

MRUTYUNJAYAM.

A STUDY OF THE FIELDS OF CONSCIOUSNESS.

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MRUTYUNJAYAM MANTRA:

**OM TRAYAMBAKAM YAJAMAHE,
SUGANDHIM PUSHTIVARDHANAM,
URVAR KAMIVA BANDHANATH,
MRUTYOR MUKSHIYA MAMAUARTHUT!**

Invocation against Enemies & Fools:

May **Guru VedaVyas Putrika,Basra Maha Saraswathi** protect me from the errors of omission and commission, particularly of self deception.

May **Tara- the saviouress** safely redeliver me to the Garden of Eden!

DEDICATED TO:
MY BROTHER(S): FORTITUDE.

Disclaimer & Limitation of Liability: All material in this study is presented as an effort to document and synthesize personal experiences and findings. These experiences are based mainly on my meditations and study efforts. Hence are completely subjective. Further there were no controls for any of the experiments conducted and hence unreliable are the results and may not be repeatable. All illness are to be treated under the care and control of qualified medical professionals only! Further provings of homoeopathic remedies are to be done under the guidance of qualified homoeopathic practitioners only. The initial results of the practice of Astanga Yoga, japa, pranayama and travel in the inner worlds can be distressing experiences and to be done only under the guidance of experienced guides. The results and extrapolations outlined in this study are liable to change on the basis of new data, information, knowledge etc. No liability expressed or implied is assumed by me or anybody connected with this endeavour.

Usefulness of this Book: Sadhana like many things in the universe can be described as a process of (3+1) stages. Unless u have spent sufficient time and effort studying and understanding the same topics covered here at least at level 1, u will find this book unsatisfactory. Though I do have some info regarding stage 3, I am unwilling to discuss it in the public domain.

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INTRODUCTION.

In order to understand consciousness, its working and properties, I have assumed the following points:

- I. The universe and all it contains is systematically organized and it is possible to understand its functioning.
- II. The universe can be delineated into two main parts i.e the microcosm and the macrocosm, to facilitate comprehension.
- III. The two parts are interrelated and coordinated. i.e As above so below, As within so without.
- IV. The common causative factor for both the areas is consciousness, working & portrayed on an invisible screen.

As I was born and brought up in an Indian Hindu family, most of my experiences are correlated to the hindu belief system. But as Dr.Richard Feynman puts it so succinctly: **Similar problems have similar solutions.**

The Hindu belief system can be understood by appreciating the following beliefs:

- I. An omnipresent, omnipotent, omniscient field exists, pervading the entire universe and it is called Brahman – the over Soul-Godhead.
- II. The above differentiates itself into localized existences having all its properties and are called jiva atman or the individual soul.
- III. The various schools of thought hypothesize many other factors like prakriti, purusha etc which are not really required!
- IV. The jiva atman is embodied in various disguises like the galaxies, the stars, the planets, human beings, various living creatures and all matter.

- V. Despite these various possibilities, it is assumed that the human form is the best apparatus to allow the full flowering of its abilities.
- VI. After having transcended the lower categories of existence, it reaches the state of a human being and in this it is possible to further evolve acting as a localized expression of a planet, a star or even a galaxy.
- VII. Hence it is understood that the jiva atman came down from the source falling into denser and denser levels of matter and that it will retrace the path back to the highest expression while in the physical human body!
- VIII. Because of this process of evolution, a power hierarchy exists and the various deities of the hindu pantheon are parts of this, acting in various capacities, not always toward the same goal.
- IX. The human body, hereinafter referred to as the microcosm has been examined and has revealed the existence of the jiva atman- the daily ritual of sandhya vandanam is to be practiced to experience this. Further its organs, nerve plexuses, individual specialized cells have been classified and correlated with the various parts of the macrocosm i.e the universe, like the five element theory, the seven levels of the universe, the planets etc.
- X. The Consciousness of the jiva atman is sheathed in various kosas , literally meaning sheaths, each denser than the last, finally ending in the physical body.
- XI. The jiva atman is evolving through the various bodies using the process of reincarnation.
- XII. The microcosm can be roughly divided into three main areas: **the physical-bhur loka-perineal body-venus**, *the emotional- bhuva loka-adrenal glands / coccyx-mars* and the mental spheres- *suvaha loka-liver / spleen-jupiter-ultimate conscious expression coexisting within. The mental sphere is further sub-divided into mahaha-heart-sun,janaha-thyroid-mercury,tapaha-pineal gland & hypothalamus-moon and satyam-pituitary gland-saturn-*

