulation given by the RAC via thalamic projection.

Deep meditation (trance) during the higher levels of spiritual practices like *nididdhyāsana*, *pratyāhara* and *samādhi*, is found to create such effects, which help link the individual consciousness with the universal consciousness.

It may be noted that in order to make the scientific explanation comprehensible, only some simple aspects of

the human consciousness are described here. A complete analysis of the human consciousness would require leap advancement of research in neuro-sciences before the latter can attempt investigations in this regard. The highest stage of the spiritual endeavor (*sāadhanā*) of awakening the beatitudinous consciousness (*anandmaya kośa*) and realization of the supreme self (*ayamātmā brahm*) cannot be described in words. Its study is beyond the grasp of modern science.



Bio-Energy: Medical Imaging to Psychic Healing

The fundamental role of energy in various functions of a living body has been extensively studied by the ancient as well as modern researchers. The ancient scientists (the *rishis*) had grasped the existence and potential of all forms of energy in the physical and sublime domains as reflections of the Omnipresent Consciousness-Force. Being derived from understanding of non-living matter, the modern research in one form or the other deals with

chapter 5

physical perception of energy and relies upon instrument-based observations and experimentation.

Way back in the late 19th Century Nicola Tesla observed the phenomenon of corona discharge from objects under high voltage fields. This phenomenon was studied with a very special kind of electrophotographic technique (known as Kirlian Photography) by Semyon and Valentia Kirlian of erstwhile USSR in the late 1930s and later. The technique attracted wide research interests from across the globe around 1970 onwards.

As per Kirlian's original hypothesis, the idea was to correlate the corona discharge patterns of different parts of the human body with the healthy or diseased state of the living system. The development of advanced mathematical and computational techniques enabled the analysis of complicated waveforms recorded in the photographs. However, it was found that while the records of corona discharge patterns of an inanimate object always showed same pattern as per the physico-chemical nature of that object, in case of living beings – especially humans, there was enormous variation, even in the records of the same person on the same day.

In order to minimize the variability due to, say random disturbances caused by external environment, or fluctuations in the high-voltage field generated for corona discharge, more sophisticated instruments and imaging techniques were developed in the succeeding years which are in use since last one decade or so. The list includes computer-integrated CCD cameras, GDV cameras, thermal cameras, aura-imaging equipments having sensors of low and high intensity photonic emissions from biological systems, etc.

As a part of an integrated approach to healthcare, several medical researchers and clinicians are using biofield mapping or so-called aura-imaging by these instruments for possible pre-diagnosis of psychosomatic diseases and disorders. Although the randomness and high variability in the shape, intensity and colors of 'aura-images' still need to be tackled to calibrate and standardize the measurements – at least in case of certain vital organs – for scientific establishment of these new diagnostic techniques, the authentic case-studies in such research centers have, to a great extent, helped recognition of the existence of some 'bio-fields or human-energy domains'. Affirmation of the inter-dependent nature of emotions, mental health, hormonal secretions and clinical health has been a milestone in this direction.

Simultaneous research and worldwide acceptance of *yoga* in healthcare has further elucidated the validity of the interrelated concepts of meridian energy fields, endocrine system and the extrasensory energy nuclei (*chakras*) and paved the way for scientific recognition of the spiritual healing methods.

Most importantly, the aura-recordings have shown exceptionally bright, orderly and almost consistent patterns in the bio-field images of some accomplished *yogis* and spiritual saints. This illustrates the exceptional control of their awakened *prāṇa* (vital energy) over their mental and bodily functions. The extrasensory potentials of consciousness-force, or rather the sublime currents of bio-energy reflected in the forms of parapsychological powers and other supernatural faculties therefore could no longer be discarded as mythological or occult imaginations.

One of the relatively more known parapsychological or spiritual abilities is — Psychic Healing. The existence of this power in some people has been verified scientifically by a series of experiments and investigations in the western countries over the past three to four decades. It is believed that in this process the psychic healer transmits some part of his extraordinary vital energy to the patient by touch.

