

Self Management, Purgation of Brain and Strengthening of Soul with Cosmic Energy & Spirituality

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Abstract

As and when, the battery of our mobile-set or of the car is weakened out because of rigorous use or lapse of a considerable period of time; we are used to get it immediately, recharged by putting the same in contact with electrical power. Under this process, it is the electrical power which provides new energy, new strength, new spirit and new force of life to the batteries enabling them to function a few days more. Alas! We have no time, to divert our attention and the thought-waves towards the horribly weakened condition of our own 'soul', which has gone out of race, long back, because of the complete loss of its vital force? What a surprising condition of today's human awareness, is this?

The men, in majority, are concerned only with the health of their physical-body and earning of maximum wealth for the livelihood of their family members. But this, scientifically and technologically highly, developed period, reveals only half of the story of a 'complete man'. The second part of humanity i.e. the quality of delving into the most mysterious depths in the field of philosophy, spirituality, enlightening of soul, broadening of their vision, strengthening of the power of perception is still pending for search, discovery and unfolding of the untold part of story of the complete man.

One cannot have a good life without proper inner management. And for managing our interior two things are essential a peaceful mind and soul. This paper concerned with primarily on self management. It also explained the attributes of a mind, cosmic energy and lastly how to strengthen the soul with cosmic energy and spirituality. An attempt has been made, here; to precisely know as to what, as a human-being, we are 'today' and what is the scope/possibility of becoming us, 'tomorrow'.

Backdrop

If we apply a little bit of our sense of visualization, we shall very easily be able to perceive and apprehend the sun's play of 'hide and seek'. It rises in the morning and takes an upward journey towards the highest point of heaven and sky. Just after reaching at the top, the same sun takes the downwards movement. In the evening, the same sun starts vanishing. During

midnight-hours if one tries to search out the sun even with the help of, a lightened lamp, he will utterly fail, in his attempt. But if we dare to keep on waiting, whole night, we will surely see the rising sun, again and again. It is the most simple and ordinary 'Play of Nature' and even a simpleton can very easily visualize and understand this ever changing pattern of the game of 'hide and seek'.

A large number of planets, the millions of stars, angels & deities are put forth to play their mysterious role in the drama staged by the nature. For the purpose of learning the role being played by each and every planet and star and other heavenly dignitaries and divine personalities (the Deities & Devils), we as a human-being, need a brain full of wisdom and sound skill of awareness, the heart full of compassion, the spine full of the spirit, a fully awakened inner conscience and the enlightened Soul. We, as the complete men, possess the tremendous power of visualization and power of apprehension. We have the capacity to look at the game of 'hide and seek' being played by our own 'Soul' and also played by The SUPREME-BEING.

Before start of journey towards the desired destination, it is always better to have a map and clear sketch of the routes and the roads leading towards the destination. A man who is highly troubled, bewildered and finds himself utterly perturbed and badly confused on account of the surrounding charged with the high temperature of sun rays and burning gusts of winds, has only two options for the safety and security of his well-being. Either he has to go up to the top of a hill or get installed the sufficient number of air-conditioners on the walls of inner rooms of his house. In other words, he has to make necessary arrangements of either the system of internal cooling or to adopt the system of external cooling. The same formula is applicable for getting rid from the pang and paroxysm of worldly affairs, like: ups & downs related to, wealth & health, circle of death & birth, body pains and sensual pleasures, the problems of ill health, weakening of mind, diminishing of intellect & wisdom and deteriorating of Soul-strength. We have to keep cool our brain at all times. That is why it is said that-

*If an egg breaks with outside force a life ends,
If an egg breaks with inside force a life begins.*

Transformation begins from inside.

Self Management and Soul

Self management techniques teach us how to live from an inspired, creative and elevated state of mind and spirit. To walk the awakening spiritual path of self awareness, self realization and self mastery. We discover our higher purpose and mission in life. Prof.

Gopinath and Dr. Nidhi Kesari defined Self management as it is caring oneself and it is choice of mine, not of others. It leads to self respected life in self controlled discipline. It is a way of elevating the energy of yours self in your eye. Self management is defined as the behavior of one with oneself.

