

CONTEMPLATION OF THE BODY

INTRODUCTION

Until Copernicus stated that earth was revolving round the Sun, people in his country were under the belief that Earth was the center of universe and Sun was revolving round the Earth. Copernicus was subjected to punishment for his statements. But now, it is a well known fact that earth is revolving round the Sun, due to gravitational and magnetic forces present in the solar system.

This indicates that universal facts always remains the same. Whether somebody discovers the natural forces or not, the forces remain in existence in the universe. This theory holds good for all factors found in nature such as gravitation, electricity etc. Gravitation was existing in nature before Newton found out and named it. Similarly, electricity was performing in nature prior to Benjamin Franklin discovered it. This means to say that the scientists, through their intellectual ability, could find out the mysteries behind the forces governing nature. The same theory applies for the energy layers surrounding our bodies. They remain in existence irrespective of whether somebody believes in them or not.

Such energy surrounding our bodies and all other bodies is called as *pranic energy*. Our ancient sages and ancestors were very much aware of this energy and its way of working. For that matter, they had inserted some customs and rituals in their daily lives, so that the body and mind could work together to keep them healthy and happy. In this new age, due to the influence of so called – modern thinking, most of us are under the impression that these customs and rituals are unscientific and idiotic. But their importance can be known only when we understand the basic energy factors governing the universe and its constituents.

The energy surrounding our bodies is commonly known as *aura*. When the aura is healthy, the person will remain healthy. When the energy circulation in the aura is affected, the person is bound to become sick. The flow of energy in the aura will be affected due to our negative actions and thoughts. This literary work is my effort to guide and motivate the readers to understand the concepts of aura, and thereby heal themselves through positive energy. Health is wealth. Once the concepts of energy are understood, we can retain as well as remain in best of **health**, through practicing positive energy.

The following discussion is divided into 3 parts namely, *pranic energy*, aura and hidden power. The basic facts about *pranic energy* and the way to feel it are discussed in the first part. The anatomy of this *pranic energy* and the way to see it are discussed in the second part. The general working principle of the body + mind unit are discussed in the last part. Some of the views presented here are purely personal to me; they are, by any means, **not** meant to damage anybody's sentiments. The readers are at liberty to study, think over and accept the facts.

This literary work is dedicated to my parents, Sri B. Ananda Shetty and Smt. Sunanda.

Happy reading and good luck for the best of health.

Aravinda K.

Bangalore,
08.05.2000.

1. PRANIC ENERGY

Once, poet Harihara was attentive inside the King's *darbar* hall. He suddenly stood up, closed his eyes, raised his hands and rubbed them against each other. He continued this action for a few minutes after which he opened his eyes and sat down. When the King asked him about the matter, Harihara said that he sensed fire inside the temple. The screen in front of the deity caught fire and he extinguished it. Later, when asked about it at the temple, the matter was found to be true. The priest said that the fire caught up to the screen got extinguished automatically.

King Humayun's son Akbar was suffering from disease and his health was not getting recovered due to any medicines. Humayun was under deep sorrow about his son's condition. He prayed to God asking his remaining life time to be given to his son such that Akbar could get healed. He prayed with commitment daily, and day by day, Akbar's health conditions improved and Humayun's health conditions deteriorated. After a few months, Akbar got completely recovered and Humayun died due to intense bad health. In the later years, Akbar emerged as a world famous emperor.

We have heard in the stories of Bible that Jesus Christ was healing the leprosy patients by his touch. There are incidents presented in Bible which indicate that the sick people were healed just by touching the robe which he was wearing. We often read such stories and incidents in the epics and *puranas* of all cultures. It is quite natural that people get doubts over the reality of such stories and incidents.

In today's scientific age, when every event is studied with respect to its cause, people may argue that such miracles are unscientific and hence not true. But, just because they are not accessible to science, they cannot be declared as false. Such miracles happen due to the *pranic energy* of those persons. Poet Harihara could sense and extinguish the fire at the remote temple through his *pranic energy's* abilities. Humayun could get his son's disease cured through his **committed prayer**. Jesus Christ could make his energy flow into the bodies of patients and thereby make them get rid of their diseases.

Now, you may be curious to know more about this *pranic energy*. Isn't it ? *Pranic energy* means the energy layer surrounding our body, which is not visible for normal vision. But through conscious and continuous effort, this energy can be seen, felt and touched. Through *Kirlean camera*, its photograph can also be taken. This *pranic energy* is commonly known as **aura**. In the pictures of Gods and saints, it is commonly depicted as a colored layer around their heads. It is an indication of their psychic powers and abilities.

In energy constitution, there are two divisions in our bodies, namely physical body and energy body. In day-to-day life, most of us will be using only the physical body, through our five senses. We will not come to know about our energy body, because we will not feel it commonly. But in essence, both these bodies are dependent on each other. Energy body is surrounding the physical body and it makes the *pranic energy* flow into the physical body. In common people, this energy body is about two feet in width, from their physical body. But in spiritual intellectuals, the energy body will be much wider. The ancient knowledge says that the energy body of Jesus Christ was about 50 metres !

EXPERIMENT: There is a small experiment to feel your energy body. Rub both of your palms against each other. Now, hold your palms facing each other at a distance of about 2 feet. Concentrating at the centers of the palms, slowly move your hands closer. When the palms are nearing each other, you will feel a type of pressure in between them. This pressure increases when the hands are moved further closer. When you keep moving your hands farther and nearer, slowly, you will feel a type of attraction and repulsion.

This pressure is the power of your *pranic energy*. This means that, when the energy layers of your palms touch each other, you will feel this pressure, which is felt as a magnetic force. When the auras of both palms mingle with each other, this force increases. When once your hand is sensitized this way, you can scan the energy layer at other parts of the body. In this manner, you can measure the width of your own aura.

