

Exploration

Evolution of Consciousness

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Abstract

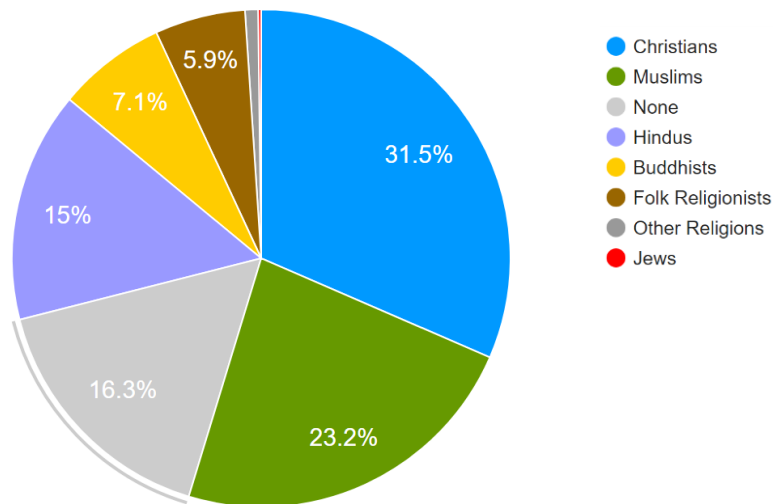
In this article, I explore the evolution of consciousness and the state of Samadhi. When a Yogi withdraws all senses, he doesn't smell, taste, see, hear or feel the touch and he knows nothing but the self (Atma), then the yogi is Samadhi and he is a liberated one. Thus, the Yogi so settled in Samadhi achieves a control over his sensors but also gains telepathy, wisdom of Sat and ability to see past present and future, he truly goes beyond the bandwidth of normal human being's senses and becomes an adept (Siddha). This is surest path for evolution of Consciousness.

Keywords: Evolution, consciousness, Samadhi, Yogi, Atman, Siddha.

There are approximately 7.8 billion people live on this earth in 2020 [11]. The population was 6.92 billion in year 2010. Out of these people the religion wise distribution is given in following table [13]. The religiously unaffiliated number 1.1 billion, accounting for about one-in-six (16%) people worldwide [14]. The religiously unaffiliated include atheists, agnostics and people who do not identify with any particular religion in surveys. However, many of the religiously unaffiliated have some religious beliefs.

Religion	%age	Population	Remarks
Christians	31%	2,173,180,000	50% are Catholic, 37% Protestant, 12% Orthodox, and 1% other
Muslims	23%	1,598,510,000	87-90% are Sunnis, 10-13% Shia
No Religion affiliation	16%	1,126,500,000	Agnostics and people who do not identify with any particular religion. One-in-five people (20%) in the United States are religiously unaffiliated.
Hindus	15%	1,033,080,000	94% of which live in India
Buddhists	7%	487,540,000	50% live in China
Folk Religionists	6%	405,120,000	Faiths that are closely associated with a particular group of people, ethnicity or tribe
Other Religions	1%):	58,110,000	Baha'i faith, Taoism, Jainism, Shintoism, Sikhism, Tenrikyo, Wicca, Zoroastrianism and many others.
Jews	0.2%	13,850,000	Four-fifths of which live in two countries: United States (41%) and Israel (41%)

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A total of approximately 84% population on planet earth believes in some form of supernatural power or super consciousness. There are also local beliefs in paranormal activity, ghosts, magic, sorcery etc some sort extra dimensional experiences which are unexplained by science and rejected as imagination or some freak activity of mind due to mental stress.

While Hinduism is mentioned as a religion above, it is the name given to the people who live beyond river Indus (Sindhu) and to the east of it. The accurate name of India is Bharat meaning in pursuit of light. The most ancient name is JambuDwipa (Island with trees of Jambu) as mentioned in scriptures. The supercontinent Pangea began to break up approximately around 200 Ma (million years ago) and India started a northward drift towards Asia. 80 Ma India was 6,400 km south of the Asian continent but moving towards it at a rate of between 9 and 16 cm per year [12]. The Himalayan mountain range and Tibetan plateau have formed as a result of the collision between the Indian Plate and Eurasian Plate which began 50 million years ago and continues today.