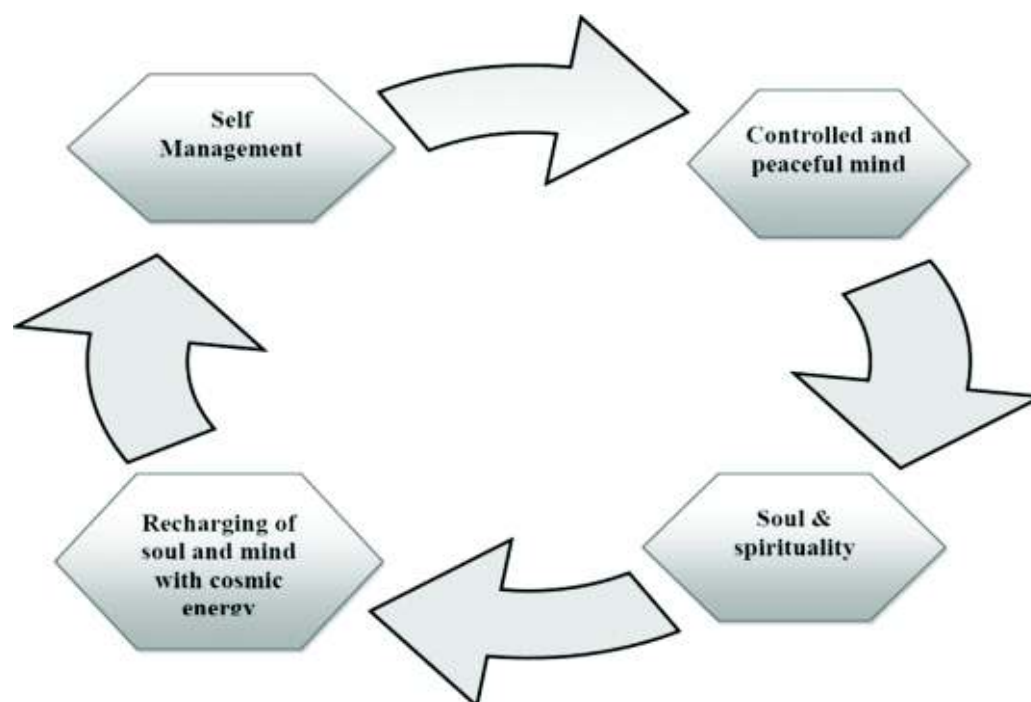


Fig 1-Process of Self Management

The first and foremost condition for inner management is to controlled the mind. The externals may be great (that is, one may be wealthy, living in a good house, etc), but if the mind is not peaceful then there can be no happiness. Also, if the mind is disturbed or diseased, the physical health is also compromised, which will negatively affect the quality of life.

The second requirement is of gaining spiritual knowledge, which is needed to provide answers to whatever the mind asks. : Soul is invisible but real strength/energy gifted by God in human body which beats our heart. The relationship between soul to soul and soul to super-soul is spontaneous being a creation of God. It is relationship of ages to ages or from the cycle of birth to death like relationship with the entire creature of nature on the earth treating them as soul. It gives a sense of all is well. Every time we not only feel about soul but

also occasionally, we say that listen and act as per the voice of soul. Because we believe that the voice of soul is pious and indicates about the truth to body-conscious human being. It is possible when we are consistent and stable at feeling and thought level. Everyone has heard about the soul but does not realize the existence of soul. When our soul transforms from one costume to another, our invisible strength is fully discharged. So charge yourself by connecting to super-soul.

The whole/entire, human personality is consisting of the following four categories of elements/attributes: (i) Human's physical form i.e. body, the blood, bones, muscles, skin and mind, which are basically made of Earthly Element, (ii) Human psyche i.e. wit, wisdom awareness and inner conscience, these parts of our personality, are made of the cosmic energy (iii) Human spirit and spirituality, which are made of the heavenly energy, (iv) Human Soul, which is the part of Supreme Soul, or of the 'God-Power'.

We, the men of modern days (in Hindi-language called as Kalyug) are one-fourth revealed and three-fourth concealed.