individual star. Higher state exist in the cerebellum representing the galaxy

- XIII. From bhur to tapaha is believed to be under the influence of the planets, satyam under the influence of the individual's star, after having crossed saturnian influence and the higher states as the galaxy.
- XIV. Sadhana consists of integrating the consciousness of the lower states upto tapaha into satyam and from satyam to the higher state of the galaxy.

Sadhana involves integrating all the various bits and pieces of consciousness back into one complete whole. Many methods are available to achieve this. Sudarshan Kriya as taught by Shri Ravi Shanker , the art of living courses, is an excellent starting point. After that a comprehensive belief system which explains and can be utilized everyday providing measurable results is necessary. Most methods and or belief systems usually stipulate many complicated and not directly implementable techniques, leading to dissatisfaction and finally failure to achieve the goal. The methods I have outlined are practical and usually need an initial small effort with cumulative benefits. Usually more than one method is required and many times simultaneous application gives the best results. The following chapters are some of the methods I have been using. Be cautioned, I too am on the path.....the goal is just visible on the horizon!

ASTROLOGY

Astrology has long been a subject of perusal of human kind. It should be understood primarily as a study of the play of consciousness with regard to time. Wondering how the physical planets can affect us humans here on earth is the classical Newtonian way of looking at existence. The quantum mechanical view of probabilities, of a frequency spectrum defining the universe and the coexistence of innumerable potencies is a more realistic view and has been adopted by the hindus since time immemorial. That the individual packets (jivatmans) can be composed of many underlying different frequencies(samaskaras) yet being similar is a fact.

Sadhana achieving moksha or jivan mukhti is a process of nullifying the various individual propensities and creating a wholesome individual. Net zero is achieved by all people and that state is called death. Gross zero is the state called jivan mukhti.

It has been observed that events tend to repeat themselves with small modifications each time. Hence once the basic pattern has been understood it will be easy to predict the possible future. Here we are only concerned with the need to understand the process affecting us, so that a measure of control is gained, allowing us to achieve integration.

The concept of reincarnation makes it possible to understand this cycle of repetition. To understand this it is necessary to have a deeper understanding of the construction of the vehicle which is used by the jiva atman. As previously mentioned the physical body can be subdivided into different parts .The following table will clarify the issue:

S.N o	Hindu - Kosha	Descriptio n	Chakra/Loka	Planet	Gland	Homeop athic Potency
1		Causal Body	Agnya /Satyam	Saturn / Individu al Star	Pituitary	C M
2		Third Eye	???????/Tapa ha	Moon	Pineal gland	50 M
3		Higher mental body	Visudhi/Jana ha	Mercury	Thyroid	10 M
4		T-cells	???????/????? ?	Earth	Thymus	1 M
5		Lower Consious nes	Anhata/Maha ha	Sun	Heart	200 C
6		Lower mental body	Manipura/Suv aha	Jupiter	Liver & Spleen	12X-30 C
7		Astral Body	Swadhistana/ Buvaha	Mars	Adrenal	6X - 6 C
8		Etheric body & sperm	Mooladhara/B hur	Venus	Perineal body &Testes	Q
9		Upward track	Sushmna Nadi	Rahu	Spinal Cord	
10		Downwar d Track	Soma Nadi	Ketu	Vagus Nerve	

There are many good books on astrology which give the details of the planets, constellations, sun signs etc and the various methods of correlating them. The advances made by Shri Krishnamurthi in his

advanced stellar method (K.P method) are worthy of study. But few books mention the significant part played by the deceased planet Angarika and the thirteenth Constellation Oppichius – the snake bearer.

It is well known that the baby after conception goes through all the stages of evolution finally achieving the human form...but it is not a well recognized fact that the story of the solar system is also acted out in the individual's life.

It is believed that life first existed on the planet called Angarika..the debris which is the asteroid belt just after mars.When that planet exploded chunks were thrown far and wide. The influence is initially felt as a potential slowly developing into the target planet .i.e the chunk is portrayed first and as it reaches the planet, they become the planet. The passage is ruled by Rahu, Dragons head as it is the vehicle or track of the journey.

