



IMPORTANT NOTE

It is NOT the intention of the author or the publisher to propose the energy method contained here to replace regular medical treatment and doctor consultation.

Therefore, the knowledge and practices in this book should be used ONLY as a means of COMPLEMENTARY MEDICINE.

As always, with regards to any disease or disorder, you should FIRST CONSULT WITH YOUR DOCTOR.

The energy-work contained in this book is only to complement the primary works of the TRADITIONAL MEDICINE.

Dear Reader,

“May you transcend all the sufferings, and may You enjoy Your existence to the fullest, with the peace and energy that you will derive from the realization of Your inherent Truth – All there is, is the Source, and You are That.”

The Author

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1. Introduction

In this book, you will find detailed and systematic answers to all of your questions, such as: “What is Universal Energy?”, “what are chakras?”, “how does the Universal Energy Treatment work?”, “what is the main cause to all the diseases?”, “what is the fundamental Truth about the human body and universal existence?”, “how can we cure or prevent diseases altogether?”, and more. At the end of the book you will also find a section entitled “foundations of spirituality”, where you will read – according to the author’s belief – “one of the most systematic investigations ever done on spirituality.”

Almost all of the topics in this book are followed by a “scientific commentary”, where latest findings and facts from science are presented in a way to support, confirm, or prove the scientific validity of the theme that it follows. You will notice that the main philosophy of the text has been developed hand in hand with science. At times, when the inherent philosophy of the topic transcends the current scientific knowledge, then possible scientific interpretations are given under the assumption and hope that they will be proven by the scientists in some future time. However, all scientific facts are written in such a way that a general reader with not much background in science will be able to follow them.

In order to give the broadest possible perspective to the presented topics, this book had to be written in a very interdisciplinary way. You will find that many fields of science as well as meta science have been incorporated into this book. Among those are: “traditional medicine, alternative medicine, neuroscience, anatomy, physiology, psychology, eastern philosophies, quantum physics, and astrophysics.” It is the author’s belief that all these fields need to be taken into account collectively in order to describe the vital subjects contained in this book. Concepts such as, “Universal Energy” or “the Truth about our Existence” cannot possibly be limited to a mere one or two scientific fields, without doing injustice. The approach in this book is taken with the intention to elucidate the infinite Truth as extensive and as unlimited as possible by means of conceptualization – that has an inherent nature to be limited. This fact made the writing of this book even more challenging.

In the text that follows, you may find many repetitions presented, though every time in the freshest and newest form possible. It is the author’s hope that the reader will not find these to be tedious. Such repetitions are known to be necessary in order to present and reinforce the new concepts that are so much foreign, and at times even contrary to our traditional thinking and our old, conditioned ways of understanding the Truth.

The book is full with exciting facts and new information to enhance the reader’s wisdom, joy, and spiritual delight. You will learn in this text, that our physical body is nothing but an “individualized energy field”, vibrating constantly and intimately with the surrounding Universal field. You will find out that this surrounding Universal Field nourishes our bodies continuously with Universal Energy, and at very intense levels during Universal Energy Treatments. The reader will see that “Universal Energy” is the most fundamental energy in the Universe, from which all other energies are formed, and yet, it is mostly invisible because of its subtle nature. You will realize that all matter around us, is nothing but different vibrations of the one Universal Field, and that all separation is an illusion. The reader will also read that everything in the Universe is beautifully connected, and that the real You is not the body but the “Source”, from which everything manifests. The details of these, and many other new level realities will surprise the reader in an informative way.

Finally, it is the author’s wish that the reader will benefit from this book in many ways, including physically, mentally, and spiritually.

2. What is Universal Energy?

All there is, is the Universal Energy Field. There is nothing, but the Universal Energy Field. Universal Energy Field is the most fundamental element that constitutes our Universe. All matter – stars, earth, plants, people, etc., – are merely intensification of this field. Everything that we see around us, including ourselves is an expression – a manifestation – of this One Field. Just like ice is made of water, everything that appears as “solid” around us including our bodies are in essence made of the “Universal Energy Field”. Different vibrations of this field are perceived by our senses as different forms of matter.

The term “Universal Energy Field” stands for minuscule particles (so called “superstrings”) that spread through all of space in a “continuous” manner. In other words, “Universal Energy Field” is a concept that we use in order to describe the continuous, field-like motion of “superstrings”. So, “Universal Energy Field” is just another name for “superstrings”, which are the tiniest particles that exist, much smaller than atoms, or anything else. These particles are not visible to our senses; yet, they constantly move (travel) and vibrate. The most important fact is that this traveling field (“Universal Energy Field”) also carries tremendous amount of energy, which we call “Universal Energy”.

Scientific Commentary:

All matter is energy form. This was proven by Einstein through his famous formula: $E=mc^2$, where E is the energy of a system (matter) that has a mass m; and c is the speed of light. This equation states that mass and energy are equivalent; in other words, matter and energy are dual expressions of the same universal substance. That universal substance – “Universal Energy Field” – is a primal “source of energy” or “vibration” of which we are all composed. We are not a physical body first; we are primarily an “energy body” that has a physical appearance.

Energy (or “Universal Energy”) is the basis of all existence and life. The heat of the sun that warms our bodies, the gasoline that we put in our car, the electricity that we use in home appliances, etc., are just different forms of the same universal energy. “Universal Energy” is also the energy that sustains life by providing “vital energy” to all living systems. It is the energy that is employed when we heal others and ourselves via “chakra therapy”, and it is the main concept that the Spiritual Human Yoga (SHY) teachings are based upon.

Most diseases, if not all, are caused by the imbalance of the “vital life-energy” that our bodies receive from the Universal Energy field. Using the concept of “Universal Energy” as a technique for healing, therefore, gives us the opportunity to reach the core of diseases. It allows us to eliminate the main cause of diseases, rather than merely its symptoms.

3. What exactly is the Universal Energy Field?

The entire universe, from the stars in the sky to the atoms that make up those stars – including the earth we live on, and our bodies – all we can see and all we cannot, are made of the “Universal Energy Field” at the most fundamental level.

Scientific Commentary:

All the forces between matter, including gravity, electromagnetic force, and nuclear forces are also made of the same “Universal Energy Field”.

“Universal Energy FIELD” is so called because it occupies the entire space in a continuous way; it is everywhere without any exception – even in the invisible air. Just like the FIELD of water that fills up the ocean, it fills up all of space and matter.

“Universal Energy field” is a field of particles called “Superstrings”. Therefore, “Universal Energy field” and “Superstrings” are identical terms and will be used interchangeably throughout the text that follows.

Scientific Commentary:

In the 19th century, scientists found out that all matter was composed of tiny particles called atoms. They understood that, the universe was made of thousands of different kind of things – rocks, glass, water, air, cells in the body, and so forth – all of which were in turns composed of different combinations of a few dozen kinds of atoms.

However, later they discovered that atoms were made of even smaller objects: electrons, protons, and neutrons. The atomic nucleus was made of the proton and the neutron, while the electrons were rotating around the nucleus. All atoms were combinations of these three particles, and these so called “subatomic particles” were believed to be indivisible.

This also proved to be wrong, when in the mid-20th century scientists found out that protons and neutrons were made of still tinier particles, named “quarks”. Each proton and neutron was made of three quarks. So, according to this new model, all the matter in the universe, including atoms, stars, rocks, plants, etc., were made of quarks and electrons. It was predicted that quarks and electrons were point-like particles and were indivisible.

To the surprise of many, even this model was found to be incomplete in 1984, when physicists John Schwartz and Michael Green introduced a magnificent new theory: the “Superstring Theory” . This deeper theory transcended all the previous theories by showing that the most fundamental entities in the universe were not points but extended one-dimensional objects like strings – very similar to a guitar string – that can vibrate. These objects were called “superstrings”, and they were so much smaller than the smallest subatomic particles.

These superstrings are the basic elements of the Universal Energy field. They vibrate and carry energy – the Universal Energy – an energy that is very important to us.

4. What do “Superstrings” (or “Universal Energy Field”) do?

“Superstrings” are not like points but like strings. A point has no dimensions, but a string, like a line, has one dimension. Just like the strings of a guitar, superstring vibrates in a wave-like motion. Furthermore, superstrings move continuously in space similar to the waves of an ocean. For this reason “Universal Energy field” can also be called “Universal Energy Waves”. “Superstrings,” while they move, also carry energy (or forces) produced by their vibrations. This energy is called “Universal Energy”. Low vibrations produce low energies, and high vibrations produce high energies.

Superstrings vibrate at different frequencies (vibrations). And just as vibrating guitar strings produce various notes, so the different vibrations (or frequencies) of “superstrings” make up different matter. All matter, including our physical bodies is made of lower vibrations of “superstrings” and therefore consist of relatively low energies. On the other hand, the Universal Energy that feeds “vital energy” (life-force) to our bodies is produced by the higher vibrations of “superstrings” and thus contains very HIGH energies. These HIGH energies of the Universal Energy Field have the power to cause any physical change and heal any disease. Moreover, this explains why treatment with “Universal Energy” is one of the most efficient healing techniques that can exist.

Scientific Commentary:

According to the “Superstring Theory”, superstrings are very subtle (and very small) objects that are the building blocks of everything in the universe and carry energies while vibrating in a wave-like motion as part of the Universal Energy Field. Physicists say that these short strings vibrate at different frequencies, and different frequencies make up different forms of matter. Similar to guitar strings that produce different notes, different vibrations of superstrings show up in scientific instruments as protons, electrons, quarks, photons, and so on. Therefore, what we call a photon (light-particle) is actually a superstring vibrating at a certain frequency, just like the note “C” is what we perceive from a guitar string vibrating in a specific frequency. This makes the implications of the “Superstring Theory” amazingly beautiful.

“Superstrings can sing” says Jim Gates, a prominent physicist. “So you can think of the world around us as a symphony of strings vibrating in different frequencies.”

A proton can be thought of as three vibrating superstrings, one for each quark. Metaphorically speaking, if we take each vibration of a superstring as a note (a musical note like “C”), then the proton is like a musical chord – a combination of notes played together to make a new sound. Of course, in reality, the chord of a proton shows up in scientific instruments as having all the properties of a proton (such as a certain mass, spin, etc.) instead of producing music. Likewise, with other particles.

Therefore, too an atom is a combination of chords. A molecule, being a combination of atoms, is even a more complex piece of music. Moreover, the world as a whole, being a combination of atoms and molecules, is a symphony.

5. In essence, what is a human being?

Human beings, animals, plants, everything in the Universe are different vibrations of the same substance – superstrings. As apparently separate entities, we are actually vibrating energy beings intimately connected to everything else in the Universe via the Universal Energy Field that knows and sees no boundaries. Our bodies are the most beautiful musical pieces (just like Beethoven’s symphony) whose notes are pulsating superstrings that are shared with everything else in the Universe. The universe is a big Universal Energy Field, and we are a vital part of it, sharing the same energy – “the Universal Energy”. Even at times, when “this musical piece that makes us” (our bodies) gets out of balance and we get sick, the Universal Energy Field that surrounds us have the potential to bring health and vitality. We are surrounded by energy (the Universal Energy) that has no limit. It only takes us the awareness that it exists; and then it is available for our benefit if we can learn its language – how it works and heals... This is the primary subject of this book.

6. Is the Universal Energy Field a form of Electromagnetic Field?

No. The Electromagnetic field is produced by a source, whereas the Universal Energy Field is not produced by a source; quite the contrary, it is the real Source of the Electromagnetic field and everything else in the Universe. The Electromagnetic field is limited; yet, the Universal Energy Field is all-pervasive. Electromagnetic field is also a Universal Energy Field; on the other hand, the reverse is not true, because Universal Energy Field is the Source of everything in the Universe. All matter and other energy forms are Universal Energy Field vibrating in various frequencies.

Scientific Commentary:

Universal Energy field is not an Electromagnetic field even though there are similarities between the two.

An Electromagnetic field is produced by a source that contains moving electrical charges. Once produced, an electromagnetic field is free to radiate; and it propagates in space as a combination of electric and magnetic fields that constantly vibrate. It moves in space like a traveling wave with the speed of light. The “visible light” is a form of electromagnetic field (also called a “photon”), and so are radio and television waves, microwaves, and X-rays. An electromagnetic field is not part of matter (its particle mass is zero), yet it carries energy. In other words, it is a force-carrier, and can transport energy over large distances. The radiation of sun that gives energy to earth and to living beings, is an important example of Electromagnetic energy.

Light as electromagnetic field can vibrate at different frequencies (vibrations). High frequencies produce the gamma rays and x-rays, whereas low frequencies produce micro-, and radio waves. In addition, according to Einstein’s equation: “ $E=hf$ ”, the higher the frequency (or the vibrations), the more energy is carried.

A universal energy field, on the other hand, is not produced by a source; it itself is the Source of everything else. Universal Energy Field consists of “Superstrings” that are smaller than atoms, light, or anything we have seen with our senses or in a physics laboratory. Universal Energy Field is the source of light, all matter, and all forces in the universe; it materializes as the solid appearances around us.

However, similar to an Electromagnetic Field, the Universal Energy Field moves in space as a traveling wave, that constantly vibrates. It spreads through all of space WITH NO EXCEPTION. It also carries energy – the Universal Energy – which can reach tremendous levels. Likewise, it produces a wide spectrum of frequencies and energies; its lower vibrations (frequencies) carry relatively lower energies than its higher vibrations that carry higher energies. The vibrations that carry higher energies can transfer energy to regions with lower energies.

Universal Energy Field, at the lower end of its energy spectrum, produces the matter in the Universe. Therefore, its lower vibrations intensify as the apparent solid universe that is visible to our senses and awareness. Our bodies are made from this dense (gross) field with lower vibrations and lower energy. However, at the higher end of its energy spectrum, the Universal Energy Field, stays as is; and does not materialize into matter, but rather keeps its original condition – as a freely moving pure (homogenous) field consisting of superstrings. This field surrounds our bodies and pervades the entire Universe, and is subtler. Thus, this subtle field with its high vibrations (and high energy) is the source of Universal Energy that gives Vital Energy to our bodies. This exchange of energy within the same ONE Universal Field keeps our bodies alive and functioning in a healthy way, as long as energy imbalances are avoided, because such energy imbalances may lead to disease. Yet, Universal Energy can provide a cure for that; and that is, within our access. Again, the most important thing to note here is that, our consciousness that desires health, our bodies, and the source that provides health via Universal Energy are parts of the same One Universal Field. All is connected; and all is One.

The Universal Energy Field with its low vibrations will be referred as the “Low Field,” and its high vibrations will be referred as the “High Field” as a shortcut in the text that follows. So, both the “Low Field” and the “High Field” are parts of the spectrum of the SAME Universal Energy Field – just like the low frequency notes and high frequency notes produced by a single piano. Thus, while the dense Low Field makes up the matter (atoms, our bodies, etc.) at low energies, the subtler High Field at high energies provides and feeds our bodies with Vital Energy (as part of Universal Energy) for its sustenance.

7. Why can't we observe the Universal Energy Field (superstrings) directly?

The Universal Energy Field is a very subtle field; and its constituents – the superstrings – are very minuscule object, smaller than atoms, or anything we have come across in our lives or in a physics laboratory. Therefore, our five senses cannot observe this field directly. It can only see its manifestation (intensification) “as matter” at low energies. Furthermore, scientists cannot detect this Field with the current technology, because of the incredibly short length of superstrings. For everything we had assumed to be elementary and ultimate about nature – the elementary particles (electrons and quarks) – lie about midway between the size of superstrings and the dimensions of our galaxy. In other words, superstrings are smallest entities that exist, and are TRULY elementary, and ultimate fundamentals.

Scientific Commentary:

Superstrings – components of the Universal Energy Field – are “one dimensional objects” that have a length of 10-33 cm. Such a distance is very hard to imagine – even for a theoretical physicist!

It means that if 1,000,000,000,000,000,000,000,000,000,000 of these superstrings were laid end to end, they would be just one centimeter long. The length of a string has the same ratio to the diameter of a proton, as the proton has to the diameter of the solar system.

So, even though Universal Energy Field is all-pervasive, its elementary parts – superstrings – cannot be detected directly or experimentally. This explains why healing techniques that involve Energy Work (such as Universal Energy Methodology) were not scientifically credited (as of yet), since scientists were failed to discover or pinpoint the Field experimentally. However, theoretical physicists are aware of this field, and supporting experiments are surely on the way – though because of the technological limitations, it may have to wait until the far future.

The fact that the Universal Energy field can not be detected directly should not be discouraging however, simply because, though we can not observe itself directly, we can observe its effect – the Universal Energy. Many healing techniques – including Universal Energy Method, Qi Gong, or T'ai Chi – has demonstrated the efficacy of Universal Energy in sustaining health and vitality, or in treating various disorders as documented in numerous case studies. The fact that we can notice “the Universal Energy at work” is a valid evidence that the Universal Energy Field – which is the Source of Universal Energy – exists. Additionally, we have the theoretical work from the physics community that supports this fact.

To summarize; everything in the Universe is made of the “lower vibrations (energies) of the Universal Energy Field” (“LOW Field”), that materializes into matter. And even though we can see the shape it takes as matter – such as our bodies, we cannot see its basic ingredients – the superstrings – which are too little to be detected by our senses or by science. Likewise, at the high energy spectrum of the Universal Energy Field – the pure, homogenous “HIGH Field” at high vibrations – that surrounds (and pervades) our bodies and everything else, but is not part of matter, can not be detected or observed. On the other hand, we can directly observe the consequences of the transfer of Universal Energy (in form of Vital Energy) from the more subtle High field to the dense Low field (our bodies) as it leads to healing in the physical body.

8. What is energy, and what are its different forms?

Energy is defined as the internal or inherent power possessed by a system that enables the system to sustain itself and/or to move. Energy can be transferred or released from one system to another, in which case it may cause physical changes (or force) in the system receiving (or absorbing) the energy. Energy is always conserved, which means that it can neither be created or destroyed, but only converted from one form to another, or transferred to another system. Energy exists in many forms.

The matter that our Universe is composed of, contains three forms of energy: potential, kinetic, and internal energy. Kinetic energy is the energy associated with a system that moves. For example, the Electromagnetic Energy carried by the Sunrays, that nurture the plants, is a form of kinetic energy. Potential energy is the energy stored in a system. The chemical energy stored in food that nourishes animals and human beings is a form of potential energy. Finally, internal energy is the energy that keeps atoms intact and is also called matter energy. Einstein's famous equation $E=mc^2$ describes the internal energy of a system that has a mass m .

However, at the deepest level, the most fundamental energy is the subtle "Universal Energy" which is the Source to all other energy forms. It is the energy associated with the Universal Energy Field (superstrings) that pervades the entire space. Kinetic, potential, and internal energies are different forms (or parts) of the Universal Energy.

As we know, our bodies consist of hierarchical systems that are made of different parts (organs) which in turns consist of various cells. Each cell is composed of molecules and atoms that are held together by electromagnetic forces; and, many chemical agents coordinate the functioning of the parts as a harmonious, collective system. In this sense, our bodies contain all the three energies: kinetic, potential, and internal. While the internal and kinetic energies provide solidity (and genetic structure) to the body, the potential energies provide nourishment. On the other hand, at the lowest hierarchy, since all matter, including our bodies, its cells, and atoms are made of the Universal Energy Field, we see that our bodies are at the same time a vibrational system that contains Universal Energy. This Universal Energy appears as kinetic, potential, and internal energies at higher levels of hierarchy. Therefore, this same Universal Energy gives solidity to our bodies as well as nourishment.

As mentioned earlier, at its low energy spectrum, the Universal Energy Field with its low and dense vibrations (Low Field) intensifies and forms matter. The reason we see different matter around us (such as trees, our bodies, animals, and so forth) is the result of different frequencies (or vibrations) of this "Low Field". At the high-energy spectrum, however, the Universal Energy Field with its high and subtler vibrations (High Field) does NOT form matter, but rather preserves its pure, formless vibrations that carries subtle Universal Energy.

This means that while the Low Field shapes our bodies with the gross form of Universal Energy such as the solidity and the genetic make-up, the Low Field also provides our bodies with nourishment using other gross forms of Universal Energy (from food and air). Here, it is important to note that since such actions are accomplished via the Low Field, they involve rather Low Energies. (So, it is true that we are an energy body, or a vibrational field, yet, it is also true that our bodies operate at relatively low energies.) At this point, the surrounding High Field emerges as a lifesaver. Because of its high energies and all-pervasive nature, this field interacts with the Low Field, and transfers the more "subtle form of Universal Energy" to the structures made of the Low Field – such as our bodies. This "subtle form of Universal Energy" that concerns tremendously high energies is the main tool that any energy healing technique uses – "Universal Energy Healing Method employed by SHY" being one of them.