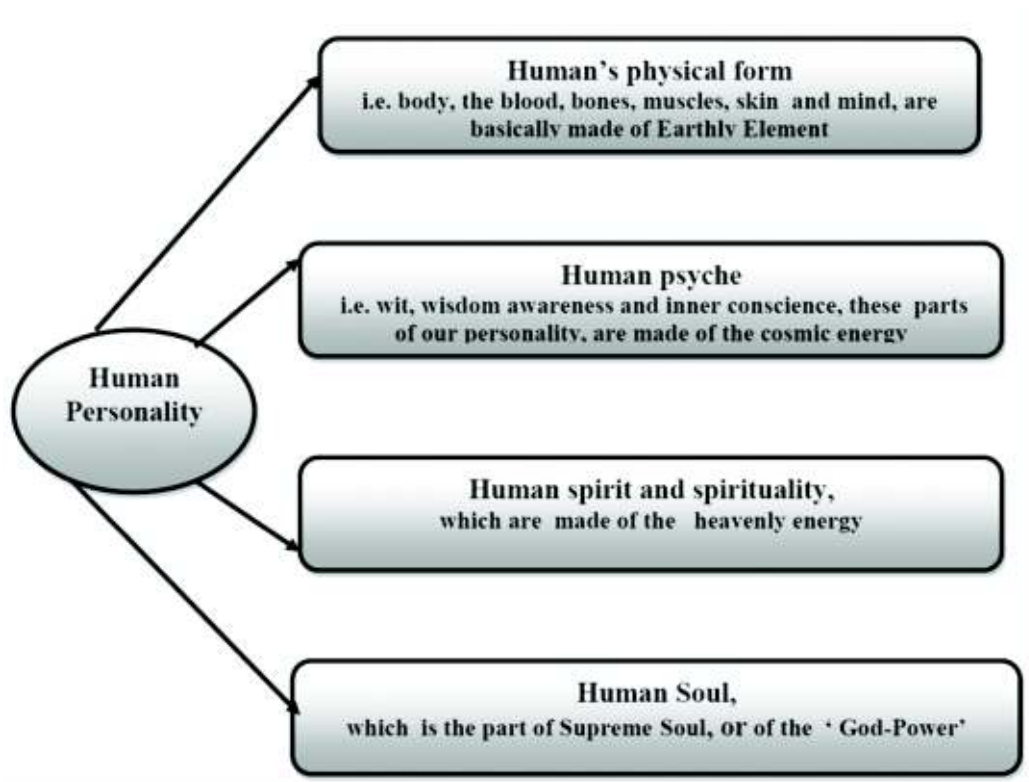


Fig 2- Component of Human personality

Description about the Space or Route of the Soul

Every-one of us, has the liberty, either to move upwards, towards the heaven and paradise, which are supposed to be the abodes of Angels and God, i.e. the place of long-lasting peace and harmony or we have to take the circulating path which is ever going voyage but, reaching nowhere, getting no rest no halt. Scientifically, the earth keeps on circulating around the Sun within the space falls under the solar system. While, the part of space, which is known as the Heaven is resting beyond the coverage of the routes of all the planets falling within family circle of the Sun.

For the sake of knowledge, awareness and an easy apprehension, to those who wish to put the waves of his thoughts and the current of his sentiments to move upwards even beyond the area of space covered by the planets and also beyond the area of space covered by the millions of twinkling stars, the names of the major and prominent segments and zones of that 'pious space' are listed below in sequence of their position from the lower to higher :-

(A) The Segments of Lower Sphere:-

1. Atmosphere,
2. Ionosphere,
3. Troposphere,
4. Mesosphere,
5. Stratosphere,
6. Celestial -sphere,
7. Blank & Blue-sphere,
8. Black-holes -- the passage for emitting the dust and smoke of the solar engine,
9. Pious-sphere, providing the fresh energy to the solar system

These nine segments of lower sphere can easily be apprehended and visualized by signaling out the thought-waves in upward direction, and by keeping the status of the mind and brain as peaceful, calm and serene.

(B) The Zones of Higher Space:-

1. Angles Zone
2. Arch - Angles Zone
3. Virtues Zone
4. Powers Zone
5. Principalities Zone
6. Dominations Zone
7. Thrones Zone
8. Cherubim's Zone

9. Seraphim's Zone

These are layers of upper heavens, which can be apprehended and visualized by the metaphysicians, the saints and Seers who have been able to develop the sense of their spine by elimination of the Power of the senses of their mind, through rigorous efforts, penance, and adoption of austerity.