The planet called mercury today is but one large bit of this old planet. Due to its proximity to the Sun it is rounded. One side must be almost liquid while the face away from the sun would be solidifying. Is it suprising that mercury is called the dual planet? or that it deals with plurality? Revolutionaries of all hues are ruled by this influence! In the body, mercury is the thyroid/para thyroid gland, governing and maintaining the various feedback systems which sustain the body. Communication is their primary skill.

One bit hit the planet Venus and people ruled by this influence are connected with the artistic side of life. They are quite charismatic but not always honest. Physical beauty is also a feature of this influence. The desire for fast cars, expensive homes, romantic partners is deeply felt by these people! Ovaries, Testes and the perineal body are ruled by this planet.

The chunk which hit the planet earth must have destroyed all life on the planet, probably bringing in new DNA! The passage through the earth's atmosphere was terrifying and distressing! These people are usually involved in rash acts in their youth, which gets them into trouble, coloring their entire life. The thymus gland represents this aspect. A little guidance at the proper time will save them a lot of pain. People undergoing this stage who are distressed by the significant pain may also be emotionally and mentally disturbed. Once they manage it, they usually end up as government employees.

The chunk which hit the moon creates much havoc. These people are troubled by addictions of all kinds. This aspect usually deals with the hypothalamus.

The bit which landed in Jupiter is probably the reason for the red spot of the giant planet. These people become excellent managers and business men...accumulating a lot of wealth and power. Jupiter also keeps the remaining asteroid belt in check. This function is represented by the liver in the human body. The amaglyda is also under the influence of the liver!

The last significant bit hit the Saturn system. These people are deeply spiritual, hardworking and dedicated to their goals. Saturn's moon also represents the pineal gland.

It also allows them to quickly bring the Pineal gland back into function. The pituitary gland, the home of the Jiva atman at present, is represented by this part.

Humanity is a tapestry involving various hues and colours. The people around us are the various threads making this colourful work of art. They represent the influence of the planets on us and can be correlated to the state of various nerve plexuses, organs in our body.

So the body can be understood to be a 'string of individuals' stretching from the sexual glands-venus to the pituitary-saturn. Each person we deal with is represented by some part within our own body. This is particularly evident when we travel in the inner worlds.

No matter how much one studies the relevant books on astrology, one does not become proficient in it unless one has activated the pineal gland after having cleaned it of the calcium deposits.

THE BUTTERFLY EFFECT

The butterfly effect ,an element of chaos theory is observed in a sensitive system like the weather systems on planet earth or the human body or the universe. It has been observed that a small change can produce a very large effect in the system after just a short while. This is the theory behind the use of precious& semi precious stones, metals, roots and other parts of herbs & plants as ornaments and talismans by the hindus and other communities.

A talisman can be created in many ways and can have many different uses. The objects mentioned above are used to create talismans. But even strips of paper written with holy verses are used to produce similar effects. Further a thought form can be embedded to produce the desired effect. I have studied the effect of various precious, semi precious stones & metals in an effort to condition my conciousnessto achieve a modicum of control over my life.

The standard recommendations found in many books were the starting point of my journey but along the way I found that there are many similarities produced by the talismans irrespective of the person's belief system, conditioning, circumstances etc. This led me to believe that this was because of the similarity of the human body. It is primarily the nature of the mind which brings the talismans into effect. That stones of a particular colour and most importantly of a particular chemical property have effects which can be correlated with the functions of the planets and of the human organs was the most important finding. Rings and lockets are usually made of gold, silver, copper or sometimes pancha loha- five metal alloy with the stones inset into them.

There are various methods used by the astrologers. Usually for hindus two stones are recommended for each of the 27 asterisms occupied by the moon at birth..i.e for swathi- a rahu star: a gomedh and a pearl are recommended. To be used for life! Then others use stones correleating to those planets which position the individual as the sun in his horoscope. Prof Krishnamurthi recommends using the stone of the planet which is in the star of the planet occupying or owning the eleventh bhava.

