

***The Astonishing Power of the Bio-physical
and Subtle Energies of the Human Body***



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The Magnetic Ocean in the Human Body

Human body is a wonderful creation of the supreme natural power. It is endowed with all the physical and conscious energy forms existing in the universe. The living system of human body can be identified as a grand magnet or as a moving electric powerhouse. The human-magnet through its vital energy can affect and get affected by others. An in-depth study and controlled utilization of such effects at (bio)physical and subtle levels offers challenging and important research problems in advanced science.

The source of biomagnetism in our body gains energy from the earth's gravitation similar to what the latter gains from the sun. All the universal magnetic forces affect the biomagnetism of the human body. Vital energy levels of a person vary according to the biomagnetism of his/her body. The visible effects of reduction in this magnetic power are: dullness in eyes, spiritless face, dry skin and lethargic body. Feelings of oblivion, illusion and fatigue are common in people with weak biomagnetism. Elevated levels of biomagnetism on the other hand, give rise to corresponding increase in the general activeness, charm, enthusiasm, sound memory and intellect. Persons having more powerful biomagnetism naturally attract and influence the weaker ones.

The reception of cosmic radiations by human-psyche is also characterized by the latter's biomagnetic quality. The north pole of the human magnet is said to reside in the human brain. The formation of an **aura** (halo of light) around this vital organ is a result of an upward bioelectric flow near the subtle pole. The south pole of the human-magnet is situated near the genital organs. The sexual activities are controlled by the vital energy through this pole. Excessive stimulation of this pole results in severe loss of the vital energy.

The body's biomagnet can be made more powerful by a consistently upward flow of the vital energy. Dr. Albert Abraham of San Francisco defines the human body as a whirlpool of magnetic energy waves. A living human body continuously emits and absorbs these energy waves from its surrounding fields. Dr. Abraham's research indicates that the rate of electro magnetic energy through a human body is of the order of 80×10^9 cycles per second; the rate of receiving energy from cosmic radiations however, is much higher. The technique to measure the electromagnetic- energy emitted by a body was also developed by Dr. Abraham. This technique is called **Radisthesia**. Dr. Abraham's measurements showed that the rate of emission of energy is maximum from the brain, eyes, finger-tips and genital organs.

Advanced research in related biomedical sciences has shown that the mutual adjustment of the magnetic fields among various tissues and cellular interactions control the normal/healthy functioning of our body. The continuous circulation of blood due to the minute iron and other chargeable particles in the RBCs results in a consistent flow of an electric current. The electric field generated thereby also creates a biomagnetic field inside the body. The iron and other charged particles thus provide energy for various ionic flows at the cellular and organ levels. Because of the highly complex but extremely well balanced electromagnetic interactions between a large number of constituent macromolecules, each healthy cell in the body is like a string power storage/supply unit. Any imbalance (due to the intercellular and the extracellular ionic flows) in the cell's electromagnetic activity amounts to a loss of the vital energy which results in a reduced resistance to various diseases.

A group of scientists working at the Leningrad University have successfully detected the presence of biomagnetic fields in the human body. They argue that an excessive stimulation of such fields in a person may create serious problems for his/her mental and physical health. John Michael and Robert J. M. Richard have described many incidents of such effects in their book entitled 'Mysterious Phenomena'. Some of these incidents are described below in brief.

Investigators at the Ontario Medical Association, Canada observed a case of one Ms. Carolina Clair who possessed an excess of biomagnetism. With a little stimulation her body-magnet was able to attract and stick iron made substances like knives, spoons, nails etc. Similar presence of biomagnetism was observed by some scientists in the fingers of a female student at Maryland University. She was able to hang a 1 ft X 1 inch iron rod in the air by a mere touch of her fingertips. Compass needles placed near her used to stop functioning. Even the people in her proximity would feel being pulled by an unusual force of attraction.

A man named Frank Mac-Quinstry in Jopline, Missouri (USA) was sometimes unable to walk because his feet would stick to the earth in the stimulated state of the sensitive biomagnet of his body. Pulling off by a stronger external force used to be his remedy in such situations.

Noted psychologist Prof. Victor E. Kromar has investigated the role of mental power (will power) in controlling and utilizing the biomagnetic power of the human body. The experiences and experiments of Dr. F.A. Mesmer of Australia are well known in this regard.

Due to the unavailability of proper medicines, Dr. Mesmer once found himself helpless in controlling the excessive bleeding through a patient's body. In this desperate situation, Dr. Mesmer began to move his hand on the wounded spot; he observed that the bleeding miraculously stopped after a while. Inspired by this incident, Dr. Mesmer conducted many experiment to study the associated effects. He concluded that it is some kind of electromagnetic field existing in his finger-tips that affects the bodies of his patients. This power was given a name **biomagnetism** by him. Dr. Mesmer's research led to the foundation of **Mesmerism**. Later, Dr. Van Helmond also gained popularity because of his successful experiments in curing mental and physical diseases by Mesmerism.

The pain killing treatments given to the German dictator, Adolf Hitler and his friend Helmer by an Estonian, named Christan are historical examples of the applications of Mesmerism. Christan is also said to have used his hypnotizing power on Helmer to liberate over a hundred thousand innocent people who were captured by Hitler.

An expert user of Mesmerism actually influences the will-power and the nervous system of others by his/her own bioelectromagnetic power. Subtle effects of such experiments lead to the transfusion of the *Prana* (vital energy) of the performer into the body of the patient.

