

## Essay

# Mind, Senses, Soul & Universal Consciousness

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## Abstract

This essay presents the functions of sense organs including the coping mechanisms of one sense in the absence of the other and control of senses by spiritual activities. Animals are creations of Universal Consciousness. Each of them possesses a soul and a mind. Humans are the highest thinking animals. Soul and mind are bound in every physical body and it perceives the external world through the sense organs. The soul is the master of all sense organs whereas the mind interacts with them. Soul always speaks truth but the mind plays politics in dealing with the external world. The five sense organs play major roles in each human body since the senses are transducers that enable us to explore the external world and make our mind to participate in spiritual and material activities.

**Keywords:** Universal Consciousness, sense organ, mind, soul, external world, interaction.

## 1. Introduction

According to Vedic literature, Universal Consciousness (Supreme Lord) created 84 lakhs of living entities - 30 lakhs in plant life and 54 lakhs in animal kingdom (27 lakhs in the insect life, 14 lakhs birds, 9 lakhs as marine organism and 4 lakhs as animals)<sup>1</sup>. They are creations of Universal Consciousness.

The species in animal kingdom possess five biological sense organs known as Gnanendriyas. They are ears for hearing, skin for touch, eye for vision, tongue for taste and nose for smell. Other five physical organs of body known as Karmendriyas are for action - mouth for speech, hands for grasping, legs for walking, reproductive organs for procreation and anus for elimination. There are five cosmic principles known as Panchbhutas - air, sky, water, light and earth - for their survival and comfortable stay in this planet.

Each animal possess a soul and a mind. The soul is a subtle and conscious entity. The degree of intelligence varies from animal to animal. Humans are the highest degree of thinking animals. Soul and mind are bound in every physical body and it perceives the world through the sense organs. The soul is the master of all sense organs whereas the mind interacts with them. The soul always speaks truth but the mind plays politics in dealing with external world.

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When soul takes a birth, it falls into material energy of nature. It becomes a living entity and is trapped in the clutches of five Panchbhutas. Then the living entities become conditioned when they come in contact with their material nature, which consists of three attributes (gunas):

- i) mode of goodness (Satwa guna);
- ii) mode of passion (Rajo gun; and
- iii) mode of ignorance (Tamo ;guna)<sup>1</sup>.

The Gnanendriyas would force the mind to perform various activities in the material world through the help of karmendriyas, which operate merely under the control of subtle nature of body - soul, mind, intelligence and false ego. The human body needs energy for growth, movement and protection and it is obtained through nutritious food. It is approved by the sense organs and processed by the body. The way stomach requires food, sense organs also demand the brain to acquire their respective food items that satisfy them.

All the five Gananendriya senses are designed and placed properly on facial portion of body for all the living entities so that they can investigate the external world and pass the information to brain to act offensively or defensively through five karmendriyas. The individual sense organs grow systematically and then degenerate from the time of birth to death. They play same role in all living entities but they are intricately and scientifically designed according to their specific needs in each species so that they effectively function to fulfill the demand of the body under the guidance of mind.

The senses are transducers from the physical world to the realm of the mind and they act like medium to interact with external world. The metaphysical scientific theories, universal laws were developed and derived from the nature by our great ancient and modern philosophers, thinkers and scientists such as Aryabhata, Sucharita, Aristotle, Darwin, Brownian, Archimedes, Newton, Einstein etc. with their intellectual minds through their senses. It is highly essential for the younger generation to know the actual truth on what conditions and what circumstances compelled them to make discoveries, how they are related to the environment and society and what can be further explored with the advancement of technologies.

## 2. Appetite of Sense Organs

### 1) Eye

Eyes are the most attractive part of the body and they act like a powerful biological camera. The man made artificial camera is based on the same principle of Universal Consciousness gifted natural eyes. When a ray of light falls on retina, which acts like a sensitive film containing sensitive cells, forms a diminished and inverted image .The information is passed to brain



through optic nerves. The images of the both eyes are combined and the interpretation of the object is analyzed and its image is stored in the memory. The eyelid acts like a shutter.

The eyes also act like a powerful biological photographic machine and a magnet. The eyes force the mind to go for regular outings, shopping to see the natural and artificial sceneries, attractive things and events. They demand for multicolor photographs and videos of various sceneries on television and mobiles. The eyes enjoy the good as well as bad scenes, hence here these are considered as nutrition items for the eyes. In case these items - sceneries are impressive, attractive, the sense organ i.e. eyes would force the person to visit regularly for gratifying himself.

The sense organ eyes also take limited food like the stomach, in case they are completely tired, they force the person to sleep anywhere and at any place by closing the shutter.

