

Chapter 1. Mindful Meditation

The soul or the subtle body is an energy body that interpenetrates our physical body. Within this subtle body resides in dormant form the entire energy of Universal consciousness. Once awakened from her primal resting place it begins her work of transforming and purifying both the subtle body and the physical body resulting in shifts in consciousness levels of the seeker. The physical body is generated from the subtle body or the soul, thus it is critical to have a basic understanding of the subtle body to understand the meaning of life, birth, and ultimately the meaning of everything around. Because the subtle body isn't physical, it can't be perceived by our ordinary senses, making it seem mysterious and wondrous. What is often described as one's "aura" is a "visible" manifestation of the subtle body, but only visible to those with the subtle sense to perceive it. Prevalent modern science, as a materialistic discipline, hasn't yet been able to explore the nonphysical nature of the subtle body and its energies. Science deals with the gross physical realm and can only detect physical correlates to thoughts. Feelings correlate such as brainwave patterns, respiratory rates, or electrodermal responses. A researcher using the most refined instruments attached to our skull may be able to give data about the neuromuscular activity occurring while we are immersed in an experience, but only we know that at that instant we were recalling moments we spent with our loved ones. During ordinary waking state awareness, our consciousness is almost entirely identified with the physical body. We are conditioned to think of ourselves as man or woman, fat or thin, son or daughter, and so on. We are so conditioned to think this way that we don't even think of it as conditioned. But from the vantage point of our consciousness freed from such conditioning, we can see what great Yogis have seen for millennia that consciousness becomes conditioned to identify with the mind, body, and the roles we play daily. Sadly, for most people, this comprises all of what they will give their attention to for their entire lives. But there's infinitely more to who we are and what we have available to experience and learn from. The subtle body or the soul is another realm entirely. We experience the subtle body almost exclusively when we are in a dream state of consciousness and some meditative states. In the dream state, we leave the physical realm. The laws of Physics no longer apply, gone are the constraints of ordinary time & space. We experience consciousness relatively free of the fetters of the physical body, but consciousness is still bound in certain ways. We're still identified with a limited sense of self, thoughts, feelings, and reflections of our physical body identity. In our dreams, at the same time, we can move through time and space in ways the physical body never can. In our dreams, we fly, and move back to the past, ahead to the

future, or to some alternate present. Exploring in this way one day we will realize actually what we are for, and what is the true cause of creation. The physical body, even the subtle body has its limitations. Sri Sri Balak Thakur has opened an entirely new avenue, hitherto unknown, which has forced the Greats to review the entire process of creation and to look at it from a fresh dimension. Our priority is very much relative and depending upon the gravity of the information received our priority of work changes. With the progress of meditation, the neurons become synchronous. No doubt, when this orchestra becomes more and more synchronous, the meditator confronts higher and higher levels of absolute truth and for their profoundly astounding subtleties, scientific instruments will ever fail to register and detect them. Realizing ourselves is a science. If understood our perspective will change. Meditation is a helpful tool for understanding the science. Meditation is mindful togetherness with the image or object of one's meditation or worship in whatever form. We are aware of the fact that the higher the temperature, the greater the energy in a particle which increases the disorder in the assembly of particles as they are energized. This disorder or complexity has been referred to as entropy or chaos of the particles. If matter is cooled to a very low temperature, or for that matter to absolute zero, then the entropy of that matter is decreased and matter comes down to a zero energy state. The entire mass of particles behaves as a single one losing all its characteristics like shape, charge, and polarization. This is termed as 'Bose-Einstein' condensation. Particles following this pattern are known as Bosons. This is a gross approximation, on a little more technical note, Bose-Einstein condensation occurs due to the symmetry property of the wave function of the particles. What it effectively means is Boson particles don't mind congregating in the same state as there is no Pauli Exclusion Principle to scare them away. Leaving aside technical nuances, taking cues from this idea we can examine our brain neurons during meditation. Various thoughts that constantly crowd our minds are the sum of the simultaneous activity of different neurons. A large number of thought vibrations in our brain, normally in the waking state, are in the highest entropy through continuous stimulation of the neural network. Our five sense organs serve as important pathways to increase entropy. Closing our eyes while meditating helps us in the process of concentration and minimizes neural excitement. When one concentrates, there is a resultant decrease in the disorder of the neural system. The synchronicity of a specific group of neurons increases while the neural activity reduces. The entropy of neural activity is reduced considerably in the same manner that matter drops to zero-level energy approaching the temperature of absolute zero. The neural firing decreases both in amplitude and frequency

during our unconscious state of sleep and so apparent impossibilities become possible in our dreams. In meditation, we consciously try to calm down these activities. With the progress of meditation, the neurons become synchronous. No doubt, when this orchestra becomes more and more synchronous, the meditator confronts higher and higher levels of absolute truth and for their profoundly astounding subtleties, scientific instruments will ever fail to register and detect them. Life's experiences come to help us and never to punish us. Whatever we pass through, our all hardships, are things that we have attracted to ourselves. No one else is responsible for the way we are except ourselves. The easiest path in the world is seeking God. The simplest and most uncomplicated pursuit in the world is seeking God. It requires no external paraphernalia, it requires no particular place. It requires only one thing, our devotion & love for God. Meditation will help us understand what true devotion and love is. The greatest need in this world today and the most ignored emotion in the world today is true love. Instead of love, we are desperately seeking all kinds of worldly pleasures that are damaging to our bodies and minds and above all to our souls. We seek all those things that take us further and further away from the One from whom we have come. After completion of our regular duties, we need to engage ourselves in meditation. Within a few days, we will experience a great sense of peace that surpasses all understanding, a peace the world cannot give, a peace that no one can give, a peace that nothing can give, a peace that no one can take away from you. After a few more days we realize anything external is not giving us any happiness. Our sincere practice sessions will lead us to hear the responses from the other side. Most of the souls today are severely wounded and gruesomely injured. They need healing. The basic condition for all healing is to be able to rest, but they can't rest. They are always in the habit of running. Our consciousness knows and can heal itself, only if we allow it the chance to rest. Most of the people don't know how or where to stop. Either they are running to look for something or running to escape from something. They are constantly in a to-and-fro motion. They don't know the beauty of stoppage, being calm, being peaceful, and looking deep. Meditation will bring us closer to this beauty and for the very first time, we will have the true insight and understanding of the nature of pains and sufferings. Practicing sincerely, we will arrive at a state of blissfulness and fearlessness, where we are no longer afraid of anything, and beyond the stage of making mistakes. Our understanding has created the inability in us to make mistakes, we will just joyfully cross to the other shore.

Derived from sacred messages where Beloved directed spiritual seekers on the path of meditation for their self-realization.