

A RESEARCH ON NEUROSCIENCE AND BEYOND WITH THE RELATIONSHIP OF MIND, SENSE PERCEPTION AND CONSCIOUSNESS OVER HOLISTIC HEALTH

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Abstract—Only completeness can build up integration. If there is incompleteness there would be compulsion. That which is complete can never be compulsive. Complete means Whole. Health came from the word Whole. If we are talking about holistic health we are definitely talking about consciousness ; there is no other way and cannot be because that is the nature how things work, which is the basis of your existence, how can that be a mistake. If that itself is a mistake, You are a great mistake. Either you become a mistake or you become a mystic. If you know that you are a mistake then you are a mystic. If you do not know that you are a mistake, you are a great mistake. In the whole years of my journey as a medical Doctor to Spirituality, I had been researching on everything I got my hands on because my only desire is my people's desire. So, I was kind of done with all types of medicinal streams from modern medicine, neurology, classical homeopathy, classical ayurveda, siddha, nadi chikitsa, marma chikitsa, astrology, numerology, a relation of human health with astronomy, Varmam therapy, mudra chikitsa, Quantum physics. Spent another quite long time analyzing and studying various fields such as ecology, technology, living spirituality, politics, economy, music, martial arts, self-defense, divinatory art, cookery and diet, Quantum transmission, hypnosis, NMCP(neuron-memory cell programming), architecture, business-an exchange, vastu and a lot more. With this, I lived in the essence of everything having an intrinsic connection. If this can be put to the world, This will help everyone to see the world as it really is!A result of these efforts and services was the establishment of the Arkad medical research foundation and Gatih: Upanishad.

In my books, I have written towards a vision of medicine to no medicine for healthcare and to offer at least one drop of spirituality to every human being to ensure that each individual can experience the deepest core of life within which details the journey as a medical doctor toward Sunya medicine and spirituality leading the way to offering a solution to the present crisis in healthcare in aiming to redefine the current healthcare system and remodel the curriculum in medical schools to integrate scientific knowledge and wisdom about the human mechanics.

INTRODUCTION:

Neuroscience is the most recent of these three -Neurology, neurobiology and neuroscience. This field of neuroscience goes most in-depth. This is the field which cognitive science is

a part of. It goes beyond neurobiology and focuses on how the neurons work, and how trillions of neurons make up the brain. It also talks about how attention, language use, memory, perception, problem solving, creativity, and thinking all relate to different parts of the brain. Memory is, as you know, related to the hippocampus-a gateway. But if you go beyond science and medicine, you tap the dimension of the energy body which is the store house of all the sense perception. Our body is more than a body, it has the amazing physical elements, it has the astral elements which are amazing, it has the spiritual elements which are amazing, in short it contains the creator himself-it is just mindboggling the soul, the seeker and the sought in just one pack. So what else do we need, it makes our spiritual journey so short if we use our intellect but at the same time it can keep you fixed for millennia. Only thing we need to do is turn inward. Our education system has taught us how to put our attention on something and unfortunately, we run all over the world looking for something that is already inside simply because they did not teach us in school how to withdraw our attention and fix it into own-self Where focus goes-energy flows. The musketeer has a fragrance coming from his head running all over, not knowing where this fragrance is coming from, searched the garden, the lobby, the backyard, sitting tired, does not realize the fragrance is coming from within- We are in the same position- the truth is inside ; we are looking outside. Then we keep on looking outside after hearing that the truth is inside ; we still search outside because when we close our eyes its dark and we can see things when we open our eyes. It is very elementary why we look outside because we don't see things when we close our eyes. Therefore, we don't realize that it is not with the eyes we see, it's with the intention that we see. Suppose, you see the tree in front of you and you close your eyes, still you know the tree is in front of you ; it's the awareness that you know that the tree is in front of you. Where is the attention? Closing the eyes does not take your attention from outside to inside. One has to remember this :meditation is not merely -coming your