Role in Modern Healthcare Systems:

Remarkably, the changing paradigms of modern medicine seem to be coming closer to these methods of healing. Application of ultrasonic imaging, functional positron emission tomography, magnetic resonance imaging (MRI), etc in diagnostics and use of neuroelectromagnetic currents in shock therapy, infrared and ultrasonic heating, pulsed magnetic fields combined with ion cyclotron resonance in healing of wounds deep inside the body and repair of bone non-unions, soft-tissue damages etc, are integral parts of modern healthcare system. Ever since these developments, Energy Medicine – from Electromagnetic, Thermal, and Light, to Bioelectromagnetic – is being seen as an answer to the challenges of worsening health scenario in the recent times.

As reviewed by Dr. A. Liboff (in the Journal of Alternative & Complementary Medicine, 2004), research studies by Drs. Lund, Burr, Becker and others show that organisms tend to express quasi systemic electric changes when perturbed, and, conversely, will tend towards wellness either through endogenous repair currents (of bio-energy) or application of external currents (of, for example, the healer's bio-energy).

Because of the limitations of the state-of-art equipments, scientists have so far been able to investigate only some physical aspects (e.g. electromagnetic fields) of one's ability of generating desired effects of psychic healing. Dr. Bernard Grad of the McGill University, Montreal has shown that the growth of barley seed increases significantly when watered by the persons having psychic healing ability. Mere touch of the water-container for a few minutes by such persons was found sufficient to make the water potent enough to treat some patients who drank it later.

Similar experiments when performed by dull and sadistic subjects had shown the existence of opposite and negative effects. Dr. Grad described it as an X-factor of the vital energy, which exists in each one of us, but its level varies with our psychosomatic states. In his project report (published in JASP 1965) entitled "Some Biological Effects of Laying On Hands" Dr. Grad stated that the light-waves existing in the aura around the fingers of the psychic healers as recorded by Dr. Kirlian on celluloid plates are nothing but the waves of X-energy.

Recent investigations of Dr. Thelma Moss of the UCLA (USA) and Dr. Robert Miller, another American scientist of high repute are also focused on further analysis of the so-

called 'X-energy' or para-electricity and related supernormal powers.

Dr. Edward Bream of Willington, Delaware (USA) had analyzed the chemistry of the water after the immersion of the fingers of a Psychic Healer in it. His results showed 97.04% hydrogen bonds in it as compared to the 100% binding in ordinary water. This along with the observations on the changes in the surface tension further supported the idea that there is an emission of electrical energy through the healers' fingers. The experiments (in the context of cloud-chambers) of Dr. Miller's team with Fisher's Transiometer models had confirmed the above implications.

A research article published in Science Digest (May, 1982) presents important details on psychic energy. Dr. Elmer Green, a Biopsychologist at the Maninger Foundations, Kansas (USA) and Dr. C. Norman of the Pain & Health Rehabilitation Centre, Wisconsin (USA) have studied some parapsychological effects on human physiology. Their experiments showed a significant effect of vital energy on the Cardiac rhythms, EEG, Body-temperature, the resistance power of the skin and the viability of the WBCs in large number of chronic patients. Over 80% of the patients

suffering from different kinds of pains were totally cured and encouraging responses were observed in the other patients also. Experiences of those patients indicate that most of them felt an electric current or an energy spark flowing through their bodies while being touched by the healers.

