



TRUTH

OF THE BODY LAW { KUNDALINI ?! }

If you separate water from water, it remains water. That's
the essence of the universe.

The law of conservation of energy states that energy can't be
created or destroyed.

who says a person dies?

Written by
MANOB SONGO

**COPYRIGHT BY
MANOB SONGO**

ISBN: 9798310655102

TABLE OF CONTENTS

PAGE NO.	TITLE
05 - 09	GRATITUDE SPIRITUAL TEACHERS (GURUS)
10 - 12	INTRODUCTION
13 - 48	THE IMPORTANCE OF BODY FOUNDATION
49 - 70	1ST LAW DISCOVER YOUR TRUE SELF
71 - 73	2ND LAW ABSTINENCE
74 - 79	3RD LAW THE SIGNIFICANCE OF THE BODY FIVE ELEMENTS
80 - 91	4TH LAW THE IMPORTANCE OF AIR IN THE BODY
92 - 95	5TH LAW ENHANCE YOUR BODY AWARENESS (SENSES)
96 - 108	6TH LAW THE KUNDALINI SEVEN CHAKRA
109 - 115	7TH LAW THE SIGNIFICANCE OF KAMASUTRA (ARDHANAREESHWARA)
116 - 131	PART: 2

**IN THE NAME OF MOST MERCIFUL
FOR HUMANITY, FOR TRUTH AND JUSTICE**

GRATITUDE
SPIRITUAL TEACHERS
(GURUS)



Portrait by Jyotirindranath Tagore (1884)

LALON SAIJI

Died

17 October 1890 (aged 117–118)
Kushtia, Bengal Presidency, British
India

Resting place

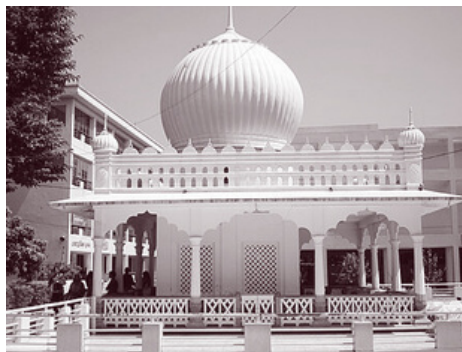
Mausoleum of Lalon Saiji,
Kumarkhali, Kushtia District,
Khulna, Bangladesh

Occupations

Spiritual leaderPhilosopherMystic
poetSocial reformer

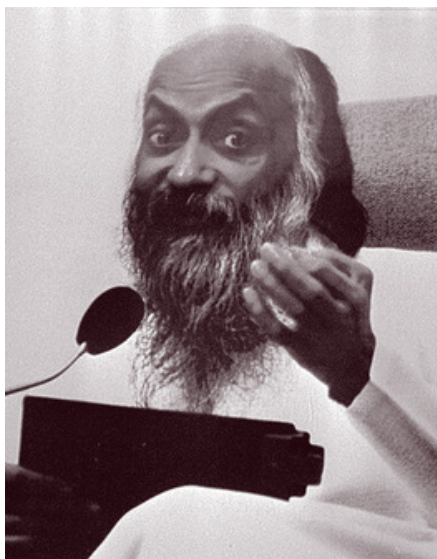
Spouse

Bishōkha



Mausoleum of Lalon Saiji

Cheuriya, Kumarkhali Upazila, Kushtia
District, Bangladesh 1963



Rajneesh c. 1977

BHAGWAN SHREE RAJNEESH OSHO

Born

Chandra Mohan Jain
11 December 1931
Kuchwada, Bhopal State, British
India

Died

19 January 1990 (aged 58)
Pune, Maharashtra, India

Nationality

Indian

Education

Dr. Hari Singh Gour University (MA)

Known for

Spirituality, mysticism, anti-religion

Movement

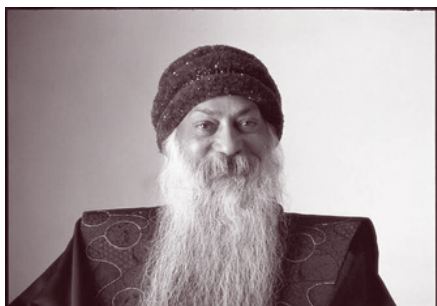
Neo-sannyasins

Memorial(s)

Osho International Meditation
Resort, Pune

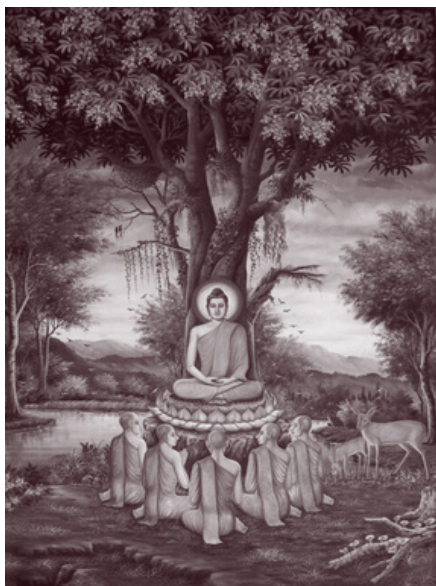
Website

osho.com





Statue of the Buddha, preaching his first sermon at Sarnath. Gupta period, c. 5th century CE. Archaeological Museum Sarnath