spirit by closing your eyes ; meditation is to withdraw your attention behind the eyelids. Withdraw of attention is totally different from focusing your attention. These are simple mistakes, if we keep on making the same mistakes all our life, we can not tap the dimension of truth behind holistic health because to bring health you must first know how this system works to its entirety then you can talk about health or to say it more bluntly if you talk about health without trying to know health we can say you are lying. After learning the technique still a whole lot makes these mistakes. The technique of withdrawing attention is very different, it is not closing your eyes and thinking about the picture,infact the technique of going within is to use another faculty which compliments attention and concentration, that faculty is Imagination. Right now, you can imagine of yourself sitting in the top of a tree and looking down the view from there. It can be done, isn't it? But you have not moved, what moved is your attention. So, your imagination has drawn your attention there, it may be imaginary but your attention moved with your imagination.However,everyone is using this tool which is of greater possibility like they want to eat, the right place is in stomach but they will imagine it in their head, they want money, money happens to be in pocket, but they would put it in their head, if they would love someone, love happens in their emotion, but they put it in their head-this is sickness. If we do not know the basic of how to use this human mechanics to its ultimate possibility, we should not talk about million. First we must come in terms with this human mechanics then we do whatever is necessary for us or it will create consequences which no one would want to create in their life. That's why a whole generation is freaking out because they do not know how to use this human machine. They have money, they have food, they have family, they have education but at the end of the day they are putting all everything in their head and spending all they have earned now in conscience for health and well-being. They think this is intelligence. No this is pure stupidity. They simply do not know where and what they should put. It does not mean everyone should come and do meditation. No. They can't. Meditation is not an action, it is a certain quality of the being to be meditative in nature, when the quality of your intelligence blossoms .Only when you let this intelligence work, you would not be dodging life itself, you would face every challenges and hurdles with a big smile in your face remaining untouched by the outside situations of life. Only when you know how this human machine works, then we can talk about meditation. Because you can never understand the vastness of life in chalk and pencil ,you can only live it. That's why we are talking about Sunya. And if you are surrounded by everything like that of money, friends, wealth, prosperity, as you see the objects of focus are increasing, the energy it would demand would be increasing too ,So you must know how much energy you have right now, Suppose you have 3Hz and you put your focus all over and thus your energy into objects which demand 4Hz,Now you are left with -1Hz.If you remove your attention from even one object you would see the calmness of mind, the serenity of it

increases. So excitement without stability would freak you out you must know how to play different quantum structures of the cosmos joyfully, that is the essence of Spirituality; you are touching the sky while you are on the ground. Stability is an absolute necessity to live exuberantly without crashing ;And stability comes when you deepen your roots into the soil tight enough. The seed of enlightenment is there in every being. Enlightenment is not an attainment, it is self-realization; a home coming.

METHODOLOGY:

The sense perception that we have, through which we are experiencing ourselves, through which we feel we have a body. Because we have tactile sense, the sense of taste, the sense of smell,sight,hearing ; through all these senses we are making us know we have a body.Because,we have a body, we have senses we know there is a world, there are people, there are things. And we believe that we see with our eyes, if we are blind we can not see. But the truth is the eyes do not see. When you are knocked out of consciousness with anesthesia, eyes are open., you do not see. When you are sleeping and your eyes are open on certain neurological conditions, you don't see, you see something else. If the eyes were to see, they would see all the time. So what is the link behind it what makes you see is the life force is the consciousness. If you are not conscious, your sense perceptions will not work. Sense perception is not working because of this physical body, sense perceptions are working because it is built into a certain body which operates through the physical body. That we call the astral body which infect is going to be meditating,; the physical body is just a cover-a shell. So, you are going to meditate with something real not a shell, that is more real. What is blocking the reality is our physical body. The astral body which is imaginary, if we leave this physical body, this astral body will look real. Because of Our assumptions and experiences we think physical body is the only reality. This is misunderstood as a soul by a whole lot. A soul is not a body, of any kind, it is pure consciousness, the ability to pick up awareness through a body..However this body is also temporary ,it comes and goes like that of a physical body. These two bodies are bound to the gross levels of creation, which have definite forms attached to it, at the same time more of an individual experience. What we call as a form has demarcated boundary to it, has identity to it.This is matter ,gross to subtle. But this is just the first step while going inward. Then we have a higher body which is covered by the astral body, we call it the causal body. This is the body which is the cause of everything ,so we call it causal because this is the cause of every experiences, everything we are watching right now. That body creates the universe ,all the multi verses, anything that can ever be experienced within time and space by anybody-the creative machine. We do have another name for it ,it is called Mind-a plain mirror, no sense perception, just pure creative energy. There is infact no body there, it is the mind which creates the body. The biggest confusion is between the soul and the mind. Although mind creates