These (as mentioned above under points A & B) are the outlines of the different area of the outer world, space, sky, universe, cosmos, heaven and paradise. These zones have been classified, in accordance to the quality of spirit, power and energy prevailing therein. Limitless is the strength, limitless are the powers and limitless are the human virtues, similarly the limitless are the areas/zones of space and sky.

The-'One' basic fact should always be kept in mind, very clearly, that the spirit and energy prevailing within the zones of Lower space, as given under list 'A' are the governing and controlling forces of 'Worldly-Affairs'. While, the spirit and energy prevailing within, the zones of Higher space as given under list 'B' are the governing and controlling forces of 'Divinely-Affairs'. Each and every man, has the full liberty of adoption of either the worldly affairs or the divinely affairs, as per his or her own wit, wisdom and priorities.

The man is racing through the days of his own life in between the lower and higher zones of the sky & space. Therefore, exactly in the same pattern, the basic qualities, virtue and attributes prevailing within the 'Inner World' of each and every Individual Person possess different layers of his own specialties, uniqueness, his own wisdom, the depth of his knowledge, intellectuality, awareness, the power of apprehension and vision, the quality of omniscience. Broadly the inner virtues of human being can also be classified into two categories. The first category consists of the higher & divine virtues, while the second category belongs to the lower and mean attributes. Some of the most prominent qualities/attributes of human-being falling under both the categories are mentioned below:-

(A) The Low and Mean Attributes of the mind of a Common-man:

- | | |
|--|---------------------------------|
| 1. Cupidity | 11. Fearfulness |
| 2. Lust | 12. Depression |
| 3. Anger | 13. Stress and Excessive Strain |
| 4. Rapacity | 14. Ill-will, Jealousy & Envy |
| 5. Malevolence (Tendency of wishing evil for others) | 15. Resentment |
| 6. Delusion | 16. Distrust, Egoism, Arrogance |
| 7. Ignorance – (Non-awareness of Reality) | 17. Vanity, Empty Pride |
| 8. Attraction towards transitory things | 18. Mental Perplexity |

- | | |
|---|-------------------------|
| 9. Perturbation (mental worry on petty matters) | 19. Disheartening, etc. |
| 10. Petulance (irritability of mind) | 20. Impatience |

(B) The Higher and Divine Virtues of a Man having purified Mind:

- | | |
|---|---|
| 1. Endurance | 15 Cordial relationship of self with outer layers |
| 2. Forbearance | 16. Continuous Endeavoring |
| 3. Patience | 17. Strong Determination |
| 4. Tolerance | 18. Firm Resolution |
| 5. Honesty | 19. Persistent Exertion |
| 6. Truthfulness | 20. Simplicity and non-Egoistic tendency of mind |
| 7. Faithfulness & Integrity | 21. Assiduity (close attention towards duties) |
| 8. Dutifulness | 22. Diligence |
| 9. Devotion to Duty | 23. Justice |
| 10. Sense of Responsibility | 24. Compassion, Respect & Regards for all |
| 11. Loyalty | 25. Mercifulness |
| 12. Courage | 26. Benevolence |
| 13. Contentment | 27. Prudence |
| 14. Fortitude | 28. Temperance |
| 29. Sobriety (balancing mind under different situations) | |
| 30. Temperance (keeping cool of mind under duress) | |
| 31. Maintenance of inner tranquility of heart | |
| 32. Abstinence (refraining of the mind from excessive lust for worldly possessions) | |

Someone has very correctly summarized the universal facts, just in one sentence, that:-

“The height of the Space, the length of the Time, the depth of Human knowledge, the Mercy of God and the splendor of human Soul, these Five Great Elements, are called as the 'Divine Spirits' and these elements have no end, no beginning, they are ever green, ever growing and have the tendency of never ending.” These are also called as omnipresent and omniscient Powers i.e. which are present everywhere at every time and are the knower and creator of all other things”.

The Process of Adoption Divine Qualities

Under the English terminology there stands one term i.e. 'Epiphanic-Consciousness'. In its exactly correct Sense, this phrase means 'Manifestation of a unique inner-conscience in a human personality, that cannot be judged or assessed by the five human sense-organs associated with the normal brain-power. For visualization of such divine features, there is need for arousing of the sixth sense, within our own personality. A person on arousing of epiphanic-conscience has abruptly uttered the following two aspects of human conscience

and perception of an evolved personality:-

Perception 1

“I believe, I believe firmly, and I see that the Spirit existing in my own inner-being and the Spirit pervading in the space and sky, are the same. The both are arising from the ultimate Spirit which we pronounce as God.”