Generally, the above experiment will not be successful at the first instant, because it asks for bodily as well as mental balance. But, if practiced with patience, it is definitely possible to feel your aura. Once you learn this trick, you can scan the energy body of other persons as well as other things. After continuous practice, the technique of **aura scanning** becomes a natural ability. Later, you need not sensitize your hands every time, because it becomes a habit !

What is the use by scanning of the aura ? Uses are aplenty. Through this diagnosis, you can come to know about the flow of energy (*PRAANA*), in yours as well as others bodies. You can estimate where the energy flow is strong and in which part the energy flow is weak. Wherever the energy flow is improper, there are chances that the respective body parts are either affected or going to be affected by disease. Because, any disease manifests itself first in the energy body, and then affects the physical body. Hence, through aura scanning, it is possible to know about the disease, before it appears in the physical body !

The energy in the aura is dynamic in nature, which means that it has to keep flowing. When water is flowing, it remains pure; but when it is stagnant, it becomes impure. Likewise, when energy is circulating, the body does not become sick; but in any part, if the energy becomes static, energy blockages happen and that part gets affected by disease. It is possible to cure the disease, by balancing the circulation in the energy body. This method is known as *pranic healing*. Through this healing technique, it is possible to feed the energy into the depleted area or remove the energy from the congested area, in the energy body. Without any external medicines and without touching the physical body, the patient can be cured !

I was suffering from asthma, since childhood. I had suffered for nearly 14 years by this disease. Now I am completely cured through this treatment. Before making use of this technique, I had consumed all types of medicines. Ayurvedic, allopathic and homeopathic medicines could provide me temporary relief only. At the later stage, I used to carry the *asthalin inhaler* with me wherever I went. Now I don't fear any diseases, because I can heal myself, through channeling *pranic* energy.

As one elderly person said, there is no usage of *yantra* or *mantra* in this healing method; there is only the usage of *tantra* or technique. This type of treatment calls for patience, as the relief will **not** occur all of a sudden. The channeled energy takes its own time to become materialized. As the balance of energy flow is slow, the healing of the disease is also slow. Wounds, pains and aches may get cured within a day. But, chronic diseases such as gas trouble, blood pressure, asthma, arthritis etc. may take a few weeks to get cured. If the energy in the patient's body is very less, then it may take a few months also to heal the patient.

It is possible to cure most of the diseases through this type of treatment; as it works on the energy principle and not on the symptomatic principle. It tries to eliminate the cause of the problem whereas the medicines try to eliminate only the problem. Moreover, any matured person can learn this technique, as there are no strict rules and regulations to learn and practice. The obedience to learn and the patience to grasp are enough.

Many discoveries have been made about this type of energy and they are still going on. You can check some of the results of these discoveries. Repeat the above mentioned experiment. When you are feeling the pressure, ask somebody to pass different types of objects in the middle of your palms. When the object is cutting the energy field, observe whether your feeling of the pressure is affected. Generally, except the objects made of leather, the pressure will not be interrupted by any other object. This means to say that, except dead leather, no other thing will oppose the flow of energy.

The knowledge of *pranic* energy is not new. Its awareness is found in all countries and religions. In our country, India, this knowledge goes back to *vedic* times, which is about 4500 BC approximately. Here, it is called as *praana*. In Japan, it is called as "Ki" and in China, it is called as "Chi". In the year 1911 AD, a doctor named as William Kilner sensed this energy in his patients and he named it as "aura"; now this term has become synonymous with the *pranic* energy. In the later years, a psychologist named as Wilhelm Reich found about the existence of this energy in nature and he named it as "Orgone". In the recent years, so many intellectuals and yogis have put their efforts in studying and making use of this energy, which is available everywhere and free of cost !

In the beginning of this century, a Japanese yogi known as Mikao Usui formulated an energizing method known as "Reiki", which has become quite popular nowadays, throughout the world. The word rei-ki means universal energy. Master Choa Kok Sui, from Philippines, is another such yogi. Basically a chemical engineer, he studied these energy concepts in detail and came to know that it is possible to increase one's energy levels through mental faculties. He made use of the concepts and formulated a healing system, which he called as *pranic healing*. This healing system is in very much relevance to the ancient Indian culture and traditions.

Nowadays, there are many alternative energy therapies available such as, crystal healing, magnetic healing, silva mind control etc. Even though the methods are different, the ultimate goal of all these therapies is to energize the aura of the patient and thereby to cure the patient. The main requirement for these methods to work is the belief of the patient in the system. When the patient has faith in the healer, the patient will be more receptive to the channeled energy and the healing process will work faster. As a pre-requisite, the healer should have 3 C's – compassion, commitment and confidence. **Apart from these factors, the basic principle in all the healing methods remains the same – the concentrated intention of the healer gets materialized.**

2. AURA

My friend was telling me about the experiences he had when he went to visit the *Sai baba ashram* at Whitefield, Bangalore. Even though he was in dilemma about the supernatural powers of *Sai baba*, he told me that he had an odd feeling when standing near the *godman*; a type of pulling force was sensed by him. Another time, an elderly friend of mine was explaining his experiences when he had gone to meet "*Puttur ajja*". He was telling that when *Puttur ajja* kept his hand over my friend's head, my friend lost his sensations momentarily; yet it was an overwhelming experience.

Both the above events are not supernatural, even though they may seem like that. My friends could not relate in exact energetic terms about their experiences. Otherwise, these experiences were quite natural to them, because of the flow of stronger energy into their bodies. The aura of spiritual practitioners will be more wider than that of the normal people. When such powerful energy comes in contact with our aura, we will have different type of experiences depending on our type of sensations. If such energy is positive, we will experience happiness; but if it is negative, we will experience sickness. For example, blessing contains positive energy whereas jealousy contains negative energy. Positive energy strengthens our aura whereas negative energy weakens it.