everything, it is limited by nature cause it creates everything in time and space, with cause and effect. Mind does not have its own attributes; it is just there .It creates Karma because it comes under linear time. But soul has no karma at all. We do not have karma infect. We are bearing the karma of our mind as we choose to experience that. So, we are using mind, astral body and the physical body as tools to experience life, the way it is. We use our mind to think, to communicate ,to talk-we can use it whatever way we want until we misunderstand mind as our self. Because there is a dimension of mind called chitta-the pure intelligence, which is in continuous sync with the consciousness, it does not have any imprints of memory in it, so we may confuse between this chitta and the consciousness; but it is not. So when yogis reach the state of a certain type of samadhi(when intellect becomes equanimous) he is beyond mind now. Now there is no difference between him and the supreme consciousness, he has merged into it. So, you are not the mind, you are the power which brings the mind alive, which brings the sense perception alive, which brings the physical body alive- use them as tool instead of falling into it and become that. So we hold Shiva, as the supreme consciousness because he became that. Now the river has merged into the ocean, there is no individual form as the river itself, it is now an ocean-the store house of all everything, which you can perceive and which you can not even perceive. Any form has its own karma, karma means the intention of action, even if, there is no physical action, the intention is enough to create a karma, action is a certain experience, which we as a soul accepted to experience them as part of us-So in the very basis of creation, there is inclusion. Without inclusiveness, there is no karma. When there is no karma, there is no experience, it is just a void. Void is nothingness. So we say everything comes from nothing ; goes back to nothing. So, without inclusion, there is no YOGA-any kind.

SIGNIFICANCE:

Today, modern science is talking about pseudo-science. Because they have understood that what they can not see does exist even if they can not perceive it. What we call as a body which is a solid form ; they are calling it a hollow form ; infect they say the whole universe is hollow. It is the space which is making the experience looks more real than real and it looks vast but if we take out the space from the whole universe, it would be like a tiny marble(I have talked about how energy is being created in the another research.)The energy is spreader out creating electrons, protons, neutrons-quarks, muons etc forming matter and that matter is nothing but space. And if you observe the activity of matter and antimatter in this human system you would know that antimatter is far more powerful than matter. Even science is saying that by experimenting things. In a way it is a privilege that what is happening outside in the whole existence, just by sitting right here, we can experience that because the human machine is formed of the same matter which has created the whole galaxies and universes and even the same mind which has created

everything. Why i am saying these is Our body and our consciousness are made in such a way that if a human wants he actually does not have to die, he can simply change over to realities of different timelines; it is just possible. If we have certain discipline and focus we can even create spaces like this which we are working on- we would need support on different levels. But if i bless you with 2000 years of life span, will you not suffer it because can tolerate the level of torture you are creating in this life?? So for that to happen we need certain discipline and energy. Because for a whole lot, they have willingly suspended their intelligence because they already paid the fee to enjoy the game. A man named Purushur was fast asleep at night ; his wife hears some erratic, stumbling steps on the ground; wife calls her husband Whispering in his ears 'Hey! Are you awake ?'Husband replied No. So a whole lot has been pretending to be sleeping like this. Just to enjoy sleeping, he pretended as if nothing has happened ,he puts his intelligence to sleep so they believe many things which is not even true..In the name of health many things had been done with no results. Of course we came with some results but that is nothing in comparison to the level of ignorance humans are wearing at peace. The experiences we experience is 100% real, there is no doubt about it, but the things which are creating such experiences are temporary and everything is just because of the virtual reality happening in your mind. We have already experienced an experience in the astral body but to look real, we have created the matter creating the experience. You dreamt of drinking a glass of water but you saw no glass in that dream but while waking up still you feel the taste of water. So the whole existence works like this, it looks solid but it is not solid ,however the experiences are solid, so we think this is solid. Without knowing the nature of existence, we talk about health, so we are just blundering through. It's time we create a holistic health linking up spirituality and physical in one knot because it is an illusion of separation that one thinks they are separate. No they can not be. Which is the basis of your experiences, how can that be separate. It is the mind playing tricks so that the play keeps going. So, we are born to experience this as human ; a human can choose but an animal or a tree can not choose. So that we can get out of this experience when we are ready to and experience different infinite realities. There is no other way .we are born in this form, this geometry where all the soul, seeker and sought is there-the creation and the creator are packed in One. So, we hold human possibility to be a highest possibility, that we can choose which way~ this way or that way. The creation is phenomenal, we are creating experiences out of nothing, out of absolutely empty space we create our experiences; what could be a better job than this but we came here to experience this moment to moment and now we are trapped in our own creation because no one knows how this human mechanics work. There are some movies where they show they keep a totem in their hand, when they feel like getting trapped in one reality-in different dream states ,they prick it and their hand pains so it reminds them to change

