

MEDITATION.

The Sankhyakarika by Ishwarkrishna gives the fundamental theory of the unified field in the substratum of the Universe as propounded by Maharishi Kapila. The 68 sutras covers the entire process of universal manifestation. The basic foundation in this extraordinary scientific creation is the concept of an interaction that is created, sustained and cycled perpetually through an original axiomatic principle of self-similar process in a simultaneous mode. It embodies the principle of maintaining a holographic state in the substratum of space that nourishes and sustains all phenomenon through transfer of energy through a resonant process which is described as the TRIGUNA. The human consciousness too is similarly sustained by this field of perpetual activity through axiomatic laws. Axiomatic logic cannot be disproved for they exist all times and therefore endows it with the mantle of divinity. The second chapter in the Bhagavad Gita indicates its source as the Sankhya philosophy of Maharishi Kapila and its axiomatic principles of the TRIGUNA process is explained to the lay public as a dialogue between the personalities of Sri Krishna and Arjuna. Maharishi Kapila lays emphasis on the meditation process of Siddhi to help the student of Sankhya to understand its abstruse principles. Hence , Maharishi Kapila's technique is also called Sankhya Yoga and forms the foundation of Patanjali's Yoga Sutras.

A brief summary is presented in a general way from the Rigveda, Atharvaveda, Brahma Sutra, Patanjali's Yoga Sutras, Bhagavad Gita and other Vedic literature. Each human being wants, above everything, happiness, contentment and freedom to act in the desired way. If an

equation be formulated for contentment in life, then it would be:

(If what individual) "WANTS " = (what individual)
"GETS "

Then

(it is) CONTENTMENT (1)

But

"WANTS" = ESSENTIAL "WANTS " plus
DESIRED "WANTS"

And

"GETS " = (what is) AVAILABLE plus (what can be)
CREATED

Therefore if contentment is to be attained he must ensure that

(ESSENTIAL + DESIRED) "WANTS" =
(AVAILABLE + CREATED) "GETS" (2)

If the individual can always ensure that

ESSENTIAL "WANTS" = AVAILABLE "GETS"
(3)

Then the individual has the freedom to make

DESIRED "WANTS" = CREATED "GETS"
(4)

for attaining CONTENTMENT

The process of living requires a number of inputs to make the quality of life acceptable and enjoyable. The needs of an individual must be made available to him for his satisfaction and contentment and formula (1) states exactly that. It is a state in which there are no wants. However, because the individual has a great degree of freedom to act, he has the option to increase or decrease his needs and wants. All the physical and bodily needs required to support life can be considered essential and all other wants based on the individual's desire to live his life in a particular way as

desirable. Then formula (1) is in fact complicated by this categorisation and leads to formula (2). Environmental constraints puts a limit on what is available from nature in a normal, natural, time-bound way. Therefore the objective individual has the option of meeting his essential needs from what is available through nature in a natural way and formula (3) depicts this state. However, if what is available is not sufficient he must seek ways to produce the shortfall by using his intelligence to become creative and formula (4) states this need. Once the individual attains the skill to be creative then the range of his desired needs are limited only by his creative intelligence. If his creative skill is always in excess of his needs he is assured of being contented, but if he keeps on increasing his desired wants just because he has the skill to provide it there would certainly come a point where this very process of needless creativity can become a stressful process leading to discontent. Therefore his creative intelligence must be used objectively. If an individual is creative enough to meet his desired wants then he can be certain of attaining happiness and contentment. However, true creativity needs intellectual excellence. Therefore the key to attaining excellence in one's quality of life is perfection in thinking, leading to correct action. Such a process is meditation. It is a positive way of removing stress by creatively meeting the gap in attaining one's desires; the negative method would be to give up one's desires and certainly, that is an equally stressful process without meditation. Again the process of meditation is not a new one. Every living thing goes through a meditative state during a transition from one state to another without being aware of it. The skill is attaining and maintaining this state to achieve meaningful results.

1. Sensory signals like sight, sound, smell, taste, touch and memory, form sequential information. First these are analysed and decoded in one section of the cerebral cortex

and compared with information in memory in a complementary section. The resulting output signal after analysis, forms a thought sequence that precedes action. This process called "thinking," carried out in real time, is a reflexive, automatic reaction to the sensory inputs necessary for self-protection and self-preservation. It lacks the time required to process considered, well-formulated alternatives and virtually offers no choice as the entire action is immediate. Nature had deliberately designed in this sequence to enable the individual to interact dynamically and quickly with the continuum of events normally one is faced with, in the living process. This type of thinking is a pure reaction to sensory inputs, (like sight, sound etc.) initiated from external sources. By the age of 5 or 6 every normal child was not only familiar and proficient in this mode of thinking but psychologically depended on it as the only process of thinking. However, creative, problem solving and optimising ability needed information from within, not from the interactive external sensory system. The source for such an internal input is from introspective, original and creative thought in an abstract form, which could be encouraged only by suppressing the external sensory inputs. It meant that children, who by the mere process of existence had attained proficiency and skill in the real-time thinking process, had to be re-taught or re-educated to suppress it, to learn the process of abstract, creative thinking. Originality in thinking required the elimination of two important constraints. Any sensory signal instinctively created the need not only to react immediately but also introduced a sense of urgency to complete the task. Therefore the creative thinker had to learn the art of passively ignoring sensory signals and cultivate an attitude of patience to pursue the thought process in a static or time-independent mode; which eliminated the need to obtain immediate (therefore ill-considered) results. (As an

example, when reading complex information the individual often stops and withdraws into a thoughtful state to understand the contents but would not have done so had it been simple statements.) The Vedic system taught the young and old to develop a way to break the barrier between the normal self protective mode of thinking and the elegant creative meditative state that expanded one's happiness through creative problem solving ability. The meaning of the word VEDA is unification ; VE means weave or unite and DA is that which exists or available. Therefore the Vedic process is nothing but a rational method of unifying the apparently different processes of manifestation into a simple, understandable view of nature.