We are already aware that aura is the energy layer surrounding our body. We also know how to measure its width by feeling it. Now, let us try to understand the natural phenomenon of this energy circulation and the anatomy of the aura.

According to principles of physics, every object absorbs and radiates energy in one or the other form. The famous scientist Albert Einstein proposed this theory in another way through his equation : $E=m*sqr©$. He stated that energy cannot be created or destroyed; it can only be transformed from one form to other form. For example, when we use electric lamp, the electricity is converted into light and heat. Here, the lamp absorbs the electrical energy and converts it into light energy and thermal energy.

Our body is also not an exception to this energy principle, as our body is made up of matter. Our body absorbs energy from nature in different forms and uses them for bodily functions. In effect, our body emits energy also, in another form – that is felt as aura. Part of this emitted energy goes out as heat, due to which the living body remains warm. The dead body neither absorbs nor emits energy, due to which it remains cold. When the living body becomes sick with fever, the circulation of energy increases, due to which the temperature also increases.

I would like to mention a story I had heard, which would be appropriate here. A mother had two sons; elder one was working in the fields and younger one was studying. The mother used to feed the elder one with simple food such as "*raagi balls*" and "*rasam*"; but she used to feed the younger one with delicious food, along with butter, *ghee* and milk. In spite of that, the younger son was lean and weak whereas the elder son was strong and sturdy. Once, the elder son became angry over the partiality shown by his mother. He told her – "I am working daily very hard in the fields; my brother simply sits at home, looking into books. Still, you feed me with *raagi balls* and you feed him with butter and milk. Why do you show such partiality between your sons ?" As the answer, the mother asked both of her sons to lie down on their back. She kept a butter ball on the chest of each of them. The butter ball kept on the younger son's chest dissolved immediately, whereas that kept on the elder son's chest was intact.

Later, she asked them to rise and told the elder son – "My dear, you work in the fields, come home, eat and sleep. Your mind does not have much work to do. That is why even if you eat *raagi balls* also, it enters your body. But your brother is a student and his mind keeps working throughout. I want him to become strong and sturdy like you, for which I feed him with butter and milk. Still he has remained weak and lean."

The concept which we have to understand here is that, the elder son's body does not require much energy because he does not think much. The younger son's body and mind are continuously working due to which he requires more energy. Let us try to examine about the manner in which our body works through this energy principle.

As mentioned in the ancient scriptures, **our body is not one but three, namely physical, astral and causal**. The physical body has the five sense organs namely eyes, ears, nose, tongue and skin, through which it senses vision, sound, smell, taste and touch. The astral body takes decisions through the mind by the information obtained through these senses, and then directly or indirectly governs the physical body. This astral body is made up of energy, which can be felt only through the mind and not by the physical senses alone. The causal body is the cause for both physical and astral bodies. This is where the soul exists and it can be felt only through meditation. *Physical body is available to the senses, astral body is available to the mind and causal body is available to the soul*. In essence, life energy = body + mind + soul; such was the concept of life our ancient *yogis* !

When these three bodies are performing in balance and when the flow of energy through these bodies is in equilibrium, we remain completely healthy. But, normally we give much importance only to our physical body and we tend to forget the other two bodies. In effect, we try to fulfil only the needs of the physical body and through that we create imbalance within the three bodies. This is the reason for most of the diseases, by which we suffer. When we acquire the knowledge of making use of all the three bodies, we can completely heal ourselves and lead a healthy life throughout.

In the *Taittiriya Upanishad*, the concept of these three bodies is explained further. Our complete body has been divided into five shells namely, food shell, *pranic* shell, mental shell, scientific shell and blissful shell. Food shell is the innermost and blissful shell is the outermost. **Food shell is in the physical form and all other shells are in the energy form.** Blissful shell is in the shape of an egg and when seen through clairvoyance, it appears in golden color. That is why, in many Sanskrit *mantras*, we come across the word “*Hiranyagarbha*” which means golden egg.

It can be mentioned here that the physical body constitutes food shell, the astral body constitutes *pranic* shell and mental shell, causal body constitutes scientific shell and blissful shell. Food shell bears the physical energy, *pranic* shell bears the “*praana*”, mental shell bears the mind, scientific shell bears the intellect and blissful shell bears the soul. This concept is presented below in the form of a table.

Body	Shell	Energy
Physical	Food	Physical
Astral	<i>Pranic</i>	<i>Praana</i>
	Mental	Mind
Causal	Scientific	Intellect
	Blissful	Soul

The discussion of these shells is elaborated further, in the third part of this booklet.

THE CIRCULATION OF ENERGY: As we already know, our physical body is the combination principle of physical, chemical and biological factors. Food intake and breathing actions - are the factors of physics. The food, after digestion, getting into blood in the form of nutrients and then getting converted into glucose molecules - are the factors of chemistry. The glucose molecules getting combined with oxygen provided by breath, thereby producing bio-energy and this bio-energy getting utilized for other bodily functions - are the factors of biology ($C_6H_{12}O_6 + O_2 \rightarrow CO_2 + H_2O + 686k.cal.$). Through all these concepts, we can understand that, a form of energy circulates into our body through food and air.

Our physical body is made up of five natural factors namely air, water, earth, light and ether. Light is synonymous with fire and ether is synonymous with space. Oxygen from air, fluid medium from water and food particles from earth enter into our body. Sun’s light is very much essential for the growth of food on earth. Apart from that, it has been proven that when sunrays fall on our skin, the synthesis of Vitamin-D is initiated in our body. Thus, through these four factors, energy enters into our body in solid, liquid and gaseous forms. Now, what is the importance of the fifth factor, ether ?