Another school uses stones for Saturn on the left hand, index finger, slowly increasing the carat , putting pressure on JUPITER (the Liver) with the effect of Saturn (the pituitary) and finally moving the rings from index finger to middle finger to finally rest on the ring finger. This shifts the conciousness hidden in the liver to the thymus (EARTH).i.e they have reached earth after having completed the travails of evolution.

My goal has been the integration of conciousness, hence I use the particular stone which is causing maximum difficulty in the process of integration and then do KRIYA with it. Further over a period of time kriya should be completed and hence rings and stones transcended!As they are a play of the mind and mind has to be transcended finally to achieve gross zero, it implies that they are only a means to an end, a crutch and not the final goal.

I define the following for a right-handed male. Rings worn on the left hand usually denote sources from which the person is withdrawing resources. Rings worn on the right hand denote sources to which contributions are being made. Locketts worn around the neck denote that the person provides protection to that particular type of influence/planet/individuals.

Due to the system being considered a closed loop, usually very soon, giving should become receiving and vice versa. **In case this does not happen then Kriya is to be done. This involves changing the same ring to the opposite hand, same finger. Usually changed once, every cycle of the moon.**

Further any ring placed on the right hand, ring finger usually brings about a marriage or similar proposal from a person denoted by that planet. Over a period of time, the person becomes like the object placed on the right hand where as he becomes the opposite of the object placed on the left hand. Further the physiological relationship and the path of travel of the chunk from Angarika of/to the organs/planets seems to be more important than either aspects or placement in the horoscope except for close conjunctions.

Diamonds are compatible with venus/ sexual system. To be used preferably in gold. Are very powerfull and to be used with caution. Worn on the left hand, ring finger causes the person to become RAHU. Worn on the right hand, index finger stimulates the liver and the influence of Jupiter. On the right hand, ring finger causes the person to become the SUN mostly. Right hand, middle finger stimulates the pituitary/SATURN.

Red Coral stones are for mars. Represents the red blood corpuscles. Can be used in either gold, silver or copper. Placed on the right hand, ring finger the person usually becomes JUPITER. On left hand, ring finger becomes thymus/EARTH.

White Coral represents the thymus/EARTH and is usually placed only on the right hand or as a locket.

Iron rings and bracelets represent mars but over a period of use become representative of SATURN.

Yellow sapphires, Topaz ,white sapphires and stones with a predominance of yellow colour represent JUPITER /liver & spleen system. People searching for a GURU usually find this influence helpful. Usually placed on the right hand, index finger and results in the red blood corpuscles being terminated in the spleen leading to abhisekham of the jiva atman.

Rubies represent the SUN and should be normally placed only on the right hand or used as a locket in gold.

Emeralds and Green coloured stones can be used to advantage for MERCURY/Thyroid & para Thyroid glands. Preferred in gold, though silver is also used.Usually placed on little finger.

Pearls and moon stones are used for the Moon i.e Amaglyda, pineal and hypothalamus.

Set in gold the pearl represents Jupiter's moon and the amaglyda. Set in silver, it represents Saturn's moon and the Pineal gland.. the so called third eye. The moon stone represents the hypothalamus and to be used with caution! Pearls in gold on the right hand, ring finger usually place the person in the liver/ JUPITER. On the left hand, ring finger make him EARTH.

Blue sapphires, black and black green stones represent Saturn-pituitary. Usually placed on the right / left hand ,middle finger but can be used with success to capture the moon by rahu when placed on right hand,ring finger.

Orange coloured stones like gomedh and garnet are for Rahu-the upward track ie the spinal column. Cat's eye is used for Ketu-downward track ie the vagus nerve.

Using rings alone it will be quite difficult to transcend the mind completely, hence another way is to use Cat's eye on the left hand, middle finger and Red coral on the right hand, ring finger. This completes the loop while maintaining the individual in Jupiter., which is the final goal.

HOMOEOPATHY & PRANIC HEALING

The Healing Sciencies have been both an art and a science for Humanity. That much progress has been made by reasoning and an experiment based approach cannot be disputed. But allopathy does not have all the answers!! An allopath is little different from a soldier in his approach to holistic healing. Healing should take into account the entire organism and then treat it.....not just the physical component. Both homoeopathy and energy systems like pranic healing have this idea in mind when looking at a patient. Unfortunately both have not yet achieved mainstream status as yet. But then, both are very young. The ancient subject of the hindus on healing is called ayurveda and is quite comprehensive but takes years to master under the carefull guidance of a guru.