The Greek saint and Doctor, Hippocrates had great faith in the power of vital energy. His philosophy states that - as the body survives because of the power of the soul, it should not be difficult to cure and regulate its healthy state by using the vital energy supplied by the power of *Prana* (vital energy). A Scottish philosopher, Mr. Maxwell had a similar belief. He had opened a training center for spiritual healing. Another European named Eschulepious was famous for his treatment that included a few sessions of touching a patient and exhaling on the latter's mouth. An English priest named Father Dued was also known for similar expertise. A London based gardener named Lanhert gained popularity due to the healing-effects of his finger-tips.

In the recent past, a group of Parapsychologists headed by Dr. Thalmamos has experimented on some spiritual healers including celebrities like Dr. Marshal Warshey. Dr Warshey a urologist by profession, was known in the western countries for creating 'liveliness' in the patients by a mere touch of his finger tips. Many otherwise noncurable complaints of headaches were also reported to have been cured by this spiritual healer. The immense physical power of the vital energy has been discovered and investigated by different groups of scientists under different names such as- Biomagnetism, Bioplasm, Actoplasm, Bioflux etc. The manifestation of this power is negligible in plants and other organisms as

compared to that in the human beings. Dr. Kerliyan and Dr. Thalmamos chromo-recorded these energy fields around the human body by using the Kerliyan and Argon photographic techniques. Theosophists call this 'energy-cover' as the **Etheric double**. Supernatural and spiritual powers are found to depend on this biomagnetism/vital energy.

The practices of Meditations and *Pranayam* as described in ancient Indian scriptures can provide desired effects in the improvement and control of one's biomagnetism. Before going-in for such practices one must realize that it is essential to avoid any wastage of this great power (vital energy) and to properly use it by mental control over thoughts and the sense-organs and by practicing an austere life.



The Subtle Science of the Human Body

An unlimited resource of electrical energy forms the basis of Nature. The discovery of this fact and persistent efforts to utilize this immense power of Nature has been of great help in scientific and technological developments of our age.

The space between the earth's strata and the Ionosphere contains positive potential of about 3×10^5 volts while the earth's interior contains an equivalent amount of negative charge. On an average, every living organism on the earth bears a subtle electrical pressure of the order of 5 *volts/meter* created by the lowest layer of the ionosphere situated about 60 Km above the earth's surface. This potential generates an electric current in the human body which is a good conductor of electricity. The measurements by sophisticated instruments have shown that this current is of the magnitude of 10^{-16} amp.sec/cm². At a first glance, this small quantity of current may appear to be negligible. Nevertheless, its effects are incredible because of the existence of some subtle power centers in the human-body as described below.

The scientific exposition presented here is focused on the subtle power centers in the human-body whose existence is manifested in the forms of **bioelectricity** and **biomagnetism**. The subtle bioelectrical energy provides the vital force for the body's functioning and governs mental activities. Human body simulates an 'ocean' consisting of infinitely many 'rivers' in the form of blood vessels and the nerves. Each respiratory cycle gives rise to high and low tides of currents in this 'Ocean' at an average rate of about 15 *cycles/minute*. The technique of electric power generation from the tides and cyclones in the sea water is well known today. However, very few people know that the electric ions inhaled from the surrounding atmosphere during each respiratory cycle give rise to a powerful electrical flow in our body. The ancient Indian sages (Rishis) had an in-depth knowledge about this current and its utilization for higher purposes.

Our body can be represented as a grand powerhouse. The brain and the heart work respectively like the generator and the transmitter of the bioelectricity (ionic currents) in the body. The bioelectric energy is distributed amongst the body's cells as per their functional requirements. This electricity, in conjunction with the subtle (vital) energy of a person, generates biomagnetism which in turn manifests itself in the aura (halo of light) around one's body or in the region of attraction in one's personality.

It should be noted here that biomagnetism is a conscious power which can affect the material as well as the conscious forms existing in Nature. If this subtle vital energy could ever be measured as electromagnetic energy, it would turn out to be the greatest gift from the Creator of the Universe endowed upon the human life. The saints of yore had found that biomagnetism can be experienced in spiritual people whilst communicating with them in their physical presence or in the state of deep meditation. Supernatural abilities can be developed by controlling the use of this energy through different spiritual practices. This energy then helps in communicating with the subtle world of consciousness pervading the entire universe.

Human consciousness is a part of the universal divine consciousness and the extent of the manifestation of the latter via sentiments, thoughts and deeds of the former depends on the level of above mentioned biomagnetic (vital) energy. The subtle energy is an integral part of all the cellular and molecular constituents of the body. Its physical existence in all the cells, tissues, neurons, enzymes, glands etc. is as homogeneous as that of the dissolved salt in the sea water. The overall intelligence, sharpness, health and activeness (called *Ojas*) of a person is maintained by the vital energy. The subtle energy also inspires the brilliance (*Tejas*) of thoughts and the divinity (*Varcas*) of the innermost sentiments (*antahkaran*).

Great personalities with higher spiritual level naturally have their subtle and astral bodies in the awoken state. The power of their biomagnetism can be easily seen in terms of their aura around their physical body especially around their face and fingers. One finds divine attraction in them. Their company inspires godliness in others. People with low biomagnetism on the other hand, induce a kind of repelling force and dullness in their surrounding atmosphere. In spite of good physical looks and body-built etc. they appear to be 'lifeless' and abominable. Similarly the biomagnetism of people with negative personal traits (cruelty, or loose-character) spread corresponding harmful effects in its vicinity.

The ancient Indian scriptures describes in detail, the science, philosophy and methods of practicing various spiritual processes (*Yoga and Sadhanā*) meant for increasing the 'positive' biomagnetism and thereby nourishing the will-power, intellect and other mental and physical abilities. These methods deal with micro-subtler forms of the vital mechanisms inside the human body.