SIDDHARTHA GAUTAMA

Born

c. 563 BCE or 480 BCE

Lumbini, Shakya Republic (according to Buddhist tradition)

Died

c. 483 BCE or 400 BCE (aged 80)

Kushinagar, Malla republic (according to Buddhist tradition)

Resting place

Cremated; ashes divided among followers

Spouse

Yāsodharā

Children

Rāhula

Parents

Śuddhodana (father)

Maya (mother)

Known for

Founding Buddhism

Other names

Gautama Buddha

Shakyamuni (lit. 'Sage of the Shakyas')

Senior posting

Predecessor

Kassapa Buddha

Successor

Maitreya



**Painting of Adi Shankara,
exponent of Advaita Vedanta with
his disciples by Raja Ravi Varma**

ADI SHANKARA

Born

Shankara

c. 700 CE

Died

c. 750 CE

Known for

Expounded Advaita Vedanta

Honors

Jagadguru

Religion

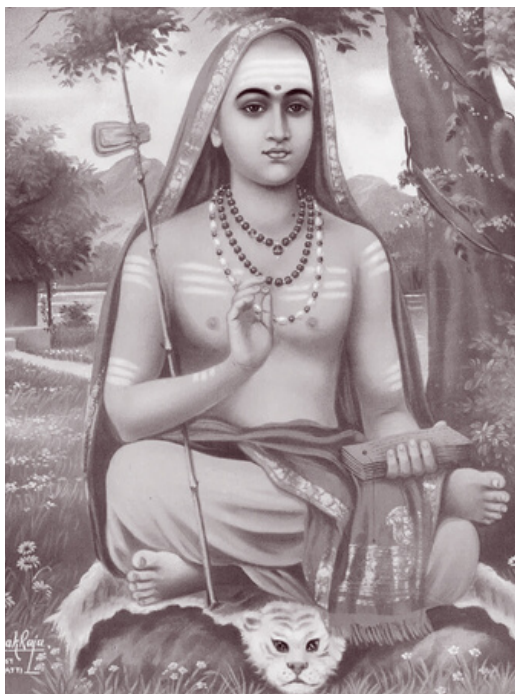
Hinduism

Philosophy

Advaita Vedanta

Religious career

Guru: Govinda Bhagavatpada



INTRODUCTION

I do not bear a name; you may refer to me simply as a human being or a Manob Songo. My faith is **Manob Dhormo**, the religion of humanity. I belong to no caste—I acknowledge only my identity as a human being.

WHICH RELIGION DOES LALON BELONG TO REALLY?

WRITTEN BY *LALON SAIJI*

One wears the beads as necklace

while another counts the beads on Tasbih

Is that how we're separated by religious identity?

But when we depart the world or arrive here, What sign of religion do we carry?

Everyone here wonders curiously, Which religion does Lalon belong to really?

Says Lalon, "I am yet to see the real face of religious identity!"

it is the same one wellspring, From where all our water came, It's our jars that are different. But the water is the same!

This topic of religion is conversed everywhere

People boasting glory of creed here and there

Says Lalon, "I've peddled my religious identity Around the free marketplace of diversity!"

===== 0 =====

The law of conservation of energy states that energy can't be created or destroyed, but it can change forms or be transferred to other objects. When we die, our energy must change into something else. Imagine the universe or God as a big well. People, plants, animals, and birds come from this well's water. In the end, everything returns to the same water, just in different forms. It's like mixing coffee or tea with the water – it changes, but it's still water.

Who is this book for? It's for those who identify as human.

This book is not for individuals who prioritize religion or caste.

Why did I write this book? Foremost, I harbor no disdain towards any religion or caste. My singular message is this: if you separate water from water, it remains water. This principle applies to everything in the universe.

What are we? In my view, we are forgetting our essence. Are we truly human?