At the outset let me mention that **“Homoeopathy is Prana in a bottle!”**. Dr.Hahneman’s bold approach led him to formulate the basic principle of homoeopathy: ‘Similia Similibus Curanter’. Dr.Scussler’s studies led to the discovery of the decimal titratution. Dr.John Kent and Dr.Boerike have made immeasurable contributions and have compiled both a comprehensive materia medica and a repertory. But a study of standard text books like Gray’s anatomy, Guyton’s physiology, Baron’s psychology, Biochemistry and allopathic pharmacology are also necessary to give a complete picture prior to prescribing homoeopathic remedies based on Classical provings.

A retired principal of a reputed homoeopathic college introduced me to the subject. In a few years I was able to study about 850 remedies in various potencies starting from mother tincture all the way to CM. Besides this my guru, Shri P.Venkateswara Sharma was kind enough to teach me pranic healing as outlined by Master

Sawakashi. The first thing I realized was that homoeopathic potencies were basically forms of prana!

During the days of experimenting with homoeopathy a striking incident occurred. I was using “CROCODILE 6X”, a little known remedy made by a company in Guntur, Andhra Pradesh. I had imbibed it for a few days, when one day I was sitting in a small restaurant and having tea. A family came along and sat at the table next to me. They were a grandfather, a mother and her six year old daughter. The child was staring at me and I realized that somebody was looking at me. So I turned around and a few moments later while I was still looking at her, she turned to her mother and said : “**CROCODILE!!**”. Her mother calmly nodded her head in agreement. The grandfather, obviously besotted with his grand daughter immediately said “ and u are a penguin!”, laughing happily. I was thunder struck! I wondered if I had heard right. But I could still hear them talking clearly....they were just one and half foot away from me. I left in a dizzy state.

The Theosophical society’s books (Col A.E. Powell) had mentioned about the higher bodies of living creatures and I was familiar with my guru’s research on the pineal gland. From these I was able to deduce :

that we do have higher bodies,

that homoeopathy affects them

that children and some women can see them clearly!

That a lot of men do not have sufficient training to use their pineal gland as it was intended!

That this was the ultimate goal of homnoeopathy: **to set man free once again!**

A healer should not concern himself only with physical disease but with all the problems besetting his patient....in all walks of life: physical, emotional, mental, spiritual etc. Classical homoeopathy's approach to treat the patient on the basis of general and peculiar provings of the various remedies will prove to be a limitation when seen from this view point. Biochemic Remedies are one step closer to the goal..but a comprehensive system will use traditional allopathic knowledge of the body's working, classical homoeopathy's emotional and mental symptoms of the higher bodies from astral all the way to the causal, mother tincture and biochemic decimal potencies for physical and etheric body deficiencies and a deeper understanding of the individuals belief system, based on the individual's horoscope like ayurveda does.

So the general approach should follow a pattern as follows:

aa) Study the person, trying to understand his belief system, his emotional and mental status, his medical history, his genetic dispositions, his daily routine .Note down the symptoms in his own words, to meditate on later. Get as accurate as possible, his birth data and draw up a horoscope. Before treatment the person normally responds to Sidereal astrology and at the end of treatment should respond to Tropical astrology Using programs like ASTROLOG will allow u to easily see the same horoscope from a heliocentric view point!

bb) If there is no immediate danger, then start him on FIVE PHOS 6X ,initially once a week, slowly week by week increasing to five times a week ,once a day max five tabs. Advise him to report every week, to drink plenty of water and to use a good comprehensive multivitamin/multimineral tablet once a day (Wyeth's Centrum is an excellent choice). Soon a homoeopathic aggravation will result, at which point reduce the dosage to the last week's and continue despite

the aggravation. For comprehensive permanent results the process has to continue for atleast two and a half years!Decimal dilutions are primarily nutritive in function.

cc) Advise him to use a hair oil with Arnica,Cantharis,Brahmi,& if necessary Jaborandi atleast twice a week.Cantharis improves the sheathing of the nerves and hence conduction velocity and signal integrity.It reduces cross talk!.

dd)At the weekly consultation, check his status and prescribe appropriate centesimal remedies usually at the 200 potency. On that day he should desist from five phos and alcohol.Centesimal Dilutions are primarily catalytic in function, similar to present day vaccinations.