To summarize, the vitality and health of a human body is provided by four sources: "genetic programming", "food", "air", and "the subtle form of Universal Energy". The fourth source is provided by the High Field (the more subtle Universal Energy field) which surrounds our bodies, and is the

highest form of energy source – and therefore the most crucial – out of the all the four sources. This source, also, is the main component employed in Energy Work Healing performed to diseased beings. All the four sources together constitute the “VITAL ENERGY”, as they give vital force (life-sustaining force) to a body. Other names for “Vital Energy” are: “Chi” or “Prana”.

We see that a human body is a “Vital Energy Body” that interacts with the subtle “Universal Energy”, which contributes to its survival and health.

9. What gives life to a human body?

On the outside, “the human body” appears to be a very complex system. It employs inner organs, cells, and chemical interactions in a hierarchical way, and transforms its incoming energy into Life force for the sake of self-preservation. Before this complexity, however, at the deepest level, “the human body” is a “vibrating field” that pulsates at various frequencies (though mostly low range). So, complexity emerges from simplicity as an emergent phenomenon.

What gives this vibrational field (as the human body) the property of life is the Vital Energy that serves as the Life force. And the source of the vital energy is the famous “Universal Energy” contained in the “Universal Energy Field”. Universal Energy not only provides genetic make-up, food, and air to the body, it also delivers its pure energy that the body needs for a healthy life. These four items – genetics, food, air, and pure energy – will be referred to as the “vital 4”.

Here it is very important to note that even though the traditional Medical Science recognizes the first three items of the “vital 4”, unfortunately as of yet, it has failed to grant item 4 the attention it deserves, which is the most crucial factor of all the 4 factors. This is probably because, experimental science – until now – failed to detect the subtle Universal Field surrounding the body. For this reason, most traditional treatments (medications) today are geared towards treating symptoms of diseases, and they fail to eliminate the main cause. The main cause of the diseases cannot be of physical origin, because the human body is primarily an energy body (a vibrational field) that merely has a physical appearance. When this is realized, it only makes sense to deal with diseases by the use and/or cooperation of Universal Energy. Only that can bring a cure. This is preventive medicine and this is efficient healing.

The reader should also note that “the vital energy” that gives life to the body via the “vital 4: genetics, food, air, and subtle field” is all Universal Energy, because they are all parts of the Universal Energy Field. The first 3: genetics, food, and air – being parts of the “Low Field” – contain low Universal energies; whereas, the “subtle field” or the “High Field” contain highest levels of Universal Energy. And even though the “Universal Energy” constitutes all of the “Vital 4”, since our emphasis is the 4th item (the “subtle field”), we will use the term: “Universal Energy” exclusively for the “Subtle Field” (the High Field). After all, the 4th item is the one that has been the most neglected by the Medical Science and yet ironically, it deserves the most attention.

To summarize, the human body continuously and spontaneously receives Universal Energy from the subtle Universal Energy Field that surrounds it. This energy is the major component of the “Vital Energy”. This “vital energy” or “prana” or “chi” gives life to the body, contributes to its energy requirements, and sustains its health.

The reduction of the Vital Energy leads to diseases. And at the extreme case, the complete loss of Vital Energy implies that the body would convert to dead matter. It would reduce its vibrations and lose energy below the acceptable level that would be required to sustain life. Dead matter, such as rocks, water, etc. are made of very low vibrations. Same thing holds for a body that lacks the vital force; it only remains with solidity. Thus, it is clear that unless the body is continuously fueled by the Vital Energy of the high vibrations, it cannot sustain the acceptable level of vibrations (and energy) required to function as a living mechanism. To conclude, Vital Energy increases the vibrations of the body in order to sustain life.

10. If human body is an energy body, why do we get sick at all?

This is a valid question, because it raises up the implication that the human body should always have sufficient intrinsic energy (in other words should be self-sufficient) to be able to survive in a healthy way, if it is made up of energy. The answer is that, yes the human body is an energy body, but it is still dependent on the surrounding Universal Energy Field. This is because of the fact that most of the intrinsic energy of the body, serves its solidity in form of internal (or matter) energy that makes up its atoms so that it can have a solid internal structure. But this makes the body only as good as inanimate (dead) matter. The rest of its energy is distributed among the food, air, and genetic programming – which brings a meaningful order (a functional hierarchy) to the solidity, . So, the energy body is roughly equivalent to the solidity, food, air, and genetics. Yet, food, air and genetics are not sufficiently high energy sources that will keep the body alive in a balanced way. They simply lack the energy. Therefore, the total Vital Energy requires the contribution of the “subtle Universal Energy” which comes as a high energy source from the surrounding Universal Energy Field.

The body needs not only its intrinsic energy, but also the external subtle Universal Energy for its robust survival. This ultimate need of the body, nevertheless, marks its intimate connection with the universe. As we said at the beginning of the text: “All there is, is the Universal Energy Field”; and this implies that “All are connected in a beautiful and harmonious way”. The Universe acts like a single cell.

11. What is the main cause of diseases?

So far we have seen that the human body is in reality an “individual field” with “vital energy”. It receives its vital energy mostly from the surrounding (all-pervasive) “Universal field” which is the source of “Universal Energy”. (We also know that the individual field is merely an intensification of the Universal field).

The main source of all diseases (if not all) are imbalances in the level of “Vital Energy” that is so important for the healthy life of the body. Without sufficient Vital Energy, the body loses its fuel, and the ability to function properly; its immunity lowers and is more susceptible to viruses, bacteria, or diseases in general.

The minimum level of total vital energy the body requires in order to sustain itself in a healthy way is rather difficult to measure experimentally, yet theoretically we will denote it as “Emin”, which will stand for the minimum acceptable level of Vital Energy before a breakdown is possible. And, this is sufficient for all purposes. The level of vital energy in a healthy body is usually higher than “Emin”, and we shall denote that simply as “E”, which will stand for the amount of the vital energy, that the body (or an organ in the body, depending on the context) has. In other words, when E is higher than Emin, all is fine; yet when E drops below Emin, diseases are most likely to occur. The subtle Universal Energy Field continuously supplies Universal Energy to the body, and this, under normal conditions keeps E above Emin. However, as we shall see further along the text, certain conditions lower the E below the critical Emin, leading the body to get sick.

We recall that, the body, being an individual field is constantly vibrating at a certain (or combination of) frequency – vibrations. As the vital energy increases, the vibrations of the body increase as well, and vice versa. So, the energy and the vibrations of the body are in a one-to-one correspondence. Same thing holds for the decrease of these two factors.

Prolonged, or extreme STRESS lowers the immunity system of the entire body, such that both the Vital Energy and the associated vibrations of the body are also reduced. Furthermore, if stress is associated with internalized emotions leading to a tension in any part of the body (a limb or an internal organ), then the vital energy (and the corresponding vibrations) of that particular part of the body will also be significantly reduced. As a result, “E” may fall below “Emin”, and initiate a disease in that part.

Therefore, “TENSION associated with chronic or acute STRESS” in the body is primary cause of most diseases, because it directly affects the vibrations of the body by reducing its vital energy. The body being an energy field, is most vulnerable to that. All other causes are only secondary causes (in other words, they are caused by this primary cause). For instance, a doctor who treats the stomach of his patient by medication is treating the symptoms of the disease but not the source. A complete cure can only take place by Universal Energy Work – as we shall see later – which will remove the tension and increase the vibrations of the body, which in turns will restore the minimum required vital energy for a healthy functioning.

Also note that, genetic defects or vulnerability in the body, though may bring a disposition, in most cases, can not be the sole cause to a disease, unless it is associated (accompanied) by the additional factor of “stress response”.

12. What is stress response and how does it lead to major diseases?

We face potentially stressful events very frequently, in the form of external disturbances that may create strong emotional reactions, such as “work problems, financial or relationship turmoil, traffic, deadlines, residential move, pollution, poor nutrition, loss or death of a loved one, and so on”. Or, in the extreme cases, physical trauma.

It is very crucial to realize that even though an external event triggers “stress”, it does not cause it. What causes “stress” is our perception of the disturbance as a “possible threat” followed by a strong emotional reaction. Same disturbance can lead to stress in one person, but not in other, depending on their view, personality, and emotional responses. Thus, the primary source of stress is not the external environment; it is our conscious or subconscious reaction to it. In other words, stress is not produced by external events, but rather internally, by our interpretation and our reaction. So, both the bad news and good news is that: “We create our own stress”, and therefore, we can do something about it, such that it is either not created or released via “energy-work,” if a buildup of stress has already occurred. Since stress is primarily self-induced, we shall refer to it as the “stress response”.

“Stress response” is a psychosomatic event in the true sense of the word – psyche meaning “mind” and soma meaning “body”. It is psychosomatic, because it is a condition of the mind and reflects its symptom in the body. The external event triggers an emotional reaction in the mind, which, in turns internalizes – or stores – it, as physical (biological) tension or stress in the body. Here, we see how our psychology and our biology are intimately connected and can not be considered in exclusion or in separation. Therefore, scientific research, no matter how sophisticated, if aimed only at the physical (biological) level, finds itself dealing only with symptoms, rather than the source.

The stress response is closely connected with the “fight or flight response”.

Scientific Commentary:

The fight or flight response is a well documented biological event – brought about by evolution – and it is shared by humans and animals, and is extremely helpful when the individual faces danger (such as facing a tiger). In the common terminology “the adrenaline gets flowing”. This response helps the individual to deal with the danger in minimal time. Evolution expects the individual to protect itself either by action towards the threat (fight), or by action to avoid the threat (flight), in the shortest time possible. To accomplish this, when the brain receives a “danger” signal, it flashes messages throughout the body.

A brain chemical called corticotropin-releasing factor (CRF) is released. This results in release of ACTH (the adrenocorticotrophic hormone) by the pituitary gland, which is the brain’s master gland, and it sits just beneath the hypothalamus in the mid brain. ACTH circulates in the bloodstream and stimulates the adrenal glands. Adrenal glands lie on top of each kidneys and release two hormones: adrenaline, and cortisone (cortisol). These hormones have two major effects: first, as these hormones circulate in the bloodstream, every cell in the body can be reached, and this increases the overall rate of the cell metabolism, preparing the cells for increased activity. Second, they provide the fuel necessary for increased muscular activity. The provision of fuel is achieved by adrenaline, which increases the respiration (for more oxygen income to the organism), the heart rate and the blood pressure (for more blood-supply to the cells); and by cortisone, which causes the liver to release glucose and fat into the bloodstream for quick energy. As a result of this rapid activity, the body has more “sugar and fat” (fuel) and more oxygen (to burn the fuel) available, while more blood

is pushed to the brain and muscles. As a result, the organism is more alert (aroused) with increased muscle tone (tension). In other words, the body prepares itself to support strenuous muscular activity by focusing all the inner resources on the immediate external threat.

If the problem can be solved through flight or fight, the solution itself prevents the stress and bodily functions start turning to normal. After Adrenaline stops being released, Cortisone is still released for some time in order to stimulate the conversion of fat and protein to energy so that the body has a large supply of energy long after the glucose supplies are depleted. This gives the body extra "resistance" to compensate with the physiological consequences of the fight-or-flight response. Later, Cortisone also stops being produced, and homeostasis (balance) is achieved. So, the fight-or-flight response appears to be beneficial, as it alerts the organism and provides it with extra strength at many levels. After the short response, and some resistance phase, all bodily functions go back to normal.

However, when the individual can not efficiently deal with the disturbance via fight-or-flight, it gets helplessly stuck in the fight-or-flight phase. Having been unable to either run away from the disturbance or eliminate it, the individual continues to be exposed to the disturbance while emotionally reacting to it with negative emotions. Negative emotions create anxiety in the body which becomes a drive that needs to be relieved. Unable to find a channel, the negative emotions can not be released. Now the individual needs to deal with both the disturbance and its own emotions. Having failed to do so, it is helpless both physically and emotionally. Physical helplessness keeps the body (or certain body parts) TENSE – as it was triggered with the fight-or-flight phase (the individual is ready to act, but without a solution it fails to act and keeps itself automatically tense); whereas the emotional helplessness keep the body aroused (panic-like). So, the system is both physically and emotionally aroused beyond an acceptable time. The negative emotions (helplessness) gets associated with the tension in body parts and create a conditioning between the emotions and tension. This is called "internalizing emotions". So, as long as the negative emotions are there, the associated tension will also be there. "Internalizing emotions" is the most primitive (and primary) response of an organism exposed to chronic or acute stress – though performed at different levels and degrees. Again note that here the negative emotions – though triggered by the external disturbance – are caused by an inner reaction (perspective). The individual can't shun away its negative emotions, and ends up keeping it as well as the associated tension. Not being able to be released, both become frozen with dangerous consequences. This is the "stress response".

Stress response is always extreme, unusual, or prolonged. Both the constant arousal as well as the body's attempt to create a balance depletes the vital energy ("the reserve fuel") to a state of exhaustion such that physiological systems begin to break down. If there is no relief from the arousal, the resultant stress on the physiological systems, tension, and lack of vital energy in body-parts lead to major or fatal diseases. At this point, the reaction is no longer the beneficial fight or flight response, but rather the harmful "stress response". Note that while the fight or flight response is externally induced, the stress response is internally induced. In the fight-or-flight response, the individual tries to release the disturbance from its sight (trying to eliminate the disturbance), whereas in the stress response it is primarily dealing with its negative emotions that need to be released – and being unable to do so, it internalizes them. This is a state of self-destruction.

The "stress response" is associated with the extended periods of arousal of the organism. Either the entire body, or at least certain parts of it are tense and aroused. Because of the prolonged arousal, cortisone continues to be released beyond the desired "resistance" phase. Constantly, more fuel (fat and protein) are being utilized. In addition, cortisone binds directly to the receptors within lymphocytes (disease-fighting immunity cells) and lead to their impaired functioning. So, immunity system reduces. Furthermore, cortisone interferes with serotonin (a neurotransmitter) activity in the brain and leads to depression and anxiety. Other parts of the glandular system (endocrine system) become also more involved as the arousal continues. Thus, the hormones start getting depleted. The mind becomes overactive (or exhausted and depressed), and the muscles get tense.

In short, the stress response (in the long run) depletes the fuel of the body, the immunity reserve, and the glandular reserves; it also suppresses the neurotransmitter functioning in the brain. So, the

immune system, the endocrine (glandular) system, and the autonomic (involuntary) nervous system become the three greatest victims. The result is fatigue and depression. It doesn't even end here.

The "stress response" impairs the function of all vital organs because of depletion of all the water-soluble vitamins, including vitamin C, B, and essential minerals, such as magnesium and potassium ions. When cells of the body lose potassium they function less effectively and eventually die. It also puts tremendous load on heart and blood vessels because of exhaustive inner activity, and weakens them.

Eventually, "stress response" even exhausts the adrenal glands, and cortisone gets depleted. When this happens, cells of the body do not receive enough fuel from glucose, fat, and protein (a condition known as "hypoglycemia").

Most importantly, as mentioned earlier "stress response" involves internalizing the negative emotions by tensing certain body-parts. With repetition, this state becomes a "conditioning" between the negative emotions and tension in the corresponding body parts, such that tension will continue to be triggered (subconsciously) and felt, just by the feeling of the emotions, even when the external disturbance is no longer there. This is because, the thought of its expectancy is still there. (This condition is commonly called as "internalizing emotions" – like feeling emotions in the stomach.) The extreme tension in the body-parts deplete their vital-energy, because it uses up a considerable amount of their fuel for the constant act of "tensing". When vital energy is used up for tension, little (vital energy) remains for the vital functioning of that body-part (limb, or organ). Consequently, cells dies out, and illness comes to that body-part.

As we see, in "stress response", emotional stress leads to physiological stress; and this results in an eventual breakdown (disease) for the target organ system (a classic example to this is ulcer).

"Stress response" is the most primary response of an individual because it is primitively linked with the fight-or-flight response. In other cases "stress response" (which can now also be called "internalizing negative emotions") may be followed with psychological self-defense mechanisms, such as displacement, suppression, rationalizing, and so on. Most of these mechanisms are self-destructive in the long-run and lead to a psychological disorder – which type of disorder is determined by the type of self-defense mechanism. For example, "displacement" of "the negative thoughts (the disturbance) conditioned by negative emotions" to another associated thought, or act, creates a vicious circle in the mind, and leads to "obsessive and compulsive disorder".

To summarize, "stress response" depletes "vital energy" (chi, or prana) of the body-parts that are under tension, such that the vital energy for that organ or system (E) falls below the minimum required level (E_{min}). This in turns, reduces the vibrations of that system. The system fails to function in a healthy way. This is the primary cause of most diseases (up to 90 percent). All illnesses – at least in part – are "stress response" related, because of its lowered immunity implications. Reduced immunity makes the body more susceptible to everything from colds and flu to cancer. For example, the incidence of serious illness, including cancer, is significantly higher among people who suffered the death of a spouse in the previous year.

13. Why is “stress response” so powerful in creating diseases?

We need to remember that all physical and mental disorders are in essence energy disorders because the human body in essence is an energy body that only appears to be matter (solid) to our senses. While the physical disorders are due to the depletion of vital energy in the parts (systems, or organs) of the body, the mental disorders are due to the depletion of vital energy in the brain (or mind). Depletion of vital energy debilitates the system and leads to diseases.

The subtle Universal Energy Field surrounding the body continuously provides it with Universal Energy, such that the vital energy of the organs are above the required level for healthy functioning (not to mention the contribution of genetics, air, and food). Here, the most fundamental question is then: “What causes the vital energy to fall below the critical level?”.

The answer to that question is “stress response”. This is because “stress response” directly hits the energy system of the body. By reducing the fuel (sugar, fat, protein), immunity, and endocrine (hormonal) resources of the body, stress response lowers the vital energy of certain organs to a level below the critical point. This in turn reduces the vibrations of that organ. (Note that the individual (field) continues to receive the normal amount of Universal Energy from the Universal Energy field, yet it is no longer sufficient.) Stress response eats up the vital energy, mainly because of the fact that it is associated with tension in certain systems. The effects of tension should not be underestimated. To keep an organ, or a limb tense continuously (almost like frozen), requires the consumption of tremendous vital energy. The vital energy that was supposed to be spent in the functioning of the cells of the organ, ends up being spent for keeping it tense instead. Energy gets channeled into a wrong reason. So, it is the “TENSION” that diminishes the vital energy in the organ that it grabs.

Stress response is the most fundamental and primary source of disorders, because it is associated with the fight-or-flight response. As we know fight-or-flight response is a primitive defense mechanism developed by the evolution. Therefore, any individual who responds to an external disturbance – almost intuitively (or at times subconsciously) – with negative emotions may end up being stuck at the fight-or-flight response permanently, and thus falling into the trap of the “stress response”. It is the inner emotional reaction of the individual (associated with helplessness to a situation) that creates the conditioned tension associated with the stress-response. So, both the stress response and the tension are self-created.

Therefore, in essence, the stress response is self-destructive and (subconsciously) suicidal. It targets to exhaust and terminate the system it hits. Vital energy brings life, whereas stress response takes that energy away, and aims to bring death. “Stress disorder” is the source, or “the main and the common cause” of all diseases, because it depletes the vital energy and the immunity, such that the vulnerable body is prone to such diseases. Our body, being an energy body is most susceptible to “stress response” than to any other threat. It is the vital energy that keeps the body healthy and free from diseases; stress response takes that quality away. It removes the vital foundation that the body is constructed upon. While stress response is the main cause for the body’s lack of health (stable condition), all other diseases, merely, are symptoms (secondary consequences) of this primary unstable condition. Therefore, any treatment geared towards eliminating any specific disease is ONLY dealing with the symptoms, unless it targets to eliminate the “stress response” – only then a cure can come. Otherwise, as long as stress response is there, one symptom (disease) will be replaced by another one. For this reason, healing techniques (mostly energy work) that remove or prevent “stress response” can be considered as the most-desired “preventive medicine”, whereas all other treatments that involve medication and so on, point to the inefficient symptomatic medicine. Also note that once the stress response is removed, vital energy will go back to normal; and all symptoms will disappear.