THE SUBSTRATUM.

In order to understand the process of thinking and the reason for our awareness or consciousness it is necessary to learn about the base or the substratum in which it occurs. Sankhya establishes through rigorous and impeccable axiomatic logic that the Universal Substratum composed of basic 'components', is always in a dynamic state and has very special properties, due to a self similar geometrical characteristics that is inherent to any large volume of fundamental space. The third Sutra in Sankhya establishes the mathematical foundation for it. This universal field of the substratum described in Sanskrit as the "EKANTHA-ATHYANTHA-ATHO-ABHAVATH" or ABSOLUTE-PERPETUAL-DYNAMIC-UNMANIFEST state, pervades everything and the human mind as well. It is stress free and in a phase akin to the so called super conductive state wherein there is no resistance or friction. (in Sankhya this self-similar , super-conductive state has been derived mathematically.) Being ever-present and everywhere it establishes a continuous connection with everything and therefore transmits every alteration in its state to everything, everywhere. Being 'friction' free, it transfers the variations in

any part of the substratum instantaneously along the neutral axis which is the simultaneous plane in a static state. Analysing sequential information in the simultaneous mode leads to profound understanding. In the para on Techniques of meditation there is a detailed explanation of the mode of creating the simultaneous thinking state. Giving in to this state of field of the substratum of the mind is the key to human excellence in thought and action. Every statement made above has a logical, (scientific) proof in the 68 verses of Maharishi Kapila in Sankhya Karika, supported by practical details in Patanjali's Yoga Sutras.

MEDITATION.

Meditation is a perfect system of abstract thinking; in which a totally satisfactory, solution to any problem is derivable through a self similar, interactive method using holistic logic in a positive, stress-free, creative state. Thought, leading to action, is a complex energy interactive process, that follows laws of natural interaction identical to the process followed in the substratum at the particulate or sub-atomic level. However, for it to take place, all secondary constraints superimposed on the cerebral system by sensory signals must be withdrawn in a stress free mode. In this stress free and self similar state the mind becomes capable of detecting the finest difference in logic, that enables it to solve the most complex problems. This Sankhya system was perfected, by deriving all the relevant principles of manifestation from basics through rigorous axiomatic logic so that every question posed by the very existence of this universe could be answered satisfactorily, thereby promoting complete human understanding of nature. Therefore the meditative state provided the key to attaining the highest state of knowledge. The critical difference between meditation and deep thinking is that one experiences the phenomenon one is analysing in a an easy and energy free mode whereas deep thinking involves

considerable effort to maintain the sequential flow of logic it is dependant on.. The Samadhi state is a parallel process where a large set of information is processed simultaneously.

patanjali's yoga sutras-(IMPORTANT SUTRAS)

The second Sutra in the Yoga Sutras, " Citta Vriti Nirodha " or "confinement of the interactive vortices in one location in the substratum of the mind" epitomises the yogic process of meditation. Citta is the SUBSTRATUM of the mind and Vritti is the reactive product of the interactions in the three GUNA modes of natural behaviour that takes time to understand and (NIRODHA) or confining or making it stay in one location, the Vritti or interactive vortex attains a synchronous or simultaneous or coherent state of interaction wherein understanding and experiencing phenomenon are carried out together. Giving in by synchronising ones cerebral activities with this field is called Iswara Pranidhana in the Yoga Sutras. The Iswara is a resonant vibratory state of the Substratum that has an average frequency of 3.75 cycles per second called the Theta state in medical parlance. In this state one actually experiences the phenomenon one is trying to understand and is called a Siddhi or perfect understanding of phenomenon. The system is not based on theological, moralistic, or other creeds & principles. Hence anybody and everybody should be able to accept it, as it is based on axiomatic holistic logic that unifies all the different aspects of human understanding and knowledge, including religion and science. Axioms cannot be disproved and are therefore valid for all times and anything that has the property of being eternal attains the mantle of divinity in human understanding.

ISWARA FIELD

The electromagnetic (EM) field around the earth is resonant at a rate consistent with an approximate metre wavelength displacement. This frequency value equals the velocity of light. The EM wave circles the earth 7.5 times per second so that each point on the earth has an average of 3.75 oscillations per second resident on it. This is not a wave in the usual sense but a changing potential that strikes an average or median value of 3.75 relative units per second. Medical science has classified the ever-present cerebral oscillations into bands of waveforms as follows. Beta state has an oscillatory rate varying from 15 to 25 cycles per second (cps) and is a normal active state of the brain. The Alpha varies from 5 to 15 cps and is considered to be a restful state. The Theta state is around a narrow 3 to 4 cps and is a balanced state where the left and right cerebral halves oscillate in an synchronised and coherent mode. Science has not much information on this state but Vedic science defines it the Siddhi state, where cerebral interactions take place in a parallel or simultaneous mode with the least expenditure of energy. Patanjali has identified it as the specific state in which the beneficial effects of meditation is attained by the process called Iswarapranidhana or submission to this field.. Below 3 cps the Delta state is a sleep phase.

VAMADEVA ASANA

ideal way to sit during meditation and the term VAMADEVA ASANA specifies a seating mode that contributes to attaining the ideal state quickly, easily and comfortably. The Theta state is a very relaxed and restful state and the style of sitting should be complementary to such a state. The key to this posture is

maintenance vertebral or spinal column in vertical, restful, balanced and relaxed state, so much so that the least amount of energy is used to maintain this posture even if one fell a sleep one would not lose his balance.

VAMADEVA ASANA.

ASANA STHIRA SUKHA
TIVRA VEGANAM ASANAM
ISWARA PRANIDHANA
RELAXATION OF EFFORT
PRATYAHARA
BREATHING

APPROACH.

1. Intellectual: Since it requires the ability to apply logic and reason in a systematic way it is a suitable process for adults. Effective meditative practice starts from this stage and any adult can start from this stage.