Perception 2

“O! my lord, sometimes I see that you are the whole and I am a little part of the whole, sometimes I see that you are the master and I am the servant, but when I perceived the reality of wholeness, then I find that you are I and I am you. There is nothing like you and me but there stands a big, great & grand omnipresent power, scientifically we call it as Big zero '(0)' spiritually we call it as 'Almighty God' 'Allah' 'Eish' or 'Parmeshwara' ".When this big Zero expands its circumference then only within its 'magnetic compass' or within its own periphery born out the cosmos and universe, the stars and their light, the Heaven and Earth. Actually, the soul of each one, takes its birth from the light of the stars and the wrapper/ cover of the souls i.e. body of each-being take its birth from the soil and mud of the Earth”.

If one, is able to develop the full faith on this fact that the 'spirit prevails in the space', then the blue-sky is the witness, otherwise, in case the man has no faith on presence of spirit and spirituality as a scientific subject, then, the history written by human-being is the solid witness that:-

“All those, whosoever, have succeeded in cutting/breaking the string of attachment with the 'ever changing worldly affairs' go straight forward to the place of gods and goddesses and on the high ridge of Heaven they(such persons) stand as the 'exalted Self-being' or as the 'enlightened soul”.

The Voyage of Soul

Now, with the above back ground of mind and the solid Platform for Psyche, we are, now, ready to proceed further or go ahead on the following pious roads reaching at the point of desired Destiny or at the edge of our own desired destinations :

1. Journey towards Ever Lasting Pleasure and Happiness,
2. Journey towards Achieving of Peace and everlasting tranquility, source of creativity,
3. Journey towards salvation of all Problems,
4. Journey towards Recharging/enlightening of our own Soul with Cosmic Energy.

5. Journey towards meeting with or sub merging in the God-Power.

The water flowing or gushing with its full force towards the sea, have the purpose behind this voyage, is to see the sea, to meet the sea or to sub merge in to the water of the sea ?Exactly similar, is the story of all beings, existing on to this earth or existing within the space or in the sky. The light of the lamp is aiming at to submerge with the light of the Sun, the light of the sun wishes to submerge with the lights bigger stars. The soul, the most pious and most brilliant light, always aims at to submerge with Supreme light of God. By the virtue of their inherent nature, the smaller particles have the craving of, to be in association with the bigger one, the bigger parts wishes to assemble with the biggest 'One'.

Reversely, the biggest, the largest, the 'Super Most Power' wants to reign or spread over the entire universe, cosmos, space and sky. All this phenomenon i.e. The Directional and anti-directional game of all the natural beings is, cumulatively, called the Play of God. We as the human-being are most wise and intellectual part of this super game, are supposed to know and be aware of all the positive and negative faces of the play.

Though it is very difficult to believe and apprehend for the mind of a normal-man but reality is the reality whether we believe it or not. In fact there exists five everlasting, never decaying cosmic forces. Individually these five forces are called:-

1. God,
2. Space,
3. Time,
4. Sound
5. Life-Force.

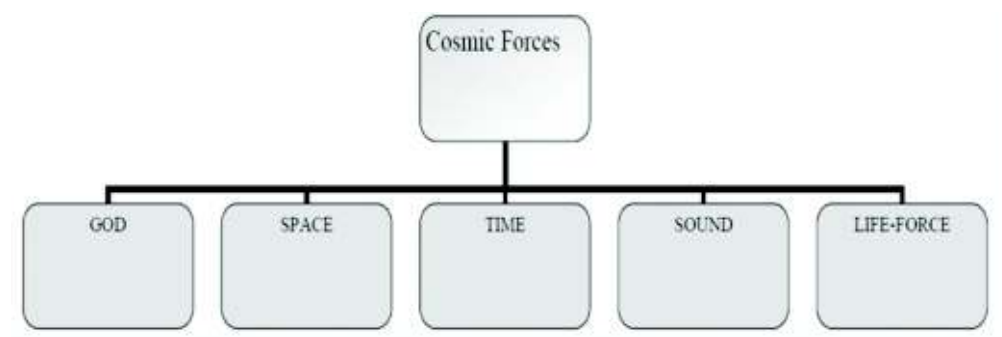


Fig 3- Five universal Forces

and collectively these forces are addressed as : The Great God, The Almighty God, The

Absolute Power, or The Supreme-Being. The prime quality of God is the quality-

- Self creativity
- Self growth,
- Self expansion
- Self-annihilation.