It would be difficult to classify Hinduism as religion because it is a way of life or more importantly a culture. The real name of what is inferred as Hinduism is 'Sanatan Dharma'. Sanatan means 'since the beginning'. Therefore, there is no single propounder of the SanatanDharma. Dharma is set of principles which are applied to thinking and action to cater to environment & nature, animals, other humans, society and for evolution of consciousness. The ancient wisdom flows from Brahma who is originator of Vedas (Vid is to know). These are the manual for the humanity to live on theEarth. These were brought to earth by Rishis (higher conscious forms) who were researchers doing research on how the designed human and animal life is proceeding on earth and also experience of nature of human body and environment of earth. More scripture about historical treatises (Purana), Upanishads, Vedanta, Brahmana, Aranyakasetcdescribed various aspects and all were in verbal form. You could well imagine the mental capacity of those people who could remember thousands of couplets in Sanskrit language. Sanskrit is a language based on scientific principles and also rhythmic.It known as DevBhasha (language of the Gods).

The world is spending billions for search of life in the universe. This knowledge has been available to world's most ancient civilization from the beginning of human life. There have been frequent contacts with what we call as 'Alienlife' today. People have visited other planets along with Gods. The space races have also been identified and named. The planet has been a ground for competition between various alien life-forms. The aliens have also lived on earth settled, ruled and married human and also had children. Other than them higher consciousness beings have taken birth in human body shells and guided humans by setting examples on how to life of dharma.

Reality Versus Maya

Reality is the quality or state of being actual or true. We know that all animate and inanimate beings are built of atoms and their various combinations. If you enlarge an atom so see its nucleus of the size of tennis ball, the nearest electron would be nearly three kilometers away. Therefore 99% of us are actually made up of what we call as space. It is difficult to perceive the reality in this world which is under various layers of illusion or mystery.

The Sanskrit term for supreme consciousness is Prabrahamha (Beyond Universe). The same term is used for Parameshvara (Ultimate God, Purush) who is Nirgun (Beyond the ambit of three gunas of Sat, Rajas and Tamas), Nirakar (no shape) and ultimate truth. Universe is sprung out as Sankalpa (resolution) of God. Ultimate God is represented in Sakar Brahma (Consciousness with shape) as Trinity (Shiva, Vishnu and Brahma). The idea of creation from Nothingness to expanding spheroid (Brahmand) starts from integration of initial vibration Om (Aum) with time, forming space and non-manifesting wavelet strings. These wavelet strings further integrate in time and space using many combinations and permutations of conjunctions and disjunction creating forces and the waves, rays, unstable elementary particles and quarks. The entire process is formation of universe is autonomous barring some intelligent interference and follows principles of Mahat (great principle or a principle which leads from small, un-manifested things to great things). Mahat is the mathematics behind the magic numbers and wave geometry for formation of space, energy and matter forms. As the formation of universe progresses from step zero to one and further, at each step whatever new forms up, appears completely different than the original ingredients. This is known as Maya (illusion). For example, hydrogen is a flammable gas and oxygen is a gas which aids combustion and their combination is water which helps douse fire. At the next level from elements to compound, the nature of matter has changed to a completely different set of characteristics. The changed characteristics completely different than original is an illusion which is described in Vedas as maya.

Leading from small to big in various permutations and combinations can still be understood, how something whatever small and un-manifested came out of nothingness is great mystery (mahamaya). Creation of first vibration from Shunya is known as Mahamaya. No one has been able to decipher as to what is Mahamaya. It is the source code of the first re-iterating equation. The initial vibration was manifested with three gunas (Sat, Rajas and Tamas). At the moment Sat can be understood as knowledge and purity, rajas as control and tamas as binding forces. Therefore, Sat (also known as truth) is the intelligence riding in every corner of space, wavelets and particles and their future heavier and larger outcomes.

Let's consider this world at reality level one. The physical world is unreal because the truth of body is atoms, truth of atoms is particles, truth of particles is quarks, truth of quarks is waves and truth of waves and even if do not go any deeper in reality the entire thing can be explained very well by mathematical equations which help unravel the reality from the clutches of maya. Mathematics is Sat (truth) and humans and to some extent animals can perceive it because of inherent consciousness.

In the Lemurian and Atlantean periods, Asuras, Danavas and Daityas were experts in maya (they themselves had origins in space) and had built exceeding great civilizations, palaces which were full of gems and gold. Vimanas were at their disposal. They were intoxicated with ego and considered no one equal to them. Indus valley civilization is some of their doing when their powers had decayed and still these were the best designed cities in the world.