Once the individual employs chronic “stress response”, which disease (symptom) it will lead to in the long run, is determined by the part of the body that remains tense during the response. This is simply because, while that organ or a combination of organs (that are under tension) lose vital energy from being tensed up, other parts of the body may be able to sustain their energy for a healthy functioning. Yet, the body is a mechanism that owes its vital functioning to a collective work of its systems, therefore the debilitation in one part will eventually affect other parts, and thus the entire body.

Fortunately, the stress response can be avoided or removed; and all these diseases can be healed – including the ones related to the immunity-suppression. The ability of human beings to recover from adversity is remarkable. To cure a disease, both of the sources, the internalized tension, as well as, the associated negative emotions (if still in effect) need to be released. Releasing only one is not sufficient, as after releasing tension, the negative emotions (if any) may continue to create more tension because of the subconscious conditioning between the two.

It is necessary to remove the stress response and the associated tension in order to cure any disease.

14. What can be done to remove “stress response”, and what is the role of Universal Energy Treatments?

The best solution is of course not to engage in the stress response when faced with emotionally disturbing events – remembering that stress response is self-induced. Of course, this is not the most practical solution in most cases, because many individuals engage in stress response subconsciously – as part of their conditioning, which is also a part of their personality characteristics. Unfortunately, being closely connected to the fight-or-flight response, stress response is also innately and adversely reinforced by evolution. One would only presume that evolution did not take into account the complex emotions of highly evolved beings (such as humans and few other animals) who would employ “a system originally created for self-survival” for self-destruction. Only a very few people can and know, how to process and release their emotions without internalizing them with tension, when faced with disturbing conditions for long periods of time.

Therefore, the avoidance of stress-response can either come through either many years of psychotherapy or better yet: through “spiritual wisdom” which will bring the necessary understanding, acceptance, and faith in one’s true being and in “what is”, such that a “stress response” will never arise. Such spiritual wisdom will be discussed later in this book. This brings a permanent prevention to any adverse condition.

Once, a disease is there, a cure can come through Universal Energy Work (or simply energy-work) which will remove both the tension associated with the stress response, as well as the symptomatic disease that are caused by such tension. Universal Energy Work can and will achieve this, because it can have the power to increase the vibrations of the affected system by providing it with extra vital energy. However, this can’t happen by itself, because during “stress response,” the Universal Energy that is spontaneously provided to the individual by the surrounding – more subtle – Universal Energy Field, is insufficient to counter-increase the vital energy eaten up by the stress response. This is because the subtle Universal Energy Field provides energy that flows equally in all directions in space, and what the individual (field) benefits from it under normal circumstances is a moderate amount of energy (vital energy) sufficient for healthy functioning, as long as a debilitating stress response has not yet manifested. If, on the other hand, stress response manifests, there is a need of extra amount of energy from the surrounding field in order to counteract the energy-loss. Such high levels of Universal Energy can only be retrieved from the Universal Energy Field by conscious intention on the part of the individual – or better yet, a therapist, who will channel (focus) the Universal Energy to a specific area: in this case, the diseased and tense area of the patient.

“Conscious intention” is a powerful tool, because it implies a preference, and will allow the free floating Universal Energy to pour predominantly to the individual with increased energy-density. This is a consequence of a potential law which states that “energy goes where attention goes”. Consequently, the vital energy of the affected organ(s) will go back to normal, whereby increasing the associated vibrations, which in turns will remove the tension and the stress response. (Note that here, a spiritual foundation will be of great help to eliminate prolonged negative emotions that may lead to stress response later on.)

“Universal Energy Technique” as taught by Spiritual Human Yoga organization, as well as other energy works such as general chakra-therapy (hands-on healing), chi-gong, and chi-yi (the art of breathing) can be utilized to channel Universal Energy to a patient.

The details of how to access and direct intense levels of Universal Energy, together with the concept of “chakras” will be explained in depth further along the text.

For the benefit of the reader and others, a VERY important tool for recovery from stress and other diseases is “deep breathing”, what is also called “abdominal breathing”. “Abdominal breathing” is filling the lower parts of the lungs fully and completely during the inhale, in addition to the higher parts of the lungs. When “abdominal breathing” is done consciously in order to replace the conditioned reflexive and very limited “shallow breathing” that we employ in daily living, miraculous

results can be achieved. “Abdominal breathing” is a true savior and can accompany other energy-works. It should become a standard daily regimen – a life style. Deep Abdominal Breathing allows the body to stay free from tension and stress-response, because it initiates motion and vibrations in the body instead of immobility and frozen tension. It also increases the oxygen intake for more vital energy. Furthermore, it helps the individual to increase the awareness of breath as a beautiful (yet one) example of the intimate connection between the individual field and the more subtle Universal Energy Field. The person realizes with every breath not only oxygen, but a part of the Universe is constantly exchanged; and this awareness – the Unity and Wholeness in the Universe – in itself, will increase the amount of Universal Energy retrieved from the surrounding field, thus leading to higher levels of vital energy (PRANA, or chi) in the body. This is a natural way of channeling (focusing) intense Universal Energy without the aid of a therapist or a healer. All these, and its implications will also be discussed in detail later.

The common advice: “take a deep breath when faced with disturbances” is so true, yet insufficient, because it has to be done all the time; in other words, a new conditioning can be achieved only via practice, so that abdominal breathing can become subconscious and permanently there.

15. Are there any “scientifically established facts” about “stress response” being the source of most diseases?

Scientific Commentary:

FACTS:

1. The medical researchers at Cornell University Medical College call the “stress response” as “the most debilitating medical and social problem in the United States today”. This surely applies to most other countries as well.

2. Between 80 and 90 % of all illness is stress-related. Other researchers believe that all illness – at least in part – is stress related.

3. Stress response is linked to the six leading causes of death – heart disease, cancer, lung disease, accidents, cirrhosis of the liver, and suicide.

4. The following conditions are known to be linked to the stress-response:

I. Central Nervous System

- Anxiety
- Depression
- Fatigue
- Headaches (some chronic)

II. Cardiovascular System

- Impaired heart function; can cause angina
- Constriction of the peripheral blood vessels, thereby raising blood pressure
- Hypertension

III. Digestive System

- Stomach upsets, even ulcers
- Diarrhea
- Gastritis
- Peptic ulcers
- Irritable Bowel Syndrome (intestinal problems)
- Ulcerative colitis

- Canker sores in the mouth

IV. Respiratory system

- Asthma

V. Musculoskeletal system

- Tension in skeletal muscles and joints, leading to backache, muscular aches and pains
- Predisposition to arthritis; degenerative diseases such as rheumatoid arthritis

VI. Immune System

- Weakened defenses, with lowered resistance to infections
- Common cold
- Viral diseases (often due to depleted immune defense system)
- Auto immune disease
- Allergies
- Malignant cell changes; cancer

VII. Endocrine System

- Menstrual Disorders
- Thyroid disorders (underactive, overactive, thyroiditis)
- Adrenal hypo function

VIII. Reproductive System

- Infertility
- Menstrual irregularities
- Premenstrual tension syndrome
- Premature ejaculation
- Impotence

IX. Skin

- Eczema, psoriasis, rashes

X. General

- Diabetes (adult onset – Type II)
- Tissue degeneration
- Acceleration of the aging process

5. Nearly 100 million Americans suffer from stress-related illness in USA.
6. Between 75 and 90 % of all visits to the doctor are for stress and anxiety related concerns.
7. Over 50 percent of deaths in the United States each year are the result of diseases associated with the “stress response”.
8. A Gallup poll (questionnaire) reports that up to 25% of the American work force suffers from excess stress or anxiety. Fifteen percent of the U.S. population has had an anxiety disorder, and one in five Americans suffer from stress-related insomnia.
9. Stress response, when severe, results in “arteriosclerosis (hardening of the arteries), heart attack, stroke (in the brain), and suicides.
10. Because of the fact that “stress response” depletes the fuel, the hormones, the immunity, enzymes (and other chemicals), and the neurotransmitters in the body, as shown by studies, it can manifest itself in the following symptoms: “poor digestion, respiratory problems, sexual dysfunction, immune system dysfunction, and central nervous system problems such as muscle twitching, cramping, nervousness, and the ability to sleep well”.
11. According to a published study in the Wall Street Journal, among thousands of surveyors in 46 companies, over 70 percent had stress related problems. These people, in average and per person, spent almost 3 times more than the other people in health costs. This statistics show the significance of stress-response in creating health problems, and the insufficiency of preventive medicine in our current culture.
12. Despite the lack of preventive action, most medical doctors are very aware of the direct connections between stress and illness. Regardless the nature of the illness – from the common cold to cancer – patients are advised to rest, relax, and adopt schedules that will reduce stress.
13. Researchers at Mount Sinai School of Medicine in New York found that widowers have a significantly weakened lymphocyte (immunity cells) function within two months of their wives’ deaths. Widowers over 55 years old have a 40% higher mortality rate within six months of their wives’ death than non widowers in the same age group.
14. A growing body of research implicates stress-response as a factor in the cause of cancer. Studies conducted at a number of institutions indicate that activity levels of cells that identify and destroy cancer are likely to be lower in people experiencing high levels of stress than in people with less stress. The reduced activity levels make it easier for the cancer cells to multiply. Also, cancer patients’ attitudes are an important factor in the recovery process. Those who truly believe they will recover, and who experience less stress-response regarding their situation, have a greater chance of recovering than those with less positive attitudes and higher stress levels.
15. In recent years researchers have demonstrated that humans and other animals can exert voluntary control over the “involuntary nervous system” (despite the common disbelief). Experiments conducted by Dr. Neil E. Miller in 1969 proved that “biofeedback” techniques are successful at regulating the blood flow. Scientists using sensitive equipment in laboratory environments showed that practitioners of yoga have developed the ability to control oxygen consumption, blood pressure, and body temperature. A 1968 study conducted at the Harvard Medical School found that people who meditate regularly are able to reduce their oxygen consumption by 20%, decrease their blood lactates (associated with feeling anxiety), and induce higher levels of brain activity related to tranquillity and feeling well-being (Alpha waves). Further studies conducted by members of this same research team in 1981 documented the ability of Tibetan monks to increase temperatures of specific body parts (fingers, toes, and skin) by as much as 15 degrees Fahrenheit during meditations. All these studies confirm the fact that the internally induced “stress response” can also be internally reversed; in other words, we have full control over the fundamental conditions of the body as long as we know how to master them. This is the subject of the rest of this book.

16. What is Universal Energy Treatment and how does it heal diseases?

The Universal Energy Field pervades the entire universe, and surrounds the individual. As an Universal Field, it interacts with the individual, which is also a vibrating field – the individual field. Everything is a one big field, and all are connected. The interaction between the Universal Field and the Individual Field (the person) results in an energy exchange between the two – energy will be transferred from the Universal Field to the person. This is because the Universal Field has higher vibrations and higher energy, whereas the person's field has lower vibrations and energy. When the high vibrations of the Universal Field interact with the low vibrations of the person's field, it helps to increase the personal vibrations – which is equivalent to an energy transfer. This energy transfer is utilized as a crucial part of the vital energy required for the person's life and health.

Under normal circumstances (in other words, when the food and air intake of the individual are reasonably well), then the Universal Energy that naturally and spontaneously flows from the Universal Field is sufficient enough to keep the body healthy and free from diseases. However, if the body employs “stress response”, then the continuous tension in the body-part(s) may reduce the vital energy (personal energy) of certain systems of the body to a level that is below critical amount. When this happens disease may come to those systems despite the uninterrupted Universal Energy flowing to the body. Note that, this flow just happens, without any conscious intervention.

In this case, if the tension can not be alleviated (which is usually the case) by the more traditional methods, an efficient way to remove the tension is to increase the energy flow from the Universal Field to the body by conscious intention and intervention. Only, when this is achieved, the vital energy of the systems of the body will be back to the desired level. Its vibrations will increase back to normal, which will counterbalance the tension. This is because vibrations are of the “mobility”, whereas tension is of the “immobility”; therefore, mobility will always treat immobility and induce it to move. This will remove the tension, and will give the patient an opportunity to eliminate the “stress response” altogether. If the patient holds on to the negative emotions, tension is very likely to come back. So, it is also very important to release the negative emotions that were conditioned by the tension; and this is best done by a good foundation in spirituality, which will bring peace and acceptance, and less emotional involvement. The surge of intense Universal Energy, as well as the vital energy that will be available from the removal of tension, will give an energy boost to the body in order to enhance the immunity, and cell-and-system recovery. Consequently, the diseases (symptoms associated with tension) will disappear.

So, the question that remains is, as how to increase the Universal Energy flow from the Universal Field to the body to a level which is higher than the regular spontaneous flow. At this point, the role of Consciousness – as a very important mechanism – emerges. First, let us define Consciousness. The individual Consciousness is a faculty of the mind (produced by the brain) that allows the body-mind to perceive the inner states (thoughts, feelings, sensations, etc.) and the outer states (impulses coming from the environment as perceived by the five senses). Consciousness also creates intention, attention (focus), and an apparent purpose. Without Consciousness, the universe is in a state of “no-preference”. This applies also to the energy – the Universal Energy – it contains. The energy floats and flows, without a preferential direction and therefore with equal intensity in all directions. However, Consciousness (the mind) can make this energy predominantly flow into one direction rather than other directions. It achieves that by intention and focused attention (concentration) – “energy flows where attention goes”. When this happens Universal Energy will flow with “higher Energy density” to the intended spot, than ever before. “Higher Energy density” means increased vibrations applied to that spot.

To summarize; when a patient or a healer applies “conscious intention and focus” to the point of contact between the person and the Universal Energy Field, then intense Universal Energy will flow from the Universal Field to the part of the body that the Consciousness is focused upon. This will increase the vital energy of that part of the body, thus removing tension and the associated disease. This is best achieved when the person (who is doing the healing – let that be a healer or the person

itself), either by hand or by the help of thought, feels or visually imagines, the flow of intense Universal Energy from the surrounding Universal Field to the predetermined area on the body, that needs the energy. Such conscious intention and concentration on the Universal Energy, creates high levels of energy flow to the benefit of the patient, that was not possible prior to the intervention – except with self-awareness practices, such as certain breathing techniques. The intense energy flow can be resembled metaphorically to a tornado (the spinning winds). While air contacts the earth at a mild intensity most of the time (imagine a weather with no winds), at certain conditions – such as during a tornado – it reaches earth with tremendous speeds, force, and intensity.

One of the most efficient ways to direct Universal Energy by focused thought is, to visualize (in other words, to create a mental image in one's mind) the Universal Energy Field – though normally invisible – entering the body as “rays of light,” meanwhile transferring Universal Energy to the area in need. It is as if the body is breathing – not air but – the surrounding Universal Field, and is being replenished and nourished by its Energy.

So, Universal Energy Treatment is a very efficient technique, that not only treats diseases, but also cures them – by removing the source. It removes tension in the body by increasing the vital energy and vibrations of the affected (diseased) body-parts. It achieves this by conscious intention and focus of the healer who – either by touching the affected area of the patient, or remotely – directs very intense levels of Universal Energy from the surrounding Universal Field to the diseased part of the body. Once tension is removed and the vital energy is back to normal, the associated disease also disappears, thus bringing complete health to the body.

17. How does consciousness – a product of the individual mind – can exert mastery on the surrounding Universal Field?

This is a valid question because the Universal Field appears to be outside of the body-mind; in other words, the question is: how can our mind influence the Universal Energy flow from the Universal Field to the “body in need,” such that the energy gets higher. The answer is a very unexpected one. Even though the subtle Universal Field appears to be separate from the person (which is the individual field), It is not.

First of all, we know that everything in the Universe consist of the Universal Energy field. The individual is merely an intensification of it at lower and denser vibrations. So, the individual is still a Universal Energy field, whereas what we have been calling as the Universal Energy Field is only more subtle, with higher vibrations. Therefore, they are in a state of “similarity”. Furthermore, the subtle Universal field pervades everything else, including the individual field; so there is also the state of “intimacy”. On the other hand, these statements still do not quite explain why the individual field should be able to influence the subtle field, especially if they are distinguished as two somewhat different entities with different vibrations and energy; in other words, how can the individual apply force to the subtle Universal Field to make it flow more intensely in certain directions.

Here comes the unexpected answer: “Even though the Universal Field and the individual fields appear to be distinct and therefore – though intimate – still separate, not only they interact in our three dimensional space, but at the same time they are all connected beyond space”. It is because of this connection, that is outside our perceived 3-dimensional space, the consciousness of the person can influence any part of the Universal Field – even the very distant parts. The influence is – in a way – remotely done (very similar to telepathic phenomena, where two distinct minds connect remotely – without physical intervention). The intentional force aimed to direct Universal Energy predominantly to the patient, travels not in space (or locally) from the therapist to the Universal Energy Field, but outside space (in other words, nonlocally). Again, this is because, everything is connected with everything else outside space, and therefore can influence each other at distant points in space.

Scientific Commentary:

Physicists – for a long time – accepted that, all the interactions in the Universe had to be local; in other words, the cause-and-effect principle works such that, if object A influences object B, then such influence has to be carried in and through space via either physical touch or signal. This meant that, if two objects were not connected by any means, then they could not influence each other. This was later proven wrong by Bell, in 1964, who found out that interactions between two entities can also be nonlocal (outside space). In other words, two distinct and apart entities (or objects) can influence each other; and, the medium or the vehicle that carries the influence does not have to travel in space. “Nonlocality” was considered to be the most exciting and important thing that ever happened in the history of physics.

This theorem says that, two distant entities can affect each other in such a way that, as if the affected entity picks up the effect internally, rather than from external means. So, object A sends the cause – not through space – but rather to its insides (metaphorically speaking), and object B receives the effect of that cause from its inside rather than from outside. This puzzled physicists, and continues to puzzle some of them to this day. The theorem implies that even though entity A and entity B, appear to be two different (distinguished) and separate entities in our perceived 3-

dimensional space, actually beyond space they are connected, and in a higher dimension they are ONE and the SAME. This Wholeness and Oneness (Unity) allows one entity to pick up the influences of another-one internally, rather than externally.

We shall later see in this book, that this applies also to the individual and Universal Field (both being superstrings at various vibrations). Both of these fields (or both of the high and low vibration regions of the Universal Field) – though appear separate – are all connected (nonlocally). So, even a person and a very distant part of the Universal Field are connected, because, they are also outside space. Furthermore, they are both “one and the same” in a higher dimension : “the Hyperspace” : which is the Source to all, including our 3-dimensional space, the Field (both the Universal and the individual), and time.

So, consciousness always accesses the Universal Energy nonlocally (outside space), even though it can send it locally (in space) to the affected organ via chakras – as we shall see later.

18. What is hands-on-therapy and what is remote healing?

Universal Energy Treatment can be done mainly in two ways: hands-on or remotely. Hands-on treatment takes place when the healer puts her palm or finger tips on the affected area of the patient, or if the affected area is not on or close to the surface of the body then on the associated chakra of the patient. (Chakras will be introduced later.) Putting the hand on the affected area strengthens the focus of the healer – both in terms of intention and attention or concentration-wise, and it also sets the direction of the Universal Energy flow. By focusing his or her consciousness, the healer directs Universal Energy from the surrounding Universal Energy field to the diseased area. Such focus, reinforced by the placement of hand, increases the energy density that the diseased area receives at the point of contact. Here, note that, after some time of healing, if the hand of the healer gets warm, tingly, or vibrational, this still doesn't mean that the energy is being transferred from the hand of the healer to the patient. The hand is merely a signpost; consciousness triggers the intense energy transfer; and the energy comes directly from the Universal Energy field which is subtle and all-pervasive. The reason the hand may get such sensations is because, the hand also gets exposed to some of the intense Universal Energy flow in the process, and therefore, naturally its vibrations increases as well.

During remote healing, on the other hand, both the healer and the patient can be far away from each other or miles apart. In this case, no hand is utilized, but its role is replaced by the extra focused attention of the healer. The healer either feels or visualizes the patient and the affected area (or chakra), and directs Universal Energy to the diseased area from the Universal Field that surrounds the patient. The healer can do that distantly, because he or she can access Universal Energy nonlocally or remotely as we discussed earlier – in other words, distance in space becomes irrelevant.