2. Ritualistic: It is a preliminary phase based on guidance and discipline and therefore suitable for children above the age of seven till adulthood. This stage prepares the individual for the Intellectual phase . Adults could also go through this phase but must realise that it is a transitory stage, and must be prepared to change over to the intellectual approach at the right time.

3. Self teaching: A ritualistic method without the guidance of a guide or teacher suitable for everyone including children above 7 years of age, as a purely

preparatory phase prior to learning advanced meditative techniques.

KEY ATTITUDE PRIOR TO AND DURING MEDITATION

1. In the intellectual approach, the most important attitude is to:

GIVE IN TO THE SELF:- that is **ABANDON** the initiative (renunciation) to start anything whatsoever from the level of the **SENSES** (ego or outer self) like sight, sound, smell, taste, touch, feeling or memories.

BE STRESS FREE:- by not **INITIATING** any mental or other activity; by being **PASSIVE**; going with the tide of self-generated thought, by neither pursuing nor obstructing but **GIVING IN** and allowing it to take place for **THOUGHT** itself is an inherent activity of the fundamental field and cannot be stopped by **MENTAL** effort; a passive attitude of **ACCEPTANCE**; a **RELAXED** state of **EASE** and **COMFORT**; a state of **CONTENTMENT** that inhibits the **GENERATION** of a **MOTIVE** to **INITIATE** something; a **NO-WANT** state; a state where-in one has positively **RENOUNCED** the **INITIATIVE** to **GENERATE** an act in thought, word and deed.

The above is a state of **HARMONY** or **SYNCHRONY** and is an absolutely **STATIC** condition relative to the fundamental field. In this self similar state, the mind acquires the ability to discriminate the finest difference in logic and thereby obtain appropriate solutions to the most complex problems. This approach builds confidence, contentment and equanimity based on logic and encourages the individual to treasure creativity, dignity and freedom while attaining heights of self development, leading to the expansion of one's happiness and of the entire environment. In time, when one is able to sustain this state easily and comfortably, the problem to be analysed is

introduced in a "seed" form and taken to extremely complex levels of analysis in a stress free mode.

2. In the ritualistic approach the most important attitude is to:-

GIVE IN TO THE GUIDE; but resolve to strengthen initiative to follow instructions without QUESTIONING; that is ABANDON LOGIC with the FAITH that the GUIDE is always RIGHT. Therefore ritualism after adulthood, has a negative influence on self development. Continued ritualistic practice during later years, INHIBITS meditative abilities, by developing a reverential dependence on the GUIDING figure and encourages CULT practices, to gain a feeling of security; and curtails the ability to act with dignity, independently, self sufficiently and effectively, as an adult. Negative effects can result if ritualistic practice is continued in this mode indefinitely, as the individual can be trapped into believing it to be an end in itself and prevent attainment of the full potential through higher meditative development independently.

In the Self teaching mode the following attitude is necessary to succeed:

In the self teaching approach the important attitude is to accept the ORIGINAL VEDIC AXIOMATIC SUTRAS or theorems as CORRECT and resolve to follow EVERY INSTRUCTION meticulously, with absolute confidence that every syllable and letter has a LOGICAL REASON for its inclusion and the specified ritualistic preparations and procedures HAVE A REAL MEANING ONLY WITHIN THE CONTEXT AND DURATION OF ITS APPLICATION. Since the Yoga Sutras are based on Sankhya axioms the proof is self evident and the student can verify these principles for himself through the mathematical logic on which it is based.

PURPOSE OF MEDITATION.

In one sentence, it is to achieve INTELLECTUAL EXCELLENCE with the least STRESS and recognise the internal UNIVERSAL RESPONSE as an indicator of having arrived at the CORRECT solution to ANY problem or inquiry. The inquiry can be of the very universe and its creation . Every individual has the right, freedom and ability to obtain THE CORRECT solution suitable to him through meditation. Life is to be viewed as a continuum of events that every individual HAS to interact with, objectively and effectively, or else it can become a PROBLEM. For the expansion of one's happiness one MUST attain the ability to solve EVERY problem CREATIVELY with the LEAST STRESS, by applying skill with a sense of purpose and obtaining effective results by optimising the various constraints that one has to interact with; because yesterday's solutions may not suit today's problem. Stress is created when REAL needs are not fulfilled on the physical side and when KEY questions are not answered on the mental plane. Both of these become problems that MUST BE SOLVED to attain contentment, happiness etc. But the objective assessment of the reality of a WANT is conditioned by psychological factors introduced from two sources; inner genetic environment and outer stellar envelope. Hence, a conflict in objectivity is introduced by the need to choose between the REAL and APPARENT wants. This situation is further compounded by requirements, initiated by local sensory inputs through sight, sound and memories, triggered by the immediate environment. Resolving this complex set of inputs objectively and correctly EVERY TIME requires a skilful, intelligent process if STRESS is to be avoided at all. If this process is to result in CONTENTMENT and HAPPINESS then it must be a UNIQUE and PERFECT method which MEDITATION is.

VASANA OR NATURAL TRAITS.

Transfer of genetic qualities through several, mixed generations of parenthood combined with the moment of birth in a specific stellar environment, preconditions the individual to a unique behavioural predisposition called VASANA in Sanskrit. While the concept of GUNAS explain the principle of interaction in the fundamental field the vasanas are the result of the actions of Gunas in a more complex organic field. Objective and positive use of such a natural trait ensures the attainment of a stress free, contented and happy state. However, when the individual forsakes his unique characteristics in a competitive bid to emulate others (also endowed with unique vasanas), the results ALWAYS seem unsatisfactory, leading to discontent, frustration and unhappiness. Vasanas are natures way of motivating the individual to behave in such a way as to fulfil the GAPS in the genetic sequence and when it is overlooked, the individual is turned around by a deep psychological dissatisfaction towards his natural goal. Genetic stress control through intense EXPERIENTIAL meditative states initiated at the core or central inner region or the "inner self", is governed by principles expounded in the Atharva Veda verses 1 to 8, book 1, and provides positive methods, in principle, to sublimate and use ones important negative VASANAS, thereby inculcating in the individual the ATTITUDE of POSITIVE and OBJECTIVE use of ONES OWN NATURAL TRAITS successfully, easily and contentedly. This process is a complex but unique system that requires absolute objectivity and control to achieve positive results immediately. It is not dealt with in this article as it requires a higher and objective understanding of the meditative process. Reduction of stress from stellar sources require the awareness of stellar movements and the ability to time the meditative activity accordingly. The Atharvan book 19, gives the principles.(See the para on Stellar forces).