Maya has the capability to deceive us away from reality. Technology also impacts reality and fools our senses and the mind. The Brihadaranyaka Upanishad reflects on theory of dreams, positing that human beings see dreams entirely unto themselves because the mind draws in itself, the powers of sensory organs, which it releases in the waking state. It then asserts that this empirical fact about dreams suggests that human mind has the power to perceive the world as it is, as well as fabricate the world as it wants to perceive it. Mind is a means, prone to flaws. The struggle man faces, is in his attempt to realize the "true reality behind perceived reality". The world at reality level one is also perceived differently by different humans. Therefore, as many numbers of worlds exist as there are perceptors. Perception of the world by a scientist, a rich man, a poor man, a person living in big city or small place would be different. Why maya is dangerous in spite of giving humans beautiful, tasteful, musical, sensuous experiences and dreams is an enquiry every educated person must seek.

Psychology as Nature of Subtle Body

Psychology is the scientific study of the human mind and its functions, especially those affecting behaviour in a given context. In India, psychology was never a subject because nature of human psyche was not only well known but also well controlled.

The human perception is generated by five senses and interpreted by mind. The subtle body in man has the cognitive complex consisting of Chitta (Consciousness), Buddhi (intellect), Ahankara (ego/ identity) and Man (mind). We are aware that there are chiefly five main senses in the human body which help build perception; these are sight, sound, smell, touch and taste. These five senses give their inputs to mind and mind stores this information in memory. Mind acts like pre programmed or hard wired firmware responsible for management of the body. The mind is connected to the senses through the information superhighways of nadis which are as much as 300,000 but mainly considered 72000 as important and 10 of them are chief because they connect mind with nine portals (openings) of human body. These are a pair each of eyes, ears and nose, a mouth, a genital and an anus. Intellect accesses all the information from memory simultaneously or later for drawing inferences and making decisions. Chitta is source code for deploying software for generating intelligence (buddhi). It is like arithmetic & logic unit (ALU) to the central processing unit (CPU) of a computer.

इन्द्रियाणाम्, हि, चरताम्, यत्, मनः, अनु, विधीयते, तत्, अस्य, हरति, प्रज्ञाम्, वायुः,
नावम्, इव, अम्भसि।।2.67।।

Geeta (Chapter 2 verse 67) mentions when the mind follows the senses experiencing their interests, his understanding is taken over by them like an unanchored sailboat which gets drifted due to the wind blowing from any side. Like the wind is a natural force, senses are also hardwired to sense the inputs and send them to mind, mind is the interpreter and it can dwell longer in areas which of more interest. Sensors also have local muscle memory but it is the mind needs to be kept on leash by the intellect.

Priority of needs

As far as the priority of needs, wants and desires of human body are concerned, these can be inferred location of the chakras. Strength and balancing of chakras is important for wellbeing and health of mind and body. Meditation of chakras can ensure natural healing.

Fear (Immediate Survival). Survival is first priority of any organism. For the purpose of survival of the organism, a protective sense of fear has been programmed. This is characterized by Muladhar Chakra located on the base of perineum. If this Chakra is not balanced then a person would be extremely security conscious. In extreme cases, due to exposure to a fearful situation loss of bowel control is because of this reason. Fight or flight syndrome is also a characteristic of this.

Procreation (Survival of the Species). Below the navel, there is small congregation of nerves known as Kanda, it controls procreation. The entire system is designed for ensuring survival of the species. The pleasure in procreational activity is due to a large number of sensors located on genital of both male and female. This is a clever mechanism and acts as incentive for ensuring survival of the species. It also helps in selection of better genes.

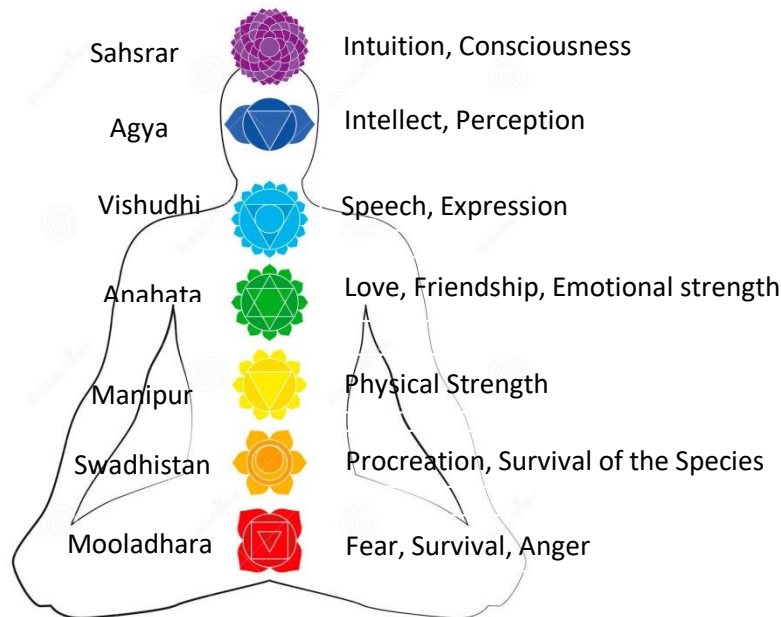
The liking for particular partners is also driven by the genetics driven agenda. A woman would like to select a partner who could give her most talented offspring. A man would like to select a woman who could be most charming, lovable and could provide better nourishment to his future offspring. Various other types of unions such LGBT are not for pro-creational cause and therefore considered as vikaras (faults) due to unbalanced chakra.