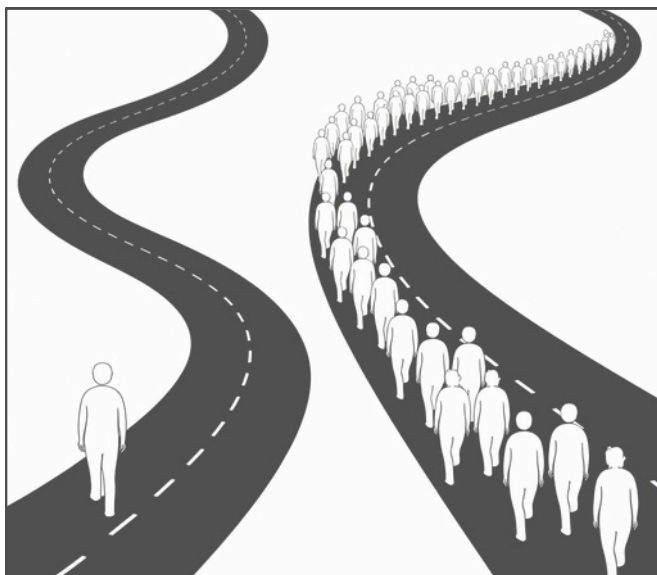
WHAT OSHO SAYS ABOUT THE CURRENT TIME AND SITUATION. (KALI YUGA) BY MAHAN

The Kali Yuga is a time where failure is valued. It's an era where the saint holds no worth, but the politician does. Meditation is meaningless, while money is everything. Love is worthless, but cunning, calculation, argument, and cleverness are prized. Here, the more successful one becomes in a task, the more successful they become in that very task that involves cunning, cleverness, strategy, and the ability to conspire.

The Kali Yuga signifies a time where everyone chases after failure. It's an era where filth and garbage become valuable, and spirituality is forgotten. In this lifetime, everything except spirituality is pursued. Yet, even in such a Kali Yuga, those who tread the path of spirituality don't drown, as Osho says. This entire world is ready to drown you, but those who embark on the spiritual journey reach the shore.

As long as you're with the crowd, you'll continue to drown. The entire world is ready to drown you, but those who have reached the spiritual shore, once they start feeling the hope of spirituality within them, begin to emerge from the world's illusory net. Their state reaches a point where everything in this world seems insignificant. They start to regain their human consciousness. They understand the worthlessness of the external world. Gradually, they stand in the market, yet they are alone. Their connection merges with the Supreme Soul and spirituality, becoming detached from the crowd. This is called moving from darkness to light.

As long as you're with the crowd, you'll continue to drown. The world has drowned you so much until now, and it will continue to do so. The only way to leave this world is to be free from the crowd. This crowd gives you concepts, thoughts, desires, jealousy, and qualifications. To be free from the crowd means to stay away from this futile human life. All actions, both good and bad, will disappear. Think about it, because whether it's good or bad, both actions strengthen your ego.



"It's okay to be different—dedicated to humanity."

Going to a new place can be hard. But if someone who knows the way helps, it gets much easier.

However, the ultimate truth remains: the journey must be undertaken alone.

You don't have to blindly believe everything you see or hear. Engage in a bit of self-research before forming your beliefs.

In this book, with the modest knowledge I possess, we will explore how to walk the path of becoming a great human being.

So, let's embark on this journey together.

THE IMPORTANCE OF SPUALITY IN BODY FOUNDATION

Imagine a house. It needs a strong base to stand tall, right? Our bodies are like that too. Manob Dharma believes there's something special inside us, like a tiny light. This light lives in our spine. Wise people say, 'Look inside yourself first, and you'll find that special something.'

You can't really know yourself without grasping the wonders of the human body. It's akin to attempting to repair a car without any idea of its inner workings.

In the ancient philosophy, the concept of the "24 *Tattvas*" provides a profound understanding of the constitution of the human body and the universe. These 24 principles, derived from the *Sankhya philosophy*, elucidate the intricate relationship between the physical, mental, and spiritual aspects of existence. By exploring these *tattvas*, we can gain a deeper appreciation of the complexity and harmony that underlie our lives.

The first set of *tattvas* is the **Pancha mahabhuta**, or the Five Great Elements. These elements—*Prithvi* (Earth), *Apas* (Water), *Tejas* (Fire), *Vayu* (Air), and *Akasha* (Ether/Space)—form the foundational building blocks of the physical universe. Each element possesses unique characteristics and influences, and together, they create the tangible world we perceive. *Prithvi* represents solidity and stability; *Apas* signifies fluidity and cohesion; *Tejas* embodies energy and transformation; *Vayu* denotes movement and flexibility; and *Akasha* provides the vast, infinite space in which all things exist.

Next, we encounter the **Pancha jnanendriya**, the Five Sense Organs, which enable us to perceive the world around us. These organs—*Shravana* (Ears/Hearing), *Tvak* (Skin/Touch), *Chakshu* (Eyes/Sight), *Jihva* (Tongue/Taste), and *Ghrana* (Nose/Smell)—serve as the interfaces between our inner selves and the external environment. Through these senses, we experience the diverse array of stimuli that inform our thoughts, emotions, and actions.