Note that, the Universal Energy field is in continual motion, flux, and flow. Therefore, Universal Energy flows without interruption to all directions at all times. When we say that the healer accesses Universal Energy, we mean that the consciousness of the healer makes the energy flow preferentially in one direction (and that is in the direction of the diseased area) rather than other directions, such that the diseased area (which is low in energy) can benefit from it, as vital energy. This can be likened to creating an artificial riverbed next to an ocean, which will make its water flow predominantly in that one direction of the riverbed. The healer directs the energy flow “nonlocally” because the influence of the healer on the energy is without physical contact but rather from a distance in space. Such influence is possible because both the healer, the patient, and the Universal Energy field are connected outside space, where our 3 dimensional reality is irrelevant and can no longer impose its restrictions. Such “beyond-space”ness – though can not be observed by our senses or mind – is nevertheless there, as supported by theoretical and experimental facts of quantum physics, as well as by the “Hyperspace with superstrings” phenomenon. Details of this will be discussed later.

19. Is the healer a channel to Universal Energy or a contributor (a vehicle)?

We have seen that by just concentrating on a particular spot, the healer can send energy to the patient. However, this technique becomes efficient only when the healer's attention is balanced with tranquillity. The healer must realize that he is not the doer, the energy comes from the Universal field, and the healer is only a contributor or a vehicle. Therefore, the healer must let go all concern regarding the outcome of the therapy – in other words, if destined to be, healing will happen, otherwise it won't. If the healer is not in a state of tranquillity, then the balance between attention and tranquillity will be disturbed, and the healer will be in state of anxious desire to heal the patient. Such desire, caused by fear, takes away the mind of the healer away from the present moment; because the mind will be too much concerned about the outcome of the therapy – something that relates to the future. And when focus or attention is not in the present moment, it loses strength and efficiency. On the other hand, if the healer has faith in the Universe and its workings, this will bring a state of peace and tranquillity. Only in such a state, attention works optimally.

Furthermore, too much concern regarding the outcome of the therapy indicates strong involvement on the part of the healer who wants to take the role of “doership”. In such cases, the healer gives extra attention, determination, and will power to get an immediate result as if she is doing the healing, and that, puts the ego into the picture. Yet, the ego can never assist. Again, this is a vital point that healers must realize that, healers are not the doers; in other words, they are not doing the healing, they are only coordinators (just like a traffic-policeman who coordinates and directs the flow of traffic – the cars are not driven by them, they are only guided by them). When the healer realizes that she is not the doer, than she can let go all concern regarding the consequences of the therapy. Indeed, the Universal Field, who is doing the healing and providing the energy, will take care of the result as it should be – according to the destiny.

The healer is not even a “channel”, because a channel means a medium that energy flows through. However, Universal Energy does not flow through the healer's body to reach the patient, it simply and directly comes from the Universal Field – as coordinated and directed by the healer. If the healer, during a therapy assumes and pretends that she is a channel, then her own vital energy will be reduced or depleted, because her consciousness (supported by her own belief) will transfer Vital Energy from her body to the patient's body, and this will exhaust the healer. As we said earlier, energy goes where attention goes; but we must also add that, energy will come from, where the mind thinks it comes from. If the mind thinks that it is coming from herself, then this will happen. Again, the mind is the coordinator of the energy, and determines, the direction of the flow, as well as the source and the destination. And, under normal circumstances the source should be the subtle Universal Energy Field, and the destination, the patient's diseased area.

20. What are chakras? What are their role in the Universal Energy Treatments?

Chakras are points in the body, where Universal Energy is transferred from the surrounding subtle Universal Field, to the more dense individual field – which is the person. In other words, chakras are points of contact between the Universal field and the individual, through which the Universal Energy is transferred and then distributed to the associated organs in the body. By definition, any point on the body and inside the body is a chakra. This is because any point in the body (a chakra) spontaneously receives Universal Energy directly from the subtle Universal Energy field. And any point in the body can also receive intense levels of Universal Energy, again from the same field, by conscious intervention – such as in Universal Energy treatment. So, there are infinite number of chakras.

Chakras can also be called as “energy transformers”, because they transform the Universal Energy that the body receives into the vital energy that it employs for its vital functioning and healthy survival.

Out of the infinitely many chakras, seven are the “major chakras”. These major chakras are aligned and parallel to the spinal cord in a vertical line ascending from the base of the spine to the head; but they are located on the skin of the rear side of the body. The exact location of the major chakras are as follows:

Chakra 1

Root chakra

Base of spine, the perineum

Chakra 2

Sacral chakra

Between the navel and the root chakra, but on the rear side of the body

Chakra 3

Solar plexus chakra

On the rear side of the navel

Chakra 4

Heart chakra

In the center of the chest, but the rear side

Chakra 5

Throat chakra

On the lower neck

Chakra 6

Third eye chakra

In the middle of the forehead, over the eyebrows

Chakra 7

Crown chakra

On the top of the head

Each one of these 7 chakras are located at very crucial points, because they are in close proximity of major organs, organ muscles, glands, and nerve plexus (networks). Each major chakra is very close to a specific region in the spinal cord, where the spinal cord connects through its associated nerve plexus to the vital internal organs and their muscles. Also, each major chakra is very closely located to vital glands (endocrine system).

To understand the important role of these chakras, we first need to understand the anatomy and physiology of how tension in the body manifests during the stress response:

Scientific Commentary:

Our nervous system contains of two primary sections: the Central Nervous System and the peripheral nervous system. The central nervous system consist of the brain and the spinal cord, whereas the peripheral system consist of nerves, which extend from the spinal cord to the various regions in the body – such as organs, glands, muscles, skin, and so on. The peripheral nervous system has also two parts, the somatic system which deals with the voluntary control of the skeletal muscles mostly in order to aid the movement of the body, and the autonomic system which deals with the involuntary actions (such as control of the heart, stomach, etc.) and involuntary control of organ muscles (such as cardiac muscle, etc.). Finally, the autonomic system is divided into two parts: sympathetic, and parasympathetic. The sympathetic system prepares the body for fight-or-flight (arousal and activation), while the parasympathetic system relaxes the body after an emergency and for sleep (inhibition and rest).

So, when an individual is faced with an external disturbance, as soon as the disturbance is sensed by the brain, it sends impulses via the central nervous system to the peripheral nervous system, especially to the sympathetic part of the autonomic system. At the same time the pituitary gland in the brain releases ACTH, which in turns lead to the release of adrenaline and cortisone from the adrenal gland (on top of the kidneys). This, combined with the sympathetic nervous system makes the heart rate, and the blood pressure increase. Also, since the sympathetic nervous system connects with the fibers of muscles, it contracts and tenses the involuntary muscles (organ muscles) by sending electric impulses. The involuntary muscles are the muscles that govern the functioning of the internal organs – such as lungs (respiration), heart (circulation), stomach, intestines (digestion), and so on. At the same time, the voluntary system tenses certain voluntary muscles (skeletal muscles, such as limb muscles, abdomen surface, chest surface, etc.) for greater muscle tone.

As a result of these activities, during fight-or-flight response, the body is in a state of arousal – with the blood circulating faster, thus increasing the fuel for quick energy; and it is alert with tense muscles (both internally and externally).

When the individual can't deal with the disturbance efficiently, he or she freezes in the fight-or-flight response, thus producing the stress-response. Adrenaline – to a degree – but mostly cortisone continues being released from the adrenal glands. So, both the pituitary (releasing ACTH) as well as the adrenal glands get depleted in time. The sympathetic autonomous nervous system remains active thus keeping the muscles of the internal organs aroused and tense. The entire endocrine system (all glands) in the body gets involved due to the influence of other hormones from the brain, which depletes their hormones. And the immunity system also reduces. The longer or the more acute the stress response is the more serious its consequences: reduced immunity, an overactive sympathetic system, an overactive endocrine system, more tension in the internal muscles attached to internal organs, and even more tension in some of the external muscles. The tension in the organ muscles, keep the organs under tension, which in turns reduces their vital energy and vibrations, leading to a disease.

When the healer directs Universal Energy from the Universal Field to a chakra, that chakra on the body absorbs the energy, and distributes it as vital energy to the corresponding

1. close-by region in the spinal cord, and from there to the
2. nerve plexus (network) that connects the spinal cord to the internal organs.

Note that the nerve plexus is the sympathetic autonomous nervous system that connects to the internal organs as well as to their involuntary muscle fibers in order to coordinate their functioning (but during stress-response it also tenses their muscles).

3. Additionally, from the chakra, energy reaches the diseased internal organ.
4. and its voluntary muscles, as well as
5. to the associated glands that lie in the direction of the flow of Universal Energy.

As a consequence, once the chakra receives energy, the associated sympathetic nervous system, the associated internal organ, its muscles, as well as the close-by glands receives Universal Energy in forms of vital energy.

The vital energy that the sympathetic nervous system receives, leads to its activity returning back to a normal level. This, together with the help of the parasympathetic system enables the internal organ muscles to be released from the debilitating TENSION. Additionally, the Universal energy that reaches the organ muscles increase their vital energy and vibrations, which will also help reduce the built-up tension. (Note that vibrations bring mobility (motion) to an otherwise immobile object – in this case muscles.)

When tension is released, the vital energy of that organ starts going back to normal. So, the source of most diseases – tension – is removed. Also, the vital energy that reaches the internal organs, help the recovery of the tissue cells from the symptomatic disease. Furthermore, the vital energy that goes to the gland replenishes it, and brings its hormones back to normal level. Since tension is removed and hormones are back to normal, the body finally leaves the arousal state, and enters the relaxed state. This induces the termination of cortisone production, consequently the immunity system recovers. Both the pituitary gland and the adrenal glands start getting replenished since constant production of ACTH, Adrenaline, and Cortisone has stopped. Finally, if there is any voluntary-induced tension on the skeletal muscles of the body, they are also released. Thus, the body is healthy and cured, as long as the person does not utilize the stress response again, which may lead to the regression of the previous state.

At this point, we can describe each chakra and its associated nerve plexus, organs, and, glands:

CHAKRA
NERVE PLEXUS
GLAND
ORGAN

C1- Root
Sacral-Coccygeal
Gonads (Sex gland)
Sexual organs, intestines, testis, ovary, urinary bladder, hips, legs and feet

C2- Sacral
Sacral plexus
Gonads
Sexual organs, intestines, bladder, kidneys, lower back

C3- Solar Plexus

Solar plexus

Spleenic plexus

Adrenals

Stomach, pancreas, spleen

liver, gall bladder

diaphragm (breathing)

middle back

C4- Heart

Heart plexus

Thymus

(Circulatory and respiratory)

Heart, lungs, bronchial tubes, arms, chest, upper back

C5- Throat

Cervical Ganglia Medulla

Thyroid, Parathyroid

(Respiratory)

Throat, neck, nose, ears

C6- Third eye

Hypothalamus

Pituitary Pituitary

Midbrain, eyes, face

C7- Crown

Cerebral Cortex

Pineal Pineal

Cortex, CNS, rest of the body

For instance, if there is hypertension, the heart chakra will be utilized; if there are stomach disorders, the solar plexus chakra will be utilized, and so forth.

Let us illustrate the entire chakra concept with an example. If a patient has an ulcer in the stomach, the primary cause of the disorder is due to lack of vital energy in the stomach area. This must have been caused by the stress response of the patient, which resulted in the sympathetic nervous system to tense the stomach muscles, and reduce its vital energy. We cure this disease, by directing Universal Energy to chakra 3 – the solar plexus chakra. To do this the healer puts her fingertips or palm of her hand on the solar plexus chakra, and focuses there with the intention of directing the energy flow from the Universal Field to chakra 3. (The hand can also be put directly to the front side of the body facing the stomach instead of the chakra.) The Universal Energy that reaches chakra 3, flows directly to the corresponding sympathetic nervous system (in this case the solar plexus) and reduces its activity. The energy also reaches the corresponding stomach muscles so that they can increase vibrations and relax. When this happens, the vital energy and the vibrations of the stomach start to increase. Also, energy from chakra 3 goes to the stomach as well as to the associated adrenal glands. This helps the stomach heal faster, and helps the adrenal glands to replenish themselves. When the source of the ulcer (stomach tension) is removed, the disease will also be

healed in time by itself, yet the extra energy directed to the stomach assists speeded recovery. The patient becomes well.

Note that for every disease, it is a good idea, to also direct extra energy to chakra 3 and chakra 6, in addition to the chakra associated with the particular disease. This is because, any disease, regardless of its form, involves “stress response” at its source, and therefore depletes the pituitary and the adrenal glands because of the overactive ACTH, adrenaline, and cortisone. Energy directed to chakra 3, helps adrenal glands to recover, while energy directed to chakra 6 does the same to the pituitary gland. Note that the “pituitary gland” is sometimes described as the “gland of destiny” because of its importance in development. It exercises some control over most hormone (glandular) system – especially thyroid, adrenal, and sex glands. (With every disease, almost all glands are affected due to the “stress response”, and they will recover naturally once the tension associated with the diseased area is removed; yet extra energy directed to each gland will help their recovery faster than otherwise.)

Finally, regardless of the disorder, chakra 4 should also be exposed to Universal Energy because of its relation to Thymus gland. “Thymus gland” regulates the immune system. As we have seen before, stress response depletes the immune system, thus making the body vulnerable to disease. Therefore, thymus gland would need extra vital energy in order to keep the immune system up. This will aid faster recovery from any disease. (Note that, most auto immune diseases are associated with the thymus gland.)

21. When are chakras employed?

Since every point in the body is a chakra – as we had defined earlier – chakras are used whenever Universal Energy Technique is utilized. The healer can remotely direct Universal Energy from the surrounding Universal Energy Field to any point on the body, or even inside the body (in other words, directly to the diseased area) by the power of thought (or consciousness). In this case, the major seven chakras on the rear side of the body do not need to be utilized. However, this act requires advanced level of focus, and either visualization or a feeling (a sense) of the affected internal organ of the patient. This may not be very efficient or practical for non-advanced healers. (Note that Universal Energy is always accessed remotely and nonlocally (outside space) regardless of the type of therapy – hands-on or remote.)

Therefore, for increased efficiency and success of healing, the major seven chakras are used mostly during hands-on healing. The healer places her hands on the major chakras associated with the condition of the patient and directs Universal Energy by focused intention. The energy received to the diseased body via chakras will reduce the hyperactivity of the sympathetic nerves that keep the organ-muscles tense, and will increase the vibrations (and vital energy) of the “otherwise tense organ-muscles”. Both events help to release the built-up tension, and regain vitality and health; thus curing the source and treating the symptoms. During hands-on healing, if necessary, the hand can be placed also on the other parts of the body – such as the front side of the body – in addition to the major chakras, in order to enhance the effects of the treatment. If the disease involves the limbs, or pain in the skeletal (voluntary) muscles – such as the back muscles – then the source of the disease is very likely to be the tension in the voluntary muscles that have been contracted by the somatic (voluntary) nervous system. In this case, the treatment can be done via the major chakras, as well as and more predominantly locally – at the local affected area.

The major seven chakras can also be used during remote healing, if the exact location of the diseased organ can not be visualized or felt for a direct Universal Energy flow. In this case, the healer visualizes or feels the corresponding major chakra(s) of the patient and directs Universal Energy by the aid of focused attention – remotely. Though, again Universal Energy is accessed nonlocally (outside space), this time it is directed to flow in space (locally) from the chakra to the spinal cord and from there to the associated nervous system, to organ muscles, organ, and the glands. As it is clear by now, directing energy to the major chakra rather than to a region within the body is much more efficient way of remote-treatment; this is because in the former case, not only the organ and its muscles, but also the sympathetic nervous system as well as the associated glands receive vital energy.

Finally note that, each point in the body – being a chakra – receives Universal Energy from the surrounding Universal Energy Field directly, spontaneously, and continuously without the need for an aid of conscious intervention or without the need of major chakras. However, during the Universal Energy Treatment the levels of energy that the body receives is much more high and intense than usual. And this is required, because the spontaneous flow of Universal Energy is no longer sufficient to keep the vital energy of the organs at the required level for healthy functioning, since the vital energy is continuously being spent for the debilitating tension.

22. Why are chakras generally closed, and how can they be opened?

A major chakra is said to be “closed,” if there is additional tension in the body located on the physiological path between the chakra and the corresponding diseased organ. During the Universal Energy Treatment, Universal Energy is directed to the chakra, and from there the energy is expected to reach the diseased organ and its muscles in order to release the associated tension in the organ-muscles. However, if there is additional tension in the body located between the chakra and the associated organ-muscles, then first that tension need to be released, otherwise the vital energy will not reach the organ from the major chakra, but will be utilized by the intermediary tension located on the path. Opening of the chakras, therefore, refer to “removal of the intermediary tension” in the body between the chakra and the associated organ and glands. This is achieved by directing Universal Energy initially to the chakra for some time, which will remove the intermediary tension, before any further energy is directed to the affected organ, thereby releasing the primary tension.

So, opening of the chakras is in a way a preliminary energy treatment, that makes sure that the path from the major chakra to the diseased organ is free from obstacles (tension), such that the organ, its tense muscles, and the glands can eventually benefit from all the vital energy received by that chakra. However, opening of a specific chakra is not solely aimed to removing an obstacle between the chakra and the organ, because it also heals that part of the body starting from the chakra all the way to the organ and glands, by removing the tension there.

The chakra – prior to an Universal Energy Treatment – are said to be closed, because different levels of tension are always expected in most regions of the body. Some people “internalize emotions” predominantly in the stomach (solar plexus) area, and will have high levels of tension there, but this doesn’t mean there is no tension elsewhere. There may be – and is very likely to be – lower levels of tension in other organs and parts of the body as well, including the back, the spine, chest, sexual organs, and so on. Therefore, Universal Energy Treatment can also be utilized, even when there is no apparent disease in the body, in order to release the accumulated tension in the body, so that diseases won’t take place. And this is, preventive medicine.

23. Once chakras are open, can they close again?

Removal of tension on the pathways to the organs of the body as a result of opening of chakras never guarantees that such places will always be free from tension. After opening of the chakras, if a person continues to react to external disturbances with prolonged negative emotions, and holds on to such emotions in such a way that yet she can't deal with them, then the continuous conditioning between the unreleased emotions and the associated tension in the body will naturally create more tension; such that not only the chakras may reclose, but also the cured organ may get sick again. Therefore, as part of the preventive medicine, either frequent employment of Universal Energy Technique and/or some spiritual foundation is necessary. Such spiritual foundation will prevent emotional involvement of the individual so that tension will never – if only rarely – take place.

24. Can a person heal itself, or is a therapist always necessary?

An external therapist is definitely not necessary, but would be preferred. The patient can always be his or her own healer. However, at times, if the patient lacks the strength and the condition to focus on directing Universal Energy, then an external therapist can do the task while the patient can relax. If the patient is not suffering from extreme fatigue, he or she can do the Universal Energy Healing when a therapist is not available, or to complement the work of a therapist.

Focusing on directing Universal Energy (in other words, being the healer) to someone else, leads to the loss of some vital energy in the therapist, because of the effort involved in concentration, yet this is very minor, and does not lead to a critical state, where the spontaneously received Universal Energy by the therapist is no longer sufficient. But too much therapy to others can be exhausting on the therapist, unless the therapist does Universal Energy Work on himself or herself every now and then. Or the therapist can make use of the abdominal breathing during the healing session, which will replenish her own vital energy as it is used during the focused attention. Note that, when a therapist heals a patient with Universal Energy, Universal Energy does not come from the therapist, but comes from the surrounding Universal Energy Field unless the therapist thinks otherwise. Therefore, under normal circumstances, the vital energy that may be lost during a healing session can only be due the effort of concentration, which can be reduced by the state of tranquility (and faith) that should accompany attention.

If the patient is her own healer, then she can either use hands-on healing on herself, or remote healing – in this case, “remote” means the power of concentrated thought rather than touch. If she does “hands-on healing,” the points on the front side of the body, that correspond to the major chakras on the back, should be localized for increased comfort, in addition to any local area. Hands serve only as aids of focus on the diseased area, and in both cases (hands-on or remote) the patient, by the use of focus, directs intense levels of Universal Energy from the surrounding subtle Universal Field to the diseased area.

25. What are the vibrations and sensations felt in the body during the Universal Energy Treatment?

You are feeling your True Being. You are an individualized and intensified Universal Field that constantly vibrates; and, these vibrations are who you really are, and that is what you are feeling. Additionally, the intense levels of Universal Energy coming to your body from the surrounding Energy Field during a treatment will increase your vibrations even more, and thus your awareness of your inner sensations and vibrations will also increase.