The atmosphere above the earth is charged with the strength of a wide variety of energy waves within or beyond the range of the X, Gamma, Beta, Infrared, Ultraviolet, or laser types of radiations. The human body constantly receives

such cosmic radiations and transmits similar ones in the surrounding atmosphere. Enormous amount of this energy remains stored in the human body and manifests its power in terms of its various macro or molecular functions governed by universal physico-chemical laws. The powers and capabilities of the subtle human body (a continuum of above mentioned storage of cosmic energies linked with the vital energy), however, are unimaginable. This unlimited source of power remains unutilized because of our ignorance about its existence.

Recent scientific research indicates that the geomagnetic pressure and the electrical field in the earth's atmosphere are essential not only for the biophysical/biochemical functioning of our body but also for our mental creativity. The feelings of fatigue, dizziness, lack of decision-making abilities observed in the astronauts when they are away from the earth's atmosphere gave rise to the hypothesis which was confirmed by a series of systematic experiments. In other experiments the astronauts felt perfectly normal while traveling in the space-crafts where the earth's atmosphere was artificially created. Drs. Dendaniel and Kentberg have shown that longevity and reproductively also depend on the electrical waves received from the external fields in the atmosphere. The pollution of the natural atmosphere and adoption of artificial life-style by the human society has resulted in a decrease in the level of the above mentioned electrical flows and the capacity of human beings to absorb these waves. The reductions in the average life of an individual and the increased incidence of impotency in modern age are obvious off-shoots of this imbalance.

The huge electric capacitor of the earth and its atmosphere is called the **Global Capacitor**. This capacitor is dynamic and continuously subjected to electrical fluctuations. It emits the waves of natural frequency range of about 7 to 8 *cycles per second*. These waves constantly resonate between the earth's surface and the ionosphere and give rise to the **Schumann Resonance**. It is a significant coincidence that these waves closely resemble the electrical waves that are active in the human brain. Both are active at the same frequency. In a book entitled 'The Circadian Rhythms of Man' the author, Prof. R.A. Ved described how the biological rhythm of the functions of a human body and the electromagnetic fields in the surrounding atmosphere influence each other.

Further, a strong electrical field also exists deep inside the **Geonucleus**. An electric current of about one ampere is flowing in each cm² of this region. As this current spreads throughout the geosphere it gathers strength and begins to follow a spiral path. This current gives rise to the electromagnetic storms which also influence various cellular and molecular components of the human body.

In facts, our universe contains an organized system of electromagnetic waves. This universal system not only controls the mutual attraction and movements of various planets at the macro level but is also responsible for all the continuous motions and activities at the atomic and the micro-atomic levels. Energy in the form of electromagnetic waves exists everywhere in the universal 'ocean' of Ether, where it forms an omnipresent cosmic flow. The level of this cosmic energy existing in a person is manifested by the aura around his/her body. One can receive and subtly store any desired amount of the universal vital energy by the proper practice of the *Pranayam Sadhana* of *Yoga* with strong will-power and faith.

The mechanism of absorption of the above energy and the regulation of biomagnetism would become clearer when we consider the following features of human body:

The Physical System of the Human Body

In continuation of the discovery of genes and neuropeptides, the molecular and (neuro)biologists and physicists have also discovered some macromolecules responsible for bioelectrical functioning. It is found that a powerful electrostatic field exists in most tissues of our body. These electric fields activate the neurons in the brain and, under the energized control of small amounts of neuropeptide, affect the membrane potential across the cells in other parts of the body.

The human body consists of over 75×10^{12} cells. There exist an electrical potential of about 60 to 90 *millivolts* across the membrane of each cell. The body is thus a strong electrical powerhouse. Every important function of this system- such as the heart beating, nerve and muscle stretching and contraction, hormonal secretion, information processing by the central nervous system etc. - involves electrical activity. During respiration we inhale **negative ions** which are absorbed in the blood corpuscles and are spread throughout the whole body with the circulation of blood. These ions are discharged back into the atmosphere through the skin pores. This electrical cycle continues throughout our life.

The endocrine gland (*Sushumna Nadi*) is described by the scientists as a permanent electric dipole whose negatively charged lower (south) pole resides in the Kava Equina (*Muladhar*) in the centre of the genital organs and the positively charged upper (north) pole lies in the cerebrum (*Sahasrar*). In all living organism the electrical flows through the spinal cord are directed downwards. Distinctly, the human body alone is enriched with such a strong vital energy which if evoked under proper *Sadhana* processes of *Yoga* would reverse the direction of

this flow and strengthen the functioning of the brain by activating the otherwise unused subtle centers of energy existing there.

The total electrical pressure of about 10^5 volts per centimeter exists in the human body which is continuously lost by exhalation through the skin pores and the genital organs. This loss could be reduced by dedicated practice of the control (*Sanyam sadhana*) processes of yoga and meditation as described in the ancient Indian scriptures. The electrical energy saved thereby could be utilized for elevating one's biomagnetic level and lead to an increase in one's charm, activeness, courage, patience, sharpness etc. Under specific spiritual practices this energy could also be used in awakening of the subtle parts of the innermost center of the divine sentiments existing in every human being. Spiritual experts examine the personality of an individual by 'reading' the (biomagnetic) aura around his/her body and suggest the appropriate line of practice accordingly.

The Mysterious Subtle system of Human Body

The visible structure and function of the human body is wonderful in itself. More peculiar are its inherent, imperceptible and subtle aspects. A mysterious and all powerful world of electromagnetic waves and neurochemicals is hidden inside this system. For a complete decipheration of the complexity of this system, it would be beneficial to consider the sayings of the *Upanisads* and other scriptures as theorems and propositions and plan the theoretical and experimental investigations to prove or solve them. The eleventh Mantra (counsel) of *Isopnisad* says - 'One who learns from the known as well as the unknown overcomes the knowledge of death and eternity'. In other words, only the interlinking of material based scientific research and the realization of the invisible subtle powers through spirituality would lead to a complete understanding of the origin, structure, functioning, and purpose behind the living human-system.