Complementing the sense organs are the **Pancha karmendriya**, the Five Organs of Action. These organs—*Hasta* (Hands), *Pada* (Feet), *Vak* (Mouth/Speech), *Upastha* (Genitals), and *Payu* (Anus/Excretion)—allow us to interact with and affect our surroundings. They enable us to express ourselves, perform tasks, and fulfill our bodily needs. The coordinated functioning of the sense organs and the organs of action facilitates our engagement with the world and shapes our experiences.

The **Pancha tanmatra**, the Five Subtle Elements, represent the subtle, non-physical aspects of perception. These elements—*Shabda* (Sound), *Sparsha* (Touch), *Rupa* (Form), *Rasa* (Taste), and *Gandha* (Smell)—correspond to the sensory experiences associated with the sense organs. While the sense organs provide the means to perceive, the subtle elements are the qualities that are perceived. Together, they create the rich tapestry of sensory experiences that form our perception of reality.

At the core of our being lies the **Antahkarana**, the Four Inner Faculties. These faculties—*Manas* (Mind), *Buddhi* (Intellect), *Ahamkara* (Ego), and *Chitta* (Consciousness)—govern our internal processes and self-awareness. *Manas* is responsible for thought and contemplation, *Buddhi* for discernment and wisdom, *Ahamkara* for the sense of individuality and ego, and *Chitta* for memory and consciousness. The harmonious interplay of these faculties shapes our mental and emotional landscape, influencing our decisions, actions, and spiritual growth.

The 24 Tattvas collectively illustrate the interconnectedness of all aspects of existence. They demonstrate that our physical bodies, sensory perceptions, actions, and inner faculties are not isolated entities but are intricately woven together to form a cohesive whole. Understanding these principles encourages us to recognize the balance and harmony that underlie our lives and to strive for a deeper connection with the universe.

In ancient philosophy, the knowledge of the tattvas serves as a guide for achieving self-realization and spiritual enlightenment. By comprehending the nature of these principles, we can transcend the limitations of the material world and attain a state of unity with the divine. The 24 Tattvas remind us that we are not merely physical beings but complex, multifaceted entities with the potential for profound spiritual growth.

As we navigate our lives, let us remember the wisdom of the 24 Tattvas and strive to maintain balance and harmony within ourselves and with the world around us. By doing so, we can achieve a deeper understanding of our true nature and our place in the cosmos.

Along with the 24 Tattvas, the spine is the most important part of the body in the spiritual field, and can also be considered as the highway of our body in the scientific field or in the spiritual field.

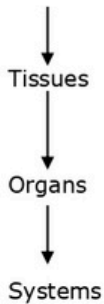
IN THE SPIRITUAL REALM, THE BIOLOGY OF MODERN SCIENCE

Human Anatomy & Physiology

Cell

Human body develops from union of
SPERM + OVUM=FIRST CELL OF HUMAN BODY

Group of cells



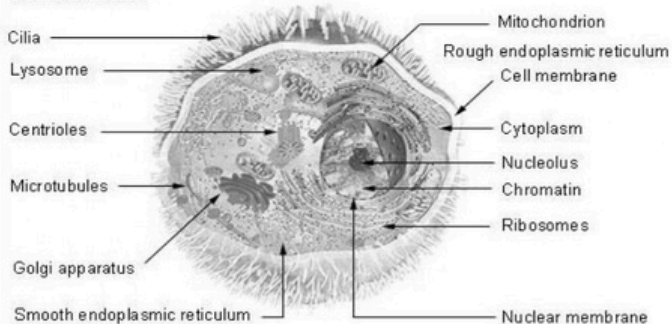
Structure of Cell

- Cell is a structural & Functional unit of human body, capable of carrying out functions of life independently.
 - Nucleus
 - Cytoplasm
 - Cell Membrane