Energy (Hunger, Survival). In the navel center is Manipur Chakra taking care of digestion and ensuring calorific values from food for energy generation and body maintenance. From here, most of the physical strength is generated. Hunger is an indication for requirement of food and pleasure of taste is a motivation for eating food as well as mechanism for identifying suitable food.

Love and Friendship. Man is a social animal. The society would be incomplete without sense of love and friendship; these are the necessary ingredients of loving and caring social units such as family, clan and higher social systems. Man has advantage of power of expression through speech and hence able to evolve language for communicating. These higher centers are not so developed in Animals.

Speech and Expression.

No other life form has such ability of speech as it is endowed in humans. As humans decide to say something, air passes through airway passage following constrictions in throat and mouth, it is modulated by tongue and instantly a stream of sound energy starts flowing. Vishuddhi Chakra controls ability of expression by speech and vocal music.



Cognition. Agya chakra controls learning, intelligence, memory and intuition.

Consciousness. Sahsrara Chakra controls union with universal consciousness. Higher Chakras enable intelligence and intuition, connect with dimension of consciousness.

Causes of suffering

The universal experience of suffering compels an enquiry for its removal and ultimately leads to realisation of the truth (about Soul). The suffering appears to be applicable to all rich and poor, strong and weak, old and young irrespective of caste, creed, sex or race. The mind attaches to what it considers as a comfort causing experience and tends to stay away from sorrow and painful experiences. Maharishi Patanjali described working of mind in PatanjaliYogsutras. He also describes the factors which cause afflictions on mind.

अविद्यास्मितारागद्वेषाभिनिवेशाःक्लेशाः॥२.३॥

Avidya – ignorance, Asmita – egoism, Raga – attachment, Dvesha – aversion (Hatred, Jealousy), Abhinivesha - clinging to life, Kleshaah - causes of suffering.

A lack of insight (avidya) is the source of most obstacles and can be latent, incipient, full-fledged or overwhelming [13]. Avidya (ignorance) is of two types 'Sanskara' born and sense born. Sanskara born is due to past life learnings & actions and sense borne is due to inputs of the sensors in human body. Therefore, it is first and foremost duty of a human being to remove

avidya by seeking knowledge and drawing inferences to gain vidya by reasoning and logical thought process.

All human beings exist based on same principles. Small differences may exist, however, these are miniscule and can hardly be considered as ground for feeling different. It is thinking and action what makes human superior or inferior. Ego is a process of identity and differentiation and it is an important trait. If a person can stay grounded despite success, doesn't take credit of his success and doesn't take oneself too seriously, he can keep his ego in check. Ego can inflate very fast in gratifying conditions. False ego is generated when one starts associating himself with body and environment which needs to be avoided.

Association with objects which are ephemeral, temporary and not under one's control would cause inflictions on mind during their separation. The presumption that happiness depends on external circumstances is referred to as desire (raga). The Brihadaranyaka Upanishad states that all love is for the sake of one's Self. A child loves his mother for his own sake and not for the sake of mother.

The notion that pain and suffering are caused by external circumstances is referred to as aversion (dvesha).

Abhinivesha can cause anxiety. Anxiety can arise spontaneously in particular conditions and can even dominate individual existence. Suppose a cosmopolitan city dweller that is in thick of action, office or work gossip, party animal and always looking for next excitement and addicted to social media and Smartphone. If such a person is left in a remote village without phone or electricity and no modern amenities, his favourite brands or entertainment around would become unhappy. All the above causes of suffering need to be nipped in the bud.

There are some misconceptions that can arise due to Vrittis. Vrittis are whirlpools of thoughts in peaceful lake of human mind. Undisturbed mind is like a calm and peaceful lake. Inputs from senses create waves of disturbance upon its surface. If the indulgence is repeated or prolonged they develop in stronger waves also affecting the deep layers. When the strong waves persist they become whirlpools or Vrittis affecting deeper intellect and also causing sanskara (long term habit). Falling in love with an object or a person is a vritti. Similarly, depression is also a vritti.