Ether implies the energy form present in the space surrounding us, in which all types of natural energies are constituted as a network. The energy form of ether can also enter into our body. In olden days, when sages were meditating without food and rest, their body was absorbing energy from the surrounding space; because of this, their body was remaining without much deterioration. How such energy absorption is possible? Here comes the role of our astral body.

When the energy through air, water, earth and light directly enters into our physical body, the energy as ether enters through astral body. For this purpose, **our astral body contains energy centers, known as *chakras***. These *chakras* are present in the form of cones with whirling action. They absorb ether energy from the space and radiate bodily energy into space. In effect, they absorb healthy energy from the space and emit diseased energy into space. In the experiment discussed in the first part, you could feel the aura through the *chakras* present in the center of palms. Likewise, we have *chakras* in the center of our feet. When we walk bare foot, the energy enters into our body through the sole *chakras*. This is one of the reasons why the people in villages are more healthy than the people in cities; because most of the villagers walk bare foot.

Even though there are many *chakras* present in our astral body, there are seven main *chakras* which are of significant importance. **They have been named in the sanathana culture as Mooladhara, Swadhishtana, Manipoora, Anahatha, Vishuddha, Ajna and Sahasrara, from bottom to top.** These *chakras* are present at the axis of our spinal cord and are involved in the processing of energy. *Mooladhara* is present at the base of the spine, facing downwards. *Swadhishtana* is present at the navel center. *Manipoora* is present at the center in between stomach and chest. *Anahatha* is present in the middle of the chest. *Vishuddha* is present at the center of the throat. *Ajna* is present in between our eye-brows. *Sahasrara* is present on top, in the middle of the head, facing upwards. Except *Mooladhara* and *Sahasrara*, all other *chakras* have front and back counterparts. You can easily understand these concepts by looking into the pictures provided at the end of this booklet.

These *chakras* are visible, when seen through the ability of clairvoyance. Out of these seven main *chakras*, each *chakra's* energy is utilized for the corresponding parts of the body and to stimulate the corresponding endocrine gland. For instance, *Ajna chakra* controls pituitary gland, *Vishuddha chakra* controls thyroid gland and so on. If any *chakra* is not functioning properly, the respective organs of the body will be affected. For example, when somebody is continuously suffering from stomach pain, the *Swadhishtana chakra* in his/her body is malfunctioning. When somebody has continuous headache, the *Ajna chakra* is not properly activated. Sometimes, our bad habits also cause our *chakras* to malfunction. In chain smokers, the *Anahatha chakra's* functioning is affected. In commonly worrying people, *Ajna* and *Sahasrara chakras'* performances are affected. This rule holds good for all other *chakras*. A table is provided at the end of this booklet, for ready reference.

It would be appropriate to give an example of my own experience. Once, I was performing *pranic healing* to my wife for her sickness. My son was playing alongside. During healing, normally the patient should sit with eyes closed, to be more receptive of energy. It would be better if the place is silent, as there will be no distractions. When I was energizing my wife's *Sahasrara*, my son suddenly made a loud noise through his toy. This irritated my wife and even though her eyes were closed, she became angry due to this disturbance. At this time, the pressure which I was feeling over her *Sahasrara* suddenly reduced. That means, when she became angry, due to the increased blood circulation, energy flow into the astral body through *Sahasrara* increased.

If such is the consumption of energy due to the anxiety of just one moment, what can be the state of people who are under tension throughout the day ! Probably the *Sahasrara* and *Ajna* *chakras* of such people may get completely deformed. If the bad conditions continue, they may become psychological patients also. To avoid such states, our ancient tradition imparts so much prominence to **patience**, in our daily lives.

TECHNIQUE OF VIEWING THE AURA: In this age, there are meters available for measuring every natural energy form. For instance, thermal energy through thermometer, kinetic energy through speedometer and so on. But till now, there is no meter invented for the purpose of measuring the *pranic* energy. Even though *Kirlean* photography helps in documenting the aura, it is not in direct access to everybody. Probably in future, a *pranic* meter may be invented through which it may be possible to measure our energy levels. It may be possible to know up to what extent the *pranic* shell will expand upon meditation, up to what extent it will be depleted due to worrying, up to what extent it will be congested due to negative emotions and so on. But we can know these things without any meter as well. At this time, we will use our mind and the sense organs together as the instruments for this purpose.

In dim light, towards a white background, extend your hands and spread your fingers. Let the distance between your eyes and the fingers be about 1.5 feet. At this time, if you focus your eyes onto the fingertips, you will see a colorless layer around your fingers. This is the aura surrounding your fingers. This will not be visible in bright light. In the light of fluorescent lamps also, the visibility of aura may be reduced, due to the ultraviolet rays getting emanated from such lamps.

In this manner, we can see the aura surrounding our body or others' bodies also. But it requires a little bit more of patience. When you want to see somebody else's aura, ask that person to sit or stand in front of a white background, at a distance of about 1.5 feet. Let there be dim light in the room. Let that person close his/her eyes and stay calm and quiet. You stand at a distance of about 6 feet from that person. Relax your eyes and keep looking at the white background beyond that person's head. **Don't try to concentrate and don't imagine any vision.** After a few minutes, you will see a layer of light around that person's head. Once you get tuned to this vision, you will see colors in that light. The color visible to you depends on the nature and health conditions of that person. Once you learn this technique and practice, you can see your own aura in the mirror !