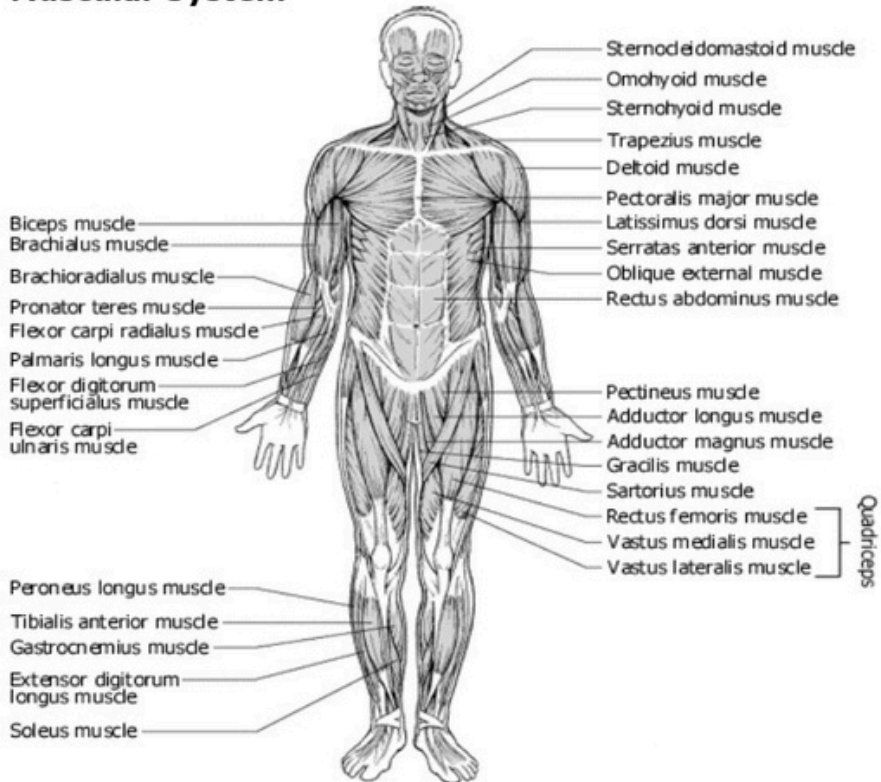
Functions of Cell

- Production of Bio-Energy
- Storage
- Multiplication
- Specific function according to location

Cell Structure



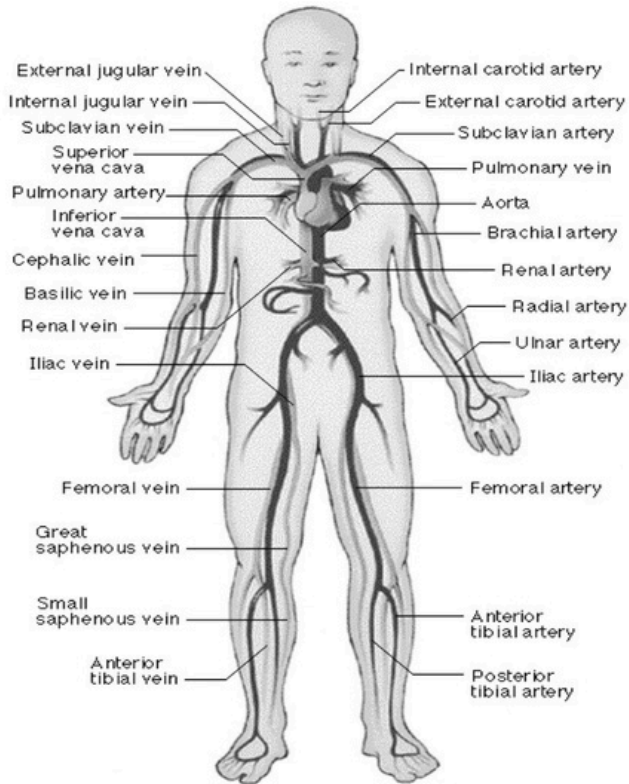
Muscular System



Types of Muscle Fibres

- White Muscle Fibre
 - Predominantly takes part in fast action
 - Requires more Oxygen
 - Heart & Lungs have to work more
- Red Muscle Fibre
 - Predominantly takes part in Slow action
 - Requires less Oxygen
 - Heart & Lungs have to work less
 - Presence of Myoglobin

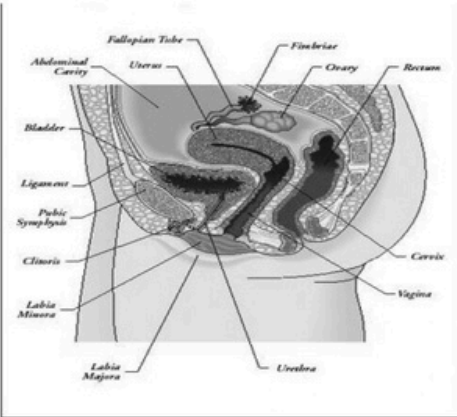
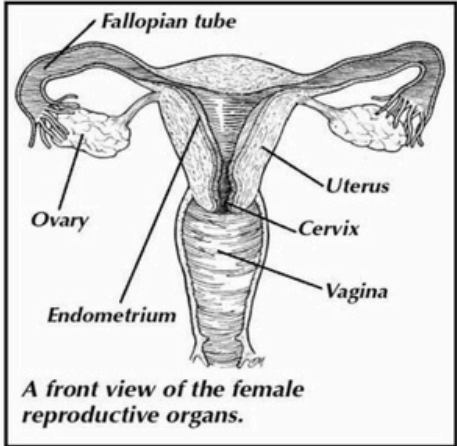
Circulatory System