Combined impact of Maya and Avidya due to incorrect application of modern scientific knowledge in our Present Environment

Due to lack of understanding in causes of suffering and attachment to comforts, human beings are pursuing accumulation of material resources to ensure lasting happiness which has largely been elusive. World is busy consuming resources of the earth to in order to maximize the physical comforts for the body. Some of the recent developments of science have lowered human beings perception increase risks of degenerative vrittis on his mind. Some of these are due to impact of current system of economics which is known as capitalism. It is a system which in fact has become a religion as most people are unable to follow their religions.

Since many people in cities are busy working living away from families. Their identity becomes what they project without being judged by the traditional value system. It is a kind of freedom since they are not completely influenced by their old social system. The new system allows them to take decisions which may not have been seen in good light by traditional system.

Modern food habits are shaped by the extraordinary science of addictive junk food [15]. Even if you avoid the junk food, you will end up buying from a departmental store. That food too is packaged with intention of a longer shelf life. Food is being produced in farms with lots of chemical fertilizers and pesticides. Large corporations are deciding what you eat. This is mainly because of rise of industrialization and near collapse of agrarian system. Governments find themselves in weaker position to control this due to corrupt officials, ignorance of public and profit hungry capitalistic system.

Due to advent of recording which permitted preservation of effort of the artist is basically, entertainment is suddenly available to all. Entertainment which found in sports, wildlife, social gatherings etc has been shifted to theaters, bars and also invaded the family and personal space. Just imagine that human need air, water, food, clothing and dwelling in that order. Out of these air may be polluted but free and water is starting to cost. The man who produces food is the least priority and main who is an entertainer, who is not even figuring out in the chain above, has become the highest grosser.

The purpose of procreation is for the survival of the species. It is a gift and absolutely not a sin. It does not need be an education, however, wrong usage of this system can cause harmful results and that needs to be educated. Look at the animals and see how their life is regulated. Human life was also regulated in same manner in when there was requirement of long hours of physical work, healthy pastimes and a joint family system. The act of procreation is deceptively well marketed through movies, TV series and portrayed as a new found freedom which is facilitated by harmful world of contraceptives. Availability of porn magazines and audio visual media engage attention of the mind and cause vrittis. Sexual tools are being sold to singles in the name of sexual health. Mental vritti is like a love affair, a depression which clings human to the act. This causes addiction limiting the free mental space time and hence the mental capacity to launch one in various higher intellectual pursuits.

A perfectly well thought out and well design system of human procreation has become a red herring for human race. The Book of Genesis records circumcision as part of the Abrahamic covenant with Yahweh [16]. The angel of Moses and Mohammed was Gabriel who dictated this practice as means to reduce sexual urge in humans. He was well aware about the potential dangers of uncontrolled addiction to this urge. In some cultures, it is still practiced in males as well as females. Genital mutilation is an external fix for controlling human urge for sex. This method has not as proven successful. This is because of the fact that sensor is just a tool, mind is the master. This wisdom was well received by people following natural Dharma. In ancient India life was divided in four ashrams. These were Brahmcharya, Grahstha, Vanprastha and Sanyas. Up to 25 years practice of Brahmacharya was encouraged which was mainly study, yoga, homa, service of the teacher and a celibate life. Brahmcharis used the yogic kriya of holding the mind to the bindu. Bindu is located beneath the cowlick that most people have at the back of their head. Anatomically, it is located where the bones of the back and sides of the skull meet (the occiput and the parietal). The direction of the stream of cosmic energy flowing into the Chakra can be seen quite clearly at this point. Apart from danger of addiction caused by pornography, the main danger is its ability to be passed as karma for the next birth also because vrittis dig deep in mind. The thinking process affect individuals aura and that causes an effect similar to mutual induction to other nearby human beings.

Patanjali has also described a solution to overcome vrittis. **ध्यानहेयाःतद्वृत्तयः॥११॥**
Meditation on overcoming the vritti eliminates such misconceptions that arise from the vritti.