You cannot master this technique in a hurry. When I was trying to learn this method, many times it was irritating and sometimes tears used to come from my eyes. But through patience and practice, the learning became easy. Now, I can see the aura of some people even in daylight. When my *guru* is discussing about *yoga*, many times I have seen a whitish light surrounding his head. What type of light is this ?

As already mentioned earlier, this colored light's visibility depends on the energetic conditions of the person. When all the *chakras* in the body are in good conditions, the energies corresponding to those *chakras* combine together and are visible as colors in the aura. *Mooladhara* has energy of red color, *Swadhishtana* has orange, *Manipooora* has yellow, *Anahatha* has green, *Vishuddha* has blue, *Ajna* has indigo and finally *Sahasrara* has violet colored energies. The energies of seven *chakras* correspond to seven colors of the rainbow, which are nothing but the individual components of pure white light. Hence when all these *chakras* are performing well, the seven colors combine together to be visible as bright white light. But such *yogis* are very rare to be seen !

If a person is quite selfish and greedy, his *Mooladhara* is more active and other *chakras* are less active. Such person's aura is visible as red, when through clairvoyance. When a person is unselfish and compassionate, his aura is visible as rose color, by the combination of colors of the lower three *chakras*. Likewise, the aura of a *yogi* appears as golden color and the aura of a sage appears as white. This is the reason due to which they paint gold or white colors around the pictures of great souls.

Let us try to examine why these colors are visible. As per the black body radiation theory of physics, the color of the object depends on the frequencies absorbed by that object. A black object absorbs all frequencies of radiation, because of which it appears as black. In contrast, a white object does not absorb any frequencies, due to which it appears as white. This is the reason for wearing white clothes during summer, as they do not absorb radiation and become warm. Can the same absorption principle be applied to our *chakras* also ? Quite possibly, yes.

As *Mooladhara*'s color is red, it may be absorbing and circulating only red colored energy. Likewise, other *chakras* may also work corresponding to their colors. The combined colors are visible as aura, as already mentioned. An eminent American named Mark Smith, in his book "Auras", mentions as follows - light colors indicate positive qualities whereas dark colors indicate negative qualities, corresponding to those *chakras*. Continuing this topic he states that, if a person has evil intentions filled with jealousy and enmity, such person's aura is visible is black. May be because such person is only absorbing and not emitting energy, his body may be working as a black object !

Once the technique of seeing the aura is learnt, we can know about the nature of people around us just by seeing their aura. Below given is a table, where some of the commonly seen colors are summarized. These colors are visible generally as per the nature of the person and his/her thinking habits. The colors may change at a particular instant as per the physical and emotional present at that time.

Type of person	Color of aura
Materialistic	Red
Compassionate	Rose
Yogi	Golden
Sage	White
With evil intent	Black
Sick	Grey
Doctors, Nurses	Green, Blue
Engineers	Blue, Indigo

3. HIDDEN POWER

After studying the information provided in the last two parts, many doubts and confusions might have arisen in your mind. Some of the readers might be posing questions such as –

- a. How the colors could be visible in the aura ?
- b. There is so much of discussion about energy. But what is this energy form ?
- c. Without touching the body, without giving medicines, how curing is possible ?
- d. Why dead leather interrupts the flow of energy ?
- e. How *Harihara* could extinguish the fire at the remote temple ?

Now let us try to find the answers to these questions, one after the other.

a. How the colors could be visible in the aura ?

As mentioned earlier, our complete body is made up of five shells. *Chakras*, as energy centers, pass through all these shells. The tip of the *chakras* projects into the food shell and the vortex expands over the blissful shell. We, being animals, are more involved in satisfying the needs of our food shell in our daily lives. Hence, generally, the existence of other shells cannot be sensed by us. But when we use our sense organs along with the mind suitably, we will come to know about the existence other four shells. This is what we did in the previous experiments.

As known to medical sciences, there are rods and cones in the retina of our eyes. Rods function in dim light and cones function in bright light. But in today's urban life, we tend to remain more in bright lights and we don't use dim lights for general purposes. Therefore, we don't utilize our eyes to their full extent, instead we prefer wearing spectacles. But the animals like cats and dogs can see in darkness also, as they utilize the natural ability of their sense organs. In villages also, people get used to darkness, due to which their ability of vision remains strong. The aura viewing experiments are the direct proof that we can also make use of our eyes to their full capacity.

So, what are the colors seen in the aura ? Because we consciously and intentionally use our eyes, the rods in the retina also perform their duties, due to which the person's *pranic* shell is visible. Depending on the conditions of the *chakras*, the respective energies combine, to be seen as a resultant color. As this resultant energy of normal people is of very less intensity, it is not visible in the daylight. But in case of *yogis* and sages, as their energy level is wider, their aura may be visible in the daylight as well.

How do we see the resultant color and why not the individual colors of the *chakras* ? Because, along with *chakras*, we have **meridians** in our energy body. These meridians, called as "*Naadi*" in Sanskrit, are the energy carrying veins in the energy body. Nerves are their counterparts in the physical body, which carry information. The meridians carry energy into and out of all the *chakras*, present in our energy body. As per the texts pertaining to *yoga*, there are 72,600 meridians present in our body. Out of them, three are most important – they are *Ida*, *Pingala* and *Sushumna*.

Ida and *Pingala* move around all the seven main *chakras*. *Sushumna* moves straight through the centers of these *chakras*, along the spinal cord. Towards the left side of our nose is *Ida* and towards the right is *Pingala*. At the nasal level, *Ida* controls the coldness of our body and hence it is also called as "*Chandra-naadi*". *Pingala* controls the warmth of our body and hence it is also called as "*Soorya-naadi*" (as the Moon is cold and Sun is warm). When both these meridians are in equilibrium, our body's cold and warm factors will be in equilibrium. Otherwise, if *Ida* is weaker, warmth increases in our body and if *Pingala* is weaker, coldness increases in our body.