Our body with this bioelectrical property functions like a dipole magnet whose north pole resides in the central brain and south pole in the center of the genital organs. Scientists claim that its polarization process is similar to the polarization of the earth and that it begins right at the level of a zygote. Mitotic and/or meiotic divisions occur after this polarization. An electrosensitive micron-image processing of even a child's body can show the **halo** of light (etheric dense spots) near the brain and genital organs. The north and south poles of the bioelectric magnet of human body match respectively with the term 'Sahasrar' (in central reticular activating system) as referred in the description of 'Kundalini' (galaxy of energy sources) in spiritual science. *Sahasrar* and *Muladhar* are described as the

terminal points for the subtle energy and information processing inside the body's universe.

In his book "The Field of Life"(John Wiley 1972) Dr. Sexten Berr writes that the high magnitude of the electro-potential difference between the two poles of a zygote is amazing. This bioelectromagnetic property naturally has an important role to play in the multicellular development of this single cell into a whole human body. In fact, the sperm itself is a dipole in which the upper pole carrying the nucleus is the centre of information and the lower pole, the tail, contains energy for transmitting this information. These poles ultimately perform the roles of RNA and DNA in the cell.

The continuous and controlled flows of electric currents between the involved cellular dipoles play the key role in embryogenesis and the complete development of the body. According to Dr. Jean Mark (Science, Issue 1 in 1981) electrophoresis is fundamental to various cellular processes occurring inside the body. Even the circulating RBCs and WBCs rely on electro-secretions through their membranes.

Maximum work on electrophysiology is reported to be on the cardiac pacemaker and the conducting tissue which controls the pumping action of the heart. Electrophysiological phenomena have also been studied microscopically in spinal cord (*Sushumna*) and connecting sympathetic and parasympathetic ganglions. Transport of calcium ions across the cell membrane is found to be responsible for the bioelectromagnetic properties of the cells.

The terrestrial magnetic lines of force enter through the geomagnetic north pole of the earth and exit from the geo-south pole. The reception and transmission of cosmic rays is also most effective at these poles. The charged high speed solar rays are always concentrated at the receiving center (north pole) and are dispersed at the exit (south pole). Geographic south pole also plays the exit door for heat and pollution gathered at the geo-north pole. These examples are cited to explain the importance of polarization stored in our body too. The successful development and control of the two poles in the human body results in the external appearance of the *Tejovalay* (aura) at the upper pole.

The spinal cord is like a connecting wire that transmits bioelectric power transmission from the central nervous system to all sensory organs within a thousandth part of a second. The spinal cord is made up of collagen tissue constituted by the compact assembly of stable protein molecules. The upper end of this cord (of nerves) is charged positively while the lower end is charged

negatively. In terms of the tissue structure this cord forms a coiled cluster at the lower end and spreads at the upper end to form an elliptical surface of the reticular activating system in the brain. The body's immense electrical energy is centrally stored at this place. Due to its hidden storage and nullification due to opposite charges it is usually difficult to measure the electric fields by electroencephalography. This is the reason why EEG is considered to represent only about 13% of the entire brain functions.

In the Indian scripture on *Yoga*, these electrical fields and the center of the pineal-hypothalamus-pituitary system of neuronal transmissions is termed as the *Brahmrandhra* and *Sahasrar*. This end (*Chakra*) is described to be the station which receives the cosmic signals and subtle transmissions from the universe. Under proper spiritual training, the desired supernatural powers could be received through this end and the evil effects could be discarded through the *Muladhar* (the lower pole). The quality and extent of the reception of the 'current' of cosmic energy at the upper end (the *Brahmrandhra* and the *Sahasrar*) of the dipole magnet of spinal cord depends upon the mental and spiritual level of the person. The way the cosmic rays received by the geo-north pole of the earth and the waste thereafter is thrown out through the geo-south pole is similar to the subtle process of the reception of cosmic signals at the upper end (*Sahasrar*) of the spinal cord and exit (after necessary absorption and processing at different centers, *chakras*, along the spinal cord) of the unused part through the lower end (the *Muladhar*). In Indian scriptures on *Yoga* and *Kundalini*, the *Muladhar* is described to be like a deep pond and *Sahasrar* like profound mountains simulating (figuratively) the kailash peak of the great Himalayas; the conformity and union of the two *chakras* (*Muladhar* and *Sahasrar*) is considered to cause eternal bliss of the complete merger of the individual self (*Atma*) into the ultimate, unlimited universal self (*Paramatma*).

At the *Sahasrar* the cosmic rays form the aura (*Tejovalay*) specific to the consciousness and vital energy of the receiving person. One might ask whether it is possible to photograph or record this aura of vital energy at the upper pole of spinal cord like the visual recording of different features of polar spectrum at the terrestrial north pole? Will this aura resemble the sort of bright sphere (halo of light) picturized in the different images of Gods and Goddesses in the ancient books? The answer to these questions is affirmative as published in the two volumes of 'Psychic Discoveries Behind Iron Curtain' and in other references cited in the earlier articles published in *Akhand jyoti* on topics covering the microsubtler effects. Kerliyan Photographic techniques have made it possible to record the aura (halo of light). Dr Narendran, a neurologist at Madras Medical College is reported to have recorded the vital energy zones (halo of light) around

other parts of the body including the fingers. The Kerliyan technique of sensing and recording of micro-ionic energy spheres of subtle form is a remarkable scientific achievement after the development of Thermograms and Electromagnetograms in the recent decades.