realities. So we have made the same arrangement of disease here in physical realm but if we would have consciously done it, it would have been a joy, but unfortunately we do not know why it pains so we suffer. Can you think of a bigger disaster than this that you are just stocked in one experience of reality??If somebody scolds you, you say- you know why i have become like a porcupine because he did that.If you make like this kind of arrangement, of course you have to think about health, no other way. If tears of bliss, Ecstasy have not rolled down your cheeks yet, you have lived. A sleeping man won't know he is dreaming the dream, only when he wakes up he comes to know that it was dream. So, how can we relate this to our neuroscience and neurology is a question.

NEUROSCIENCE and its GATEWAYS to Higher dimensions of mind

The higher dimensions of Mind have distinctly unusual bodily connections. It connects into the body through specific mind-body locations and these locations vary dependent on the spiritual lineage of the person. However, these dimensions also connect into the body through the mitochondria in the cells and the subatomic particles called leptons. They transport raw energies through the mitochondria to help fuel and power the cells with primary energy. One purpose centers on the regulation of all things physical or material in the galaxy. This includes regulation of matter for humans, stars, planets and all other galactic forms. This dimension plays with material form for this galaxy and with the forces that create material form such as minerals, metals, ores and gases. It is in this dimension where high level creations of sacred geometry initiate birthing of new forms of life. As a result, there are many experiments on behalf of the galaxy where matter is manipulated in the service of creating all things physical. As a corollary to its regulation of all things physical and material, this is a high level creation dimension and is many octaves more powerful than lower dimension manifestation energies. Scientists studying this dimension came up with the idea that the model for change would be pain and suffering here in the third dimension. This is the same dimension that holds some of the master frequencies that burn off karma. These energies are in some ways "crude," so too many and too much of them descended all at once into the body through the human energy field, can cause pain and a burning sensation in the clearing process. Equator energies here on the earth resonate these dimensions of mind. Because of its preoccupation with matter, this does have bodily correlates in the third dimension. The glial cell connective tissue system whose function is integral body communication, is a human form variation of this dimension .Nonlinear transmission of parental survival imprints via affect, emotion and energy are encoded into the biology of the young child in their core, another same dimensional structure. The core translates the parental survival imprints and embeds them into the biology of the child .The word to best describe this dimension is gold - it simply feels like gold! Energies here feel substantive as compared to highly refined. Working in the glial cell system with such energies

enables energy work to easily and quickly spread throughout the entire body. To detoxify physical structures of their associated unpleasant emotions, we can work on holding the pure vibration of metals and minerals in the body, allowing the metals and minerals to spin out the toxic emotions. So, Sunya medicine works on many levels. These frequencies are very useful when working on the planet. Deep work on the brain should be done with a minimum of these dimensional vibrations.

A Relationship:

Have you noticed, just a little happiness can liberate you from your usual limitations of energy and capability. When you are happy, your energies always function better. You seem to have endless energy. It doesn't matter even if you do not eat or sleep, you can go on and on. If a little happiness can do this to you, imagine if your body and mind were functioning in a completely different state of relaxation and a certain level of blissfulness. You would be released from so many things that most people suffer from. When you activate your energies, you can function in a different way. Right now, you consider yourself to be a person and are identified with many things. But what you call "myself" is just a certain amount of energy. Modern science says that the whole existence is just energy manifesting itself in different ways. You are just a certain amount of energy functioning in a particular way. As far as science is concerned, this same energy which you call as "myself" could be a rock, could lie there as mud, stand up as a tree, bark as a dog or manifest as you. Everything is the same energy, but functioning at different levels of capability. Every human being must explore and know this. Similarly among human beings, though we are all made of the same energy, we do not function at the same level of capability. What we refer to as capability, talent, creativity or your ability to do things in the world is just a certain way your energy functions. In one plant, this energy functions to create rose flowers. In another, it functions to create jasmine. But it is all the same energy manifesting itself. If you gain a little bit of mastery over your own energies, you will simply and naturally do things that you never imagined possible. It is the inner technology of creating situations the way you want. Intellectual processes will have an impact today, but will be totally forgotten tomorrow. Today you read a book and it seems to be so wonderful and life changing, but the day after tomorrow you has forgotten it. Unless the intellectual dimension is reinforced with an experiential dimension, it does not really become a life-altering process. The practices of certain disciplines are just to bring your energies to that level of stability where you can just be. Not trying to do anything, not trying to get somewhere, simply allowing it to happen. If you want small, petty things to happen to you, you can do it. But if you really want something enormous to happen to you, you are not needed. Please understand, there are only two ways for your mind to be right now. There's no such thing as "let go" in your mind. Either it is confused or it has made some conclusion. Oh, we have let go." You have left your lives in the hands of the planets and

stars. This kind of “let go” will let you down. “Let go” is another idea and opinion of yours about life. As long as you are alive, you are not really able to let go. At the most, if you are fortunate, you may place your life in someone else’s hands with trust. That’s the biggest thing you can do. Letting go is just a phrase that never happens. It’s just that your mind has acquired a new formula. It’s not a “let go”, it is just a convenience that you have chosen. So don’t bother about this. Don’t be ready to just jump into a new bandwagon and say, “This is my new belief – yoga belief!” Yoga is not about believing, it is about having the courage to see that “I don’t know anything.” Once you see, “I do not know anything”, the longing to know will become like a fire. Once this fire arises, knowing is not far away because what you need to know is not sitting on top of the mountain, it is within. The only reason you don’t know is because you never focused yourself in that direction – you are settling for other entertainment. If you really long to know, there is no one who can stop you from knowing. No power on the earth can stop you because what is within you cannot be denied to you by anyone. LAMA lives for 300 years, If you can keep your body, as it should be, as natural what it is. They live for 300 years just because they believe that the life span of human body is 300 years and their body rejuvenates itself to that dimension of possibility, you did not imagine possible. That is what the scientific researchers are saying now. Everything, is your conditioning, you must know-From your addictions to your dis-eases. What you want, what you do not want. The state you are in now, whether consciously or unconsciously you have already desired for, someday ago, may be by watching movie, or by looking at others just because you liked their personality. Once, you have desired to be someone, what that means is, you have wanted with every your breaths to be that one whom you hold above your life. So, naturally, where focus goes energy flows, you would talk the way he does, you would walk, eat, everything the way he does, you would do now. So, your body mechanisms would take this as natural and would fill that gap you have desired for. That is the law of attraction. Just because you have been giving premium to your GOD. whatever good happens to you, you confirm it saying its because of YOUR hard word. And whatever bad had happened to you, its GOD 's doing. Now, with the evolution as the intellect is springing up as like never before, it is time, you go from Religion to Responsibility. So, before the positive affirmation works for you, you must program your mind to that level of positivity. Just try saying-i would be a millionaire. And you would see your inner chattering laughing at each of your positive affirmations saying, No you can not. Positivity does not come from your conscious mind, everything is in alignment with your subconscious mind, conscious mind is just the result you thought. That's why every of your positive affirmation is failing you and you have concluded on yourself that it will never become possible that you can do . Now, as you are an intellectual human, you would try to stop worrying, and You would generate a new

worry that you are worrying too much. Once, a person approached BUDDHA saying HELP ME!! I am in so much of problems, I am facing now, help me out. BUDDHA out of his deep meditation opened his eyes and said, every human being has 84 problems in his lifetime. Man with surprise asked him-what is the solution to it, because he must be a wise person to calculate over the problems. BUDDHA said if you have solution to your 83 problems, you would get the solution to your 84th issue. The man asked, what is the solution then. BUDDHA said you have no grab over your past, either way you can not change it now, so forgive your 83 problems. And as now you do not have the 83 problems, the last one, 84th is cleared up. The man asked intrigue what was the last one? Buddha said that you have 83 problems.

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