RATIONALE.

Effective functioning in life is based on correct or appropriate action in dealing with the continuum of events or happenings that life(or nature or the very act of living) confronts the individual with, even without his initiation. Correct action needs correct evaluation to initiate the appropriate sequence of thoughts. Correct evaluation or analysis is based on application of rigorous logic, on information or data, gathered through acquired knowledge about the functioning of nature. Confirmation of the CORRECTNESS OF A SOLUTION suitable to the inquirer, is obtained through the INTERNAL UNIVERSAL RESPONSE in the four step meditative process , explained further on.

PURPOSE OF RITUALISM.

In the young mind, which is still developing, intelligent, creative and acceptable forms of ritualistic practices or physical acts, are developed by the GUIDE to inculcate a mental attitude BY ASSOCIATION OF IDEAS WITH PHYSICAL ACTS. By long, disciplined and dedicated practice the young mind becomes intimately accustomed to the rituals but by sheer ennui, weariness, boredom or tiredness due to the repetitive acts, (and after a particular point in time) the mind transcends the need to "supervise" these acts and goes into an abstract thinking phase; focusing the mind inwards into a deeply thoughtful state; a state of deep reverie; a process of intellectualisation; away from the senses; focused inwards. IT IS THE ONLY STATE IT CAN GO TO, IN ORDER TO ESCAPE, REPEAT, ESCAPE THE STATE OF ENNUI and is identified as the second attention. Contrary to expectations, this experience is seen and felt to be a state of deep contentment, satisfaction, joy ,bliss, happiness, etc., by the individual. This event breaks the perception barrier to higher mental states attainable through proper meditative techniques.

RITUALISTIC METHOD.

Sankhya establishes through rigorous logic that the human mind, being a part of the universal substratum, functions in an identical way, where-in the natural direction of positive thought processes are **EXPANSIVE, HARMONIOUS AND PLEASING**. The mind tends to move naturally in the direction mentioned above if left to itself. The process is fundamentally dependent on a **RHYTHMIC ACTIVITY THAT IS SIMPLE, EASY AND HABIT FORMING**. From simple ritualistic bead counting to strenuous shamanistic dancing cover the range of repetitive **PHYSICAL** activity that wakens the **SECOND ATTENTION** by trapping the sensory system into a self supervising state. The easier and more elegant mode involves singing, chanting, rhythmic breathing through melodious, alliterative jingles, rhymes and a variety of poetical compositions (bhajan, japa, mantra, prayer, gayatri, pranayama, sahasranama archana etc.) to direct the sensory system into a self supervisory state and thereby allow the mind to escape and expand into expansive modes of consciousness, thus allowing the individual to experience his inner potential in a **UNIQUE** state of **CONTENTMENT**. It is a state of **PSEUDO SAMADHI OR JADA SAMADHI** or a state in which the second level of attention is awakened by a trick to keep the **EXTERNAL SENSORY** system busy through repetitive acts. (As an example when the second attention is wakened, the person may be actively knitting and yet conversing, without missing a single stitch or logical detail.)

NEGATIVE EFFECTS.

The choice of a specific method of ritualism for anyone is dependent on the stellar position at the moment of birth. The Nakshatras are the names of constellations identifying 28 angular positions of the sky and represent vector forces (see para on stellar forces) that affect, the psychological

traits of the individual at birth, by setting the genetic envelope within the human body to respond in characteristic ways that are identifiable, predictable and provides the basis for the so called instinctive response. If the choice of the type of ritualism is not made judiciously, negative traits would be encouraged, affecting psychological behaviour. However, the self teaching process has a built in natural way of making this important choice. THE TYPICAL NEGATIVE PATTERN IS ONE OF OVERCONFIDENCE DEVELOPED THROUGH A TENDENCY TO ASCRIBE FAVORABLE HAPPENINGS TO SELF INDUCED, DIVINE OR SUPERNATURAL INTERVENTION THAT IN TURN ENCOURAGES A STRONGER DEDICATION TO THE PROCESS, EVENTUALLY LEADING TO FANATICISM, SUPPORTED BY A WILLFUL ATTITUDE OF SELF-RIGHTEOUSNESS. (This is borne out in practice from reported incidents of both large and small groups of people, from ancient times to the present, having committed a range of aggressive acts and crimes from religious wars to mass suicide in the name of religion or cults.) Whereas if the choice of ritualism is correct the individual will submit willingly and confidently to logical, lawful and balanced decisions arrived at through the application of considered logic using objective criteria, based on current data, information and knowledge, in tune with the current realities, with the understanding that the human mind works perfectly if allowed to follow nature's laws of creative thinking through a meditative, intellectual process .

SELF TEACHING.

