

# A Study on Holistic Human Health in Relation to the Larger Geometry of the Cosmos in Gatih

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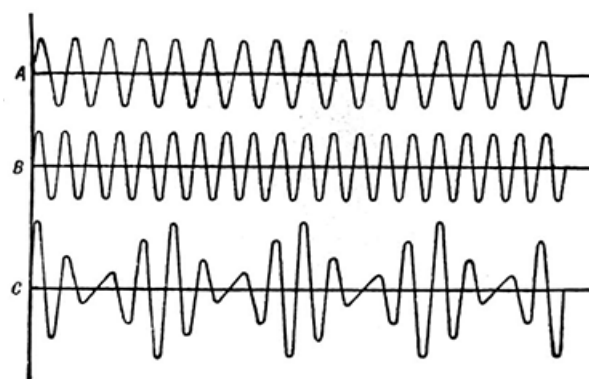
**Abstract**—Every breath we take is what the plants are giving out; what we give out is what they are taking in. This is in continuous exchange; not for a single moment it is disturbed. *INSPIRATION~EXPIRATION ~INSPIRATION~ EXPIRATION*; If next inspiration does not happen- poof! We are gone, that's how fragile our life is and at the same time how robust this human mechanics is, this can do many things. Knowing this much, if you can be conscious of what you do or what you do not do is what makes the difference between an animal and a human. What an animal cannot do consciously, we can do it consciously-that is the essence of to be a human. But do not misunderstand mental alertness as consciousness. How aware you are right now is how conscious you become. Today without doubt science is telling you, what this human mechanics is made of . Whatever you think is outside of you in the universe, the same way there is a way of different manifestations happening inside this human system- this system is not foreign to this universe; it is only a product like many others in the whole of *ONE CONSCIOUSNESS*. *Ekoham Bahu Syam- I am one; May i become many*. The planet earth is not the centre of this universe and at the same it is given the same focus and attention to create such a phenomena.

## INTRODUCTION:

Now, science is saying~ HUMANS are living in a simulation, what claims there is also evidence to prove it. But in yogic science it has always been a known reality that everything we see is just the way our mind is showing us. You are seeing the whole universe in your eyes; what that means is you are seeing the whole universe in your mind; have you experienced anything that is outside of your perception of the five senses? So, if simulation is what has been designed to us, can we escape the simulation? The answer is YES, of course you can if you are determined enough to loosen up the distance between who you are and what you have gathered, you will escape this anyway. Now, Quantum science is saying they can create a whole virtual reality by putting a certain simulation in your experience-You would think that is what it is but in reality it has been designed that way to experience the reality as has been intended. In the same line many are working based on this simulation theory, to give a certain experience of the reality which never existed in real but it is real than real. It is like saying life is a dream but that dream is true. Before modern science was saying about a big bang but now they are

taking about a roar-many roar. We have two theories. One is relativity theory and another is Quantum theory and both of the theories are opposite to each other but the existence does not work like that. What we may think about this universe, we may have different evidences but any evidence cannot act against the basic intelligence. Whether we realise it or not arithmetic is the backbone of the universe, the mathematics of it leads us to the discovery of the human civilization on the observation of numerical order in the cosmos. Our total understanding of the physical universe is based on a numerical understanding of the cycles of space and time that operate energetically in our lives. As a result, our unconscious experience is shaped by unseen realities that are often expressed in the form of numerical values. This unseen dimension of experience can be thought of as the spiritual dimension and is accessible through the recognition of the way numbers appear in our lives. There is this force in the universe that is giving your life its particular shape. Our traditions refer to this force in a variety of different ways as *GOD, SPIRIT OR SOURCE*.

So, based on the numerical orders and different basic sciences we can say different planets when it is going retrograde or in direct rotation as shown in the diagram.