Your body appears to be of matter or solid only to your senses. In reality, you are first an energy body – a vibrating individual field, that is an intimate part of the Universal Energy Field. You, as the individual field is not only part of the bigger Universal Field, you are also connected with It and with every part of It. Furthermore, You are even one with the Universal Field in Hyperspace – as we shall see later. All there is, is the Source and You appear to be part of that, but in essence You are That.

It is truly beautiful to experience and realize one's True Being – as It vibrates and pulsates with vibrant energy – like a brilliant star in the Universe.

Note that "spinning of the chakras" is a concept, used to describe the feeling of vibrations and sensations in the major chakra area.

26. Can Universal Energy Treatment slow down aging?

Aging is a process of the organism that happens due to a gradual and continuous loss of minute levels of vital energy at the cellular level throughout the life-cycle. The fact that “stress response” accelerates aging, supports that fact, because in this case, the vital energy is being depleted much faster than usual. On the other hand, since Universal Energy Treatment involves the flow of very high levels of Universal Energy in the form of vital energy to the body, such energy-work will reverse the aging process as much as possible, though it will not stop it altogether because of the “entropy principle” that underlies aging.

Scientific Commentary:

“Entropy” is a principle in physics, and especially involves a branch called “thermodynamics”. “Entropy” is a measure of degree of disorder in a substance or a system. The second law of thermodynamics states that: “entropy of a system always increases”. This means that – though energy is always conserved – in time, a system will dissipate energy in form of heat and therefore lose some of its energy to the environment; and when the system has less energy, it gets less organized, in other words, less ordered – thus its entropy has increased. So, an irreversible process takes place. It is irreversible, because the loss of heat corresponds to a loss of energy that can never be turned into an organized work.

In the case of the human body, there is a high level of organization and order both at the cellular and sub-cellular level. The microscopic constituents of the cell are well organized in such a way that the chemical interactions within the cell and between cells are well operating for the vital functioning of the entire body. Such organization is achieved by means of that part of the vital energy, that corresponds to the “genetic code” of the body. However, when the cells of the body – throughout the years – lose their energy via heat – they gradually get less organized and ordered, which is the process of aging itself. After death, such disordered-ness accelerates even further, leading to the disintegration and decay of the body altogether.

So, even though intense levels of Universal Energy directed to the body will increase its vital energy, it can not stop the entropy (increasing disorder) of the body. This is because the incoming subtle Universal Energy can serve as vital energy to the chemical interactions within and between the cells, thereby slowing the aging process, but this energy can not keep the system “in order” (in other words, without aging) eternally – because of loss of heat. “The vital energy involved in the orderedness of the body” is associated only with the “genetic code” attained at birth by the Low Field, and can not be replenished by external energy flow.

27. What are other “energy-work” techniques?

Universal Energy is the principal energy in the Universe. All other energies, such as Electromagnetic Energy, Atomic Energy, or Vital Energy in the body and so on, are merely different forms of It. And, even though Universal Energy Treatment Technique described above makes use of Universal Energy explicitly (directly), there are other techniques that employ Universal Energy implicitly. However, they all have something in common, and that is: they all involve different levels of Universal Energy work through the combination of breath and motion.

To name a few: “Chi-Gong, T'ai Chi, Reiki, Acupuncture, Yoga, Breathing exercises, Rebirthing, Massage Therapy, Cranial Sacral Therapy, Alexander technique, Meditation and so on” are all apparently different approaches, that use the same Universal Energy in different formats. They all can be very helpful in contributing to one’s health, and any one of them can be done to complement the Universal Energy (chakra-work) technique. Especially Chi-Gong and Acupuncture are considered “a must for health” in China.

All these techniques aim to remove the same debilitating tension in different parts of the body or prevent it from happening. Tension caused by the stress disorder is the common source to all diseases; hence all these energy-works are geared to removing the source rather than fighting the symptoms.

They remove or prevent tension by the use of “motion and deep breathing” as two powerful tools.

“Gentle motion of the body combined with the right breathing” can release tension not only from the exterior voluntary muscles, but also from the internal, involuntary organ muscles, thereby leading to an increase in vital energy for recovery from diseases. Or, it can keep the body free from tension to sustain health.

As we mentioned earlier, tension corresponds to immobility and lowered vibrations (thus less vital energy) in the body. Therefore, motion or mobility when combined with breath with its energy, can remove tension by increasing the vibrations of the body, such that the stiffness (inertness, dullness, or stagnancy) can be replaced by “relaxation and the inherent ability to move and to be alive again”. Life-force (vital energy) is a force that is always on the move; it moves so that the body can function.

Tension, on the other hand – like a virus – eats up that vital force and pulls the body close to inertness with little or no vital energy and lowered vibrations. Therefore, motion and breath revitalize the body; they increase its vibrations and its energy. They also release the enemy – tension, and make the body alive again. Then the body is dancing again with joy: just like a vibrating and pulsating brilliant star dancing in the sky.

The reader should note that even simple motion such as stretching, and exercises can help relieve tension or prevent it from accumulating, and help prevent diseases.

28. What is the importance of breath ?

Breath, especially “deep abdominal breathing” is very important and it should accompany any energy-work including the Universal Energy Technique. Furthermore, it should actually be a lifestyle, in other words, a continuous, permanent habit.

When we were born, we took a deep, and full breath. Unfortunately, throughout the years, most of us forgot this intrinsic potential, and instead replaced it with “unconscious shallow breathing”. Shallow breathing is a conditioned behavior that stems from holding the breath during times of stress. The body gets tense and holds on to the little amount of air that merely fills the upper part of the lungs. In time, when this happens too frequently, it becomes a habit, and shallow breathing becomes the way to breathe, while the body carries the associated tension with it almost constantly. Shallow breathing is triggered by a stress-response, and reinforces tension in the body; and such constant tension in time reinforces shallow breathing – thus creating a vicious circle, that can be extremely dangerous for the body in the long run. It will continuously – though little by little – deplete its vital energy, and also will devoid it from maximum oxygen income possible.

Place one hand just below the rib cage (above the stomach, just around the front side of the solar plexus chakra) and take a deep breath, and as you inhale, notice the movement in your hand. Does it move in or out? Does it move at all? If you breathed properly, your hand moved outward. In proper breathing, the diaphragm (the muscle that separates the lung cavity from the abdominal cavity) moves slightly down to create a vacuum in the lung cavity. As a result of this downward movement the abdomen is forced forward. If you imagine that your lungs are divided into three parts. The deep, full breath begins with the diaphragm moving downward and the lowest part of the lung filling with air; then the middle part fills and the chest expands, and finally the upper part of the lungs fill with air. And when the person exhales, she or he exhales fully and completely. This is called “abdominal breathing” or “diaphragmatic breathing,” and it should replace the old destructive pattern of narrow breathing.

Abdominal breathing is not breathing air into the abdomen or stomach. It means filling the lower parts of the lungs fully and completely – in addition to the higher parts – such that, not only the chest but also the abdomen muscles rise and move while breathing in, and fall back when breathing out – just like a balloon.

Abdominal breathing should be reinforced consciously at first, whenever one notices the old shallow breathing, till it becomes the new subconscious pattern.

Abdominal breathing is very crucial, because it prevents tension to be built-up when the person faces disturbances. It allows the body to move in greater proportions (instead of the upper chest, the entire chest, but mostly also the abdomen moves); and thus minimizing rigidity and stagnancy. Therefore, it can even prevent the stress response and will help to keep the body resilient to diseases.

Another important factor is that the abdominal breathing involves the very vital “chakra 3 area”: that is the “solar plexus chakra”. As we have seen before, solar plexus chakra rules the area that governs the stomach, the liver, the pancreas and also the adrenal glands – which are very critical during the stress response. Stomach is very commonly associated with emotions, because most people tense this area during stress-response, and utilize narrow breathing – thus internalizing their negative emotions in this area. Ulcers, digestive disorders, and intestinal problems become inevitable. Abdominal breathing enables the solar plexus area to preserve its vital energy, such that health is also preserved. It also helps the body utilize more oxygen than it does during shallow breathing, which contributes to the clarity of the mind, where there will be much less tendency to tense any part of the body during disturbances.

When abdominal breathing becomes the new habit, it will not only help the person not to create more tension, but it will also help release old tensions. One should always remember that tension is caused by parts of the nervous system contracting and stiffening the internal or external muscles of the body. Deep, abdominal breathing does not allow that to happen, because it reinforces continuous motion of the muscles. Furthermore, the additional oxygen it provides contributes to the vital energy of the body considerably.

It also helps to exhale with a slight sigh once in a while during the exhale, in order to enhance the tension reducing/preventing effects of the deep abdominal inhale.

Whenever a person employs Universal Energy Treatment Technique (the chakra-work) on a patient, or on herself, the person should always make sure that she is performing abdominal breathing. Though, preferably, abdominal breathing should be a way to breathe at all times, it is definitely a must during treatment with Universal Energy, because of the need of the body for extra vital energy, and to release

tension. A healer should also suggest the patient to perform abdominal breathing during the Universal energy therapy. So, the Universal Energy Technique can be combined with the abdominal breathing in order to get the most powerful results in healing and recovery, or in disease-prevention.

While the healer focuses on directing the Universal Energy flow to the diseased area, the patient should be in a receptive state, and give her attention and awareness entirely to the same area while performing the abdominal breathing. Feeling the sensations and vibrations in the diseased area, or at least having an inner body-awareness (like in biofeedback) will accelerate the relaxation of the inner muscles and the release tension.

The author would also like to suggest the following breathing technique that utilizes the most direct combination of breath and the more subtle Universal Energy. (Lets call it "breathing Universal Energy".) Take a deep breath using the abdomen and the chest, and while you inhale visualize the rays of the surrounding Universal Field entering your body like rays of light, and nourishing your body with Universal Energy. And when you breathe out slowly and completely, feel your body relaxing, feel the sensations inside. At each inhale, feel the energy flowing in, from every cell of your body, and at every exhale, feel your body relaxing even further. Now, you are not only breathing oxygen to your lungs, but you are also breathing in Universal Energy into your entire body. Imagine the effects of this. You are consciously and intentionally directing intense levels of Universal energy from the surrounding, all pervasive, subtle Universal Energy Field to your body, and at the same time you are allowing your body to move against any tension and take in more oxygen. The effects of this can be phenomenal. It can serve as a means to self-healing, or disease-prevention. All tension will be released in time, and the body will be replenished with vital energy. After some time, you will start feeling the sense of vibrations developing in your body; you will feel your body pulsating, full of life-force, yet relaxed and free of tension and free of any disease.

This technique can be utilized for the entire body, or for some local part. If it is a local part, then you will breathe into it; which means you will breathe deep into the lungs, while envisioning and focusing Universal Energy being directed to that part of the body during the inhale, and feeling the inner vibrations and the relaxation during the exhale. So, the diseased area or the painful area will breathe-in vital energy, while your lungs breathe-in oxygen. This way you can relieve almost any tension and start curing a disease or remove pain (such as pack-pain or headaches).

It is also good to develop a certain awareness of the body – to feel if you are tensing any part of you during working, sitting, or even talking. If you feel that is the case, the best way to deal with it is again to breathe into it by using the above method, and to relax it, so that it won't progress into chronic tension thus producing a disease.

If you continue this exercise "breathing Universal Energy" every day, you can increase your awareness to such a level, where not only your abdominal-breathing will become automatic, but also you will benefit from high levels of Universal Energy being directed to your body continuously – even without much focused thought. This is because you will be carrying the subconscious awareness of your intimate connection with the Universal Energy Field that you are surrounded with; and that will aid your consciousness to attract its energy more and more each day. After all, you and your body is an individual field, that is intimately mixed and connected with the Universal Energy Field. And the gift of "consciousness" that you have, gives you all the privileges to benefit from that Universal Field, to access as much Universal Energy as needed.

29. Can we prevent the stress response, tension, and thus formation of diseases from happening?

To answer this question, let's summarize one last time, how a disease forms in the body: If a person (he or she) is exposed to a disturbance in such a way that she reacts to it with a state of arousal and with negative emotions; and if she can't deal with her emotions efficiently, then she will be stuck in the fight-or-flight response thus creating the stress response. As a result, the arousal and the associated tension in various body-parts continues, while the tension is almost permanently conditioned with the frozen (unreleased) emotions. When this state is acute or becomes chronic (prolonged) then a disease forms in the body part that holds the tension, because the tension will deplete the vital energy thus not leaving sufficient energy for that part of the body to function in a healthy way. The tension is created by the involuntary (autonomic and especially sympathetic) nervous system contracting the internal organ muscles (or sometimes, though rarely by somatic – voluntary – nervous system who tenses the skeletal muscles).

Under the light of this knowledge, we see that the entire process that starts with the person facing the disturbance and ends with a formation of a disease is a chain process with many intermediary links in between. And, it is only reasonable to suggest that if we break the chain at one point, the end-result which is a disease-formation can be prevented.

Let us start with the outermost link and go backwards... The outermost link, which is dealing and treating the symptoms, rather than the main cause has unfortunately been the play field of the traditional medicine. It can't bring a cure, because it targets the individual disease, yet doesn't recognize the one common cause – stress response – and therefore, one symptom (disease) is usually replaced by another one.

Let us look at the level of the nervous system and see what we can do there: We know that it is the hyperactivity of the involuntary nervous system that contracts and tenses the organ muscles. Not many years ago, it was thought that the involuntary system could not be controlled by conscious thought, but it is important to understand that this is not so. By the aid of biofeedback and mental images (such as in meditation or yoga), conscious control can be exercised over the involuntary nervous system. This can be useful in effective control of stress-response, because either tension can be relieved by lowering the activity of the nervous system, or it can be avoided altogether. With training, such mastery on the body's internal functionings can be achieved.

Now, instead of looking at the nervous system, let's look at the vital energy of the body, and see if we can do anything there. Tension uses up the energy, and reduces immunity, so the body needs more vital energy to recover. We know that, this need in energy can be met by Universal Energy which will remove the tension, by increasing the vibrations and by lowering the activity of the nervous system, and it will also reverse the symptoms (the disease). So, Universal Energy Treatment technique is the most efficient method to bring a cure once a disease has formed, unless the person persists on holding onto the negative emotions which may create more tension. Universal Energy Technique can be made even more powerful by the use of "abdominal breathing" that we discussed earlier, because such breathing will also contribute to reversing the tensing effects of the involuntary nervous system. Both combined can even be used as preventive medicine to prevent tension and thus diseases altogether.

Now, let us go all the way back to the source and see if we can prevent the stress response altogether, by analyzing the behavioral reaction of the person that normally leads to stress response. We know that it is "the person's emotional reaction together with tensing the body" that creates the stress response, and not the disturbance itself. And since we have no control over external disturbances, we shall see if we may be able to control our reactions and tension instead. We have seen that our involuntary tension of the muscles is subconscious, yet can be reversed consciously by biofeedback training – which is good news. On the other hand, we must realize that some of our voluntary control over our muscles can also happen subconsciously – because of our conditioning from the past. Here it is important to have an awareness of such conditioning such that it can be eliminated by conscious reconditioning. The ultimate question then is:

Do we have control on our emotions, so that even if we react with negative emotions, we won't hold on to them for long periods of time? And when there are no prolonged negative emotions, there will also be no prolonged tension either, since the body is not in a continuous state of arousal. The answer is yes, but it can only come with the complete and unshakable understanding of the Truth about ourselves and the Universe; and that is the spiritual foundation we need, which is the subject of the text that follows. Only with such spiritual realization there will be – sudden emotions, yes – but no continuous or

prolonged emotional involvement to disturbances, and no stress-response; there will be acceptance of "what is", and there will be no suffering.

30. Foundations of Spirituality

“All there is, is the “Source” (or God); and there is nothing but the Source,” and, “The Source is One”. When these statements are completely understood and realized, there can be no more questions left in the mind. Yet, as simple as they sound, their meaning and implications are profound, and unfamiliar to most of us.

When we look around us, we see diversity. We see multitude. It appears that the entire universe consists of infinite number of entities, objects all with different substance and appearance. We do not see any “one being” identical with any other one; there are always differences – though very subtle sometimes – yet everything that exists, looks very unique and distinct from everything else – not two fingerprints are the same. Everything – almost all matter – looks also very solid. On top of this, we see boundaries – we observe separation. There is the sense of “me” or “having a body” – my body, which appears to be separate from other bodies and the rest of the universe. There is the sense of being the “subject”, whereas everything else appears to be the object. There is the feeling of “doership”, such as “I do this, or I did that, or you did...”, which reinforces the feeling that each one of us are autonomous (independent) entities that can do things independent from the rest, or independent from the Universe. We get the feeling of having control on our emotions, or on our actions – we feel that we have “free will”.

If this is all true, then our original claim of: “All there is, is the one “Source” (or God); and there is nothing but the Source” appears to be illogical, or merely an intellectual theory invented to comfort the spiritual seekers. Because, how can there be only the Source; and then at the same time, how can we have all these diversity, and separation that we observe. Our original statement appears to contradict the visible facts and our traditional experiences. Because, we are not only saying that everything comes from the same Source; but we are saying: “Everything is the Source”. This is a very strong statement in apparent conflict with most of our daily experience of Truth.

Yet, in the remains of this text, we shall see that the statement “Everything is the one Source (or God)” is actually very compatible with all of our experiences. Not only that, we shall find out that it is the fundamental Truth; we shall find out that everything we took as the truth till now is only a relative truth – but still in 100% agreement with this one Truth: “All is the Source”. Furthermore, we shall realize that “all the actions that we took as our actions” are actually: “the actions of that One Source”. And all these, we shall prove by using the new and exciting findings from Modern Physics in the last “scientific commentary” section; and we shall conceptually reveal what the “Source” is.

Let us describe step by step how the One Source could possibly result in the diverse existence (manifestation); in other words, how the Unity or Simplicity can lead to such Complexity.

The Source (Absolute, God, or Truth) is in constant Motion; that is, It vibrates – similar to continuous expansions and contractions. And, Its vibrations consist of a wide spectrum or range: low to high – just like the different size (height) of waves on the one ocean surface. The Universe is that “Source in Motion”, and nothing else. It simply is the Source vibrating at different frequencies. Each matter around us is a different vibration (frequency) of that same Source. However, each matter appears different only because “different vibrations of the Source appear as different matter to our five senses or to our consciousness”. Furthermore, most matter appear very solid to us, because certain vibrations create the electromagnetic forces which gives the false sense of solidity. So, our consciousness – being limited – can not see the Truth, but it sees only how Truth appears to itself. But, the appearance is not the entire Reality, it is only an appearance of the Reality; yet, our consciousness is not aware of this fact and it takes the appearance as the only Truth – and creates an illusion. Our understanding and experience of the Universe and the Truth is – unfortunately – based on the illusion created by our senses (our consciousness).

Imagine the Source just like a big Ocean. The ocean is in motion and when it moves it creates the waves; and its waves go up and down at different heights – similar to the vibrations of the Source. When someone looks at the ocean from outside, she will only have a limited surface view. At any moment in time, each wave will appear very solid, and she will see distinct waves, as if each wave is

somewhat different and has a unique shape to itself. And assuming – for the sake of the argument – that she has never seen water or ocean before; she won't notice the wholeness and the totality of the ocean, and that all is water; but she will see distinct waves very different and separate from each other. Not only that, she will think that every wave acts and moves separately; she won't realize that it is the ocean that moves through its waves; and the waves are nothing but the manifestation of the ocean – a surface appearance.

Our consciousness or our senses are in the same position as the person who is watching the one big ocean from a distance and missing the wholeness and unity, but instead seeing separate and different shapes of waves (entities). Our senses, when looking at the Universe – likewise – sees each person, each object, or each entity very different, separate, and solid. Our senses do not realize that in essence this is a self-created illusion – that each person, each matter are merely different vibrations of the One Source, which creates them when It moves. The Universe is the manifestation of the One Source.

Everything are vibrations (like frequencies of music), and appear solid only to our senses. Everything appears only different and separate on the surface, yet in essence, they are all connected without boundaries in complete Wholeness and Unity. Everything we see, is the Appearance of the Source as It appears to our senses; but the Truth is not limited to the Appearance. The Truth is that, “everything is the One Source” – just like each wave is nothing but water or ocean.

The Source and “the source in motion” are not two different things, thus, the Universe created by the source in motion is the Source Itself. Each living being, or each inanimate object are the Source (or God) in disguise, in essence, because they are all vibrations of the Source, and the vibrations and the source are not 2 different things – but they are One.