As I have previously pointed out using classical homoeopathic approach only, is a limitation...understand that at the 200C potency and higher the persons belief system can be changed resulting in permanent cure ..even from onerous karma! Hence a vast repertoire is unnecessary.

It is said in the ancient hindu writings, particularly the “Pursha Sukhta” that 22 sticks of sound fire constitute the Kala Purusha. Hence a repertoire of well chosen 22 remedies is usually sufficient to cover the entire spectrum facing the healer! Ocassionally it may be necessary to use others too! The 22 remedies will depend on the **healer’s horoscope** and need not be same for every healer.

The following remedies have been used by me regularly:

1.Five Phos: A basic nutritive.helps to correct assimilation problems.

2.Selenium: The man with the Iron Hammer.Represents thymus and earth.Improves the white blood cells and consequently immunity.

3.Lachesis: Contains copper primarily and represents Rahu.

4.Argentum Nitrate: Works on the pituitary and pineal complex.Useful for removing calcium deposits from the pineal gland.

5.Thiosinaminum: derived from mustard oil, is a strong anti-circulatory agent.was revealed to me by a venerable old man...he was 98 at that time and he had used it many times in a certain way to create a stable picture of health even at that age.It activates the thyroid's maintenance activities and hence improves the system." Nothing is Wasted!".

6.Zincum Met: Is useful when the person is exhausted and is unable to cope with stress of daily routine.It reduces wear & tear.Improves the production of new cells from marrow..stem cells?

7.Carbo Veg: is very useful for all problems of the gastrointestinal system.

8.Calcarea Phos: is related to the moon and mind.is useful for clearing the calcium deposits in the pineal.

9.Bryonia: Is a very useful remedy in problems of the rectum.

10. *Anacardium Occidentalis*: Is very usefull for problems with adrenal system..ie Mars.

11. Sulpher: to be used with caution as it brings out the latent problems.Is usefull for detoxification.

12. Phosphorus: is usefull for correcting problems of the liver and billary ducts.Also for clearing stubborn calcium deposits in the pineal.

13. *Cuprum Metallicum*: represents Venus in the system and affects the entire brain structure.

14. *Magnesia phos*: affects the liver and improves gall bladder secretions.

15. *Kali phos*:Is usefull for the nerves and heart.

16. *Ferum phos*: improves the red blood cells and bone marrow.

- .
17. Calcarea Carb: improves the function of the spleen.
 18. Silicia: The homoeopathic surgeons Knife!
 19. Fluoricum acidum: is useful for activating the para thyroid glands.
 20. Graphites: a good remedy for detoxification of the entire system. Improves the general tone of the system.
 21. Arsenic Album: maintains the system under immense stress.
 22. Belladonna: Useful for issues of the head.
 23. Pulsatilla: very useful for profound grief and ancient painful memories.
 24. Baryta Carb: The stone mason.
 25. Agaricus M: excellent for many problems of the brain.

26. Platina: useful for problems of the ego.

27. Chamomile: Good for problems of the liver and gall bladder.

ANTIDOTES:

1. Nux Vomica: as is well known, the greatest polycryst!

2. Camphora: Antidotes almost all organic remedies.

3. Ignatia: a woman's remedy.

MOTHER TINCTURES:

Alfa Alfa, Sterculia, Arnica, Jaborandi, Jasmine, Brahmi, Cantharis etc.

From the above it should be obvious that all people are pretty much similar and that a small number of medicines can be used to bring about a stable condition reasonably rapidly. Remedies at the higher potencies are to be used with utmost caution as the results are not immediately visible. Remedies at CM potency affect the star/Soul itself...and the concept in many circles that finding that single medicine will automatically correct all defects is not completely true.

I prefer Dr. John Taylor Kent's view that each individual is composed of many layers and that each layer has to be PEELED OFF /CORRECTED/RATIONALISED before treating the next one. It is true that the Star/Soul will have to be finally treated but finding that single remedy normally takes years of effort....and without adequate

preparation is futile. This concept also proves the Christian theological idea of “Original Sin!”.