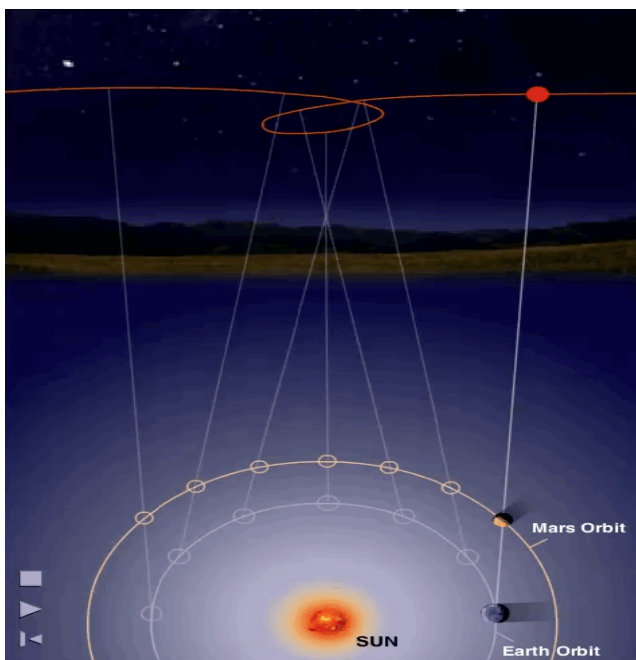
From "Useful Notes on Wireless Telegraphy," Book V (The Wireless Press, Ltd.).

AMPLITUDE OF BEAT CURRENT

Here we will see-As, everything in this existence is interlinking, what that means is every planet is having certain push and pull on planet earth and vice versa whether it is going retrograde or the direct rotation. The position and the effect of stars in this human system we call it astrology and the effect of numbers on this system is numerology. Same way the position and location of stars in the universe we call it astronomy. When there is certain planetary influence on earth depending upon its strength and resonance, water molecules in the planet earth behaves in a certain way -in a more discursive way. It says 3-4 water molecules make an ether molecule. So, when there is change in the planetary motion, there would obviously be seen changes in the human system -the function of it and the way frequency of rain happening in planet earth. So, the way how simulation is working on the human system and the relation between planetary motion and the way water molecules behave, the whole methods and technology of the Sunya system is designed. It is not an absolute approach, but it is a subjective approach to life. Including all the sciences and technologies, we have the space ARKAD MEDICAL RESEARCH FOUNDATION(AMRF) and in it the power of GATIH-UPANSIHAD and with it the installation of different frequencies in a more concrete form so that a person just by entering in that kind of space, we can put a form upon a form.

#### METHODOLOGY:

Whether we say a body, a mind or a simple thought, basically it is limited form in this vastness. What we call as a form it has a certain reverb attached to it. A vibration will always have a form to it. Sound is a kind of energy created when something vibrates. When this vibration reaches an ear, it is translated into what we recognize as a sound. Sound vibration must travel through matter-a simulation. This is typically air.



Now, *Planck constant*,  $h$  is a physical constant that is the quantum of electromagnetic action, which relates the energy carried by a photon to its frequency. A photon's energy is equal to its frequency multiplied by the Planck constant. The Planck constant is of fundamental importance in quantum mechanics.

Thus, depending upon a form, energy is produced which is basically a sound. So what you call as the body is a certain kind of sound, what you call as the mind is another kind of sound and what you call as thought is of another kind. If we are conscious enough to what kind of human system we are trying to make if we invest time and energy onto this system we can create types of sound which is basically aligned to this existence. Because universality may be your choice, universe is not. That sound cans music too. Music is just a pleasant arrangement of sounds. We may add words to the music. These words have meanings, but the meanings are not existential. We make up the meanings. They are psychological and cultural. They are not existentially true. But sound is an existential reality. It is a reverberation that exists. Every kind of arrangements of these reverberations has different kinds of impacts on the human system and on our surroundings. There are some experiments that have been conducted to show how cows produce more milk if you play a certain kind of music. Sound patterns, if used properly, can have a tremendous effect because physical existence is essentially a complex amalgamation of reverberations or sounds. Indian classical music is a modification of mantras, where aesthetics become as important as the technical arrangement of sounds. Indian classical music is the only form of music that has a formula behind it, which can be used in many permutations and combinations. Technical perfection is what makes a difference, between music and a noise. Your health can be a noise or if you invest on it, it can be music too. . A musician is always counting, and eventually learns to count without counting because there is a mathematical formula over which the entire musical structure is built. Music is an arrangement where initially, if you are learning, it feels like numbers. After some time, it feels like geometrical patterns. After that, it just flows like a river, depending on how much mastery you have over it.