The Vedic system has a generalised method that is not dependent on the nature or character of the individual, but is separate for male and female, with the Lalita and Vishnu Sahasranama Mantrasastra respectively. The term Vishnu

stands for the male principle of positive manifested phenomenon, while Lalita means the female principle embodied in unmanifest states. Sahasranama means a thousand names. The universal manifestation is defined or identified through a thousand epithets; structured in verses, that could be sung or recited in a combinatorial process of physical action, recitation, musical harmony, metrical rhythm, breath control and key word visualisation; in a chemically controlled environment containing aromatic vapours like, camphor, benzoic acid, asclepia acidus, aromatic lipids, aromatic leaves and flowers etc., that flood the sensory system, through the membrane at the roof of the palate and the olfactory system, to literally swamp it with sensory inputs of a pleasing, comfort and contentment inducing state. With this approach the senses attain the self supervisory state easily and quickly , within a 21 minute cycle. The Vishnu S.Nama for the female contains 1000 key words in a 120 verse presentation that could be vocalised in 15 to 16 minutes at the rate of 1 keyword a second in a very comfortable manner. It then leaves about 5 minutes to experience the deep meditative stage involuntarily. Similarly the Lalita S.Nama for the male comprises 1000 words in 86 verses which could be completed in 15 to 16 minutes and attain the deep state of abstraction for the same period within the 21 minute cycle. Both the Sahasranamas are structured, to be psychologically gender specific and every key word to arouse, when understood correctly, an abstract mental or visual response. Hence the mind is directed to search for an abstract imagery a 1000 times in the most pleasing sensory environment without stress or urgency. When the transition comes the most appealing keyword forms the involuntary 'seed' that structures the abstract form of the spontaneous meditative state. The 21 minute period is derived from Sankhya logic that proves every natural cycle has 4 phases and the earth's surface orbital

cycle being 84 minutes, the 1/4 phase is 21 minutes that forms a natural change in the vector force affecting the meditator. The negative effects are eliminated, by allowing the person to intuitively and involuntarily choose, during the ritual itself, from a 1000 words, the key word that appeals most to his vasanas, imposed by genetic and stellar preconditioning at the moment of birth. (The choice of the appropriate ritual by a GUIDE is limited primarily by the system he follows and unless he makes a deliberate and CONSCIOUS allowance for the genetic and stellar predisposition the chances of developing negative traits are high. While the very purpose of a guide or Guru is to launch the individual on the path of self development, so that in time he could guide others, but this rarely happens in reality. Instead the individual becomes dependant , while the guru's following increases thereby proving the negative effects of an inappropriate choice of ritualistic method. It has been long observed that intuitive choices made naturally have always been right for the individual. As an example the weaver bird builds the most complex and esoteric nest entirely through intuitive knowledge or a child eats chalk intuitively to satisfy its mineral deficiency.) Once this preliminary process is mastered and the senses transcended as a routine, the entire process must be abandoned objectively to step into the higher and complex meditative process, to acquire creative problem solving skills, objectively and purposefully. It must be emphasised that the 1000 Sanskrit words, when understood objectively and unemotionally, depict purely natural manifested phenomenon in a complex, abstract & thought provoking form. Hence it cuts across religious boundaries. The root meanings of even terms like Lalita and Vishnu are literally "female" and "male" and in the technical sense, the "expanded" and "contracted" field properties, respectively.

The attitude of Vedic civilisation in a general sense was to deify nature to convey its importance and generate respect for its processes so that its fragile and elegant cycles would not be upset by man. Translators, commentators and teachers have from time to time introduced slants and implied meanings to the classical Vedic original works coloured by an enthusiastic and emotional approach that sacrificed total objectivity; with the result that Vedas have become synonymous with the 'RELIGION OF THE HINDUS.' This impression must be corrected. Vedas are the unified theoretical principles of all natural phenomenon and have been ritualised for the majority so they could gain the practical benefits, even if the principles were beyond their understanding. The unified Vedic science belongs to all humanity because there is Vedic evidence of an advanced civilisation that existed in the north polar region, between 20,000 & 40,000 years ago. Lokmanya Tilak had, in his book "The Arctic Home in the Vedas", drawn the same conclusion on mathematical grounds and from logical anomalies in the Rig Veda. This civilisation was wiped out by the polar glacial melt (about 10,000/15,000 years ago) which flooded the globe and references to it still lingers in almost all religious and mythical tales as a historical milestone. Geological evidence supports this glacial deluge as a landmark event. The Atharva Veda identifies its creation by an unambiguous stellar position time table that cannot be disproved.

INITIAL MEDITATIVE STATE.

With the successful completion of the ritualistic phase in early life, the primary perception barrier is broken, and the individual is ready to receive guidance on the more profound meditative processes. After the ritualistic initiation the young mind becomes CAPABLE OF GOING INTO A DEEP MEDITATIVE STATE AND RECOGNISE THE

EXPERIENCE AGAIN, when exposed to the correct meditative method with more serious and need based purposes. The GUIDE recognises the attainment of this state in the student by the CHANGE IN BREATHING or THE ONSET OF THE RESTING BREATH POTENTIAL. The GUIDE can then introduce the theoretical, logical and background knowledge leading to advanced meditative techniques SO THAT THE STUDENT CAN ATTAIN THIS SKILL BY HIMSELF, FOR ONLY HE CAN TEACH HIMSELF. The GUIDE can only guide. Every individual has the most knowledgeable GENETIC guide WITHIN him and he can objectively and selectively progress to his limit if he develops the will, diligence and courage to DEPEND on it. Sankhya establishes through impeccable axiomatic logic that every cell has 10^{18} counts of information stored in its core that is there always for one to use.

GENERAL.

The above process should generally be initiated by the age of 7. By 12 the young student can attain the ability to solve problems through the correct, stress free process of abstract thinking or intellectualisation. Solving complex mathematical problems mentally was a standard feature in Vedic times and the evidence of this practice lies in the old astronomical almanacs among other things. In the current environment, students at high school and college level are forced into this state accidentally, only when pursuing intellectual subjects that need theorising or a high degree of abstract thinking; and those unaware of the stress free method, soon tire out or suffer a mental collapse, if pushed to the point of taxing themselves. So there is a great advantage in advocating this type of ritualism for the young, prior to introducing them to advanced meditative techniques. Every student should develop the ability to meditate as a means to solving real problems. There are

several disciplinary restrictions on the type of food, living habits, attitude towards life and society that help one to maintain the stress free state at its most beneficial level. Essentially it is a common sense process of applying moderation in whatever one does. However, there are a set of energy conservation practices that become A MUST for meditators who use this technique as a continuous CREATIVE process.