Eyes demand cooling spectacles to protect from the harmful radiations like UV and Infrared in the environment. As they degenerate they demand for spectacles or the required corrections to work efficiently.

The characteristics of person and the momentary expressions like happiness, sadness, anger and artistic skills (mime etc.) are generally identified on the basis of *facial* expression of the eyes, lip movement and body language.

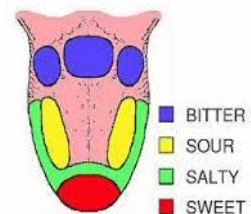
However in both the cases of pleasure and displeasure of incidents, they are photographed and stored in the mind. These sceneries can be depicted at any time when needed but they cannot be deleted from the memory for certain period of life. As one ages, the degenerating body may not be in position to remember the past minor instances, but the mind be able to retrieve easily the spiritual events rather than that of materialistic.

## 2) Tongue

The tongue is a group of muscles that plays various roles in the oral cavity. On the upper surface of the tongue lies sensory part known as taste buds. All these muscles and taste buds are effectively utilized to investigate the type of food (useful or harmful) and classify them according to taste and necessity and gives the final approval with the help of nose. Apart from tasting, the tongue helps in mixing of food and modulating the voice in order to speak efficiently.

### a) Taste

In order to have pleasurable feel, the tongue always demands to have tasty and delicious food items that have already generated positive impulse by sight and smell such as sweet, spicy, bitter, hot and cold items which are identified by the taste buds. The taste of sweet is most pleasurable, but with the cloak of sweetness comes in diabetes. In comparison the bitter taste is the most unsatisfying sense of taste but just as the saying "*the truth is always bitter*". In general most of the highly nutritious food is bitter.



Before being accepted by the body, the food has to pass the four out of five check points – appearance, touch, smell and taste. Upon receiving the approval from the tongue, the brain orders the tongue to swallow. Thus the tongue acts as final check point for the food before it enters the digestive system of body.

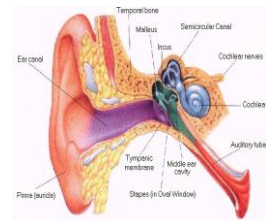
Tongue speaks and hides, but the body faces repercussions about appreciation or defamation.

### b) Modulation of speech

The tongue is the only sense organ which has different role in afferent (sends signals to brain) and efferent (receives signals from brain) way. The tongue plays an integral part in modulating the sound produced by the vocal cord. The attributes of language and speech is the result of the joint action of tongue and jaw movements.

### 3) Ear

The ear has two most important functions, hearing and balance & equilibrium. It acts like a receiver of Sound waves and transfers sound signals into electrical impulses to the brain for processing. The ear is like a funnel shape called Auricle (or Pinna), so that it receives all types of sound waves. The human ear can hear the sounds of frequencies of 20 to 20 KHz. The appetite of ear is sound waves and the type of sound that pleasurable varies person to person.



When the status of mind is tuned with that of external sound, the ear changes into an acceptor filter circuit. If the frequency is matched, it results in resonance, then it identifies it as music and person enjoys the sweetness of the music. On the other hand, if it is not tuned with that of external sound, the ear turns into rejecter filter circuit and recognizes it as noise or harmful waves, then forces the person to close the ears or escape from the source of occurrences of these waves. The unacceptable food for the ear is noise which may be unpleasant speech, extreme levels of low and high pitch sound, irregular music, filthy languages or powerful blasts and shock waves.

In Yoga, the Indian method of Vedic exercise, the one of the most important exercise is the Brahmari Pranayam<sup>2</sup>. This exercise involves chanting of the sacred sound **Om** after a deep inhalation, ear, eyes and nose are closed by the fingers. It is found to be beneficial in case of clots in the brain, reduces mental tension, anxiety, high blood pressure, heart diseases etc.

The chanting of **Om** is not only spiritually important, but it is scientifically proven, the frequency and vibrations produced by the chanting of **Om** are most pleasing and sets mind in tune. As per spirituality, the ears are meant to listen for the holy names and divine music to please the soul and Super-soul resided in the body and get connected to the Universal Consciousness.

#### 4) Skin

The skin is the largest sense organ covering the whole body acts like a barrier of internal organs and external environments. Though it has many functions, the sense of touch is most important. Touch is a skin sensation that results from an active or passive contact between a person's skin and an object. Pressure applied on to the skin is the primary stimulus for the sense of touch. Another stimulus, vibration, emerges when there is a rapid and regular change in pressure. Through this process the skin is able to identify many attributes of an object – shape, temperature, texture, blunt or sharp and amount of pressure applied.



The skin is like a switch. If the stimulus is pleasurable, it continues to keep the circuit closed by being in contact with the object. On the other hand, any kind of harmful stimulus i.e. extreme temperatures, sharp and high pressure, stimulates the pain receptors and immediately the open the circuit.