In psychic sciences, it is proved that left part of the brain is utilized for reasoning power and right part of the brain is utilized for intuitive power. Most of us do not use the right part of our brain effectively. At the forehead level, *Ida* controls the right part of the brain and *Pingala* controls the left part of the brain. And hence, in most of our cases, *Pingala* is stronger and *Ida* is weaker; hence we will have more reasoning power, less intuitive power, along with warmth !

The third meridian *Sushumna* passes through all the *chakras*, whereas *Ida* and *Pingala* move around the *chakras* alternately. In the sculptures of temples or in spiritual pictures, you might have seen two snakes surrounding an arrow; here, the two snakes indicate *Ida* and *Pingala*, the arrow indicates *Sushumna*. In our body, the three meridians combine together the energies of the seven *chakras*, and the combined energy is visible as colors in the aura.

You can observe a phenomenon related to this concept. In the two nostrils of our nose, the breathing will not always be the same. If one nostril is clear, other one will be blocked. But at the time of “*Sandhya*” (time of sunrise and sunset), both nostrils will be clear. By noting this natural phenomenon, our ancient intellectuals had formulated the ritual of “*Sandhyavandana*”. My guru, *Sri A.S. Narasimhamurthy*, says that for every two and a half hours, the status of these nostrils keeps changing alternately. That means, for every two and a half hours, the blocked nostril gets cleared and the clear nostril gets blocked. This is the natural mechanism adopted by our body to keep the balance of coldness and warmth. But, due to our emotions and thought patterns, we create an imbalance in this process. In *Ashtaangayoga*, there are specific *praanaayaama* techniques to keep these nostrils and meridians in balance.

KARADARSHANA: In our *sanaathana* culture, there is a special traditional system known as *Karadarshana*. When we wake up in the morning, before opening our eyes, we rub both of the palms together and then gently touch the eyes with closed palms, later open our eyes and look into the open palms. There is a specific Sanskrit *shloka* meant for this purpose as well. This system is partly practiced in Muslim religion also, during *Namaz*. Now let us try to understand two special reasons behind this practice and their significance.

First reason: We know that the lenses of our eyes expand and contract in accordance with the available light. That means, they contract during bright light and expand during dim light. Likewise, they expand while seeing farther objects and contract while seeing nearer objects. Through this action, only that much amount of light required for clear sight reaches the retinas.

When we are sleeping, eyes are closed and in rest; the lenses do not function at that time. When we are awakened in the morning, if we suddenly open our eyes, the lenses will suddenly contract due to the external light. This momentary sudden action may affect the related nerves and muscles. If such action continues daily, the performance of eyes may also deteriorate. Our ancient people might have thought about this and hence they might have introduced this system, such that our eyes are not exposed to bright light all of a sudden.

Second reason: Sometimes, when somebody is looking at us, we come to know about his/her intention through that type of vision (“*drishti*”). Which means that, the intention of the mind is hidden as a form of energy in the vision. At night, when we were asleep, if we had bad dreams or bad thoughts, we might have the same mood when we get up in the morning. At that time, the negative energy present in our vision may be passed on to the person whom we see.

The reverse case is also possible. When we wake up in the morning, due to sleepy state, the mental shell is not completely awakened. At that time, if somebody looks at us and we look at that person’s eyes, his/her negative energy may enter into our aura through *Ajna chakra*. Sometimes, when bad things happen, people wonder whose face they had seen in the morning.

To avoid both the above conditions, if we look into our own hands upon awakening, our negative energy will not enter into others’ aura and their negative energy will not be received by our aura. Some people have the habit of looking at God’s picture upon awakening. The faith is that our negative energy shall be dispersed and God’s positive energy shall enter into us.

Now let us try to find the answer for the second question; i.e., the real form of energy.

b. What is the real form of energy ?

Basically this energy is a component of earth’s magnetic field, because of which, we feel the pressure. The whole universe is covered with this magnetic field and the nine planets revolve around the Sun due to this gravitational force. During full moon days, there is a rise in the sea water level, which is due to the gravitational pull of the Moon. When such a magnetic field is present throughout, naturally all the organisms are also embedded in it. This leads to the fact that *pranic* energy has relationship with earth’s magnetic field.

Parents force their children not to sleep keeping their head towards north. They say different stories to prove the negative effects. But the scientific fact is as follows - earth’s magnetic flux moves from north pole to south pole. When we sleep towards north, this flux may enter into our *Sahasrara*. When received without conscious effort, it may produce unwanted results. But, in *yoganidra*, we *can* lie down heading towards north, because then we will be receiving this energy with conscious effort. There are scientific evidences to prove all these facts. A brief discussion is presented about the same, as follows.

A gifted American intellectual, namely **Barbara Ann Brennan**, has studied and conducted experiments in these energy concepts in detail. She has written her experiences in the form of two books namely, Hands of light and Light Emerging. In these books, she has explained the theory behind these energies. Some of the results are as follows –

i) When measured through a magnetometer, the earth's magnetic field pulsates at the rate of 8 Hz. When a person is meditating or healing, if his/her electroencephalogram is taken, the body vibration will also be at the rate of 8 Hz.

ii) Body does not initiate energy; energy initiates body. It is the energy which will be present first, after which body gets materialized. She calls this as “phantom effect”. This means that, life can occur in energy form.

It is unnecessary and difficult here, to mention all the related topics. Interested readers can refer to the above mentioned books for a thorough discussion. The interesting fact to note here is that, while meditating or healing, the person tunes himself/herself to the earth's magnetic field !