Objectives of Life

One has always wondered as to what are the objectives of human life. A term for this is known in Sanskrit as Purusharth. Purushartha can be translated as the “purpose/ meaning of man (what does he mean to do)” and also as "pursuit of Consciousness” because Purusha also means "Consciousness," [6]. The objectives of human life are Dharma, Artha, Kam and Moksha. Dharma is what one ought to think as a code of the conduct, a duty, set of morals & ethics by which one should think and act to achieve the aim of Purushartha. Artha is accumulation of required material resources to fulfill one's worldly obligations. Kama is satiation of one's desires and Moksha is ultimate aim of spiritual liberation. The planning for life is by keeping the **objectives of the soul** in mind and not the objective of the body. As we eat food to nourish our body, exercise body to gain strength, study to build up mental faculties in the same manner we need to contemplate on evolving consciousness which is the objective of the soul.

Nature of Soul

In Geeta (Chapter 15 Verse 16 above) it is also mentioned that Purush (Consciousness) is of two types in universe, Kshar and Akshar. Kshar (decay-able, changeable) is in every substance and Akshar (Unchangeable, undecaying) is extremely well hidden (secret). The above fact is indicative that everything in the universe is conscious. The Akshar is type of consciousness which is pervading in living beings. It is everlasting continuous and continues to evolve. Consciousness has three attributes of Sat, Rajas and Tamas. Higher manifested Akshar Purusha are Shiva (Progenitor of Initial vibration from Shivalinga), Vishnu (Time) and Brahma (Creator of every local universe).

द्वविमौ पुरुषौ लोके क्षरश्चाक्षर एव च।
क्षरः सर्वाणि भूतानि कूटस्थोऽक्षर उच्यते॥१६॥

Akshar Purush in man is known as Atma which is integrated in physical body using six stages layering of subtle energies. It is coded in as akin to software. These layers are explained in earlier paper with the title ‘Human body as Cradle of Consciousness’. These layers are known as Suksham, Karan, Mahakaran, Hansa (Ham Sa), Param-Hansa (Ham Sa), Kaivalya Sharir (body). It is also known as seat of the soul is pineal gland. Tibetan scriptures mentioned that in the day time soul resides behind the eyes and in the night time in heart (or some also mention liver).

Maharishi Kanad reflects light on nature of soul in Visheshaka Sutra. He described the nature of the Soul in the journey through time, the suffering Soul revolving on the wheel of births and deaths and re-births under the Law of Karma.

Process of Evolution of Soul

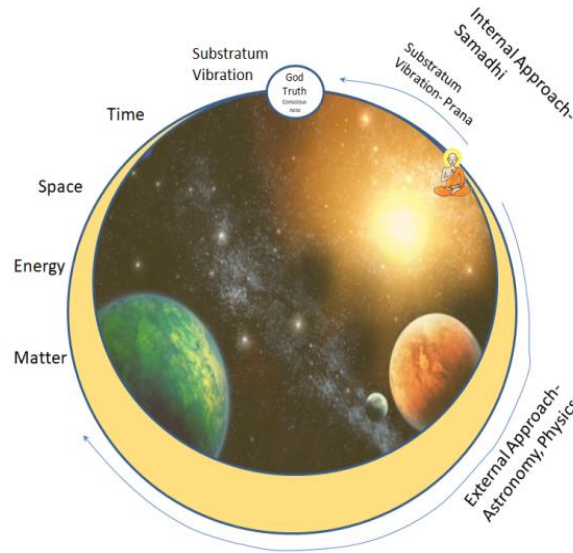
Evolution of consciousness is by knowing self (soul) and then soul is able to interact with dimension of consciousness which is sat. Thus by knowing Soul all is known. Sat (Knowledge)

is already integrated in universe; a soul has to perceive it to receive it. By receiving the knowledge, it is illuminated.

नपुंसकः पुमान् ज्ञेयो यो न वेत्ति हृदि स्थितम्।

पुरुषं स्वप्रकाशं तस्मानन्दात्मानमव्ययम्॥

In AtmaUpanishadGargi says to Yagvalkya...that a man is sterile is he not able to does not realise the Atma which is in his heart and the Atma is image of the Purusha (Ultimate God), self illuminated, blissful and it is un-manifested. [8]



In the diagram above, two approaches to truth are shown. One approach is internal. In internal approach, consciousness is evolved to seek the knowledge of the universe. Second approach is external. External approach is by knowing the external matter using sense organs and scientific apparatus which widens the spectrum of our sense inputs. For example, the scientists are looking for a 'God' particle using Large Hadron Collider. The enquiry into detailed nature of things is also known as Sankhya. In Geeta, two ways have been described best to reach supreme consciousness one is Yoga and other is Sankhya. Sankhya is also referred as Gyan yoga and is followed via internal route. In my earlier papers titled 'Nature of Dimensions' and 'Role of Consciousness in Origin of Universe' sankhya is described and here in this paper Yoga is described.