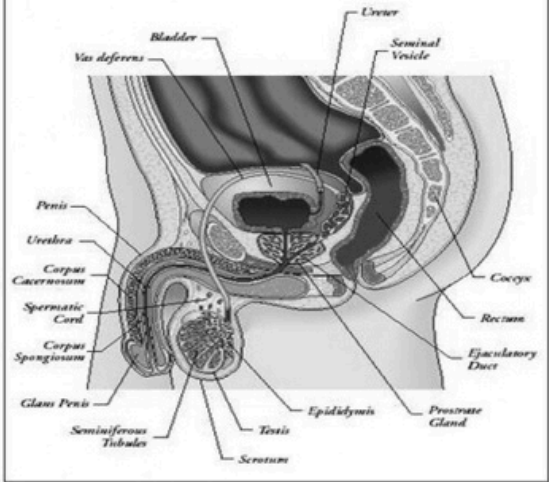
Components of blood

- Total volume of blood – 5 to 6 liters
- Components
 - Plasma 55-60 %
 - Blood cells 40-45 %
 - RBC
 - WBC
 - Platelets
- R.B.C. (Red blood cells)
 - Colour of blood due to RBC
 - 4 to 5 millions / c.c.
 - Hemoglobin carry 90% Oxygen
 - Dumbbell shaped cells with no nucleus
- W.B.C. (White blood cells)
 - White colored
 - 6000 to 9000 / c.c.
 - Kills the bacteria (protective role)
 - No specific shape, with central nucleus
- Platelets
 - 1,00,000 to 2,00,000 / c.c.
 - Helps in clotting of blood (Enzyme Thrombokinase)
 - Circular shape
- Plasma
 - 90 to 92 % water

Reproductive System



Male Reproductive System



1ST LAW

DISCOVER YOUR TRUE SELF

Truth means seeing what is as it is and imagination means seeing what is as you wish it to be. To see the truth requires great courage because it is not necessary that truth agrees with your desires, it is not necessary that truth aligns with your aspirations, and it is not necessary that truth fulfills your dreams. On the contrary, it is more necessary that truth shatters your dreams.

There is a saying that a drowning person clutches at a straw, but for him, the straw appears as a boat. If you tell him that this is a straw and you will not be saved by holding onto it, he will be angry with you because what you are saying implies that you are announcing his death. He is considering the straw as a boat and closing his eyes, imagining he will sail back. Great hopes are aroused.

Our minds are like a herd of pigs. Neither do they know what they are doing at any given moment, nor do we. We know that we can control these pigs, but we don't. Because we enjoy being with them. As we spend time with them, we become like them. These pigs are: the six enemies of the mind *arishadvarga or shadripu*

ARISHADVARGA OR SHADRIPU :

In Hindu theology, arishadvarga or shadripu (Sanskrit: षड्रिपु; meaning the six enemies) are the six enemies of the mind, which are: *kama* (Desire/Lust), *krodha* (Anger), *lobha* (Greed), *mada* (Ego), *moha* (Attachment), and *matsarya* (Jealousy) additionally *alasya* (laziness).

To know oneself, one must first abstain from these six arishadvarga or shadripu. I am not saying one has to sit like a saint, but rather one must control oneself. Every aspect in this world has both good and bad sides. It is not entirely possible to abandon arishadvarga or shadripu, for example, if you don't have greed, how did you develop the interest or greed to learn spirituality? I am merely suggesting to observe or use the positive aspects. As a result, you and your mind will present before you as good or bad based on your actions.

Spirituality is a subject where you start learning from the position of your mind, and you begin to delve deeper and deeper into that state of mind. The reason is that success is not a full stop; success is a journey where there are only commas, no full stops. The meaning of spirituality is to go deeper, and in this context, one needs to purify oneself before practicing spiritual practical matters. In the process of self-purification, we must first be aware of arishadvarga or shadripu.

6TH LAW

THE KUNDALINI SEVEN CHAKRA

We human beings have always been fascinated with our bodies and how they work. We have developed countless theories and systems to explain every observable process from birth to death. Some people believe that the chi that flows through our energy meridians is the essential life force. Others think that it's the blood flowing through our veins or the neural transmitters that send instant messages along our nerves. Tantrikas believe that our life-force energy is the Kundalini spiraling up our chakras. In Tantra, we view the body in energetic as well as physical terms. The mind, body, and spirit are all connected and engaged in every aspect of our lives, including sex.

THE SEVEN CHAKRAS

In Sanskrit, the word chakra simply means “wheel.” Chakras are seen—by people who can see such things—as spinning spirals of energy in the etheric body (which is located outside the physical body, about six inches to the front and back), approximately in the same areas as the glands of our endocrine system. There are seven major chakras and forty-three less significant ones. Each has numerous specific properties, including color, sound, and vibrational speed. Additionally, each chakra is linked to a specific area of the body and the emotional issues contained there. We are going to look at the seven major chakras and their primary qualities.

The first three chakras—the lower chakras—are concerned mostly with the physical world. They vibrate at slow speeds and their associated sounds are low in pitch. The higher chakras—five through seven—are more connected to the nonphysical world. These chakras vibrate at faster speeds and their sounds vibrate at increasingly higher pitches. The fourth chakra is the bridge between the two worlds.