**PLANCK EQUATION**

Frequency of radiation, sometimes written as  $f$  giving expression  $E = hf$ .

$E = h\nu$  Quantum energy of a photon

$h = \text{Planck's constant} = 6.626 \times 10^{-34} \text{ Joule sec} = 4.136 \times 10^{-15} \text{ eVs}$

How do you get this from within? Whoever it was who first began this entire musical process did not have a tape recorder or someone to teach them. Someone allowed it to happen within them. Allowing it to happen means if you become

silent – and by silent I mean not just shutting your mouth but that there is no static in your mind because both are sound– you will hear the very music of life. This is because the human system is a certain design and pattern. There is a certain geometry to it and there is a reverberation attached. Similarly, if you look at a tree, there is a certain reverberation attached to it. If you can feel that reverberation, we call this state as rithambara pragna.

Rithambara pragna means you become conscious of the relationship between form and sound. If you perceive the sound from a form, you learn to use this sound in different ways to describe this form, and to touch and experience this form just by uttering a sound. This sound, in its technical manifestation, is called a mantra. In its aesthetic manifestation, it is called music. But the important thing is, if you want to learn from within, you must become silent.

If you want to know music, don't look at music. You must know silence. If there is no silence, sound is just a jumble of noises. People want to learn everything on earth and beyond whereas they do not understand this human system. They are after everything and when they get pricked, turn into porcupine. So a device or a tool comes into play -a space as Gatih is created for humanity which could accelerate the process to move towards health. As five pages of research cannot detail down everything about Gatih because gatih is far bigger than the normal perception, we are just making a small quote in here for Gatih.

#### **SIGNIFICANCE OF THE STUDY:**

Gatih is created in two parts -one part is the upper part in the shape of a human body and the other part is the lower part of the body. The body is being built with rocks of different forms and frequencies. The lower part has three walls in it comprising of three different frequencies we call it HARA (one who breaks)- RUDRA (One who is active, total health)- SADASHIVA(One who is still). Inside the walls we have used different metals, minerals which if comes in touch with water and air produces medicines and release it to the soil and air. The soil is giving you the medicine in different way either directly or through crops, plants. But, if you are planning to put water in the walls, it is not going to work, it is designed in such a way that only and if it rains and there is sufficient trees nearby, those substances would soak up water through the plants' roots and certain processes would be started. So, the rain is happening in mostly the planetary retrograde when the health of humanity can be challenging because of different process in the system for the system has to go through certain passed accumulated unbroken memories which are blocked in the system energetically. Different planets have different energy effects in the system depending upon the frequencies the system is generating. Each part of the body has its own frequencies but mostly 8 major points and 21 minor points can be affected through the direct or retrograde motion of the planet. So, our design has been made in such a way that we want the medicine to be released in those certain points of life when the system is going through an overhaul and floor of the space is created in a certain degree in relation with the planet's position to moon and sun so that it resembles the masculine and feminine energy of the system and the way a person walks in the floor, a natural upsurge of energy would happen in the system. And the way stairs had been built and the position of releasing the medicine should be in proper way otherwise what it could be a powerful way of creating health, the same can be destroyed if one remains unconscious to certain things.