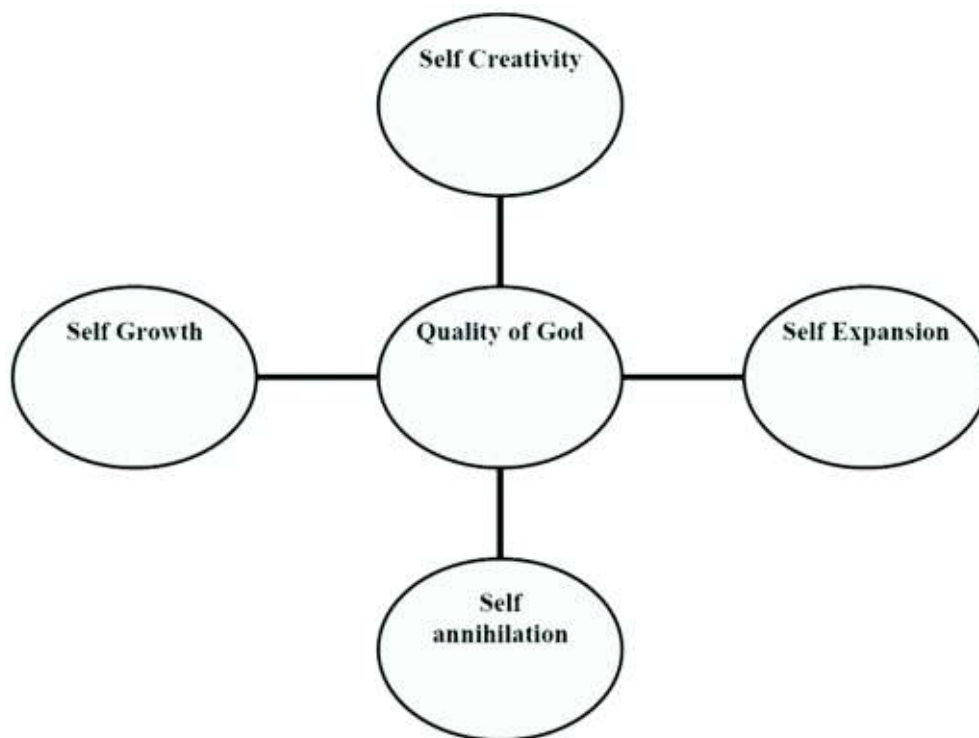


Fig 4 - Quality of supreme Power (GOD)

If we, look at the natural phenomenon, or the manner of functioning of 'Nature' the very fact will immediately be clear that nothing is happening smoothly, nothing is going on in a straight direction. There is lot of ups and downs. The Sun, in the early morning rises in the east and up to the middle of day, it takes an upwards journey, and after noon the Sun is bound to take the down wards voyage. In the evening the Sun is set, the darkness is on, the light has gone. Just in 12 hours' time, the scene is over. The chirping birds have to find their nest. The same principle is applied for the period passing an Year, a few months bear the cold, others bear the heat, some are dusty, the very rare are neat & clean. The human life is also sitting on

the same boat going through the ups and downs, pain and pleasure, getting the birth and ultimately embracing the horrible death.

At this very perplexing/ crucial juncture, a wise man unexpectedly appeared on the sight and revealed the truthful facts and the reality hidden behind the curtain. He suggested that:-

“Each and every person should open the eyes of his own wisdom and look, not only, at the light of Sun and the light of Moon, but also see the light of the numerous stars, which are happily and peacefully twinkling in the sky. They are happy even in the absence of the light of the Sun. They are dependant not on the mercy of Sun but they have direct link/relationship with God. He said that only those, who are related or linked with the earthly affairs, are bound to bear the grunt of pain of the ups and downs, loss and gains the Births and Deaths.