The chakra system is a simple, practical way to direct energy and awareness to specific areas of your body. If you want to be able to move erotic energy throughout your body to experience a full-body orgasm, you'll need to open up the energy pathways that will make that possible. Working with the qualities of each chakra will help you do that. The properties of the chakras are also useful diagnostic tools. When I was first experimenting with one particular ecstatic breath technique, I would get a terrible headache between my eyes every time I approached orgasm. This area of the body is the third eye or sixth chakra, the chakra of intuition. Knowing this, I realized I was overusing my mind and undervaluing my intuition, not only in sex but also in other areas of my life. I also realized that the breath I was using was too powerful.

I was trying to force open a chakra that needed a more gentle awakening. By approaching the chakra from both the physical and the metaphysical angles, the headaches soon stopped, my intuition strengthened, and I was able to move energy up through my third eye.

THE FIRST CHAKRA

The first chakra is known in Sanskrit as *Muladhara*. (Okay, I know I said I wasn't going to ask you to learn Sanskrit, but if you decide to learn more about traditional Tantra and/or the chakras, you'll find it really helpful to know the Sanskrit names.) It is located on the perineum between the anus and the genitals.



Color: red

Sound: low in pitch; C on the Western musical scale

Physical focal points: base of the spine, legs, feet, rectum, and immune system

Metaphysical aspects: grounding and survival

The first chakra is concerned with security and survival—the basic elements of life. On a personal level, the first chakra reflects issues of home, survival, and safety. On the community level, it is the "tribal" chakra, concerned with issues of family, school, job, religion, nationality, politics, and patriotism. The first chakra is also concerned with money issues, insofar as money is connected to our survival, our safety, and our tribe(s).

The first chakra grounds us like the roots of a tree: the stronger and deeper its roots, the more blossoms above. It also functions as our internal seismograph, and through it we can pick up global stresses such as revolutions, environmental disorders, terrorist attacks, and plane crashes.

Weaknesses in this chakra will manifest physically in the lower back (sciatica, for example); in problems with the hips, legs (including varicose veins), knees, and feet; and as colon cancer and immune system disorders. In addition to physical problems, there are emotional consequences when a chakra is stressed. In the first chakra, these are related to home and belonging.