Yoga

योगश्चित्तवृत्तिनिरोधः ॥१.२॥

Yoga means union, union of jeeva (soul) with purusha (dimension of consciousness). The yoga is achieved by one simple step of ChittaVriitiNirodha (stopping of thought whirlpools). The state of thoughtlessness can be achieved by a human being using various means. These include Samadhi, Bhakti (devotion), Kirtan (Dance and Music), Mantra, temporarily due to certain hallucinogenic drugs, certain medical condition, sleep withdreams and permanently at the time of the death. Mantra Chanting of certain syllables is powerful enough to invoke vibrations in mind.

Meditation leading to Samadhi is a confirmed path for yoga. This path has been in practice since the Prajapatis and Manus and other higher beings descended on earth. Early humans Rishis, Daitya and Asuras have also been using this sure shot path. Performance Yagya (offerings to Devtas) and meditation was the mainstay of Vedic culture. This path, therefore, is a gift straight from the higher beings and not invented or conjured up by any human being.

Maharishi Patanjali lays down foundation of Yoga in his Yoga Sutras. The path to Samadhi is eight fold. It includes Yam, Niyam, Asan, Paranayam, Pratyahar, Dharna, Dhyana and Samadhi. Hatha Yoga Tradition lays down six fold path to yoga without the first two stages of Yam and Niyam. However, they emphasize on body purification prior to commencement of Yoga. Also, they ask to follow Raj Yoga after Agya Chakra is realized and Sahsrara Chakra is to be achieved. Raj Yoga is a form of yoga which was given to line of kings so that their consciousness is developed so high that they can rule as per Raj Dharma (duties of the King). Without such high level of consciousness when human beings reach position of power, they become corrupt, arrogant, cling to power and cause atrocities. Yoga builds up character of person who practices it. Practice of Yoga is a complete lifestyle not one of the activities.

Yamas are codes of restraint, abstinences and self-regulations. These include Non-violence, Truthfulness, No stealing, Brahmacharya (dwelling in universe and celibacy) and Non-possessiveness. Niyamas are to do with self-discipline and spiritual observances that need to be cultivated. These include Purity of body and mind, Feeling of contentment in all circumstances, Self-discipline, Self study of the sacred scriptures and Isvarapranidhana (devotion to God).

Asanas are the correct postures for exercises for the all parts of body, internal as well as external. The Goraksha-shataka states that there are as many asanas as the species 8,400,000 and that 84 of these are recommended. For meditation, siddhasana and padmasana are the best.

Pranayama is exercises of prana, the subtle energy in the body. It is often misunderstood as exercise of the breath. Prana are considered as Vayu (air) by most practitioners. Prana is subtle energy on which the information system of the body rides and information flow is maintained. Prana is the science behind the concept of Kundalini Yoga, Hatha Yoga, Chakra meditation, Kriya Yoga and Raj yoga.

Pratyahara is withdrawal of the senses from external objects. Dharana is focused concentration. Dhyana is meditation (absorption in the vast perception of God). Samadhi is experience of union of the individual's soul with dimension of consciousness. These are to be studied in detail by Yogi.

Goraksh Shatakam lays down hundred sutras in easy language for yogis by Nath Yogi Shri Goraksh Nath who is considered a part of Shiva himself. These sutras describe the nature of Prana, naadis, human physiology a yogi must know and process of Samadhi.

प्राणापानौ समानश्च ह्युदानो व्यान एव च ।
नागः कूर्मश्च कृकरो देवदत्तो धनंजयः ॥ २४ ॥

Prana (breathing system and heart), Apana (below the diaphragm), Samana (digestive, parallel), Udana (throat), Vyana (through the body), Naga (eructation), karma (blinking), krkara (sneezing),

devadatta (yawning) and dhananjaya (pervading the entire body that does not leave even the dead body.

नागाद्याः पंच विख्याताः प्राणाद्याः पंच वायवः ।
एते नाडिसहस्रेषु वर्तन्ते जीवरूपिणः ॥ २५ ॥

Naga etc are subtle energies which are discrete and Prana etc are continuous and these are pervading the thousands of channels in a person's body.

सततं प्राणवाहिन्यः सोमसूर्याग्निदेवताः ।
इडापिंगलासुषुम्णा च तिस्रो नाड्य उदाहृताः ॥ २३ ॥

The prana is continuously flowing through Ida, Pingla and Sushumna, three channels of information and energy flow. They are represented as Sun, Moon and Fire channels. Normally the prana flows thru Ida and Pingla alternatively every 1.5 Muhurta (72 minutes), this helps regulate the temperature of body as Ida is cold channel and pingla is hot channel. (30 Muhurta in a 24 Hrday, 1 Muhurta = 48 Minutes).