That wise-man further expressed sorrow for interruption. He told that suddenly two similar words of English language flashed in to his brain cells. First word is 'Soil' and the second word is 'Soul'. Then a question arises, what is the relevance of these two words, at the time, when we are thinking about the spirit and soul-power. An automatic reply has also emerged in to his mind and he further said. “Soil is a part of this Earth, while the soul is the part of Heaven. Moreover soil is an essential element for sustenance of life on this Earth, while the Soul is an essential element for living in the Heaven”. A pause for few moments..... Short while that wise man again resumes his speech with more humble and sweetened voice, having a pleasant smile and astonishing splendor on his face. He clarified another major difference between these two words (Soil and Soul).

“Though, both the words are made of four letters of English alphabet. Three letters (S o l) are common in both the words. The difference is; of only one letter i.e. The word soil has 'i' in between the other letters, while in the word Soul, 'i' is replaced by the letter 'u' pronounced as 'You'. The Letter I denotes I myself, expressing an egoistic meaning, while the word 'you', gives a submissive meaning i.e. presence of God. 'I' denotes my power, while 'You' is the indicator of 'God Power”.

“I myself, my Body, and my Mind should dance in the entire universe, presuming the whole universe is their stage. But I myself, my wisdom, my flawless knowledge and my soul, should fly over beyond the boundary of space and sky and dance in the 'Heaven' and have the presumption, as it is the only (the only) permanent Abode for all of them.”

Let all of us take the rest at our home, there prevails, the peace, the pleasure, and happiness, all around. No pain, no worries, no tension. Attaining of this stage, reaching at this height, is the only purpose of Human-Life.

*God alone is the super-most power,
Soul is the only super-most Particle,
Men posses the biggest piece of soul,
Let us remove all tensions & worries,
Balance remains "Peace & happiness"*

An Easy Way to Strengthen the Soul

The egoistic pursuit of life, the lust for getting sensual pleasure, the materialistic bent of mind, are the three main causes for weakening of the strength of Soul. From time to time, the weakened Soul needs to be recharged by adoption of the following Methodology.

The journey of thought-waves has to be restricted from 'movements' to 'stillness' and from listening of sound to the state of silence. Besides the body, mind and all its intellectuality, the heart and sentiments, there is some unique element within the persona of all human-being. This element is always expanding, never decaying. That element is worth of knowing. The physicians say that the functioning of mind starts from the brain, the psychologists claim that the compassion, love, attraction, endurance, inspiration, the power of taking firm determination, resolution etc, which are the essential factors for bringing the greatness in to our personality, are the product of heart.

Goodness of a man comes from the mind; the greatness of man arises from the heart. We have still to know the source of divinity and Divineness of a man? One has to think over it, again and again, if he has the time. Someone said, when Time Matures the answer is automatically come forwards.

Keep the silence; maintain the patience and inner tranquility, endlessly your spine will tell the story of your Soul and the procedure/mechanism of Enlightening our Soul will also be automatically getting start. This phenomenon is as simple as the automated functioning of the systems of metabolism, blood circulation, respiration etc. If we look, with a clear and unbiased mind, completely free of any right or wrong notion, previously conceived, at least one the simple way of Nature's Play, is revealed, "that the Nature has put the life-force in to the smallest particles of Oxygen and the capacity of absorption of the life-force has been bestowed upon the tiny cells of the blood. Here only problem is that, with the help of our naked eyes, we are neither able to see the life force, nor the micro particles of Oxygen or of the Blood-cells. Then under such a mysterious, situation, how we, can behold the idea that a time will come when through our outer eyes we, shall be looking at the glory of God.

But one thing is sure that by the process of purification of our thought waves and cleaning of our sentiments we shall surely be able to develop the following three super extraordinary forces, the so called the super most spirits of human-being :-

- 1) the force/spirit of 'Clairvoyance' the exceptional inner faculty of insight,
- 2) the force/spirit of 'Clairaudience' the exceptional inner faculty of listening,
- 3) the force/spirit of 'Epiphanic-Consciousness' the exceptional inner faculty of absorption, inspiration, realization & apprehending,