METHOD OF MEDITATION.

Meditation can be modelled on a physical principle. The process, of igniting a combustible material like paper, with a magnifying glass using solar energy, is widely known and could be used as a model, to compartmentalise the four meditative aspects into its appropriate sections in an illustrative way. As a first step the sun's rays are gathered, organised or collected together. The Sanskrit word for the process of collection is "Dharana". In the second step the magnifying glass focuses or concentrates the sun's rays onto the paper and symbolises the synchronising action taking place in the human mind during the process of thinking and the Sanskrit word for it is "Dhyana". In the third step, heat from the sun raises the temperature of paper by recreating the image of the sun as a concentrated spot and this action symbolises the process of transference of the factual, true and real nature (true knowledge) of the remote origin (sun) to the observer (paper) and the Sanskrit term for it is "Samadhi" or the state of equality. In the fourth and final step the paper ignites and burns AT A PARTICULAR MOMENT WHEN ALL THE THREE PREVIOUS STEPS ARE SYNCHRONISED TO RECREATE THE TRUE and REAL QUALITY OF THE OBSERVED OBJECT and this critical phase, (when the result is obtained by synchronisation,) is called "Samyama". Since the entire action has apparently taken place without an obvious and tangible physical connection the process is

called resonance wherein energy is transferred or interacted purely by synchronisation of relevant critical parameters. In Sanskrit the word "Yoga" means synchronisation or joining or yoking through resonance and is the key process in meditation. Hence Yoga is a resonant cycle of 4 phases of Dharana, Dhyana, Samadhi and Samyama forming an interactive event wherein the true, real or inherent quality is detected, measured or experienced, WITHOUT DESTROYING OR OBSTRUCTING OR INTERFERING with the origin or source. It is the most natural and fundamental interactive process of the substratum and is an inherent part of all interactions. Seeing, smelling, hearing, tasting or feeling follow this for cycle process without fail. In simple day to day terms these four steps affect every human being and is necessary to understand it completely so that it could be applied meaningfully, not only to understand the Vedic theorems but in fact, to solve life's problems confidently. Whether one strikes a match or explodes a nuclear device the four step process consisting of collection of input, organising or focusing, triggering or synchronising of action and the moment of extraction of result, is followed. This is an interactive nature's 4 step cycle in real time. At a deeper level each of the four step cycle is an interactive event that is categorised by Sankhya as the three Gunas . Any interaction consists of a compressive or colliding phase followed by an expanding or radiating phase .The state in between these two can be of an instantaneous or time-oriented nature. The compressive phase is called Tamaguna, the expansive one is called Satwaguna and the intermediary state of resonance Rajaguna.

TECHNIQUE OF MEDITATION.

In the human thinking process these four steps are the collection of information, organising it, analysing the

various permutations and combinations and arriving at a unique solution where all the facts fit unambiguously to ones' satisfaction. The moment of arriving at a satisfactory solution is signalled by an internal response that can be recognised by every individual, so it is a universal response. The process is simple but must be practised. To give a practical example, let us examine an event and arrive at a solution. An accident at a street corner can be a complex event and if a judgement is to be arrived at to pin down the cause and mete out justice, the judge must follow a precise plan. The judge decides to call in witnesses and adopts the strategy of dividing the horizontal field of vision around the accident site into a number of equal segments all around it and calls for a witness from each sector to relate their observations as they saw it. The judge notes down their statements and finds that from the second witness onwards the facts observed seem to be very similar but with a difference, due to their location and consequential shift in their perspective. When all the witnesses' statements are completed the judge starts his process of introspection or rationalisation over the statements. He finds a pattern of similar and complementary statements from neighbouring segments but opposing or controversial observations from diametrically opposite sectors. Having satisfied himself that the observations were intrinsically correct from the sequential and logical flow of statements from neighbouring sectors, he decides to match the opposing statements to the main event along with the varying perspectives of the different witnesses, till the cause of every deviation is specifically accounted or justified by an observed event or connection. The judge finds that when ALL the details are accounted for, and every stated fact is fitted PRECISELY and UNAMBIGUOUSLY into his mental re-creation of the event, he is able to actually WITNESS and EXPERIENCE the accident (event) mentally and in that instant he comes to

an unequivocal conclusion as to the cause of the accident and is ready to pass judgement with confidence. Further, the judge finds that his mentally experienced view is UNMATCHED in accuracy or conclusion, by ANY of the witnesses ACTUALLY present at the site, because each one is totally committed to believing his observation from his perspective is totally correct and is surprisingly unaware that " a birds eye view" of the accident could gave a different view of the cause of the accident. IN FACT THE JUDGE FINDS THAT HE IS THE ONLY EXPERT WITNESS OF THE ACCIDENT EVEN THOUGH HE WAS NOT PRESENT AT THE SITE, BUT ATTAINED HIS EXPERT STATUS PURELY BY RE-CREATING THE EVENT IN HIS MIND. Like the magnifying glass experiment, he had recreated the remote accident event by the 4 step process and experienced it in his mind through ABSTRACTION OR INTELLECTUALISATION or the meditative process of Dharana, Dhyana, Samadhi and Samyama. Reviewing, he collected the facts, organised it and then analysed all the deviations till he found their cause and the instant all the facts fitted he EXPERIENCED the accident in his mind and at the same time he became satisfied with the experience because ALL THE RELEVANT FACTS FITTED CORRECTLY and the DESIRE TO INVESTIGATE FURTHER WAS ELIMINATED. The recognition of the correctness of the solution leading to the lowering or elimination of the motive to proceed further is SIGNED BY THE REDUCTION IN THE RATE OF BREATHING AND THE SIMULTANEOUS INITIATION OF A TENDENCY TO OSCILLATE OR ROCK THE ENTIRE BODY FROM THE HIP UPWARD, DUE TO THE TOTAL ELIMINATION OF STRESSES OR TENSIONS CREATED BY THE SEEKING ATTITUDE. THE PHYSICAL PROCESS THAT

CREATES THIS REACTION IS COMPLEX. THE CORRECT SEATING POSTURE CALLED VAMADEVA ASANA ENSURES THE QUICK AND EASY DETECTION OF THIS RESPONSE. ANY PROBLEM HOWEVER COMPLEX CAN BE SOLVED BY THIS PROCESS OF MEDITATION. (The principle of this INTERNAL UNIVERSAL RESPONSE is from Sankhya verses 61 to 68.)