Understand the individual as composed of an inner source of light, which is covered by many layers/sheaths, each of different densities and individual properties. So when all have been correctly rectified, the light shines forth! This proves the Hindu Concept of “Antar Atmane” “god as the innermost soul-soul of the soul” is true! See Osho’s book “The sun behind the sun behind the sun”.

It should also be understood that the healer will not be using the same remedies all his life.....as he himself progresses, his inclination for using particular remedies will keep changing....particularly relevant will be the vimshotari dasa, progression and the aspects to the natal horoscope by transiting planets...ie gochara!.

The periodicity of homoeopathic medicines makes it easy for compliance of treatment for the patient...but sometimes in men it may not be present..then it is easy to establish it by piercing the left ear and wearing some ear ring...i.e The so called “IDA nadi ” is activated and the periodicity of the woman in the man is used to achieve the final goal automatically.

It should also be remembered that the last 100 years have seen an explosion in the physical sciences and organic and biochemistry are not lagging.....today allopathy has a vast range of medically usefull chemicals which have not been converted and proved as per homoeopathic principles.....so consider this an invitation! A CALL TO ARMS! Death to ignorance!.

The concept of purity makes so much trouble to people on the path of sadhana....what is required is not purity per se but a neutral

standpoint...like brazing of metals by an oxy acetleyene torch can be done with three flames..

1.oxidising flame

2.reducing flame

3.Neutral Flame.

This neutral flame is literally the state of consciousness to be achieved..when done it initially leads to net zero and over a period of time to gross zero of the karma phala.

Caution: Only a rectified,stable individual with correct birth data, should take up homoeopathic proving.Otherwise the results would be murky and useless!

A final word...a good homoeopath considers no man his enemy and treats all with the conviction : “Forgive Them Father...They know not the truth”.

NUTRITION:

Food is the primary means by which sustenance is gathered for most people.

According to the hindu physicians of old, the body could be considered to be composed of three elements i.e Ojas, Tejas and Vayu. Ojas was derived primarily from food which in turn was converted into the other two. Sufficient Ojas has long been considered to be a prerequisite for successful completion of sadhana. Ojas derived from vegetables and organic food stuff was considered the best as it did very little to affect the quality of one's consciousness.

Ojas is to be understood as the physical matter from which all other processes start. But the ancient regime that ojas could be gathered only from food is no longer a valid supposition.....today's food supplements like multi-mineral, multi-vitamin tablets, calcium & iron supplements, selenium supplements, tonics like five phos with alfalfa, cobalmin syrups, vitamin E capsules, cod liver oil capsules etc have literally elevated this segment into a multi million dollar industry. That most of them have a very good impact on the human system is beyond doubt...but even there moderation..ie the buddha's recommendation of the middle path needs to be observed. Further it has been observed that using the 22 sticks of sound fire i.e. homeopathic remedies ..potencies also has a positive effect on all the koshas.

The old system of being unable to clearly define these chemicals was the reason for the blanket term 'OJAS'. But the recommendation on preserving semen and using it only when absolutely necessary is still a very valid point.

A lot of people eat at all odd hours and then complain of various problems. Eating during the four twilights i.e the transition points...sunrise, zenith, sunset and nadir of the sun will really promote proper nutrition of the body and all the higher vahanas. Eating a little less than actually, physically required is another good habit to form. Eating during twilights is a very pleasant phenomena and it will be noticed that a small quantity of good quality food is deeply satisfying and nourishing.

Eating tonnes and tonnes and the filling up the sewage tank is just another way of wasting life's precious gift!. Cleaning the entire digestive track regularly by fasting is a good way to maintain health. Keeping the fire in manipura chakra burning bright and not over burdened with all sorts of oils and fats is also needed for clear perception.

Fruits, nuts, milk particularly goat's milk, curds without cream and butter milk are very useful for maintaining the pH value of the system in range. Blood being one of the dominant constituents of the body tends to affect consciousness with its pH value and maintaining it within range is necessary for a neutral flame i.e neutral consciousness.

Again let me emphasize: there is nothing like impure food, impure thoughts, impure practices etc. A well maintained neutral flame slowly but surely neutralizes karma leading first to net zero and then over a period of time to gross zero.