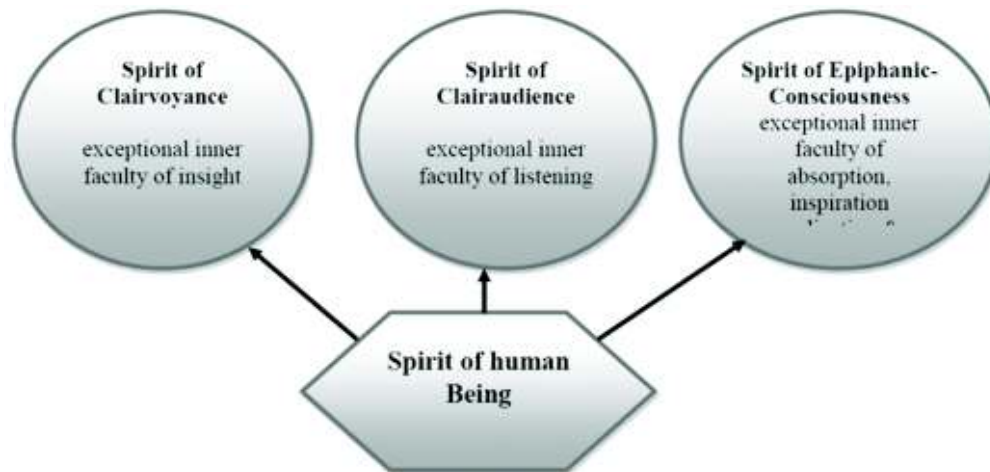


Fig 5 - Spirit of Human Being

These are three dimensional heights and depths of human approach. On culmination of these superb human attributes/virtues, a MAN can claim:

“That Nothing is Concealed Beyond the Reach of Man'
 One can perceive the Spirit of his own Soul,
 One can reach, even, at the Land of the Lord”

The Nine Great Givers, Helpers and the Pioneer Guides

Under the Umbrella of Sky or within the entire area of the Cosmos, there are Nine major powers, only, on which we can depend upon and hope, that they will be delivering something good during all times, irrespective of the quality of time. Either it is a good time or it is a time of trial of our spirit of endurance and patience. These powers are ever-ready at all times, to extend the helping hands, they are said to be 'the all times sympathizers':-

1. The Parents,
2. The Planets,
3. The Earth,
4. The Sky,
5. The Stars,

6. The Black-holes,
7. The Blank- space i.e. the space of Angels and Deities
8. The Self created Virtues and good Attributes,
9. The Supreme-power or the Absolute energy, though existing everywhere,
But perceptible 'nowhere.

Conclusion

The sole, the prime, or the ultimate aim/objective of our life is to find out a permanent solution of all the problems (i.e. Salvation, deliverance from sin and its consequences, full safety from pain, losses and calamities). This holy objective and divine purpose of our life, leading in human form, can be achieved or fulfilled by the very simple method of:

*“Learning the Art of Managing our own Mind, and
Learning the Art of Enlightening of our own Soul”.*

Life is a never ending process; everyone at all times has the option to put forth a step ahead.

*Go on upwardly.....
Even the sky is not the limit.
Go on the road of improvement and
Pass on through the process of purification,
The stage of complete purification is point of
Melting the 'I'ness, & starting of transformation of
Egoistic tendency into Goodness and into The Great Godhood.*

As long, we are here, living on the surface of this Earth Planet, we have to cultivate the pious sense of sympathy and compassion for all. The whole atmosphere itself will blossom in its full swing to make the air fragrant, make the rivers singing along the valleys, and every bird, every beast and every child will bear the same smile on their faces, i.e. the smile of compassion, unity, and fraternity, as if they all are born out, from the same source of the Nature, same force of the Air, and as the Sons & Daughters of the same Sky. The Earth, The Heaven & The Sky Shall Be Linked With The One & Same Cord of Affection, Respect and Regards for All-beings,

The Stars in The sky shall be twinkling, the deities in the heaven shall keep on dancing.

The men on the surface of this Earth shall Keep on smiling, shall keep on smiling,

keep on smiling, smiling and only smiling

We must apply ourselves well in managing our interior if we wish to have a good, stress-free life. Therefore nourish our mind & soul with cosmic energy & spirituality .Because The

fatigue of mind causes ill health which is the root cause of depletion of energy which means discharging of the battery of soul because of the loose connection or disconnection from super-soul. Therefore we should connect the wire of soul to the electric or power of super soul (GOD) and positive energy of universe.

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