According to Dr. Narendran, the intensity of the aura increases with the level of vital energy. It exists even in inanimate matter and in plants and trees but is difficult to be photographed due to low intensity. For measuring the aura in normal human beings a 'high-voltage projection recording' is done using a modified version of Dr. Kilner's instrument (original design developed in 1949). Researchers in this field opine that the measurement of the aura and the analysis of its spectra would be useful in understanding the mental state of the patients and would, therefore, add to the psychosomatic means for diagnosis and management of diseases. According to them, the knowledge about this new branch of science existed since ages but was misinterpreted due to unscientific practices of Mesmerism, Holography etc.

Using the **diasynine** screen Dr. Kilner had shown that the distribution of ions in the atmosphere surrounding our body is affected by the number of dead cells being disposed off through the skin pores and the extent and rate of cell decay is associated with the level of vital energy, hence a relation between the aura (visualized due to ionic zone) and the vital energy.

He mentions in his book entitled 'Human Atmosphere' that due to their tiny structure the charged-particles in the aura remain invisible, however, people with supernatural powers can see and measure (read) the aura.

The present state of investigations in this area indicates the beginning of a collaborative research between the physical and spiritual sciences. Further information on the physical properties of the aura will successively be published in this magazine (*Akhand jyoti*).

Complete knowledge about the subtle mechanisms of the living system will help unveil the mystery of the universe. This in turn will increase our faith in the supreme powers of its creator and hence in humanity in the truest sense.

The *Suksamikaran sadhana* (spiritual process of sublisation) is a consistent and phased process of the realization, unification, expansion and conversion of the individual consciousness into the supreme universal soul. Integration of science with spirituality will one day brighten the knowledge about this *Sadhana* and make its practice available for the benefit of every living being.

As we proceed to know more about the subtle mechanisms of the living-system within us, it will become clearer that the power of consciousness (*Chetan satta*) is far superior to that of matter.



Five Important Levels of the Human Consciousness

The science of spirituality deals with all the subtle and physical level of the conscious body. Experts of this science can perform supernatural experiments on the physical body. They experience more and more blissfulness as they realize higher and subtler levels of consciousness. The five important levels of the human consciousness are: (i) the physical consciousness (*Annamaya Kos*) which is manifested in the activities of hormones and enzymes etc., (ii) the awakened consciousness(*Pranmaya Kos*) which is active in the form of bioelectricity, (iii) the psychic consciousness(*Manomaya kos*) which gives rise to biomagnetism, (iv) the intuitive consciousness(*Vigyanmaya Kos*) and (v) the beatitudinous consciousness(*Anandmaya Kos*) which subtly exists in the Reticular Activating System in the Cortical Nuclei.

The human body is a complex ensemble of interlinked systems of over 75×10^{12} cells. A large number of independent 'powers' govern the activities of its various constituents. The 'power' behind the biochemical activities of the nucleic acids, genes and chromosomes in reproduction and other genetically controlled processes is an example of such creative powers. The defensive power of the body is manifested by the immune response. The vital power linked with bioelectricity and biomagnetism is also amongst the most important subtle powers existing in our body. Due to their manifestation in the form of (bio)physico-chemical activities, the presence and extent of these powers can easily be measured by the technique like tissue histology, ECG, EMG, ELISA etc. The subtle effects of these vital powers are tremendous. These can be awakened and experienced by certain spiritual practices.

The spiritual *Sadhana* processes of *Kundalini Jagaran*, *Satcakra Bedhan*, *Yogatrayi*, *Panckosa Jagaran*, *Suksmikaran* etc. are similar with respect to the fact that they are aimed at the controlled awakening of the subtle levels of consciousness in the human body. The great knowledge of subtilization of the consciousness and the details of related spiritual practices are described in the ancient Indian scriptures. Experiments in this direction should be performed under proper guidance and only after an in-depth understanding of this interesting but difficult field of knowledge. We shall focus here on the manifestations of the subtle consciousness in terms of the controlling of neuro-hormonal processes.

Hormonal activities begin right at the level of embryogenesis. Even before embryogenesis the electrical energy necessary for stability of the sperm is 'supplied' by the mother's hormone. The transmission of *Sanskaras* via genetic

information also takes place with the help of these hormones which ultimately govern the development of the body and the personality as a whole.

When the embryo after developing into a complete body enters the outer ionic environment, then its protection from the harmful interactions and appropriate control of its adaptive processes is also governed by specific hormonal activities. The secretion of hormones is controlled by the subtle consciousness existing in the brain. The seven glands, namely, the Pineal, Pituitary, Thyroid, Parathyroid, Thymus, Adrenal and Gonads, spread from top to bottom within the body and control all the biochemical activities during its lifetime by the secretion of various hormones. The secretion of hormones inside a human body also maintains the psychology of the corresponding person. The sexual abilities and temperament of a person depends largely on the levels of specific hormonal activities in his/her body.

The simple Yoga practices of *Bandh*, *Mudra*, *Asanas* etc. along with controlled diet and austere life-style establish control over various hormonal activities. The regulation of hormonal secretion thereby maintains harmony between different parts of body and various physiological and mental activities and emotions which is essential for practicing the higher levels of spiritual upliftment.

Astrochemists and **Cosmobiologists** have found that individual consciousness is subtly linked to the universal consciousness and that this mutual relationship is manifested in the natural hormonal secretion processes within the body. They describe about the direct effect of the Sun upon the Pineal gland, Moon upon the Pituitary, Mars upon Parathyroid, Jupiter upon Adrenal, and Venus upon Gonads. Further scientific investigations into these relationships would help understand the Indian scriptures which describe the spiritual modes of receiving desired level of universal consciousness.