NOTES.

In this section a detailed explanation is given to enable the reader to understand the logic of earlier statements but it may be skipped if the foregoing has been understood.

DYNAMIC STRESS.

The concept of stress as an obstruction, confinement, impediment, opposition, restriction is obvious but in a dynamic state stress is created by initiating acts against the normal state. Any object moving with total freedom must be in a state of SYNCHRONISED movement with all other objects; like a flock of birds flying in formation, keeping its speed constant. Such an object will seem to be in a state of rest with other objects moving at the same speed. If a particular object changes its rate of movement relative to other objects it can be only in the following 3 modes - faster, slower or colliding to form an aggregate state, in a particular period of time. If faster, it collides with the object ahead, at some point in time depending on the relative incremental rate and aggregates with the collided object. If slower the object behind collides with it in exactly the same way as the faster case, except the cause and effect role has been reversed here. If the object does not aggregate with the collided object then it shuttles back and forth in an oscillatory mode, before stabilising. If an aggregated object splits then one object moves faster than the other. Hence we can see that in all cases, a change from the SYNCHRONISED state produces a stress or obstruction in

ONE OF THREE MODES. This phenomenon is called GUNA in Sanskrit. In colliding with the object ahead it is compressive (TAMA) and in getting away from the object behind, it is expansive (SATWA) ; the shuttling action (RAJA) is an energy exchange interaction to equalise. When the object splits, the faster object is radiated (VRITHI). Since all the 3 states occur simultaneously, the algebraic sum of these stresses results in a 3rd order damping stress or force that keeps the components of the substratum in a permanent dynamic state. This is due to the geometry of space and is mathematically derivable, through the principle of GUNAS, as the only possible state that the fundamental substratum can be in always. The human mind being a product of the substratum, behaves in exactly the same way and operates on the same logical principle. The conclusion then is, STRESS can be eliminated by SYNCHRONISATION. WITH WHAT ? BY SYNCHRONISING WITH THE DYNAMIC SUBSTRATUM OF THE MIND ITSELF BY GIVING IN TO IT; WHICH IS THE BASIC MEDITATIVE STATE.

STELLAR FORCES.

Sankhya derives, in the 3rd sutra, the fundamental mathematical logic, required to understand the perpetual, dynamic state of the substratum, and in the process establishes the existence of a 3rd order damping or synchronising mechanism as a necessary corollary to the existence of other forces, which are only of the 1st and 2nd order i.e. velocity and acceleration. This mechanism provides the basis for instantaneous communication in a neutral plane that is not velocity dependent. The existence of this neutral instantaneous plane explains phenomenon like clairvoyance, psychokinesis etc., stellar influences on organic life and many scientific anomalies. Due to the action along the neutral axis, the 360 degree celestial envelope

displays specific angular characteristic forces that affect the field around all matter, but specifically flexible organic molecules and predisposes it to specific behavioural patterns that can be predicted. The Atharva Veda deals with the principles involved in this area. As a result of the third order damping force the substratum is always in a precisely balanced state of oscillatory activity. Sankhya derived this fundamental state through HOLISTIC mathematics, new to current science.

MEDITATIVE STATE.

Intelligence is the ability to discriminate the finest differences in human logic and objectively use it to arrive at meaningful alternatives in a creative problem solving endeavour, when confronted with conflicting situations. Therefore, even a minute change can be easily detected against a STATIC background and such a static state of the mental environment can be easily achieved as indicated earlier by a simple process of being STRESS FREE; by not INITIATING any mental or other activity; by being PASSIVE; going with the tide of self-generated thought by neither pursuing nor obstructing but by GIVING IN and allowing it to take place for thought itself is an inherent activity of the fundamental field and cannot be stopped by MENTAL effort; a passive attitude of ACCEPTANCE; a RELAXED state of EASE and COMFORT; a state of CONTENTMENT that inhibits the GENERATION of a MOTIVE to INITIATE something; a NO-WANT state; a state where-in one has positively RENOUNCED the INITIATIVE to GENERATE an act in thought, word and deed. The above is a state of HARMONY, SYNCHRONY and is an absolutely STATIC condition relative to the fundamental field. The attainment of this state is signalled by the universal response and the resting breath phase, explained earlier. If the most complex and subtlest form of mental inquiry is INITIATED from such a state and then

pursued, using the 4 phase analytical procedure to any level of detail or accuracy, then it has the best chance of generating a CORRECT and appropriate solution, verified by the universal response. Understanding the universal processes of creation and its creator needs the application of the most refined system of meditation but it certainly can be used to solve the problems encountered in daily living even more effectively, elegantly and easily; thereby enabling the individual to live in a state of perfect contentment.

BENEFITS.

As an incidental but highly desirable benefit there are numerous identifiable biological functional changes towards ideal metabolic interactive states, during the meditative state and later, such as lowered - blood pressure, blood lactate level, pulse rate, breathing rate; increased skin resistance, cerebral left and right hemisphere synchrony, drift towards Theta brain wave state , to list a few. Besides solving problems by a stress free intellectual effort through the application of impeccable logic, a number of inherent esoteric psychic functions like clairvoyance, telepathy, psycho-kinetic control, psychic healing, mobile control of consciousness and positive control of dreams can be experienced spontaneously or developed in a deliberate way from this state.