In the modern age, Austrian doctor, Francis A. Mesmer popularized the importance of bioelectromagnetic currents of vital energy. He worked hard to make use of the bioelectricity in his body for the treatment of some physical and psychological diseases. His experiments laid the foundation of Mesmerism, which was further developed into the technique of Hypnotism by Mr. C. Uzigar. Hypnosis was initially used for creating artificial deep sleep. The French doctors, Le Fountain and Braid et al investigated some other uses of Biomagnetism and Hypnosis in Medicine. A series of advanced scientific experiments on these applications gave birth to a new branch of science called Electrobiology. The investigations of an American, Dr. Darling, and a French, Dr. Durand de Grasse, at New Orleans (USA) are amongst the most significant of the recent contributions in this area. Several international organizations like – The School of Nancy, The School of Charcot and The School of Mesmerism are also engaged in research on therapies based on hypnotism.

Noted scientists, Dr. M. O. Male and Dr. J. M. Wembrel have cited a large number of evidential case-studies in support of the above therapies. Prof. Helen F. Dunbar directed the Joint Committee on Religion and Medicine of the New York Academy of Medicine (1931-1936). In her popular book titled "Emotions and Bodily Changes", she writes that hypnosis therapy could be effectively used in the treatment of Hysteria, Phobia, Stammering and some other Neuronic diseases. Another doctor, Dr. Win also argues in favor of the use of hypnotism in curing of various psychological disorders.

Dr. Arnold Fast of the USA had successfully tried hypnotizing his patients instead of giving them anaesthesia during a large number of minor surgical operations. Many dental surgeons also followed his technique and found it more risk-free and convenient. Dr. Bernard Levinson also proved the scientific utilization of hypnotism as a substitute for anaesthesia during a large number of surgical operations at the Tara Hospital in Johannesburg (South Africa). Further, the scientific experiments of Dr. James Bride confirmed that the bioelectricity in human body is not only sufficient for various physiological functions but it could also be utilized for the development of many supernatural activities.

Effective cure of depression by positive autosuggestions induced in a state of hypnotic sub-consciousness is also becoming popular among neurologists and psychiatrists.

Dr. Van Osier, Dr. J. Raffler, Dr. Schultz and Dr. Mar are among the accomplished Gynaecologists who successfully experimented on the use of hypnotism in painless deliveries. Dr. Win argues that effectiveness of hypnotism increases with the faith of the patient in the doctor. Dr. Rachen Bake, a bioelectricity expert from Germany has described the manifested as well as subtle vital energy (*prāṇa*) as a form of fire that is abundant near the face and constitutes the 'healing aura'.

The investigations of the reputed scientists like Dr. Modatriuz and Count Pugilov show that the medicinal uses of *prāṇa* are only the glimpses of the enormous capabilities of its immense power; this energy could also be utilized for personality development, awakening of latent talents and the refinement of attitudes of the aspirants. Advancement of scientific investigations in this direction would help reestablishment and constructive use of the spiritual science of vital energy as described in ancient Indian literature.

Oriental philosophy describes that this supernormal potential of *prāṇika* or psychic healing is only a fraction of the various powers attainable by spiritual *sādhana*s that enhance the level of *prāṇa* and activate its otherwise dormant energy-currents in the body. It is said that the persons endowed with this ability can also affect the vital energy and subtle bodies of the patients (subjects) apart from creating visible healing effects on the physical body.

As concluded by Dr. Lindolf, an all inclusive (bio) electromagnetic field representation for living system would enable a more rational transformation from genome (or molecular basis of health, which is the latest paradigm of modern medical sciences) than the present endpoint, universally stated in terms of the so-called visible characteristics or the phenotypes. This representation strongly suggests the reason for the efficacy of the various electromagnetic (and hence the *prāṇic* or psychic) therapies, namely, as the most direct means of restoring the body's impacted (bio)electromagnetic field to its normal healthy state. This representation would also bring us closer to the Vedic concept of subtle-body or energy-body which is regarded as the source of existence and a tool for evolution of an individual being or soul.