=====0=====

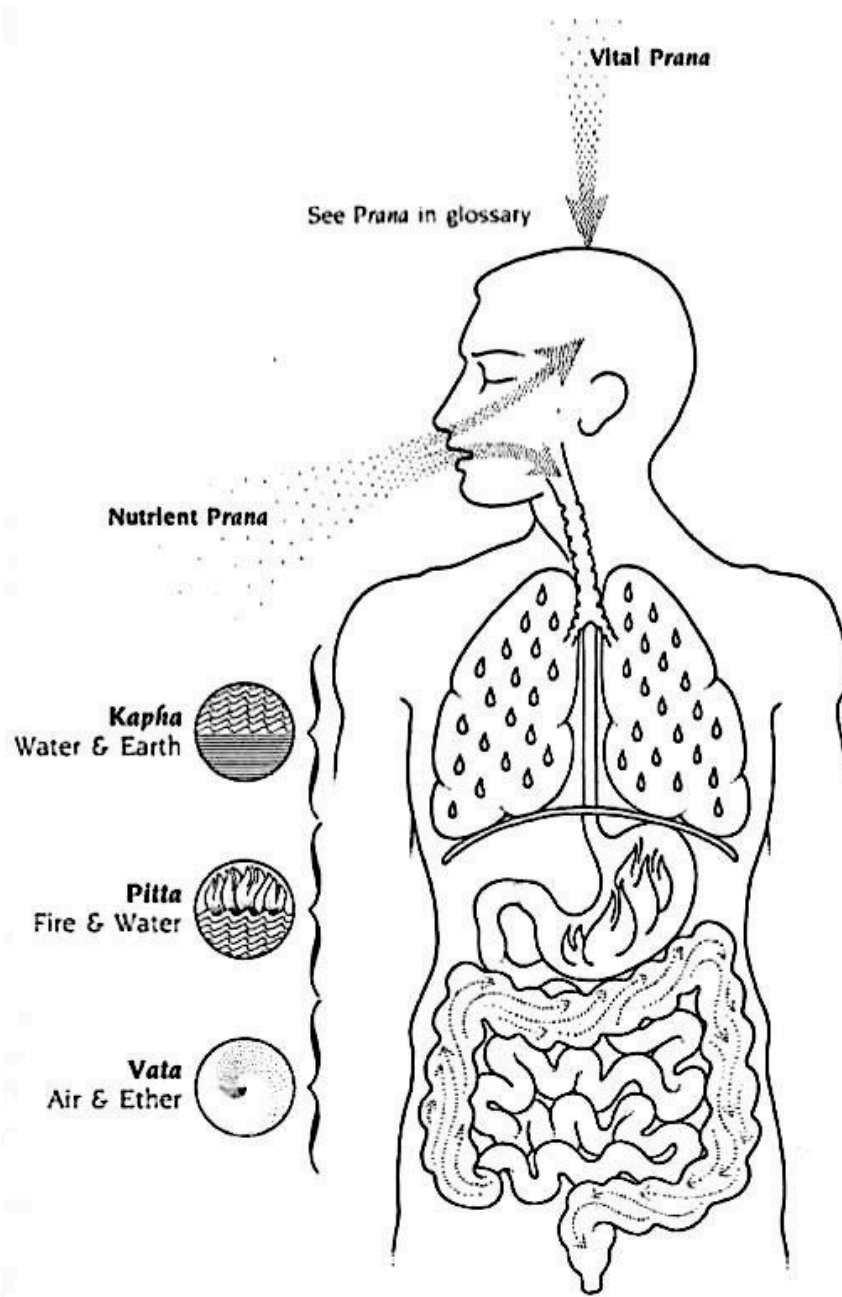
LOVE IS THE FOOD OF THE SOUL BY *OSHO*

Love is the food of the soul. Love is divine energy hidden in the soul. Love is the inherent path of the soul to reach the divine. Whoever lives without it, lives as one who is hungry. Whoever lives without it, lives in starvation. Whoever lives without it, his body maybe living, his mind maybe living, but his soul is always deadened. He has no experience of the soul. The soul is just a word for him--heard, read, but the word is completely meaningless. Because without love no-one has ever known who he is. Without love man is wandering outside himself; is never available to his own home. There is only one door to enter inside, that is love. Like a body needs the breath every moment; if it does not breathe then the body's connection to life is broken.

PART: 2

[TABLE OF CONTENTS]

PAGE NO.	TITLE
117 - 120	AYURVEDA IN DAILY LIFE
120 - 125	AYURVEDA HUMAN CONSTITUTION
126 - 130	SOME LAST WORDS OF THE AUTHOR
131	REFERENCES



LET'S DANCE, SING AND MEDITATE

BY OSHO

Osho Dancing, Singing, Dive into Meditation Preetam Chhabhi Nainan Basi #11
Preetam Chhabhi Nainan Basi #11 Be blissful! Share bliss! Remember, only a blissful person can share bliss. The miserable share only misery. One can only share what one is. What we are not we cannot share even if we want to This is why, in this world, it is not that people don't want to give happiness to others What parents want to give unhappiness to their children? What husband wants to give unhappiness to his wife?

What wife wants to give unhappiness to her husband? What children want to give unhappiness to their parents? No, it is not a question of your wanting it, it is just that misery is the outcome. A neem tree may wish a million times to produce sweet mangoes, and the thorns may wish a million times to become rose flowers, but what can happen by wishing? Nothing will come just from wishing. You wish to make people happy, but only manage to make them unhappy. You wish to see the earth become a paradise, but it becomes more of a hell with every passing day. This is why I want to say to you, that this is my message: before you can share bliss with another, within you the flute of bliss has to be playing; the fountain of bliss has first to burst forth within you. I want to make you selfish. This word *svarth* – selfishness – is very lovely, but it has become ugly. People have given it wrong meanings Selfishness means: the meaning of the self, one who comes to know his inner meaning, one who comes to experience self-realization.

Only he is selfish. I say unto you: be selfish, because in your becoming selfish lies the possibility of altruism. If you can become wholly and totally selfish, if the flowers of meaning can blossom within you, if the lamp of bliss can burn, and the ocean of delight arise in you, then being altruistic will be your only possibility. That's why I do not teach service, I teach selfishness. I do not ask you to serve others – you cannot. Even if you serve, only wrong things will happen. You will go out to serve and will come back having done harm. You will want to create, and only destruction will take place. You yourself are wrong, so whatsoever you will do, will be wrong. Hence, I do not lay emphasis on your acts, my emphasis is on you.

What you do is secondary; only what you are is important. Be blissful! And there is only one way to be blissful– the only way – there has never been any other, neither today, nor any day in the future there is simply no other way to be blissful except through meditation.

REFERENCES

SPIRITUAL TEACHERS (GURUS)

- Lalon Saiji
- Bhagwan Shree Rajneesh Osho
- Siddhartha Gautama
- Adi Shankara

BOOKS

- Holy Lalon By *Lalon Saiji* revision version: *Bolan Kaiji*
- Sex Matters: From Sex to Superconsciousness By *Osho*
- The Tripitaka, the words of the Buddha By *The Buddha's disciples*

- 
- Complete Book of Chakras by *Cyndi Dale*

In the name of most merciful
for humanity, for truth and justice

" I sincerely hope that you have gained some
valuable insights from this book."

The End,