#### 5) Nose

The nose is a vigilant sensor of smell. It senses different odor present in the air by inhaling. The sense of smell is most reliable sense which creates the first impression of a person or object. After this impression other sense organ may contact with the object. If the eatable smells good, only it is eaten and accepted. On the contrary it rejects the bad odor and cautious us to be away from harmful and contamination gases which cause injures to health.



The tongue and nose are well coordinated. When the nose is blocked due any diseases, the sense of taste also diminishes. The nose neither allows stale food nor does any bad activity, in fact it is most faithful sense organ to protect the human body, whereas the other four sense organs, sometimes do participate in bad things depending on the status and demand of the mind.

- a) The eyes would like to participate in watching the bad incidents and filthy scenes
- b) The tongue may also speak bad words and filthy language and in emergency it also takes stale food.
- c) The ear also listens sometimes for the bad and unwanted words and sentences.
- d) The skin also helps to do bad things such as grazing, licking, touching through hands and legs.

In Yoga, Pranayam is an exercise of inhaling and exhaling the air through nose. This breathing exercise cleans the air way which in turn helps in maintaining the perfect heath.

### 3. Survival without Sense Organs

The question comes to us, are there any creatures in the world that survive without sense organs? Universal Consciousness has created 84 lakhs varieties of living entities in this world and they possess senses according to their needs to survive in this world.

## **a) Humans**

The humans are the most complex among the living entities with highest level thing capacity. Most of the humans possess all senses, but however many people are differently able, to whom in order to compensate for the absence of one or other senses, Universal Consciousness has provided them highly developed remaining senses. They possess extraordinary potentials and skills in usage of specific senses to perform miracles in their own fields to lead perfectly normal life. Such are known as Universal Consciousness gifted humans.

### **1) Loss of Eye sight**

In deficiency of vision, these people tend to develop specific attributes to hear better and use of tactile sense to locate and appreciate external objects. If we notice, these people can identify the objects even with minute sounds. There are many people who have done wonders all over the world. For example, Mr. Srikant Bola, even after being permanently blind by birth, completed schooling in science stream with high grades and higher studies from MIT, USA, and he then established own organization to uplift the handy-capped people in India<sup>3,4</sup>.

### **2) Hearing loss**

The deafness or loss of hearing is for people who are not sensitive to the sounds of frequencies between 20-20 KHz and in amplitude from 0 dB to 130 dB or more. The 0 dB (Decibels) represents no sound whereas the higher side 130 dB produces threshold of pain. The hearing sensitivity peaks around 3 KHz. The hearing loss is an important factor in speech not developing.

The Universal Consciousness has designed and protecting the living entities from the extraterrestrial sounds and environmental disturbances by creating vacuum in the space, and creating the material medium in the environment such that the insensitivity of sound waves diminishes with distance so that the privacy of audible human sounds are properly maintained, otherwise it would have been chaotic situation in the society.

### **3) Loss of function of Tongue**

The Loss of function of tongue leads to - i) loss of ability to taste and ii) speech defects. In comparison with other senses loss of taste greatly affect normal survive of the individual, whereas the speech defects are extensively affect the life. The taste is not an important factor unless and until the body gets complete nutritious food. They may not speak clearly due to the lack of perfect usage of tongue.

To compensate this, they use hands movements and special expressions for survival. Being dumb may also be linked with deafness even after the vocal cords are perfect. Persons who are congenitally deaf tend to become dumb too, as learning process of speech activity involves listening skill so as to mimic them.

#### **4) Loss of Smell - Anosmia**

Loss of smell occurs more often due to diseases in the nose than congenital conditions. The Loss of smell does not cause disability, in the course of life, every person experiences Anosmia since even diseases like common cold causes it. Hence every one develops capabilities to adjust to conditions of Anosmia. There are very few cases reported in the medical literature that congenital absence of noses.<sup>4</sup>

#### **5) Loss of sensation - Tactile**

To start with no species can survive without skin. It acts like Polyethylene bag to protect the body. If skin is removed, human body dies immediately. But, it is possible to survive without sensations. The loss sensation has momentary benefits if it is temporary. This is a boon for medical surgeries, where anesthesia is given to the patient so that he does not feel the pain during surgery. Whereas the permanent loss of sensation not only causes disability but also causes great amount of indirect damage to the body and eventually succumbs. Such people do not feel pain even after extensive burns and cuts.

The humans can still survive in absence of any of the four senses except skin, so human cannot exist without the skin. Hence skin plays major role in sensation as well as protecting all internal parts of body.