Transcendental Energy Transmission (*Śaktipāta*): The Basis of Latent Influence

The immense physical power of the vital energy has been discovered and investigated by different groups of scientists under different names such as — Biomagnetism, Bioplasm, Actoplasm, Bioflux etc. The manifestation of this power is negligible in plants and other organisms as compared to that in the human beings. Dr. Kirlian and Dr. Thelma Moss have chromo-recorded these energy fields around the human body by using the Kirlian and Argon

chapter 6

photographic techniques. Theosophists call this 'energy-cover' as the *Etheric Double*. The intensity of this Biomagnetism or vital energy field enhances with one's spiritual growth.

The importance of the effects of keeping good or bad company is well known. Apart from the information, suggestions and support given by a friend, the subtle influence of his/her personality plays a major role in creating positive or negative effects. The influence of one's personality, though subtle in nature, is as true as the effects of — warmth around the fire-place, fragrance around flowers or irritation caused by the burning of red chilly powder etc.

Persons with strong character, willpower and bright and alert mind have a natural influence over their surroundings. The subtle effects of their vital energy are also found to exist in the material things being used by them.

Small children, because of lesser use of their vital energy, are more prone to the positive (or negative) effects of the good (or bad) personalities of their elders. The biomagnetism of men and women of the same age group have a natural mutual attraction. Sexual intercourse

accounts for a loss in the vital energy of both. The percentage of this loss is more in men because of the 'repulsive' (outwardly oriented) nature of their biomagnetism as compared to the 'attractive' (inward) biomagnetic force of their opposite sex. The sexual thoughts and feelings also cause a harmful effect as far as the loss of vital energy and its subtle strength are considered. Control over such thoughts and acts, therefore, is necessary for the proper development and utilization of vital energy in spiritual practices.

Great personalities, truly endowed with spiritual powers, can even influence the inner self of others. They carefully transmit their vital energy to the deserving devotees and bring miraculous changes in the latter's personalities for the upliftment and welfare of many others thereby.

Elevated life-energy (*prāṇa*) also plays a key role in spiritual healing, strengthening of the willpower and blessings. Normally, great personalities have an excessive storage of this energy. This energy exists in every human being and can be elevated by its controlled use and by dedicated spiritual practices. Indian sages of yore used to transfer parts of their vital spiritual energy into the deserving devotees by the process of *prāṇa-dāna* and

śaktipāta. The ancient Indian scriptures on Yoga Tantra describe these processes in detail.

The powers of the blessings of ancient Indian sages and their abilities of *Śaktipāta* and *Anudāna* signify the instances of the determined transmission of their 'all-powerful' vital strength. The development of the glorious personalities like Swami Vivekananda, Swami Dayananda Saraswati, King Chandragupta and King Shivaji by their spiritual masters are examples of the abovementioned subtle energy transmission process.

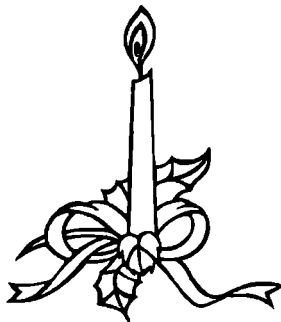
Many examples of prophecy, premonition, intuitions, clues in dreams etc are available in modern world history; which have resulted in miraculous escape from natural hazards, important scientific discoveries and resolutions of complicated criminal cases etc. in a significantly large number of incidents. These also are manifestations of the subtle reception and transmission of the universal vital energy in human body, mind and consciousness.

The spiritual practices associated with the processes of subtle energy transmission (*Śaktipāta*) are described in detail in the ancient Indian Scriptures viz, Yogachoodamani, Tejbindupnishada, Gyan Sankalini

Tatva, Hathyoga Sanhita, Rudra Yamal Yantra, Yoga Kunkalyopnishada, Sharda Tilak, etc.

May the modern science carry out research in the light of these spiritual insights to make a fruitful use of the immense energy indwelling every human being towards global welfare and elevation of humanity?





Ph. 91(01334) 260602 Fax. 91(01334) 260866
Internet: www.awgp.org, www.dsvv.org