This is the beautiful “nonduality” (not 2) in the Universe. It says that the Universe is the Source in Motion, but it also says that “Source in Motion” is still the Source (not 2 different things), thus the Universe is nothing but the Source. Everything is the Source, or God. There is nothing but the Source, or God. It is as beautiful as that. And this is not philosophy, this is not mere theory; it is the fundamental Truth as practical as it can get.

Imagine a telescope being directed to a very distant star. It will not show the star, but will probably show a point of light instead. The star is not a speck of light of course, but it will appear so to the user of the telescope because of the limitations associated with the telescope. Our consciousness including our 5 senses – just like the telescope above – is merely a tool, that helps us to observe and make sense of the Universe. However, being limited, it also limits the Truth it is trying to see or to know. Not only that, it thinks the Truth is “how the Truth appears to itself” and creates an illusion of the Truth. It creates the apparent solidness, diversity, and separation. It creates the sense of the physical universe.

Now let us see what consciousness is, and why it is so limited. Consciousness is a product of million years of evolution. It is an emergent property of the brain-cells (neurons) working collectively; and it is one of the most complex things in nature. Yet, despite its complexity, it is nevertheless limited. Consciousness can be defined as “the ability of the brain to perceive inner stimuli (thoughts, emotions, sensations...) as well as the external stimuli (input from the environment through the five senses), and also the ability to give rise to an output – that is, a thought followed by an action.”

Consciousness is a very vital phenomenon, because it allows life to take place as we know it; it gives rise to inter-human relationships, a meaningful flow of life. It allows us to be aware of ourselves, as well as others and our environment. Furthermore, because of its ability to focus or to concentrate, it allows us to direct Universal Energy for the vital benefit of the body as we have seen earlier. Despite of all its advantages, one must remember that consciousness is still a tool – and it is a limited one, when it comes to experiencing and knowing the Truth. Why is consciousness limited?

Consciousness is created at the very low-energy end of the vibrations spectrum. It is a property of the Source that emerged due to Its very low vibrations. This emergent property of the Source gave

rise to the complexity of Consciousness, which – being of the low vibrations – is limited, and can only perceive other low vibrations, that it perceives as “matter.” So, when the property or aspect of the Source emerged as consciousness, at the same time, solidity and matter emerged in reference to consciousness. This is best explained again by an example. Imagine an iceberg on the sea. The iceberg appears solid (ice) because of an emergent property of its source – water – that manifests as ice at low temperatures. Now – again for the sake of the argument – imagine some senses being developed at the tip of the iceberg, and these senses are observing the iceberg (their body) and other icebergs to make sense of “what is”. Since, however, the senses of the iceberg is still made of the same low temperature property of water – that is ice – no matter how hard they observe, they will fail to realize that all is water, but instead they will see the appearance of water as ice. This is exactly the position of consciousness. The complexity of consciousness does not allow it to perceive the simplicity of its Source. Being superficial (or of the surface) it can only perceive and get to know the surface of Truth, and it can not know the Truth – the Source.

So, is matter and separation real? In other words, the sense of our bodies being separate from everything else, is that real? The answer is a surprising: “yes and no”. This sounds paradoxical, but it is not. It is “yes”, because, the “sense of separation” can not be considered separate from the Source. Everything is the Source – even the sense of separation. The Source is in everything – and quite naturally – also in consciousness, and in the “sense of separation”. Therefore, separation is a reality. On the other hand, the answer is also “no”, because the claim that the “separation” is an independent reality is incorrect and an illusion. “Separation” (or the sense of it) is not a reality that exist independent of its Source, and is in that sense – not real, or an illusion. “Sense of separation” is dependent on the Source, whereas the Source is not dependent on anything else, It just is. “Separation” is an emergent property of the Source, which has other properties at more profound levels of existence – such as: connectedness, wholeness, no-boundary state. Therefore, separation is a reality, yes, but it is not “THE REALITY”. It is only one of the realities, that emerge at different levels. It is a low-level (or surface level) reality, a relative Truth. Thinking that it is “the reality” (or the only reality) is an illusion. Unfortunately, our understanding of the workings of the Universe is entirely based on this illusion – because we perceive ourselves as separate from the rest of the Universe.

Let’s look at the source as it emerges different levels of (hierarchical) realities simultaneously. To start with: the Source is One. It is in a state of Oneness and Unity. (The reader should realize that this is a concept, and though it is a concept, we do employ concepts that serve as pointers to the Truth. Concepts are not the Truth themselves. In reality, Truth (or Source) can not be known, it can only be felt by direct apperception, that “It is”. The Source can not be known, because any knowledge presumes a knower and something to be known; and to know something is to separate yourself from that thing that you want to know. Yet, You are the Source, and you can not separate yourself from It, in order to know It. So, the Source can not be known. It just is. And, You are That.)

The fact that the Source is One, and that everything is the nothing but the Source or Its various manifestations, is the most fundamental (deepest level) Truth. Now, at a higher level of the hierarchy (or lower level of Reality), there is also the fact that the Source moves and vibrates at different frequencies. Even though each vibration appears to us as separate matter distant in space, there is the fact that all vibrations of the Source makes the one big Universal Field, which has no boundaries or separation whatsoever; there is complete connectedness, and wholeness at this level – just like the ocean, where all is water and all waves are intimately connected. So, at this level of reality, what we call as “matter” is indeed vibrations, vibrating with every other vibrations (matter) in a “no-boundary” state – where there is no separation, there is no identity, and there is “of being of the same substance.” At this state of reality, there is no “me”, all there is, is the Source. There is no “me”, or “others” because such distinction and separation or identification is not there. It is not there, because that reality does not support various entities – it supports only a continuity of existence, continuous in space with “no division”, with no subject-object relationship. The Source is the subjectivity and there is no other objectivity (in other words, no objects).

Now, at the highest level of hierarchy (or lowest level of Reality) the Source manifests also as consciousness, and together with it, as matter and solidity. There is the sense of diversity, multitude of entities (individuals) distant and separate in space. There is the sense of autonomous action

performed by individuals acting in separation from the rest of the Universe – according to their will. The ego, and the “sense of me and others” emerge at the same time, in a subject-object distinction. Totality appears to be broken into parts. Each part seem to be merely different subdivisions of the Universe, yet with no substantial connection with the rest. Individual beings appear to be minuscule, vulnerable objects compared to the Universe with no obvious connection to the Whole (the Source). Living only in this reality, and not being aware of the underlying deeper realities of “wholeness and unity” is a major limitation imposed by our five senses.

As a matter of fact, the Source incorporates all the different levels of Its Reality. As much as we appear to be separate, at a deeper level we are connected; and at the most fundamental level we are One with the Source. Our consciousness – though limited – is an expression of the One Source, and at times, has the ability to transcend its apparent limitations imposed by the five senses, by seeing (not with the eyes, but as intuitive feeling or knowledge) the other levels of Reality. The “invisible” higher realities are then reflecting in the screen of consciousness, just like when you can’t see the moon but you see its reflection on the lake. This can come as prophetic dreams, as telepathic connections, as noncausal coincidences (synchronicities), or simply as a sense of the Unity during meditation, and rarely, as complete and unshakable understanding and intuition, as in the case of realized teachers (gurus). When this happens, we perceive the Light – metaphorically speaking. Light sees no shadow, and eliminates all illusions. Then, consciousness has evolved – but this time not only due to evolution, but also due to sudden realization of “What is” (the Source). Note that evolution and consciousness with the five senses are of lower vibrations and energy, on the other hand, intuitive thoughts that reflect on the screen of consciousness are of higher vibrations and energies. Therefore, they also reflect higher realities, as perceived in this apparent reality (four dimensional space-time continuum).

Now, at this point let us go back and analyze what the ego is, because its implications are very important. Consciousness, because of its perception being mostly limited to the lower level reality, sees diverse, and separate entities. Consequently, it feels to be closely associated with its inner thoughts and emotions created by a particular body-mind mechanism, and thus identifies with that body and creates a “sense of me” or “the individual”. Also, since it perceives the body as an autonomous entity having free will, it presumes that the body functions separately – though with some interaction – from the environment and the rest of the Universe. So, all the signals that come from the environment become external in reference to the body. A false identity based on an “as if independent” entity or reality is created. This is the emergence of the ego, or the person as it takes itself to be as an independent reality apart from the Source.

So, “the ego” can be defined as the property of consciousness within the mind, which not only controls the functioning of the associated body according to its environmental conditioning and genetics, but also identifies with the body and its label (name). “Identification of consciousness with the associated body, whereby a separate individual (person) emerges” also denotes the manifestation (appearance) of the false and illusory entity.

This “identification with the body” is the cause of all dualities (two-sidedness) that we see around us. It creates the primary duality first: “the subject and object separation” (or me versus others), and then all other dualities appear with it, such as, pleasure and pain, good and bad, happiness, and unhappiness, love and hate, and so on. When the sense of separate person arises, all the problems arise with it; and in reference to a person, problems never cease, yet, in reference to the Totality (the Universe as a Whole) problems never arise. This is because the Totality does not see any of the dualities. Dualities are simply not defined at a higher level of Reality, where all is connected as vibrations of the Universe, and the Universe acts like a single cell. The reader should note here that, separation at the lower level reality is only an appearance in consciousness, and is not the fundamental Truth; therefore all apparently separate entities and individuals are deeply connected through the higher levels of their vibrational existence. And, again, all is the Source.

Together with the sense of “me” (or the individual), also the “sense of doership” arises. Since the individual thinks that it has an autonomous existence, it also takes itself to be the “doer” of the actions that are taking place through that body-mind mechanism. It becomes the subject, whereas everything else appears as an object. And as the subject, the individual claims: “I do such and such, or I did this, or I have that, and so on”. The individual claims the ownership of its actions.

Furthermore, it also perceives that it can think and make choices about how to act. So, it experiences “free will”. But is this all Truth?

At the low level of reality as we perceive it, it appears that all this is truth; yet at a deeper level of reality, it is NOT. There exists no free will, and “the sense of doership” is an illusion for the following three reasons:

I. There is no such thing as “a separate individual”, so how can there be actions that are the actions of an individual. The Source, or the Totality (the Universe) acts through the individuals. All actions are actions of the Source (or God). Personal action is an illusion, because there is no person that can act. When there is no “separate person”, when everything are vibrations of the One impersonal Source, can there be personal actions. All actions are functionings of the impersonal Totality. Just like the waves, and the ocean – is it the waves or the ocean that is moving? The wave has no existence apart from the ocean, and it is because the ocean moves that the wave appears to move (or act). Same thing holds for the entities that appear to have free will. If you see life as a film (a movie), the Source has directed the film, It is playing it through the characters, and then It is watching it on the screen of consciousness, which is also of the Source. All actions are impersonal, and all are actions of the Source. The “separate” person, and its “separate” actions are illusions under the light of the fundamental Truth. They just do not exist.

I. Every action that the individual calls as its action, is merely a reaction to the thought that arise in its mind. And every thought that the individual calls as its thought is also a reaction of the mind according to its programming – that is, its environmental conditioning, and the genetics. The individual has no control over any of these factors (its conditioning and the genetics), therefore the individual has no control over which thought will arise or which action will take place. Therefore, it has no free will. In many cases, the individual acts on a certain desire, and finds out that the universe has an entirely different plan for it.

Do all your thoughts and desires manifest? Or at least, can you manifest all your thoughts into action? If yes, you have free will. But, of course this is not the case. The individual experiences free will, because of the identification with the body. But, the body is merely an instrument – despite its complex emotions and thoughts – it acts according to the factors present in the present moment. Yet, all these factors, it has no control over.

The definition of free will is: “given all the circumstances (factors) being the same, could I have acted otherwise?”. The answer is: “No. Even though I experience that I choose to act a certain way, my choice of action is compelled to be that particular way, by the determinant factors which I have no control over. Therefore, I have no control over to my reaction, which I call as my action.”

Again, the individual perceives it as its own action, because it sees that its body is performing it. So, being identified with the body, it takes itself as the performer. But, the body, its thought, and the determinant factors are all nothing but the Source Itself. The body is a vehicle or a manifestation of the Source, and its programming (conditioning, and genetics) are factors determined by the flow of events taking place in the Universe, which is also a manifestation of the Source. So, the Source or the Totality acts through the individual bodies in various ways. The body is merely an instrument that expresses the action of the Source. All actions are the vibrations of the “one Source”.

I. The individual perceives its existence being limited to the four dimensional space-time (3-dimensional space, and one-dimensional time). Therefore, there is a sense of being in space and being in time. “Being in space” gives the appearance of entities being located at certain points in space – that are somewhat or in certain cases very – distant from each other. On the other hand “being in time” leads to the experience of a “flow of time” from the past, to the present moment, and then into the future. Since we know the past, and the present moment, yet since we do not know what the future will bring (except in rare cases), we think that the future is determined by our actions and choices. But this is not so.

The sense of “being in space” causes the illusion of “separation”, whereas the sense of “being in time” causes the illusion of “free will”. Even though you appear to be in space and in time, the Truth

is not limited to this fact. The Truth is that, your perceived existence is only a four-dimensional space-time reflection (or projection) of Your higher-dimensional Being. So, at a higher level of Reality, you are not limited to being in space and time; but at the same time, you are outside space and time. You are only aware of your four-dimensional existence, but not the rest. Just like the iceberg which has most of its ice beneath the waters, lying mostly invisible. (See the scientific commentary for a detailed scientific explanation.)

Therefore as much as you take yourself to be in space and time, you are also outside space and time. Being “outside space” (or nonlocal in space) means being at a dimension where our conventional space concept is irrelevant and transcended. It means that entities are not separated by the 3-dimensional space, but they are all connected without distance or separation, only their projections into this 3-dimensional space appear separated. Similarly, being outside time means, time is transcended and all points of time are also connected, in other words, the past and the future are all contained in this present moment. Not only the past, but potentially, the future is also known – at that level of Reality. (This is known as “nonlocality in time” in physics.)

This implies that from that reference point, the future is already there, predetermined so to say. And, if the future is there predetermined, how can the individual make choices or exert free will that determines the future. Every individual only fulfills its destiny. But, you are not the body or the individual that you take yourself to be. There is just no such thing. Everything is the Source, and You are That. Therefore, destiny or predetermination can only bind the bodies – which are mere instruments of the Source. For the Source (the real You), everything that takes place is only part of “what is”, and there is no judgment beyond that.

Let’s take the example of an ant walking fast. The ant can not quite know where it will be at, in a future time. Yet, a distant observer sees the direction that the ant is heading at and also sees a wheat seed lying on its path. The ant, once it arrives to the seed, may state the fact that, it found the seed because it chose to act or go a certain way. Yet, to a distant observer, the ant was predestined to find the seed, because the observer can foresee the ant’s future. According to the Totality (the Universe, or the Universal Field vibrations), however, there is neither “free will”, nor “predetermination or destiny”, because there is only the eternal present moment, where everything is “as is,” and everything is acting “as it should be”. The question of future does not even arise for the impersonal Being – the Source, or real You. (The reader should note that, here, when we refer to the Totality, or the Source, we do not imply the our physical perception of it, but rather, the vibrations that are both in space and time, and beyond.)

To summarize, free will is experienced, but does not exist. Everything we see is the manifestation of the one Source, and every action is the impersonal action of that one Source. There is no separate individual, thus there are no personal actions. The Source identifies itself as consciousness with different body-mind mechanisms, and creates the false pseudo-subjects. These subjects (as doers) are not real, because they are only based on limited perceptions and false thoughts/conclusions. When the Source disidentifies, the fundamental Truth is revealed – as in the case of realized teachers. In either case, the sense of personal doership is an illusion – or more precisely – a limited reality. You exist in different levels of realities simultaneously. At the lowest level of reality, you appear as the individual with a sense of doership. At a higher level of reality, you are vibrations, and an energy body. And, at the highest level of reality, You are the Source – the only Subject, where there is no other, and there is no object.

These facts raise five important questions in the mind. First, if the individual is a body-mind mechanism, are we like robots, and what about our emotions, and feelings; and don’t we have a spirit or a soul? Second, what about all the evil taking place in the world, are they also the acts of the one Source? Third, if all is predestined, then why should I do anything at all, I would feel like a puppet with no freedom. Fourth; then, is there a meaning or purpose to life? Fifth, and finally, what is the benefit, or use of the understanding of this higher level of reality?

To start with the first question, a living being with its body and mind is much more of a complex organism than any inanimate object – such as a robot or a computer. A human being is built with even more sophisticated biological makeup than any other living being. Yes, feelings (emotions),

and thoughts arise, but they are all part of the biological functioning of the brain interacting with the body. When a feeling arises, it arises only because the genetic, biological, and environmental factors present in that moment cause an accumulative chemical and biological changes in the nervous and endocrine (hormonal) system, which leads to a sensation that we call a “feeling”. In other words, thoughts and emotions arise still due to the genetical and biological makeup and conditioning of the body (mind inclusive), which operates at a much more complex level than a computer, yet with a very similar mechanism, since computers operate according to their programming which is equivalent to the genetical and biological conditioning (or programming) of the body. Therefore, the human body is – despite its feelings and thought – a mechanical system, and just like any other system, it receives an input, and reacts to it with an output (thought, action, etc.) according to its genetical and environmental conditioning – which altogether makes its biological makeup, or programming.

The feeling of being a puppet arises only because of the identification with the body-mind mechanism. You are the Source, the body is a puppet. You are not limited to a body. But, what about our soul or spirit? The answer is: whose soul and spirit? There is no “individual” as such, how can there be a soul that belongs to an individual! And, there is only one Spirit, if you want to call it that way, and that is the Source (or God, or the real You). All there is, is the Source. The real “You” was never born, and will never die, and surely will not be reborn.

The individual – at a higher level of Reality – does not exist for the following two reasons: first, there are no boundaries and separation, thus there is no separate entity that can qualify as individual as separate from the Totality; second, since there is no personal doership, and since every action is the impersonal functioning of the Totality that functions through various body-mind mechanism (which mistakenly take themselves as individuals), it is clear that there are no subjects as in: “I do this.” And, if there are no individual subjects, then there is no point in claiming the existence of individuals. All individuals are mere objects, with no subject (no objectivity). Or conversely, the Source is the only Subject (subjectivity), where there are no objects. Names are merely labels given to body-mind mechanisms.

Now, lets answer the second question regarding the so called “evil” in the world. To start with, “good and evil” are dualistic terms that only exist in the mind. As any other dualistic term, they emerged only after the primary duality: which is the sense of “me” (the individual) versus “others”. Nothing ever happens to the Totality, or the Source, since all movements are within Itself, and therefore duality does not apply, or simply is not even defined for the higher level of Reality. All movement are simply transformation of energy from one form to another, or from one vibrational scale to another; and there is no such thing as good or evil at this level. The total energy is always conserved, and nothing can ever be lost. Since there is nothing outside the Source, or outside its vibrational manifestation – the Universe, nothing external can happen, all movements are internal.

However, as soon as the Source (in this case as consciousness) identifies with a body-mind mechanism, thus creating the illusory sense of the “me” or the “individual”, all dualities and apparent problems arise with it. Note that for the individual problems never cease, but for the Totality (Universe) problems never arise. The so called “individual” perceives anything that gives itself pleasure as “good”, and anything that gives pain as “bad, or evil”. Yet, this is only a judgment of the mind. The universe (or even life) does not judge as such, and expresses itself in the present moment as a series of spontaneous unfoldments, where there is no judgment, because there is no duality.

The minute you were born, you were destined to die. As long as you take yourself as a “separate individual”, you are affected by all the dualities that come with it. Only when You realize that there is no such individual, and that “the real You” was never born and will never die, then all dualities are transcended, and they can’t apply to you. Death will be seen as merely happening to the body, as the energy transforms into another form.

When seeing killing, wars, and the other so called “evil” activities, you will realize that everyone is acting according to their conditioning, thereby fulfilling their destinies, and yes all is still the action of the Source. Emotions of sadness may arise in the body when faced with such occurrences, yet

when the realization of Truth is there, no judgment whatsoever will arise. Everything is simply “as is”, and every act is “as it should be”. All is the Source, or God.