Hence the real form of energy is magnetism. Related to this, we will continue our question and answer session.

c. Without touching the body, without giving medicines, how curing is possible ?

We already know that if the *chakras* in our body are blocked or malfunctioning, there will be improper energy circulation and later the respective organs are also affected, resulting in disease. Hence, if the *chakras* are made to function properly, will they not initiate proper energy circulation ? Will it not improve the conditions of the organs and finally induce good health ? That is the secret of this type of healing, where **energy acts as medicine**. If the conventional medicines work from inside the body, this medicine works from outside the body. The healer, through his intention, transfers his/her energy into the patient's body. The patient, through his/her receptivity, gets this energy into his/her aura. Due to this, the patient's *chakras* will revert back to healthy conditions and then the patient becomes healthy. But it is a slow process, as the energy takes its own time, to materialize.

Generally, this type of healing is a permanent cure, as it repairs the cause of the disease and not the diseased organs. The initial cause of sickness is improper energy circulation, which may lead to improper blood circulation. During this type of healing, the auras of both the healer and the patient are mingled with each other. That is why, the healer's aura must be stronger than that of the patient. Otherwise, the negative energy from the patient's aura may enter into healer's aura, due to which healer may become a patient !

d. Why dead leather interrupts the flow of energy ?

People say that when we wear leather sandals or shoes, we will not see spirits. Let us try to understand the concept behind that. *Spirits are beings without food shell*. As we see aura, we can see the spirits also, provided we are energy sensitive. But, as far as this energy sensitivity is concerned, salt and leather have special properties. You might have seen people using salt or fire, for taking away the “*drishti*”, which is nothing but the entry of negative energy into our aura. Fire destroys this negative energy; at the same time, it will destroy positive energy also, as it is the habit of fire to burn whatever it comes in contact with. But salt is not like that; it absorbs **only** negative energy. Peacock's feather has the same property, due to which it is used in mosques, for cleansing. Crystals such as “*sphatika*” and beads such as “*rudraakshi*” also have this property, due to which they are worn on our bodies.

But leather, in the dead form, absorbs all the *pranic* energy, irrespective of whether it is positive or negative. Due to this property, when we wear leather items, our energy sensitivity gets reduced. Sages and spiritual practitioners do not wear leather sandals, so that their feeling of energy is enhanced. When our energy sensitivity is reduced, we may not be able to see the energy bodies such as spirits, whether they may be good or evil.

Due to all these reasons, during *pranic healing*, salt is used and at that time healers do not wear leather items on their body. These concepts have been understood by our ancient intellectuals through their experiences. For the time being, there are no scientific evidences to prove these things. But evidences are not required also, because experience by the self is the biggest evidence !

e. How Harihara could extinguish the fire at the remote temple ?

To find out the answer for the above question, let us first look into the existence of our mind. Our mind will always thinking about one or the other thing; but where it exists in our body ? Some people say that it is in the heart and some others say that it is in the brain. Both these answers are not correct, as these parts are the organs in the physical body. Heart's job is to pump the blood. This job and many other tasks are controlled by the brain – such as, blood circulation increasing upon becoming angry, blood moving more towards the injured part etc. This means that, *heart and brain are only the instruments getting utilized by the mind*. **This mind is not situated in the physical body; it is present in energy form, in the mental shell of astral body.** When we are awake, it will be mingled with our physical body; but when we are in deep sleep, it would have come out of our physical body !

Can our mind come out of our physical body ? Yes, definitely; but through proper practice. This is called as “astral projection”. If the mind is intended to move farther, then it is called as “**astral travel**”. In this manner, *Harihara* could leave his physical body and travel astrally to the temple to extinguish the fire. Similar incident is mentioned about *Kaivaara Narayana Swami* also, that he extinguished the fire at *Tirupati* temple. In the same manner, *Guru Shankaracharya* accomplished the technique of entering into another body (“*Parakaaya pravesha*”). We can cite the feature films – “Matrix” in English and “Bhoolokadalli Yamaraaja” in Kannada, as examples for these astral concepts.

Here you may get doubts that mind will lose connections with the physical body. It is not possible because, how much ever distance the mental shell may travel, it will have contact with the food shell through *chakras*. This contact will be lost only upon death. After death, life energy remains only in astral and causal bodies – until reincarnation. If reincarnation does not take place, then these two bodies may become dissolved in the universal energy – which is called as “*moksha*” or liberation from the life cycle. Life energy may be called as *Jeevaathma* and universal energy may be called as *Paramaathma*.

Spiritual accomplishments are aplenty in our *sanaathana* tradition. **Distant healing** is a technique, wherein healing is possible when healer and patient are at different places, anywhere in the world. Here, the healer sends energy from his mental shell and the patient receives this energy into his mental shell. This energy, in the form of vibrations, flows through the medium of earth's magnetic field. Barbara Ann Brennan has called this field as “Universal Energy Field” (UEF). This type of healing will be more effective, when healer and patient have mutual consensus about the timing of healing, as the patient can stay receptive at that time.

Yawning is a very good example for such energy transfer. After yawning, some people say that somebody is remembering them. Let us try to examine this concept. Scientifically speaking, yawning occurs when our body is losing energy. At that time, brain activates the nerves and muscles related to the lungs, such that lungs take in more amount of oxygen through yawning. Through more oxygen, more energy is produced in our body. When we yawn during restlessness, it means that body needs rest, to produce and utilize energy.

But, if we get yawning at other times, it means that energy is going out of our body ! This means that, if somebody is remembering us deeply, their mental shell draws energy from our mental shell via the earth's energetic medium. This happens when we remember others also; they get yawning when we think deeply about them. This is what Jesus Christ said – “somebody is remembering me and my energy is moving out”. Through “*siddhi*”, can we not come to know who is remembering us ? May be through such knowledge, godly persons rush to help the devotees, when asked for help.

