

BEING, THE BASIS OF ALL LIVING

What is Being?

- "Although we have studied a lot about the universe, including dark matter (27%) and dark energy (68%),
 - the most stable and subtle form of existence is thought
 - Thought is **subtler than sound.**
 - Since Being is the foundation of thought energy, it is the source of everything."
-

Being as the Essence of Life

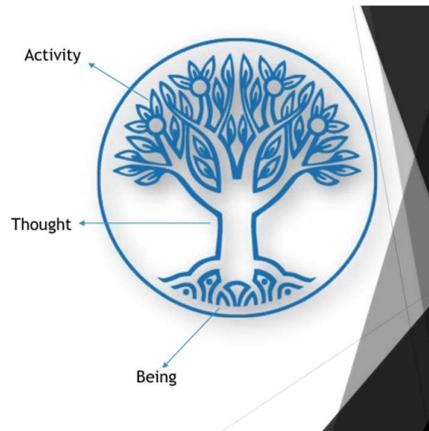
- **Being is a pure, eternal, unmanifest (not visible), meaning it exists beyond time and form.** and limitless state of existence that is not physical or measurable.
 - **Being is the foundation/source of everything and root of all existence —our thoughts, shapes, colours, forms, energy, power, mind, nature, and all universal laws.**
 - **In fact, everything comes from Being even Life exists because of Being.**
-

Being/pure existence as Bliss-Consciousness

- Bliss: A deep, unchanging state of peace and happiness beyond external experiences.
 - It is experienced when the mind is fully aware of itself, without focusing on anything external or internal.
 - When the mind is free from thoughts but remains self-aware, it is pure consciousness.
 - It is field of absolute because it is self-dependent, indestructible, eternal, infinite, and self-sustaining (meaning it does not depend on anything else)
-

Being & The Activities of Life

- Being is the **force that sustains all life activities.** Like roots sustain a tree
- **Breathing and thinking** are the foundation of life.
- **Thought is the basis of all actions**
- **Powerful thoughts lead to powerful actions,** creating a successful and fulfilling life.
- To strengthen life, one must **connect with Being** through meditation and deeper awareness.



- **Roots (Being)** – The source of everything. Like **Sap exists in the roots**, carrying water, minerals, and nutrients to the whole tree.
 - **Trunk (Thought)** – Grows from Being, shaping actions. Sap moves through the trunk, just like thoughts shape direction.
 - **Branches (Activity)** – Actions that come from thoughts, just like branches grow and spread out.
-

Being: The Absolute and Relative (Simplified & Refined)

- **Two Opposite States of Being:** two completely opposite qualities can exist together in the same thing
 - **Absolute:** unmanifest, Eternal (no beginning and no end, it lasts forever), silent, unchanging.
 - **Relative:** Temporary, active, ever-changing, transient (not lasting forever).
 - Life is the **Absolute expressing itself as the Relative**.
 - The whole universe, from the biggest to the smallest, is how the unchanging (ABSOLUTE) appears in a changing form (RELATIVE).

Example:

- The **ocean** (absolute) stays the same, but **waves** (relative) keep changing.
- The **sun** (absolute) is constant, but **sunlight** (relative) looks different at different times. ☀️
- **Water (Absolute)** stays the same, but its **form (Relative)** changes liquid to gas to solid

Science & Vedas:

- • **Einstein** said that everything in the universe is **relative**, based on how matter interacts. ☢️
- • **Vedas** say that the **relative world** (changing reality) depends on the **absolute** (unchanging source). ॐ
- • The **relative** is just a different form of the **absolute**—it's not separate.

thought comes from the Isha Upanishad,

"That is Full, This is Full. From Fullness comes Fullness.
Taking Fullness from Fullness, Fullness still remains."

Simple Meaning:

- The **universe** comes from a **complete and infinite source** (Absolute).
- Even if something is **created or taken away**, the **source remains whole**.

Example:

- 👉 A candle lights another candle, but the first flame remains.
- ♾️ Infinity minus anything is still infinity.
- 🌊 Waves rise and fall, but the ocean stays whole.

A Holographic Universe?

The **Holographic Universe** theory suggests that our **3D world** is a **projection** from a **2D surface**—just like a hologram.

How Does It Work?

- Every part contains the **whole**, meaning even the smallest piece of the universe holds all its information.
- Scientists found that **black hole's store information on their surface**, supporting this idea.
- **Vedic philosophy** also says the world is **Maya (illusion)**—what we see is not the full reality.

Scientific Validation:

- **Maharishi** predicted consciousness as the universe's foundation in **SOBAOL (Science of Being and Art of Living) in 1963**
- **Dr. John Hagelin (1980s)** linked this idea to **Unified Field Theory**, aligning with **Vedic knowledge**.

Unified Field Theory and Vedic philosophy say the same thing:

Science: The universe comes from a single energy field, where tiny vibrating strings create everything.