ASTANGA YOGA

The practice of yoga has had a long and glorious history in India. The practice involves various asanas, bandhas, pranayamas and kriyas. The regular practice of surya namaskaras is usually sufficient to maintain the inner sun glowing. But tratak and the practice of various concentrations leads to a very good control over one's emotional nature. Baba Ramdev is doing a yeoman service by popularizing the benefits of yoga leading to the masses showing a growing interest in the correct practices.

Annual cleaning of the entire digestive track under the guidance of a trained yoga teacher is recommended for all round health and particularly sadhana. Holding up a small pot of water at shoulder height, with the arm extended out parallel to the body, applies tremendous pressure on the liver and spleen...sufficient activity on their part being provoked by this simple exercise. Of course lycodium and cinchona also can do the same! Simple exercises like this are usually required by all people to maintain the body functioning at its peak. The various asana and bandhas release pent up emotion and toxins from the body allowing a neutral flame to be maintained....the practice of hatha yoga is not really conducive to sadhanaraja yoga and a few well chosen asanas should suffice for a regular practitioner.

PRANAYAMA & KRIYA YOGA:

Pranayama ,the practice of breath control has many significant advantages.It calms down the nerves, cleanses them and improves the circulation of vital prana in the system.Practising regularly kriyas like sudarshan kriya as taught by the art of living foundation is an excellent way to clear blocks by troublesome karma.

Pranayama is not just hyperventilation as understood by many novices.It is a deep study of the relationship between time and consciousness.When the breath is regulated, biological time can be suspended and manipulated.

Kriya yoga as propounded by the gr88 yogi of the Himalayas babaji and taught by the yogada satsang is an extrodinary way of escaping the clutches of karma.One does not escape paying for past debts but atleast they get cleared up..i.e paid off with little intrest.

Both pranayama and kriya yoga depend on the ability of the sadhak to feel and sense prana...a difficult job for every commercial mind! But given enough persistence it becomes relatively easy to detect the movement of prana in the system.

Kriya is literally 'doing'...hence every job particularly every repetitive job should be considered kriya yoga...when the result or fruits of labour are forgotten and satisfaction is got from doing the job well...then kriya yoga is being done!. Doing kriya after a fresh intake of homoeopathy is a very effective way ,cause homoeopathy is prana in a bottle!

AGNIHOTRA & ABHISEKAM

It has been a well known principle that purification proceeds either by water or fire. The hindus have used this principal and converted it into a daily practice and it is called agnihotra-the fire ritual...and abhisekam-the bath of the idol. Done with a proper frame of mind lead to purification of the consciousness. But it would be appropriate to note that excesses in any form are to be abhorred. Again these when done at twilight are most effective! Doing it occasionally is not usually sufficient. Preferring to be content with the apparent slow progress is usually the mark of a wise man.

The hindus also have an elaborate procedure of fire ritual..involving a complicated procedure, requiring experts to perform them for the layman...these rituals as prescribed in the various Vedas and Upanishads state that all possible results can be achieved by doing these sacrifices to the various deities....but are the deities capable of all the stated possibilities..then it makes me wonder why did the fall from Eden take place? Obviously power itself is not the solution...anserwring to earnest requests and appeals is definetly expected from the good deities but do they not have any personal agenda themselves? Are their intentions completely pure and aboveboard?

One man does a very sophisticated sacrifice annually,involving a continous homam for 28 days ,hundreds of litres of cow ghee and other articles as prescribed...he makes a offering to all the 28 hindu asterkisms...literally feeding them!It just makes me wonder what sort of malpractices are necessary to fund this extravagant display of fatherhood?!That to for a sanyasin! Lol.

Another dear man does agnihotra everyday..at sunrise and sunset..but with just 4 small pieces of coudung,one bit of camphor

and one spoon of rice and ghee. Who is closer to the goal?...is there any doubt?

Agnihotra like many of these practices is a rigorous practice and leads to the burning up of material possessions very rapidly!. Hence it is necessary to do both agnihotra and abhisekam sequentially. I personally find doing some amount of manual labour like cooking a small quantity of nutritious food, having a bath ...standing under flowing water till I urinate twice and then eating a reasonable quantity of the food I have cooked, during twilight minutes is all the kriya, abhisekam and agnihotra I need, for the purposes of sadhana!