#### **b) Animals**

The animal kingdom shows that there are animals which may not have given the same senses of what we have, but they possess differently as per their living conditions. All animals have ears but not all of them have outer visible ears such as whale, snake, crocodile, dolphin and lizard etc.

*Bats:* They have very poor vision, but accurate of sense of hearing sounds. They identify the distance, size, and time to reach the objects in a split of second the echoes of their own sounds.

The taste buds are provided according to their needs such as star fish, sea urchins, butterflies and flies taste with their feet. And fruit flies have taste receptors all over their bodies, including on their wings and ovipositors, the opening through which they lay eggs.

*Star-Nosed Mole:* As per the literature, scientists have discovered that nature's quickest eater is one of its ugliest creatures -Star-Nosed Mole<sup>6</sup> mammal which checks whether it is eatable or not and gobble it up in just 230 milliseconds This is the fastest known reaction time in the animal kingdom, taking less than half the 650 milliseconds that a human driver needs to apply brakes for a red light. The star-nosed mole, which lives in perpetual darkness, uses its array of 22 nasal appendages in the same way that a blind person uses a cane. The main difference is the speed with which the appendages probe the ground. They can examine 13 targets every second.

## b) Plants

The trees or plants are part of Universal Consciousness's creations. They possess different kinds of sensory mechanism based on the chemical process. The photo receptors tend to grow towards the light.

## 4. Control of Sense Organs

The soul which lies in the body always gives proper judgment but it is the mind that plays politics with senses. Mind runs in all the possible directions and forces the senses to participate in various activities to fulfill its desires. Senses are operated under the direction of our mind, intelligence, false ego and interact with five Panchbuthas of materialistic world to perform various spiritual and material activities.

The religious texts say that senses are meant to please the Universal Consciousness who has given this birth in human form as per previous karma. It says *Tongue* is for chanting the name of Universal Consciousness, *Eyes* are for glorifying and beautifying the Universal Consciousness, *Ear* is for listening the devotional slokas(hymns)and songs, *Nose* is for offering scents for Universal Consciousness and *Skin* is for providing weather conditions for the Universal Consciousness. Senses should be exclusively used for the devotional or spiritual services by satisfying the requirements of human body. One who follows the above principles is surely liberated to heavenly planets and he is said to be a great soul.<sup>1</sup>

But this materialistic world is filled with *Maya*. *Maya* is highly dominant and powerful especially in this Kaliyuga and it is difficult to escape from it, in comparison with Satya, Tretha and Dwapara Yugas. *Maya* is something that always drags a person to be away from devotional services and forces his senses to perform irregular activities for self-oriented which are not defined in the Vedic scriptures. Thus the mind finds difficulty in controlling the senses as serpent cannot control snakes.

In order to overcome from this powerful *Maya* one has to be engaged nine types of devotional process<sup>1</sup> – *Sravanam*, *kirtanam*, *Smaranam*, *Pada sevam*, *Archnam*, *Vandanam*, *Dasayam*, *Skakhayam* and *Atma –nivedanam*. The *Samaranam*- chanting the name of Universal Consciousness (Supreme Lord), and four regulated principles - *no meat*, *no illicit sex*, *no gambling* and *no intoxication* so that mind and senses should always be kept busy in thinking and serving the Universal Consciousness.

According to the Vedic scriptures, meditation is a prime aspect to control the senses, body and mind. One can achieve it through the four divisions of human life of each 25 years, known as *Varanasram*<sup>1</sup> - *Brahmachari Grushta*, *Vanpaprastha* and *Sannyas ashram* are meant to help people to become perfect yogis. In this present materialistic world of kaliyuga, very few may opt to become yogis and live in Ashrams or Himalayas. The religious texts also suggest that one can control senses by staying with family and children, enjoying the materialistic world according to the prescribed principles.



## 5. Conclusion

The senses play major roles for a human body and are channels for the development of family and society. The mind and senses can perform many type of activities, spiritual or materialistic, for self and social service for the benefit or detriment of a society.

Methods adopted by animals to facilitate their functions have helped humans to make great technological advances. For example, the principle of locomotion for bats based on sound is used in ships as SONAR to locate objects on the sea bed where light does not reach. The scientists may try to understand the designing process of living entities created by the Universal Consciousness, but they may fail to create living species and give a life to them.

One can control the senses by involving in spiritual and devotional services; by becoming a saint (yogi) and completely surrendering to the Universal Consciousness for glorifying him through the materialistic objects provided by Him. We are all creations of Universal Consciousness. We must obey, serve and glorify Universal Consciousness, similar to children in a family where they exchange love and affection each other and serve their parents.

One who controls the senses and follows the prescribed principles according to the scriptures will be in mode of goodness and is said to be a great soul<sup>1</sup>. One who serves the Universal Consciousness indirectly serves the society.

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