Bioelectricity and the subtle vital system (called the **etheric double** in Theosophy) are interlinked. Every cell, tissue and organ of our body is charged with bioelectricity. Control of the cellular membrane potentials by the sodium-potassium pump, ADP/ATP systems and cyclic AMP etc. are examples of the electrochemical reactions responsible for the intercellular communications and hence for the regulation of various physiological/biological activities in our body.

A couple of decade ago, Dr. Fred Wales had studied the electrical metabolism. An analysis of his results shows that during respiration every living being inhales negative ions which are dispersed throughout the body electrifying its

constituent units. These ions are transmitted back into the surrounding atmosphere through the skin pores - creating an electrical circuit thereby. Modern instruments have helped in a detailed study of this process of absorption (respectively excretion) of the negative ions by the lungs (respectively the skin pores). With the help of Pezo, Pyro and Metabolic electricity every human body can be visualized as a bioelectric system or a living power house.

Many tissues in our body function like specific crystals and work like **transducers in solid state physics**. Every carbon atom in this body has a capacity to store electrical energy. It is only in some exceptional situations, that the static electrical storage of the vital system is found to be suddenly activated. However, the *Sadhana* processes of spirituality make it possible to utilize this enormous electrical potential for desired effects. The immediate and simple manifestations of these effects are seen in the form of development of an energetic, enthusiastic and bright personality. The resistance power of the body also depends on this bioelectricity. This power can be enhanced by the *Hansyoga* of the *Sauham Sadhana*. Even the voice and speech of such Yogis can influence their surroundings by the latent bioelectric effects.

Biomagnetism and bioelectricity are the powers activated in different states within the body. As mentioned earlier, the formation of the Aura, Psychic healing, Vital passing, Gazing, Hypnotism and *Saktipat* (transfer of spiritual energy by spiritually more powerful persons into devotees) etc. are the processes related to biomagnetism which are often practiced by the Yogis. The magnetic field around the heart in normal human beings is found to be around 5×10^{11} tesla units when measured by a magnetocardiogram. Sensitive instruments like a Squeed can be used to measure the minute changes in the magnetic current with respect to the flow of vital energy. These sophisticated instruments have also made it possible to measure the magnetic field around the two poles (the *Sahasrar* and the *Muladhar*) of the dipole magnet in the spinal cord (*Shusumna*).

With the advancement of EMG technique it is now possible to measure the D.C. potential around the upper pole (situated at the top of the central brain) of the above biomagnet. Different procedures of meditations are described in the ancient Indian Philosophy for the purpose of enhancing the biomagnetism and thereby awakening the Mind cell (the psychic consciousness). Dedicated learning and persistent spiritual practices enable true saints and seers to attain a supernatural memory, intellect and discretion.

Modern science has just begun to realize the importance of neurohormonal secretions in creating supernatural talents as described in detail in the ancient

Indian scriptures. As a dedicated practitioner (*Sadhak*) of spiritual training reaches higher levels of spiritual realizations, the subtler forms of his/her consciousness awaken giving rise to certain very specific neurohormonal secretions. Awakening of the intuitive consciousness (*Vigyanmaya kosa*) is one such spiritual practice.

Some recent scientific experiments on neurohormonal secretions indicate that the devotional practice of meditation with purity of thoughts by austere persons results in the secretion of various hormones like Dopamine, Acetylcholine, GABA, Serotonin, Endorphines and Enkephalines etc. which in turn increase the internal happiness, concentration, memory, emotional maturity and overall body energy in such persons. Different, physical forms (*Mudras*) of Yoga along with meditation help faster attainment of the desired effects. Some well known supernatural powers normally attained during the spiritual practices of awakening of the intuitive consciousness are telepathy, prophecy, capabilities of converting one form of matter into another etc. It should be noted that a true seer never uses these powers for a mere display of magic aimed at gaining popularity, instead, he/she makes a careful and timely utilization of such powers only for the welfare of all living beings.

The highest level of consciousness, namely, the beatitudinous consciousness subtly exists in the **reticular activation system** (RAC) and the cortical nuclei in the human brain. Ancient Indian scriptures mention a great deal about this ultimate level of human consciousness. In the present era, a little but significant knowledge about the RCA has come into light with the help of advanced medical electronics. Histopathological analysis of the electrical stimulation of this system by external field has shown that the cortical nuclei help awaken subtle consciousness under the controlled and continuous stimulation given by the RCA through thalamic projection. Deep meditation during the higher level of spiritual practices (e.g. *Nididdhyasan*, *Prtyahar*, and *Samadhi*) is found to create such effects which help link the individual consciousness with the universal consciousness through the subtle Meson and Neutrino particles.

It may be noted that, in order to make the scientific explanation comprehensive, only some simple aspects of the human consciousness are described here. A complete analysis of the human consciousness would require further advancement of scientific research before the latter can attempt investigations in this regard. The final stage (*Ayamatma Brahm*) of the spiritual practice (*Sadhana*) of awakening of the beatitudinous consciousness (*Anandmaya Kosa*) cannot be described in words. Its physical realization or an analysis of the experiences of its attainment is beyond the reach of modern science.

Scientific Analysis of the Subtle Aspects of Bio-energy

The fundamental role of energy in various functions of a living body is extensively studied by modern scientists. However, the subtle aspects of vital energy in the form of Parapsychological manifestation, supernatural intelligence etc. still remains unknown. Existence and importance of the subtle levels of bio-energy is accepted by the scientists because of the observed effects. What needs to be investigated now are the scientific principles and methods of experimentation on subtle phenomenon. It is significant to note that a large number of scientists are carrying out research in this direction.