In some cases, the Source acts through the so called “individualized ‘I’s” in the so called “evil” way – especially when there is a strong content of identification (ego). “Individuals” who feel that they are separate from the Rest, create the actions that we call as “evil”, either to feed their ego (in case of human beings) or their hunger (in case of animals). In other cases, when the identification is less, or nonexistent (as in realized teachers), “evil” actions do not arise. But, in either case “evil” is a judgment of the mind and resides in a thought. When a lion attacks an innocent deer, the other deer do not judge the lion as evil. The lion is simply acting on its instincts and conditioning, and mostly there is an acceptance of this fact on the part of the deer, except the fact that they will run away because of their own survival instincts and conditioning. Yet, there is no judgment. Life expresses itself without judgment – only complex minds do.

To summarize, when every action is seen as the impersonal functioning of the Totality, no judgment, no duality, or no question of “good and bad” can arise. Good and bad resides only in a false thought which is supported by another more fundamental false thought of “identification with a particular body-mind mechanism” that also arose due to the consciousness perceiving separate matter. Yet, when it is completely realized, that separation is really not there, then all false thoughts are also instantly annihilated.

Note that identification and disidentification are merely processes in phenomenality (in other words, movements within the Source, or within consciousness); nothing happens to the Source during identification or disidentification. The Source (the neumenon) simply is, remains unaffected from all motion, or turbulence.

Also note that even though we refer to consciousness mostly as individual consciousness (or minds), in reality since nothing is separate, there is also no “individual consciousness” as such. All minds (consciousness) are connected nonlocally, and there is only one mind – or collective consciousness (sometimes referred to as collective unconsciousness). The One Consciousness is perceived by different body-mind mechanisms as the individualized consciousness. However, telepathy, prophetic or archetypal dreams, and synchronistic happenings all indicate the connection of the minds as One Mind. All bodies and brains (minds) are connected as one big vibrational field in and outside space.

Furthermore, events taking place in phenomenality are simply reflections of the vibrational movement of the Source in the screen of that one consciousness – which can be called as the “living dream” very similar to the dreams in sleeping state. During, the “sleeping dream”, the person identifies with a dreamt character and lives certain events, which appear very real. Upon awakening from sleep, it is all realized as a dream, and not real. Same thing happens during the state of the identification as “an individual”, all events are observed as very real at the screen of the individual consciousness; yet upon awakening, or “disidentification,” all is realized as a mere “living dream” and not so real. From then on, events are witnessed at the screen of one consciousness, where there is even “no one” witnessing anything. All events are seen as movements of the Source as reflected in the Source (as consciousness), and they are nothing more than the vibrations of the one Universal Energy Field.

At this point, we can answer the third question about “why to act at all, if all is a functioning of the Source,” and “if we have no free will, then is there no freedom?”. The body-mind mechanism is programmed by the genetical, biological make-up and environmental conditioning to act, to move, or simply to do; it can’t sit idle for too long. Plus, acting or not acting is not in your control either, you will act according to your destiny. Furthermore, not doing anything is still doing something, because both “doing” and “not doing” are movements in phenomenality. Your brain may react to this knowledge in a way as to “not to do anything”, eventually however it will realize that “Source is moving through the body”, so it will decide to continue the movement while witnessing “what happens”. Either case is a reaction of the brain to the current determinant factors, and you have no control on the factor, or on the brain’s reaction. So, actions, and doings will continue to take place as

they have always been; and if it is the destiny of the body-mind mechanism to sit and mediate, it will also do so.

Does having “no free will” restrict your freedom? Yes, and no. As the body, you have no freedom, but why bother, that is not You. You as the Source is free to move and vibrate endlessly and eternally. Realizing your true being is the real freedom. Thinking that you are an individual who constantly needs to do, and strive for things by personal effort, can be quite exhausting and is not real freedom. The individual thinks, he has control over the events of life and when he acts in a certain way – such as towards the manifestation of a certain desire – it finds out that the Universe has a whole different plan for it. Then, if the ego content is strong, it struggles with the Universe to get what it wants, as if it can function against the will of the Universe. Now, is this freedom, or is this truly imprisonment brought by attachments and illusions. Freedom is to work with the Universe, not against It.

Realizing that you are not the individual that you take yourself to be, will bring the attitude of witnessing, faith in one’s destiny, and acceptance of “what is”; and that is true Freedom. You will see that the Universe have always been and will always be acting through that body (that you call as yours), and you will be less concerned and caught up in the so called “personal involvements”. You will realize that everything always happens by the grace of the Source (or God) and everything is as it should be – though your ego may not like it at times.

Personal doership is not freedom, it is bondage, because you limit Yourself to a person who is a minuscule part of the Universe. But, the Source is in that (bondage) too. All is the Source, and all is the actions of the Source; and realizing that is the true freedom. Such “realization” can not be forced, but an intuitive understanding of Truth may bring it about. It will happen again as acts of grace. When you seek out of the bondage “of being the illusory person”, you will come to the important conclusion, that both the person and the perceived bondage are based on thoughts and are not real. Not real, in the sense that they can’t exist apart from the Source, or they have no independent existence, so they appear and disappear. “Identification,” even though supported by the biological make-up, is based on a false thought, and thus, is not that real, because it can change. “What is real,” is changeless, and eternal.

To summarize, the person who perceives itself as the “separate doer” with a “free will” is not in a state of freedom, but actually in a state of bondage. However, at a higher level of Reality, as there is no such individual, or no “one” to be free or under bondage, even the dual concept of being “free” or “under bondage” are annihilated and do not apply any more. You (the Source) simply is, and that is the Final Truth.

The fourth question was “is there a meaning to life and do we have a purpose?”. Meaning and purpose are labels put by the mind who sees the future as unknown and foreign to itself. It is the mind which judges what it observes, invents a meaning to that observation, and then runs after some meaningful – also self-created – purpose at a future time unknown to itself. You, as the body of vibrations is not limited to space and time; you are also outside space and time, thus transcending them. And if time is within You, then it is all there from time zero (or the big bang) till the far future (positive infinity). If the past and the future are already contained in the present moment, can we talk about a meaning or a purpose. All beings merely fulfill their destinies, as the Source acts through them. At such a level of Reality, no judgment, and thus no question of “meaning” can arise. Everything is just “as is”, not because of such and such reason, but simply because “it is”. It needs no justification. The Universe, and life are always in the present moment, where no judgment or no meaning applies. It is an continual manifestation and expression of the Source unfolding Itself via vibrations that appear to us as specific events. In reality, nothing ever happens. The Source has moved, but the Source still is.

Looking for a purpose, takes you away from the precious present moment. It prevents you from enjoying “what is,” and instead makes you run after a mind-invented “what should be”, thus creating an energy-depleting conflict between the two. “What should be” becomes your purpose, while you try to change the “what is” with illusory personal efforts. This leads to suffering. When you realize, “what is” is also “what should be”, then you go with the flow, and act one with the Totality; without

running after an ego-invented purpose, but instead letting the Source take over the affairs of the body the way It does. It always did in any case, you were just not aware of it.

The only purpose in life is simply “to live”, and “to be”. “To be” is the nature of the Source, and “to live or to function” is the nature of the Universe; and You are That. The body – that you take yourself to be – is still a very unique mechanism, that allows the Source to function through. The body is – almost like – the hands of the Source, allowing It to move, and in no way separate from It. The Totality (the Universe) including the bodies are the manifestations of the Source. Each one (body) as the vibrational field is not only part of the Source, but is one with the Source. Each body is unique, vibrating and pulsating just like a brilliant star in the sky, like a vital piece of a big puzzle, constantly interacting with the Universe in magnificent ways. Yet, again, nothing is separate, and the Source is all there is.

Finally, we are ready to answer the last question: “what is the benefit of the understanding of the higher level of Reality?”. The benefits are immense – even though, at the highest level of understanding, there is “no one” to benefit from anything, because there are no “individuals”. But, as long as the identification is there, there is still the sense of being an individual, and the question remains to be answered. Once it becomes clear for the individual that all is the impersonal functioning of the Totality (or the Source), it takes all the burden off the shoulders of the individual, who thought all this time that she or he was actually doing something. There will be no more struggle, which will be replaced instead by an observing (witnessing) attitude. Deeds (actions) will still take place, but without attached expectations or results. There will be no obsessive desires or fears, and no holding on to.

Once understood that everything is “as is”, all is the Source “God”, and every act is “as it should be”, there will be no “I should have done otherwise”. Because you could not do otherwise. First of all you did not do it. The accumulant factors did, or the Universe (the Source) did it through your body, where your body was merely fulfilling its destiny. Whatever happened in the past, had to happen; the entire Universe took part in its manifestation, not you exclusively. How could you do otherwise, you (as the body) have no control over it. With this understanding, the individual can let go holding onto the past; there will be no remorse, no guilt, and no depressions.

Similarly, knowing that “whatever will happen, is going to happen” takes “the concern about the future” away. If something is supposed to happen, and if it is part of your destiny, nothing can prevent it from happening. Destiny is “omnipowerful”. This brings faith in the future, in one’s destiny, and whatever comes by. There will be no anxiety. There will be complete acceptance of “what is”, and “what comes”. You will live in the present moment, instead of being caught in wrong expectations about the future desired by your ego.

Yes, the present moment is not always pleasant for the body – sometimes there is pain, and sometimes there is suffering. But, you must remember as long as there is an individual, all the dualities (twos) will be there. If there is good, there will be bad, if there is pleasure, there will also be pain, if there is happiness, there will also be unhappiness. These dualities coexist just like both sides of the same coin. Their coexistence is not a problem; the problem arises when the individual comes with preferences, and says that she or he want to hold on to only one side of the coin and not the other, the person wants happiness to the exclusion of unhappiness – but this is not possible, because happiness and unhappiness are two states (faces) of the same thing. They come together, and sometimes show one face, and then sometimes the other face.

When the duality is accepted, it is also transcended, it can no longer touch the person any more. Duality will be seen as a natural part of the perceived manifestation, and will always be there as long as there is “an individual”. Then, the constant search for the one side only (happiness, good, pleasure, and so on) stops, and duality will merely be witnessed. This eliminates most of suffering. After complete realization (in other words, disidentification that comes with complete and unshakable conviction), dualities will no longer be there, because there will be no “one individual” they can relate to. This happens in the case of realized teachers (gurus), where the Source is no longer identified with the body-mind mechanism and a “separate individual” ceases to exist. If the complete realization is not there (such that the sense of being an individual is still there), but if there

is sufficient understanding of the Truth, still no anxiety about the future will arise. The individual will come to know that there is nothing constant in life but “change”, with full of surprises: “The present moment never ages. Each moment is like a snowflake, unique, unspoiled, unrepeatable, and can be appreciated by its surprisingness.” This understanding and attitude brings peace.

There will also be “no hate, no envy, and no pride”. This is because, once it is understood, that there is no individual, but only a false sense of “one being there”, and that there is no such thing as personal action, but only a false sense of doership, then can one hate another for what the other has done. No, because he or she had to do it, he or she had no other choice. So, there will be love unconditionally given to everyone, knowing that every person ranging from Hitler to Mother Teresa are all manifestations of the same One Source. No separation will be seen. “Love” will emerge as the reflection of the Unity. There will be “no envy”, because everyone will be accepted for their uniqueness, without any judgment. All God’s expression, and manifestation of the Source. Also, there can be “no pride”, knowing that every deed is the “Source in Motion”; and if there is no person doing anything, can any one claim pride for something happened. If the body is rewarded, happiness may arise and is witnessed, but that is all.

The most important consequence of the understanding of the Truth, is that it brings a “witnessing attitude”. The person will no longer be emotionally involved in events, because of the “acceptance” factor. All will be accepted without any judgment. Actions will still take place, but there will be no concern regarding their consequences, there will be no expectations, and thus no involvement. “If I have no control then why bother, I’ll just do my best and will leave the rest” will be the type of attitude. Knowing “All is the Source (or God)” brings such witnessing position. It is like witnessing an accident but not being involved with it. Everything is witnessed, without prolonged emotional involvement. And yes, thoughts, emotions (positive or negative) will continue to arise, but they are also accepted as part of the “what is”, such that holding on to them, or identifying with them will not arise. They (negative thoughts and emotions) will be there only for an instant in time, as an instinctive reaction caused by the inherent conditioning, and then will disappear as fast as they appeared. Because of the inherent acceptance, there will be no rational involvement or conscious (or subconscious) desire to hold on to them, thus reactions will not last. The person will be more centered and emotionally stable.

Again, “acceptance” of “what is”, or “witnessing attitude” does not mean lack of action or lack of emotions. Actions will be taken, emotions will arise, but one is not involved emotionally with the consequences, knowing that such action or emotion had to happen, as the action of the Universe, and not as your action. When one gets sick, the disease is accepted, but it doesn’t prevent one from going to a doctor and do its best to heal itself; yet there will be no concern on the outcome (result) of one’s act knowing that if it is the destiny of this body, healing will happen, otherwise it won’t. This is the acceptance that is meant here. Such acceptance prevents emotional struggle or prolonged emotional reactions, and will bring “inner peace”. Metaphorically speaking, the person will no longer struggle to swim against the flow of the river, or be drown in the waters of so called “personal efforts and emotions”.

“Witnessing attitude” also prevents the “stress response”, which was shown to be the main reason for most diseases of the body earlier in this text. To understand this clearly, let us look at the cause of “suffering”. The primary cause of suffering is “identification with the body-mind mechanism” due to false sense of separation. As long as there is the sense of an individual, there will be some “one” there, who will experience the pain, and thus suffer. In the case of a realized teacher, the body experiences pain, yet there is no “one” (no separate individual) that suffers. However, once identification is there, together with the false sense of being an individual, as it is the case with most of us, suffering will always be there to a degree – yet, it can be alleviated to a high extent, if we can be aware of the secondary cause of suffering so that we can eliminate the cause.

The secondary cause of suffering is identification of the person with the so called “negative thoughts and emotions” that arise. We have seen that such prolonged emotional reactions lead to the “stress response,” where the person – not being able to deal with its emotions – feels helpless and frustrated, so that it internalizes them with associated tension, while being stuck at the fight-or-flight response. When an individual is faced with a disturbance, sudden emotions such as anger, fear, or

vulnerability may arise, but these do not create the stress response. What creates the stress response is holding on to such negative emotions for long periods of time, such that they are conditioned with prolonged tension in the body, which consequently lead to a disease.

But, with sufficient understanding of the Truth, and with the “witnessing attitude” that follows, the person will no longer hold on to its emotions, it will no longer be involved emotionally for long periods of time, and it will no longer identify with the negative thoughts or emotions. Therefore, neither chronic tension, nor “the stress disorder” will be created. This is because “witnessing attitude” brings “acceptance”, and this acceptance extends itself to everything ranging from accepting the outcome of one’s own actions to accepting the disturbance felt by external actions or input. And, when there is acceptance of “what is”, and when all happenings – even the ones we call as misfortunes – are seen as actions of the One Source on which the body had no control over, then there will be “watching what happens without prolonged emotional involvement”. So, further emotional involvement or identification will not be there, when judgment is also not there. The body may react to an disturbance with brief lasting spontaneous emotions, but even that is being witnessed without further involvement. There will be complete faith in one’s destiny.

With understanding of Truth, there will be complete detachment, that whatever happens, happens in phenomenality, and is a movement within the Source, but can not affect the Source (the real You). Nothing ever happens to the Source, and You are that. So why bother, just witness the living dream as long as it lasts, and enjoy!

As you see, a good foundation in spirituality can prevent the identification of the individual with the thoughts and emotions, as well as the stress response, and most (if not all) diseases. Once the body is in such a state of well being, termination (or death) can come only from biologically reinforced addictions (such as drug, alcohol, or cigarette addictions), accidents, or aging, as part of one’s destiny, but not from a dis-ease, which will no longer have a foundation to manifest. Understanding of the higher level of Reality also brings inner peace, and quietens the hyper minds. A serenity, and calmness follows, because of the relaxed state of the mind and the body, that merely witness the present moment – almost like watching a stage show. Everything that seemed very real and serious before, does not appear that real any more – but merely as a living dream; questions will be less and less, and true awakening makes its first glimpse.

Though acceptance and witnessing attitude can not be forced to happen, a sufficient understanding of the Truth that all is one, all is the Source, and separation is a limited reality (or an illusion) is very likely to bring about such acceptance and witnessing. When it comes, again as it comes as grace of the Source, or grace of God, which is the true subject of all actions, and events. It is important to note that, “understanding of Truth” will recondition the false old conditioning, such that the instinctive involvement and identification with negative emotions are replaced by peaceful witnessing, that will spontaneously emerge from the “inherent wisdom.”

One question that may arise at this point is that, if all actions are the functionings of the Source, then how is it that some people have the understanding of the Truth, and acceptance, whereas some don’t. Why does the one Source act in so many different ways through different beings? The reader must not forget that even though the Source is One, and is all there is, when it moves and vibrates as this big Universal Field, it give rise to a range of vibrations which is the fundamental part of the “Source in Motion”. Different and very complex combination of vibrations are perceived by consciousness as separate individuals, which are in reality, individual yet not separate fields within the big Field – just like the waves which are an intimate and indistinguishable parts of one big ocean. So, we get the false sense of multitude and diversity (or chaos). In reality, certain vibrations of the Source is perceived as the “Source being identified with a body-mind mechanism, where there is the sense of doership and lack of acceptance”, whereas some other vibrations are perceived as the “Source being identified with the body-mind mechanism, yet due to the understanding, acceptance and witnessing has arisen”. And yet, some other vibrations (though few) are seen as the “Source, no longer being identified with the body-mind mechanism, thus entirely annihilating the false sense of doership”. The point here is that the only reason, we perceive differences and different actions taking place in the Universe by the One Source is because the “Source in Motion” consist of different vibrations which manifest as different people and different actions to our senses

(to our consciousness). Yet, all happens in phenomenality (the manifest, the Source in movement, the Totality, or the Universe), and nothing happens to the neumenon (the unmanifest) or the Source. The phenomenality is the Source in action, which is the Universe as one big vibrating Universal Energy Field. The physical Universe that we traditionally know of, is merely the reflection of that Universal Field on the screen of our consciousness.

So what is enlightenment? Enlightenment is not a mere intellectual understanding of the Truth, but it is complete and intuitive realization of it. Enlightenment is total and unshakable annihilation of the “sense of doership”. It is the realization, that there has never been a (separate) individual, and never is. Enlightenment is the disidentification of the Source with that particular body-mind mechanism, such that the sense of being an individual ceases to exist. The ego will still be partly there, and govern the functioning of the body according to its genetics, and conditioning; and there will be an identification with a given name (only as a label to aid the normal functioning), yet the identification with a body or with thoughts, emotions, actions that arise from that body will no longer be there. Enlightenment is waking up from the living dream as the Source.

Enlightenment is transcending the “witnessing attitude” by the extra criteria that there is even “no one” there to witness anything. There is no individual to do anything, and has never been. Enlightenment is the removal of the false thought on which the limited realities of separation, and identifications are based. We have seen that, with witnessing attitude, the secondary cause of suffering is removed, whereas with enlightenment the identification with the body – the primary cause for suffering is removed and eternally eliminated. The body may feel pain, but there will be no identification with it, because there will be “no one” that can identify with anything, hence suffering ends.

After realization, there is no one to benefit from any understanding, because simply there will be no one there – no (separate) individual. There are no enlightened individuals, because enlightenment is the final annihilation of the false sense of being an individual. When enlightenment happens, it just happens, or nothing happened, because there is “no one” there any more to which it can happen. Therefore, enlightenment is not an object that the individual can have, in order to have more happiness. Enlightenment simply removes the individual, though its affects can be seen on the body that it is associated with, as “eternal peace, and love”. After enlightenment, the body continues to function as it has always been. The only thing that will be missing will be “the false sense of being a separate individual accompanied with a false sense of doership.”

Enlightenment has no prerequisite, because “no one” can make it happen. Seeking enlightenment via personal effort only further reinforces the existence of an illusory person. Enlightenment only happens by the grace of God, or Source. It can be speeded up by a sufficient understanding of the Truth, yet even that is a grace of Source. You are the Source, and that is the final Truth.

“May the long time sun shine upon you,

All Love surround you

And the pure light within you

Guide your way on.”

Irish Blessing

“May you live all the days of your life”
J. Swift

“May God (the Source) reveal Himself to you as you seek Him!
John Gilmer

“May You transcend all dualities and find your Soulmate within, where true beauty and fulfillment reside.”