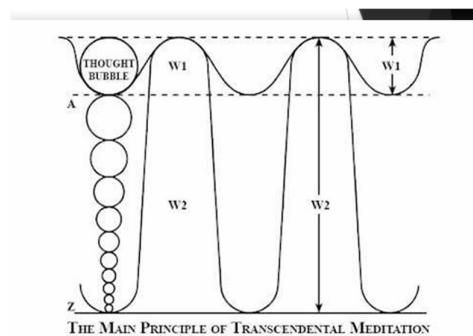
Vedas: The universe comes from a single consciousness (Brahman), where vibrations (sound, energy) create everything.

MOVIE

Movie: "Everything Everywhere All at Once" explain experiencing all possibilities at the same time—like watching a movie, driving a car, studying in college, and vacationing in Nepal—all happening at once! 🌎🕒🌟

How to Contact and Live Being (Simplified & Refined)

- **Main Principle:**
 - Thought is **subtier than sound**.
 - Using a **special sound (mantra)** helps reach the transcendent state.
 - As the mind moves towards Being, **thoughts become more powerful** and life-supporting.
 - When we become aware of **all levels of our thoughts**, including the deepest ones, our **consciousness expands** and becomes more powerful.
 - **Deeper thoughts = More energy & clarity.** Like A bigger wave (with more water) is stronger.



- **Transcending: going beyond the usual limits of thought, experience, or reality to reach a higher state of awareness.**
 - Like a **submarine sinking deeper**, the mind naturally experiences subtler levels of thought.
 - At the deepest level, **pure consciousness** is reached.
 - Returning from this state brings **energy, intelligence, and creativity**.
 - **Stronger thoughts → Stronger actions → Certain success.**

Some important point

SOC is the field of study that tries to understand why and how we experience thought and how our brain makes us conscious and aware of things.

Theoretical aspect of soc – science of creative intelligence

Practical aspect of soc – transcendental meditation

CI interacts within itself to create, sustain and transform the Universe Creative intelligence is about how our brain able to think creatively, solve problems, and generate innovative ideas.

Maharishi Mahesh Yogi described **seven states of consciousness**:

1. **Waking** – Normal daily life.
2. **Dreaming** – Sleep with dreams.
3. **Deep Sleep** – Unconscious, no awareness.
4. **Transcendental Consciousness** – Pure awareness beyond thoughts (through TM).
5. **Cosmic Consciousness** – Awareness in all states.
6. **God Consciousness** – Seeing the divine in everything.
7. **Unity Consciousness** – Feeling one with the universe.

Knower Knowing Known

1. Knower (Rishi): This is you, the one who wants to learn or understand something.

2. Knowing (Devata): It's the process of learning or understanding

3. Known (Chhandas): This is what you're trying to learn or understand

Concentration: Focusing all your attention on one thing.

Contemplation: thinking deeply about something.

Subconsciousness (autopilot mode) consciousness (manually) Unconsciousness(not aware ex-sleeping)

Level of speech:

| Name | Effectiveness | Meaning |
|---------------|---------------|------------------------------------|
| 1. Vaikheṣī | (25%) | Nonsense Talk |
| 2. Madhyama | (50%) | Think and Talk |
| 3. Paschyanti | (75%) | Talk With Heart |
| 4. Para | (100%) | Soul To Soul Talk Without Speaking |

Transcendental Meditation (TM) – Simple Explanation

Developed by Maharishi Mahesh Yogi in the 1950s.

A simple, effortless meditation technique using a silent mantra (a special word or sound).

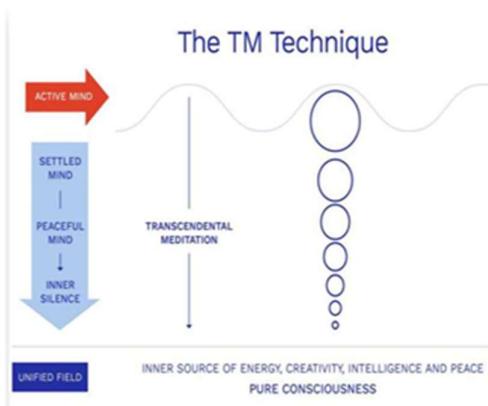
Helps unlock higher consciousness and reach a deep, peaceful state.

Not concentration—it works from the deepest level of the mind, not just the surface.

Practice: 20 minutes, twice a day (morning & evening).

Avoid practicing before sleep or on a full stomach.

Scientifically proven to reduce stress and improve mental clarity.



UNIFIED FIELD is inner source of energy, creativity intelligence and pure consciousness

- Maharishi Effect:** When **1% of a population** practices **Transcendental Meditation (TM)**, it creates a **positive impact** on society.
- Extended Maharishi Effect:** When **v1% of a population** practices **TM & TM-Sidhi (advanced techniques)**, the **positive effect spreads even more**.
 - Maharishi Mahesh yogi: 1918 born India ,2008 Netherlands died
 - Tm: 1955
 - Maharishi Effect: 1974
 - Extended **Maharishi Effect**: 1980s