One of the much-known Parapsychological abilities is the psychic healing. The existence of this power in some people has been proved scientifically by a series of experiments and investigations in the western countries over the past three decades. It is believed that in this process the psychic healer transmits some part of his extraordinary vital energy to the patient by touch.

Oriental philosophy describes that this Parapsychological ability is one part of the various powers attainable by spiritual practices that enhances the vital energy. It is said that the person endowed with this ability can also affect the vital energy and subtle conscious levels of others apart from creating visible physical effects on matter.

Due to the limitations of modern equipments scientists have so far been able to investigate only some physical effects of the ability to do psyche healing. Dr. Bernard Grade of the McGill University, Montreal has shown that the growth of barley seeds increases significantly when it is watered by people who possess the above ability. A mere touch of the water container, by such people was found sufficient to make the water powerful enough to treat some patients who drank it later. Similar experiments when performed by dull and sadistic persons had shown the existence of opposite and negative effects. Dr. Grade described it as an X-factor of the vital energy which exists in every human being but whose level varies with the psychosomatic state of a person. In his project report (published in JASP 1965) entitled 'Some biological effects of laying on hands' Dr. Grade stated that light waves existing in the aura around the fingers of the psychic healers as recorded by Dr. Kirliyan on celluloid plates are nothing but the waves of **X-energy**.

Recent investigations of Dr. Thelma Moss of UCLA (USA) and Dr. Tiller of Stanford (USA) are also focused on further analyses of the above X-energy and

related Parapsychological powers. Dr. Edward Brem of Willington, Delaware (USA) had analyzed the chemistry of water after the immersion of the fingers of a psychic healer in it. His results showed 97.04% **hydrogen bonds** in it as compared to the 100% binding in ordinary water. This, along with the observations in the changes of surface tension further supported the idea that there is an emission of electrical energy through the healers' fingers. Dr. Miller's experiments (in context of cloud chambers) with Fisher model **Transiometer** had confirmed the above implications.

A research article published in Science Digest (May, 1982) presents important details in psychic energy. Dr. Elmer Green, a Biopsychologist at the Maninger Foundations, Kansas (USA) and Dr. C. Norman of the Pain and Health Rehabilitation Center, Wisconsin (USA) have studied some Parapsychological effects of vital energy on the cardiac rhythms, ECG, body-temperature, the resistance power of the skin and the viability of the WBCs in large number of chronic patients. Over 80% of the patients suffering from different kinds of pains were totally cured and encouraging responses were observed in the other patients too. Experiences of those patients indicate that most of them felt an electric current or an energy spark flowing through their body while being touched by the doctors (vital energy healers).

Vital energy also plays a fundamental role in faith-healing and in strengthening of the will-power. Normally, great personalities have an excessive storage of this energy. This energy exists in every human being and can be increased by its controlled use and by dedicated spiritual practices. Indian sages of yore used to transfer parts of their vital energy into deserving devotees by the process of *Pran Dan* and *Saktipat*. The ancient scriptures on *Yoga Tantra* describe these processes in detail.

In the modern age, the importance of vital energy was popularized by the Austrian Dr. Francis Antonians Mesmer. He worked hard to make use of the bioelectricity in his body for the treatment of some physical and psychological diseases. His experiments laid the foundation of Mesmerism which was further developed into the technique of Hypnotism by Mr. C. Uzigar. Hypnotism was initially used for getting involved in artificial deep sleep. The French doctor, Le Fountain and Braid *et al* investigated some other uses of biomagnetism (hypnotism) in Medicine. A series of advanced scientific experiments on these applications gave birth to new branch of science called Electrobiology. The investigations of an American, Dr. Darling, and a French, Dr. Durand de Grasse, at New Orleans (USA) are amongst the most significant recent contributors in this area. Several international organization like - The School of Nancy, The

School of Charkot and The School of Mesmerism are also engaged in research on therapies based on hypnotism.

Noted scientist, Dr. M. O. Male and Dr. J. M. Wembrel have cited a large number of evidential case-studies in support of the above therapies. In her popular book entitled 'Emotions and Bodily Changes' Mrs. H. F. Dunbar writes that hypnotism could be effectively used in the treatment of Hysteria, Phobia, Stammering and some other Neuronic diseases. Another doctor, Dr. Win also argues in favor of the use of hypnotism in curing of various psychological disorders.

Dr Arnold Fast of USA had successfully tried hypnotizing his patients instead of giving them anesthesia during a large number of minor surgical operations. Many dental surgeons also followed his technique and found it less risky and convenient. Dr. Bernard Levinson also proved the scientific utilization of hypnotism as a substitute for anesthesia during a large number of surgical operations at Tara hospital in Johannesburg (South Africa). Further, the scientific experiments of Dr. James Bride confirmed that the bioelectricity in the human body is not only sufficient for various physiological functions but it could also be utilized for the development of many supernatural activities.

Dr. Van Otizer, Dr. J. Rafler, Dr. Schultz and Dr. Mar are some of the most famous Gynaecologists who successfully experimented on the use of hypnotism in painless deliveries. Dr. Win argues that effectiveness of hypnotism increases with the faith of the patient in the doctor. Dr. Rachen Bake, a bioelectricity expert from Germany has described the vital energy as a form of fire that is abundant near the face and constitutes the '**healing aura**'.

The investigations of the reputed scientists like Dr. Modatriuz and Count Puligav show that the medicinal uses of vital energy are just glimpses of the enormous capabilities of its immense power; this energy could also be utilized for personality development, awakening of latent talents and the upliftment of attitudes of all human beings. Advancement of scientific investigations in this direction would once again serve to prove the authenticity of the spiritual science of vital energy as described in ancient Indian literature.