The power which is the source to all such *siddhis* is within our body, through which all of us can become yogis. It is the power through which we can find answers to our dilemmas and solutions to our problems. In texts of *yoga*, this inner power is called as “*Kundalini*”, which is hidden as energy in the food shell at *Mooladhara*. Generally, we have been using this power only to satisfy our bodily needs and physical aspirations. Instead, through methods of *yoga*, we can use this power for accomplishing *siddhis*. Through spiritual methods, the *Kundalini* hidden in the food shell at *Mooladhara* should be made to flow through *Sushumna* to all other chakras, finally to reach *Sahasrara* in the blissful shell. At that stage, we accomplish “*Athma saakshaathkaara*”, or **self realization**. This means that, our awareness moves from the food shell to the blissful shell, through which we become aware of ourselves.

SELF REALIZATION: Lastly, let us try to find out what exactly is the meaning of self realization. We already know that food shell contains physical energy, *pranic* shell contains “*praana*”, mental shell contains mind, scientific shell contains intellect and blissful shell contains soul. This means that, “*praana*” acts as the link between body and mind; intellect acts the link between mind and soul. As intellect and soul are in energy form, thus spoke **Krishna** about soul, in “*Bhagavadgeetha*” –

*Nainam chindanthi shastraani nainam dahathi paavakaha |
Na chainam kledayanthyapona shoshayathi maruthaha |*

The meaning is, weapons can not cut, fire can not burn, water can not soak and air can not dry this *athman*. Shall we discuss about this soul, intellectually ?

If we take conceptual ability into account, we can divide human beings into three categories –**materialistic, intellectual and spiritual**. Let us take a young doctor for example. If we ask him this question : “Who are you? Why are you here ?”, he may answer this question as per his level of thinking, as follows –

If he is materialistic – I am a doctor. I am here to earn money; I should get back the capital which I had put in, you know.

If he is intellectual – I am a healer. I am here to cure the sick people. We should do something good to people, you know.

If he is spiritual – I am a good human being. I am here to compensate the *karmas* which I had committed in my previous incarnation. I am trying not to repeat them so that I could get liberation from this life’s rebirth cycle.

We may get many such various and special answers !

Hence, knowing the very purpose of our existence itself is self realization. This purpose is stored in *Sushumna*. Barbara Ann Brennan calls this meridian as line of Hara. When *Kundalini* gets awakened and we utilize it, we will come to know about our previous incarnations. When the *Kundalini* reaches *Sahasrara*, we will realize the universal energy, which in conventional terms is called as **GOD**.

There are many ways by means of which self realization can be achieved. It may be the *Bhakthiyoga* of saints, *Hatayoga* of sages or *Karmayoga* of intellectuals. In the story of “*Dharmavyadha*”, the sage *Kaushika* meditated and hence he was *Hatayogi*; the woman worshipped her husband and hence she was *Bhakthiyogini*; the merchant performed his job dutifully and hence he was *Karmayogi*. But, all three of them had accomplished *siddhis*, through which they could know happenings well in advance.

According to *Ashtaangayoga*, *asanas* correct the food shell, *praanaayaamas* correct the *pranic* shell and *prathyaahaara’s jnaanakriyas* correct the mental shell. Through *dhyaana* (meditation), you can correct the scientific shell and through *samaadhi* (fourth state of awareness – the other three are awake, sleeping and dreaming), **you** can reach your own blissful shell and know yourself clearly. When all the shells are in good condition, your life will have complete health. Hence, choose any *yoga* method suitable for you and by means of that heal yourself. Later, heal your people and heal your surroundings, to involve all in one. **That is the GOD within you.**

In the preparation of this text, I am greatly indebted to the following :

1. The books written by Barbara Ann Brennan – Hands of Light and Light Emerging.
2. The master and his team at *Sri Adi Shankara Yoga Kendra*.
3. My spiritually inclined friends and my higher spirits.

- Om thath sath -

TABLE SUMMARISING THE DETAILS OF CHAKRAS

<i>Chakra</i>	Executive	Endocrine gland	Bodily factor	Basic factor	Sense	Color
<i>Mooladhara</i>	Skeletal, muscular	Adrenal	Movement	Earth	Touch	Red
<i>Swadishтана</i>	Absorption, conception	Gonads	Desires	Water	Emotion	Orange
<i>Manipoorā</i>	Digestion, purification	Pancreas	Physical energy	Fire (light)	Intuition	Yellow
<i>Anahatha</i>	Immunity, circulation	Thymus	Immunity	Air	Love	Green
<i>Vishuddha</i>	Voice, lymphatic system	Thyroid	Physical growth	Ether (space)	Sound, smell, taste	Blue
<i>Ajna</i>	Nervous system	Pituitary	Mental growth	<i>Athman</i> (self)	Vision, thought	Indigo
<i>Sahasrara</i>	Complete body	Pineal	Intellectual growth	God (divine)	Self realization	Violet

Bhagavadgeetha : Chapter 6, stanzas 5 and 6 –

*Uddharedaathmanaathmaanam naathmaanamavasaadayeth |
Athmyeiva hyathmano bandhuraathyeiva ripuraathmanaha |*

*Bandhuraathmaathmanasthasya yenaathmyeivaathmanaa jithaha |
Anaathmanasthu shathruthve varthethathmeiva shathruvath |*

Meaning :

We should liberate ourselves through our mind. We should not feel inferior; because mind itself is our friend and mind itself is be our enemy.

Whoever has conquered the mind, for him/her the mind will be the relative. But whoever has not conquered the mind, for him/her the mind will behave as enemy.