The Author

31. Scientific Foundations of Spirituality

According to the most recent findings in Modern Physics, before the Big Bang (the cosmic explosion that took place 15 to 20 billion years ago, which set the beginning of our universe as we know it) there was only a 10 – dimensional space, that we shall refer to as the “Hyperspace”. Just an instant before the Big Bang (at time = 0), this 10 – dimensional space was mostly stable, yet with the Big Bang it got unstable and started to move. Its motion was (and still is) in terms of “vibrations”.

As part of these vibrations, four of its 10 dimensions started to expand explosively, whereas the other 6 contracted violently, until it shrank to almost infinitesimal size. Four dimensions of the Hyperspace are still expanding and that is the Universe as we observe it now, with its three-dimensional (length, breadth, and width) space, and one-dimensional time, altogether making our traditional four-dimensional space-time. This expansion – which is similar to a balloon expanding – is noticeable, because of the fact that other stars and galaxies are hurling away from us at great velocities. On the other hand, only less than a millisecond (10^{-43} sec) after the Big Bang, the other 6 dimensions contracted to a size much less than a millimeter (10^{-33} cm). Therefore, these 6 dimensions remained mostly invisible to us, such that this 10 – dimensional Hyperspace appeared to be only four – dimensional.

The interesting thing is that, according to the “Superstring Theory”, these 6 – dimensions continued to vibrate as parts of the vibrations of the Hyperspace, and formed infinite number of also invisible one-dimensional superstrings. The nature of “superstrings” were described at the very beginning of this book. We know that “superstrings” resemble – metaphorically – guitar strings, where each one vibrates at different frequencies. Their vibrational motion constitutes a giant field – that we had called as the “Universal Energy Field”. At low vibrations (and lower energies), the superstrings appear to us as the “matter” we see around us, including the trees, the earth, our bodies, and so on. Whereas, at high vibrations the superstrings remain invisible to us, and make the more subtle Universal Energy Field. Each superstring carries energy – Universal Energy, which is the most fundamental energy in the Universe, from which other forms of energies are formed. We have seen that, at all times, this energy is transferred from the subtle Universal Field to the more gross (dense) form of Universal Field, which is the individual field or the person, and at more intense levels during Universal Energy Treatments.

Therefore, everything we see around us, from the trees and mountains to the stars themselves, are nothing but vibrations of the superstrings as perceived in the four-dimensional space-time that we call as our universe. And since “superstrings” themselves are the vibrations of the invisible 6 – dimensions of the Hyperspace, everything we around us is nothing but the vibrations of the Hyperspace. So, the most fundamental Truth is that, all is Hyperspace, and there is nothing but the “Hyperspace”, and the “Hyperspace” is the Source (God) or the Real You. We have the illusory perception of many separate objects in the four-dimensional space-time realm only because the other 6 – dimensions (projected to our familiar four-dimensions) appear to our consciousness as objects, cars, bodies, stars, and so on, which are nothing but vibrations of the Hyperspace (the Source).

Note that superstrings are not parts or objects of the 10 – dimensional Hyperspace, they are the dimensions of the Hyperspace themselves. However, their reflections (projections) into our traditional four – dimensional space-time appear as objects, or as parts of “the Universe as we observe it”. Therefore, when seen from the 4 – dimensional space-time, even though the manifestation of each superstring appears to be a minuscule part of our physical universe, yet this is an illusion, because each superstring is the Hyperspace Itself. By the same reasoning, each subatomic particle, each atom, each cell, and each body, each star etc. is the Hyperspace Itself. For that reason, even though you as the person appear to be a minuscule part of the physical universe, in reality the “entire Universe” is within you, or more precisely You are the Universe. This statement is correct, because if all there is, is the Hyperspace, and if You are That, then the Universe (manifestation of Hyperspace) is also “You.” (See also the discussion on “holograms” which relates to this argument.)

Also note that all entities (which are in reality superstrings) interact with the four-dimensional space in which they move and are inseparable from it. (This is because all entities as well as the space-time are dimensions of the one Hyperspace.) The implications of this fact is phenomenal. It implies that everything including ourselves are intimately connected with the four-dimensional space-time, which in the past were thought to be only in the background, separate from us.

To summarize, the “Source” is the “ten-dimensional Hyperspace”. The vibrations of this Hyperspace, which also includes the vibrations of the superstrings is the “Source in Motion”. The “Source in Motion” with its 10 dimensions and vibrations is our “Real Universe,” yet 6 of its dimensions are not visible to us. These 6 dimensions with different vibrations (or superstrings) appear to our senses mostly as the matter that we see around us. This is the physical Universe, or the manifestation of the Source.

Then the question is how can the invisible “superstrings” appear to our senses (or our consciousness) as visible objects? The answer can be given only after a brief description of “emergent phenomenon”. An “emergent phenomenon” takes place when a system suddenly forms another radically different system (or a different level of reality); in other words, even though the original (underlying) system inherently remains the same, under certain conditions, it shows a suddenly-emerging property, which not only wasn’t there before, but also makes the original system look like an entirely different system – an emergent structure, or a next level of organization (or a new level of reality). To give a simple example, ice is an emergent structure, which emerges from water only under specific conditions, and that is in this case, very low temperatures.

Though this is a very traditional case (ice-water), some other emergent phenomenon can be quite radical. They produce novel forms that were not expected on the basis of an underlying level. And in most cases, reductionism (in other words analyzing the underlying system) doesn’t help much, because it doesn’t tell us much about the complexity and richness of the next level of organization. So, emergent phenomenon in physics work like “miracles”. Our claim is that, the physical universe that we observe is an emergent structure of the underlying superstrings (or Universal Energy Field). But, how did it emerge?

To answer this question, let us go back 20 billion years in time to the moment of “Big Bang”. Initially there was the Hyperspace (the Source). With Big Bang, it moved and created the Source in Motion – a vibrational 10 – dimensional Universe, which had only very little similarity to the four-dimensional physical Universe we observe now. At only less than a millisecond (10^{-43} sec) after the Big Bang, the four of the 10 dimensions expanded (later to establish our current space-time as we see it), and the other six dimensions contracted to a size much less than a millimeter (10^{-33} cm), thus forming the vibrating “superstrings”. The energy of the Universe (Hyperspace) was then at the phenomenal level of 1026 eV (this energy is higher than anything we could possibly imagine). At this point, the range (variations in the level, not the level itself) of the vibrations were quite small, since the vibrations (or frequency) and the energy were at incredibly high levels and were fixed – in other words, did not have much variations. Yet, with time the variations in vibrations and energy started to increase, such that a vibration and energy spectrum appeared. This spectrum allowed low vibrations as well as high vibrations of the moving superstrings. The tremendous initial energy of 1026 eV also smoothed itself out and created a range of energies (or more precisely, energy densities) between 109 eV and 1025 eV. This happened at time = 10^{-12} seconds (still less than a millisecond). At the very low end of this energy spectrum, that is at the energy levels of 109 eV, the low vibrations of superstrings got very dense (closely packed) and created the first emergent structure – the quarks, and the electrons, which were the first particles to exist in our Universe. At the remains of the spectrum (medium and high energy level), however, the superstrings preserved their subtle, almost infinitesimal nature.

So, particles emerged out of superstrings only at the very low energy vibrations. Yet, it is important to note that, each quark is still a superstring. Each quark is merely a higher level or organization of the underlying superstrings. Said in a different way, quarks (particles) emerge as the lower level of Reality from the higher level of Reality or superstrings (vibrations). Each particle is nothing but dense vibrations – gross form of superstrings. As an amazing property of the emergent structures, quarks are at much larger size scale than the subtle form of superstrings.

As time passed, the variations in the vibrations of the superstrings, and their energy spectrum got wider and wider, while allowing lower and lower energies and vibrations. At 1 millisecond after Big Bang, at relatively low energies of 108 eV, the vibrations got even more dense and formed even larger particles, neutrons and protons (which are made of quarks). After 3 minutes, the nucleus was formed (made of neutrons and protons). After 700,000 years the energies at the low end of the spectrum got as low as 0.01 eV, and the vibrations there got so dense that the first atoms were formed. Atoms were larger than any other particle existed before and were made of nucleus and electrons. At even lower energies (10eV), combination of some atoms emerged as molecules. Similarly, later certain molecules emerged as living cells, and cells emerged as the living being at even lower energies. Some cells (neurons) collectively emerged as the brain and consciousness. As you see, continuously as energies got lower and lower, and vibrations got denser and denser, an underlying organization emerged as a different system (a next level of organization) at its low energy spectrum. Starting from superstrings, after many hierarchies, we got what we call matter: the trees, humans, stars, and so on, which are so visible, though the underlying superstrings are not. At this point, there are two very important things to note:

First, there are still invisible superstrings at the high energy-spectrum, which we called as “subtle Universal Energy Field” earlier in the text. (This may explain why the astrophysicist still search for the so-called “lost mass of the Universe”, not realizing that this is the invisible subtle Energy Field which is massless and extremely small, and thus not detectable.) These superstrings do not appear as matter, but interact with matter. They are all pervasive, and we saw that they deliver extra Universal Energy to our bodies.

Second, what we call matter, and what we see as different matter around us is nothing but dense vibrations of superstrings operating at low energies. Their properties appear to our consciousness as solid matter. They are still nothing but vibrations. Our bodies are individualized gross Universal Energy Fields that appear as solid matter to our consciousness. So, only when consciousness emerged, together with it the illusion of matter and thus the false appearance of separation emerged. In truth, we know that the Universe consist of only subtle and dense form of vibrations and nothing else. Matter is only a label – an illusion – a limited truth that we put in order to describe the dense vibrations. So, it becomes clear that our bodies and everything around us are vibrating energy-bodies, and solid, separate matter is a mind-created illusion.

The reason our mind (consciousness) sees differences in the existence around us (such as car, body, air) is only because they all vibrate at different (though all very low) frequencies. (The level – amount or size – of vibrations of superstring determines the type of quark that will emerge, and different combinations of vibrations determine what type of atom will manifest, and so on.) And also, the reason we feel things to be “solid” is only because of the existing electromagnetic field (force) that exist between our bodies and the objects we touch, which also exist between every atom, and gives the false feeling of “solidness”. But, the electromagnetic force (photon) is nothing but, still a different vibration of superstrings. (At the beginning around time=10-40 seconds, superstrings formed only one unified force, which later in time, got divided to nuclear – weak and strong, gravity, and electromagnetic forces, which are all bosons – emergent particles). So, all the particles, and forces in nature are still vibrations.

If differences in objects are illusions, and if solidness of the objects that we touch is also an illusion, then it follows that our perception of “matter and separation” is also an illusion or a very low level of reality. The underlying reality is that all are vibrations, and the only differences that ever exist are the levels of the vibration. So in reality, what we see as the physical world, is an ocean of vibrating fields that have no boundaries, intimately interwoven with each other. This is the true beautiful face of our Universe, that we knew so little of till now.

We saw that because of the “emergent phenomenon,” the same Source (Hyperspace) emerges as different “appearances”, in a hierarchical way. All these different appearances (or organizations, or systems) coexist simultaneously as different aspects of the Hyperspace. One must note that each aspect is still the Hyperspace Itself. However, each aspect or each appearance correspond to a different level of Reality. We know that the most fundamental, deepest, or said in a different way, the highest Reality is the Hyperspace, which is the Source of all other realities. Other realities that

emerge from the Hyperspace as a next level of emergent structure, are therefore, lower level of realities. This is because, all other levels of realities depend (or owe) their existence upon the Hyperspace (the Source), whereas the Hyperspace can exist independently. Let us look at these realities one by one, since they play a very important role in our understanding of the Truth about Existence. We will differentiate mainly four different realities:

The first and highest form of Reality is the “10 – dimensional Hyperspace”, or the Source. The second reality that emerge from it, is the “nonlocal vibrational plane”. This plane represent a lower level of Reality in comparison to the first. It consist of the “Source in Motion”, and more specifically “the vibrations of the superstrings” in 10 dimensions, which are the compactifications (or contractions) of the six dimensions of the Hyperspace. This level is called “nonlocal vibrational plane”, because superstrings are connected “nonlocally”, or beyond space-time. This is very true considering the important fact that “superstrings” are the 6 – dimensions of the Hyperspace, and therefore they exist outside the other 4 – dimensions, which are our conventional space-time (3 dimensions for space and 1 dimension for time).

The third level of reality – which is even at a lower level of reality – is the “local vibrational plane”, and refers to the same superstrings, but this time to their reflections or projections into our visible 4-dimensional space-time. In other words, this level describes how the 6 – dimensions of the Hyperspace – the superstrings – are perceived by the other 4 – dimensions, or by our traditional space-time that we are aware of. So, the point here is that, whereas the second level of reality sees the vibrations of superstrings moving in the 10 – dimensional space, the third level observes their motion in our 4-dimensional space-time, which has a much more limited perspective. This level of reality is local, or in space-time, because it perceives all motion to be limited to our conventional 4 – dimensional space-time. The reader should note that, even though the other 6 – dimensions exist in our universe simultaneously, it is not visible to us; and we are only aware of the 4 – dimensions, for that reason we incorrectly assume that all motions and connections are limited to these 4 – dimensions, and it is not. Yet, this is how the vibrations are perceived in the third level of reality. And finally, “the physical plane” is the fourth and the lowest level of reality. This is the reality, where consciousness has emerged at the low end of the energy spectrum. In this reality, all vibrations appear to consciousness as “matter”. In other words, this is the physical Universe that we are aware of. This reality is also local and has the most limited appearance.

The interesting thing is that, all these four realities exist at the same time in our Universe, though we are mostly aware of only the fourth level of reality. At this point, we must stop and understand locality and nonlocality somewhat better.

Until 1964, physicist thought that the Universe was local. “Local” means that if two objects are separate and distant in space, then in order for the first object to influence the second one, it has to either travel in space all the way to object B and physically influence it, or send a signal to B so that this signal can again travel in space, find and affect B. If A can’t do any of these, then it meant that A can have no connection with B. In other words, according to “locality”, all connections are mediated through our 4 – dimensional space-time, and therefore are limited. It is also partly due to apparent locality, that we see separation between most things in the Universe. We think that, if two things are far apart, then they have no connection. We mistakenly assume that, only if two things are next to each other, then they have connection. This was proven wrong by Bell – a physicist – in 1964, who had a glimpse to the second level of reality. Bell showed that two objects could influence each other, and the influence did not have to travel in our space-time. This means that two entities can be miles or light-years apart, yet they are still connected and can influence each other instantly. Nonlocality indicates the existence of a realm, which is not visible to us, yet it is here, and exist at a very deep level. And at this level everything is connected with everything else beyond the limitations of space-time. While locality means “in space and time”, nonlocality means “outside space and time”, because according to nonlocality two entities are connected even if they are distant in space, such that as if our 4 – dimensional space and time, and its limitations are no longer there – they are transcended. Under the light of this information, our four level of realities will become more clear now.

To start with, “superstrings or vibrations,” are the six-dimensions of the Hyperspace. This implies two things, first it means that they are equivalent to the Hyperspace (in other words, they are not merely objects in it, or parts of it), second they are – in essence – outside our traditional 4-dimensional space-time. And if they are outside space-time, by above definition, they are “nonlocal”. So, even though their projections appear to be local in our space-time, in reality, they themselves are not. Furthermore, these facts implies the following: As part of the fourth level of reality it appears that, only entities that are next to each other are connected. As part of the third level of reality it appears that all entities are in essence vibrations, but only vibrations that are in close proximity of each other are connected. As part of the second level of reality, however, it is true that all vibrations are connected with every other vibration, and it doesn’t matter how far they are apart. After-all, if vibrations (superstrings) are the contracted “6-dimensions,” how could they ever be separate? Finally, the fourth level of reality says that all vibrations are one as Hyperspace, and everything is the Source Itself.

To summarize, all objects, all people are vibrations and everything is connected with everything else nonlocally – beyond space-time. It is because of the locality, as well as because of the perceptions of our consciousness that things appear separate, and it is because of the more fundamental nonlocality that everything in the Universe is deeply connected. At the fourth level of reality we observe matter (solidity, diversity) and separation. Third level or reality says that all matter are vibrations, though not all vibrations are connected – only the ones that surround each other – that is local connectedness. Differences in matter are transcended in this reality, where there is “likeness and harmony”. Second level of reality portrays that all matter are vibrations, and all are connected with all others. Distance in space-time is irrelevant. This reality indicates that separation is fully transcended, and there is “Wholeness” in the Universe.

Finally, the highest and first level of reality shows simply that all objects, all vibrations, all people are nothing but the Source Itself. This reality transcends wholeness. Here there is Unity. This reality indicates that our real Universe is holographic, in other words you are not only a part of the Universe, but “You” are the Universe, or the Universe is also within You. (According to holography – which is a branch of optics – from every tiny part of an photographic image, the entire image can be constructed back, as if a little part contains the whole in a very surprising way.) Everything is connected with everything else simply because they are one as Hyperspace, or the Source.

By this time, the reader should have realized that our perceived physical Universe is the lowest level of reality, compared to the more underlying realities of “Wholeness” and “Unity”. The physical Universe as we are aware of, is only a limited manifestation of the Source. Our real Universe is the vibrational 10-dimensional Universe (the Source in Motion), and not the visible 4-dimensional physical universe. Each matter, each person in our Universe, actually exist in this 10-dimensional plane and is connected with every other person and every other thing in the universe, though they may appear separate in our space-time.

Once we know this, it becomes clear that extraordinary perceptions are not so extraordinary at all. Telepathy is because of our intimate nonlocal connectedness outside 3-dimensional space; prophetic dreams or intuitive wisdom are due to our nonlocal connectedness beyond the one-dimensional time. In the first case, space is transcended, in the second case time. Now we also understand how we can do distant healing and access Universal Energy nonlocally from the distant Universal Field. Nonlocality also explains the collective (un)consciousness – that all minds are connected, and furthermore any information from future or from past is within our access (as being beyond time or nonlocal in time), as long as we are receptive to it.

So, nonlocality is much more of a fundamental Truth in the Universe than locality. This means that even though things may or may not be locally connected in our space-time, they are always nonlocally connected. (Even though superstrings – and thus all objects – are nonlocally connected, their projections – which is what we perceive – in the 4 – dimensional space-time appears as only locally connected.) So, every influence is nonlocal first. This is because locality emerged from nonlocality. To give an example, when we direct Universal Energy or a thought from point A to a distant point B, the energy or the thought can be made to travel in space by conscious intention, yet this is not necessary when we are aware of the nonlocal connection between A and B, and that A

and B only appear distant in our perceived space, but are not in reality. Then we can make the thought or energy to be transferred from A and B instantly, without any travel in space. In reality, all local influences are carried out also nonlocally naturally – by itself. A simple example, is the emergence of a thought in our mind about a person that wasn't expected to come, just before she actually arrives.

Another implication of the different levels of reality is that, meaning, purpose, determinism are emergent concepts that exist only at low level realities. When we look at the Truth from a deeper or higher level of Reality they are no longer there. The Source has no preference whatsoever as how to move. All happens within Itself. It can't separate itself from its motion to control it's motion – unlike the mind vs. the body. It is in a state of Unity. (And so is the Real You.) So, its motion happens spontaneously. As a result, the motion of the vibrations in the Universe are expressing themselves in a random way – like “dancing freestyle.” And then, at the lowest level of reality (fourth reality), consciousness (mind) emerges, and with it emerges judgment, intention, purpose, and determinism. All these weren't there before.

Physicists confirm this fact in quantum physics, that the Universe is inherently random, yet appear to us deterministic. According to higher realities – therefore – there is no purpose to life, other than to live. Spiritual goals and so on are wonderful, but keep in mind that they all happen in phenomenality (manifestation), and nothing happens to the Real You or the Source, when your mind is spiritual or otherwise. The final Truth is that You are the Truth, and instead of seeking It, enjoy being It, because You are already That. It should not be forgotten that, all knowledge are merely concepts and pointers to the Truth, and You are already that Truth prior to the knowledge. When it is intuitively and completely understood that “All is God (or Source),” no other knowledge is necessary.

To conclude, the physical universe is mostly a creation of your mind, because deep below everything are nonphysical vibrations and everything is connected with everything else.

All there is, is the Source – the Hyperspace – “the Nothingness”, out of which this “Everythingness” – the Universe has emerged and manifested. You are not limited to the person that you take yourself to be, You are also the Source of entire creation.

Dear Reader,

“May You enjoy and celebrate Your Godly nature at every moment of your eternal presence!”

The Author

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