PSYCHOLOGICAL ASPECTS.

The human sensory systems, like sight and sound, interact with the signals from the external environment on a continuous basis mainly as a self protective and self preserving action and in the process a learning ability (by observation, association and memorising) is superimposed on this primary role. Modern man has honed this secondary ability into an aggressive process of education mainly to subdue, bend and reorganise natural processes in an ad hoc and fragmentary manner; to gain advantages of his own seeking that gave him immediate benefits of comfort,

protection and above all a sense of victory against the supposedly hostile nature. The entire progress in this direction has been completely dominated by his dependence on sensory inputs, aided and augmented by instruments and experimental procedures in advancing the limits of his senses, with the result that his dependence on abstract or intellectual processes have been reduced or eliminated. Improvements and developments in existing areas are not truly creative as it only needs a flexible approach to alter and adapt an existing situation. A major percentage of industrial, scientific discoveries and inventions today fall in this category, which have proved to be disadvantageous in the long term. As an illustration, the use of non-renewable energy sources like fossil fuels has created a serious and long term environmental pollution and climatic problem that have no immediate or economically beneficial solution. Similarly nuclear waste disposal measures found necessary today puts a halt to its development purely on economic grounds. While man has realised these errors by hindsight, it could have been mitigated by intellectual foresight that could have re-organised the direction and priorities of developments in a safe way. Right now in space, pressures of commercial exploitation is driving man towards accelerating the upper layer climatic problems already initiated from the ground level. A moments intellectual cogitation would indicate the need for a drastic change towards a space technology that is benign to our environment. True creativity demands that solutions be derived through a holistic, interactive, intellectual process that generates a correct and unique result that is relevant both to the present and the predictable future. Holistic theorising set the limits to practical adaptation so that blundering could be avoided. Planning horizons should include explicitly all the frontiers of human investigation and also all forms of human practices and findings, after

giving it objective weightage. The conservative elements in society are ever ready to categorise anything esoteric or difficult to comprehend as a negative influence to be discarded.

POLARISATION.

The male female polarisation in nature is with a specific purpose. Just as the positive negative polarisation of matter is a balancing act to maintain energy conservation principles, the male female divide is a balancing process to create the right type of organic species in the correct form and numbers to sustain a larger and complex ecological and cosmological systemic cycle. Effectively both male and female are identical in every respect except for a genetic link that sets the hormonal balance, at the moment of conception, by the prevailing environmental forces, towards development of the foetus into a male or female, with overall similarity in psychological outlook. But after puberty till the onset of menopause in women, the predominant focus is short term; an instinctive protective motherly attitude; whereas the male outlook is to plan and follow a long term survival strategy for the family. The roles are distinctive and need based with no major overlap that could introduce conflicting attitudes towards a particular gender. However, gender conflicts would arise, if the primary role of the family (comprising man, woman and children) as an essential part of nature's balancing Cosmic cycle is forgotten and both groups indulge themselves in a competitive bid to attain primacy in the purely secondary role of survival, in the mistaken belief that it is the main role. All developments, industrial and cultural alike, do not and cannot form the primary reason for the existence of humankind; it can at best make his life more comfortable in the short term.

EVOLUTION.

Darwinian concepts of natural selection as a means to higher forms of evolution arises from a left brain dominated rationalism that is satisfied by a sequential logic generated by visual, experimental and similar forms of evidence. It is further reinforced by the idea that evolution is a pyramidal development process culminating in a singular apex. The real evidence is to the contrary. Variety abounds because nature positively fills every gap in genetic development both vertically and horizontally (sequential and simultaneous), because it is a logical mathematical sequence that acts at the very fundamental level. Every possible mode is free to develop within a given constraint like the terrestrial environment within the larger solar system within the greater galaxy, etc. The agency or mechanism triggering the process is the conglomerate unit or "molecule" at every level. The baryonic spectrum at the particulate level, atomic spectrum at the chemical level, genetic spectrum at the organic level, the stellar spectrum of conglomerate stellar bodies forming a galactic "molecule"; all follow the same scale invariant self similar mathematical laws at the universal level. There are no gaps and all exist simultaneously. The unique dynamic SUBSTRATUM connects them all constantly, continuously and eternally with impeccable mathematical logic and precision that man CAN understand. As a result, spontaneous evolution of advanced entities surface in ANY part of the cosmic scene where the GAP exists in the evolutionary fabric and adapts to optimise the role and tasks such a group has to play in that environment. In such a continuum the human being fills a particular role of closing the GAP; the knowledge of which is embedded in his genetic library, comprising a large number of components. It is the primary role. How can man get this magnificent and invaluable knowledge and when he does how does he protect it and transmit it so that future man can benefit from it, to quantum leap into the

most ideal and desirable state of experiencing life in total contentment and therefore happiness? In simple terms, due to the dynamic nature of the substratum, human beings can, through the process of meditation (as explained earlier it is a resonant transfer of energy) decode genetic information contained within him, as a holistic, creative experience which gives him the ability to provide new and varied HOLISTIC solutions to the problems he faces in interacting with the continuum of events that take place as a part of the living process. The intensity of his creative experiences ensures the re-encoding of his genetic library with the improved and creative skills he attains. The composite male female polarised family unit ensures the onward transmission of this genetic library. The care and wisdom used in choosing and creating the male female family entity, by a process of labelling the prominent skills of each family unit by the male genetic TRACER gene (GOTRA) and reviewing the psychological and genetic compatibility of the match through stellar NAKSHATRA identification of the dominant VASANAS, would ensure the fulfilment of the genetic gaps, by a process of contented and creative living and ensure the maintenance of the highest efficiency of the human living cycle, in fulfilling its natural primary role, for all times.