Subtle Energy Transmission: The Basis of Latent Influence

The importance of the effects of keeping good or bad company is well known. Apart from the information, suggestions and support given by a friend, the latent influence of his/her personality plays a major role in creating positive or negative effects. The influence of one's personality, though subtle in nature, is as true as the effects of- warmth around the fire-place, fragrance around flowers or irritation caused by the burning of red chilly powder etc.

Persons with strong character, will-power and bright and alert mind have a natural influence over their surroundings. The subtle effects of their vital energy are also found to exist in the material things being used by them.

Small children, because of the lesser use of their vital energy, are more prone to the positive (or negative) effects of the good (or bad) personalities of their elders. The biomagnetism of the men and women of the same age group have natural mutual attraction. Sexual intercourse accounts for a loss in the vital energy of both. The percentage of this loss is more in the men because of the 'repulsive'(outwardly oriented) nature of their biomagnetism as compared to the 'attractive'(inward) biomagnetic force of their opposite sex. The sexual thoughts and feelings also cause a harmful effect as far as loss of vital energy and its subtle strength is considered. Control over such thoughts and acts are therefore necessary for the proper development and utilization of vital energy in spiritual practices.

Great personalities, truly endowed with spiritual powers, can even influence the inner self of others. They carefully donate their vital energy to the deserving devotees and bring miraculous changes in the latter's personality for the upliftment and welfare of many others thereby. The powers of the blessings of ancient Indian sages and their abilities of *Saktipat* and *Anudan* signify the instances of the determined transmission of their 'all-powerful' vital strength. The development of the glorious personalities like Swami Vivekananda, Swami Dayananda Saraswati, King Chandragupta and King Shivaji by their spiritual Masters are the living examples of the above mentioned subtle energy transmission process.

Many examples of prophecy, premonitions, intuitions, clues in dream etc, are available in modern world history; which have resulted in miraculous escape from natural hazards, important scientific discoveries and resolution of complicated criminal cases etc. in a significantly large number of incidents. These

also are manifestations of subtle reception and transmission of the universal vital energy in human body, mind and consciousness.

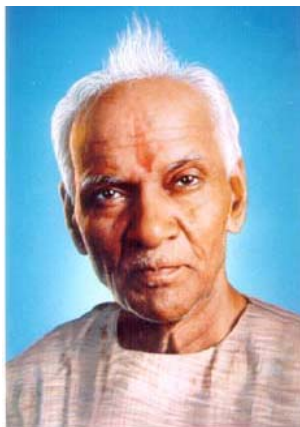
The spiritual practices associated with the processes of subtle energy transfer (*Saktipat*) are described in detail in the ancient Indian scripture viz *Yogacudamani*, *Tejbindupnisada*, *Gyan Sankalini Tatva*, *Hathyoga Sanhita*, *Rudra Yamal Yantra*, *Yoga Kunkalyopnisada* and *Sarda Tilak* etc.

May the modern science carry out research in the light of these pieces of spiritual knowledge to make a fruitful use of the immense energy existing in every human being towards global welfare and the upliftment of humanity.



About the Author:

Shriram Sharma Acharya: A seer-sage and a visionary of the New Golden Era.



His personality was a harmonious blend of a saint, spiritual scientist, yogi, philosopher, psychologist, writer, reformer, freedom fighter, researcher, eminent scholar and visionary. He pioneered the revival of spirituality and creative integration of the modern and ancient sciences and religion relevant in the challenging circumstances of the present times. In 1979, he founded the Brahmavarchas Research Institute, the research center in Haridwar (India) dedicated to the integration of the modern and ancient sciences in a practical way motivated by the noble goal of health and happiness for all. This center houses well equipped laboratories of Haemetology, Biochemistry, Neurophysiology, Cardiology, Phytochemistry, Psychometry, Yagyopathy etc.

At the age of 15, (Jan 18th, 1926) a great Himalayan yogi, Swami Sarveshvaranandji appeared before him in astral body from the flame of the Dipaka (lamp) and guided him throughout his entire life. The next 24 years of his life were devoted to 24 Mahapurashcharanas –each consisting of the rhythmic recitation (japa) of 2.4 million Gayatri Mantra with strictest of disciplines. In 1943, he married Bhagwati Devi, and ever since, the saintly couple dedicatedly pursued the noble mission of spiritual upliftment of humankind.

Realizing the potential of inspiring literature and its relevance in the present era of intellectual evolution, he had chosen writing as the principal mode towards uprooting the evil tendencies and blind faith from people's minds and arousing the indwelling wisdom, strength and spiritual bliss. He wrote about 3000 enlightening books in Hindi on almost all topics concerning human life. He translated the entire Vedic Vangmaya (4 Vedas, 108 Upanishads, 18 Puranas etc.) in Hindi elucidating the tradition, style, universality and history of Vedic Literature. He also practiced higher-level Sadhana on the arduous heights of the Himalayas and established enliven contact with the Rishis of the Himalayas. During 1984-1986, he carried out the unique spiritual experiment of Sukshmikarana, meaning sublimation of vital force and physical, mental and spiritual energies. He authored a special set of 20 books highlighting the future of the world and conveying the message of the dawn of the New Era of Truth during the 21st Century. On 2nd June 1990, he voluntarily shed his physical sheath.

For more information:

To find out more about Shriram Sharma Acharya and his spiritual establishment visit www.awgp.org

Dev Sanskriti Vishwa Vidyalaya is a university envisioned by Shriram Sharma Acharya to meet the pressing need to impart global education on scientific spirituality and life style with new thought of ethical, moral and spiritual transformation. Visit www.dsvv.org for more information.

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