Sushumna is active only for short duration when both channels are equalized. How to equalize both channels using the following Bandhas (stoppages). In yoga flow of air or its stoppage controls Prana and Prana rises up the sushumna and energizes certain parts of the brain.

महामुद्रां नभोमुद्रामुड्डियानं जलंधरम् ।
मूलबंधं च यो वेत्तिः स योगी सिद्धिभाजनम् ॥ ३२ ॥

The yogi who knows the mudras (postures) such as Jalandhar Bandh (Throat lock), UddiyanaBandh (Stomach pulled in), MoolaBandha (Rectum pulled up), Nabho Mudra (Khechari Mudra) and Mahamudra, that one is authorized to proceed on path of liberation. The Prana is energized and it flows upwards through sushumna from where it rises up to Pineal gland which is also known as the third eye.

चले वाते चलं सर्वं निश्चले निश्चलं भवेत् ।
योगी स्थाणुत्वमाप्नोति ततो वायुं निबंधयेत् ॥ ३९ ॥

As the air moves in body, everything is active. As the breath stills everything stills. Therefore a yogi must do pranayam to still the breath and hence mind. During the pranayam focusing is different Chakras strengthens them and also gives different beneficial results.

धारणाः पंचनाड्यस्तु ध्यानं च षष्टिनाडिकाः ।
दिनद्वादशकेनैव समाधिः प्राणसंयमः ॥ १६ ॥

Duration of Dharna is five naadis duration (one naadi is 24 minutes), and Dhayan (meditation) is for 60 naadis(one day) and Samadi is for 12 days.

न गंधं न रसं रूपं न स्पर्शं न च निःस्वनम् ।
आत्मानं न परं वेत्ति योगी युक्तः समाधिना ॥ १७ ॥

When the yogi withdraws all senses, he doesn't smell, taste, see, hear or feel the touch and he knows nothing but the self (Atma), then the yogi is Samadhi and he is a liberated one.

Types of Samadhi

Science of Samadhi is highly developed and Samadhi mainly described as of two kinds, with and without support of an object of meditation. These are known as Sampragyat Samadhi and Asampragyat Samadhi [14].

In Sampragyat Samadhi or Savikalpasamadhi or Sabija Samadhi, meditation is done with support of an object. Sampragyatsamadhi is associated with deliberation, reflection, bliss, and I-am-ness. Savitarka is deliberative and in this the intellect is concentrated upon a physical object which is perceptible to our senses e.g. flame of a lamp, the tip of the nose or the image of a deity. Awareness of word or object of meditation remains but disappears at certain stage, when the deliberation ends, this changes to Nirvitarkasamadhi. Savichara is reflective and in this chitta is concentrated upon a subtle object of meditation which is not perceptible to the senses, but arrived at through an inference from the senses, mind, I-am-ness, chakras or prana flow. The stilling of reflection is called nirvicharasamadhi. Sananda Samadhi, ananda, bliss: this state emphasizes the still subtler state of bliss in meditation. In Sasmata, the intellect is concentrated upon the sense or feeling of I-am-ness (asmita).

Asampragyat Samadhi, also called NirvikalpaSamadhi and or Nirbija Samadhi meditation without an object, which leads to knowledge of purusha or super consciousness. Heinrich Zimmer explains nirvikalpasamadhi as a merging of the mental activity (cittavṛtti) in the Self in such a way that distinction of knower, knowing, and known is dissolved. As waves vanish in water, and as foam vanishes into the sea same manner atma merges in Parma atma. Samadhi can also give yogi various super powers. These super powers are the following eight classical siddhis (Ashta Siddhi) [11]

- (i) Aṇimā: reducing one's body to the size of an atom
- (ii) Mahimā: expanding one's body to an infinitely large size
- (iii) Laghimā: becoming almost weightless
- (iv) Prāpti: ability to be anywhere at will
- (v) Prākāmya: realizing whatever one desires
- (vi) Īśīṭva: supremacy over nature
- (vii) Vaśīṭva: control of natural forces

Thus a Yogi so settled in Samadhi achieves a control over his sensors but also gains telepathy, wisdom of Sat and ability to see past present and future, he truly goes beyond the bandwidth of normal human being's senses and becomes an adept (Siddha). This is surest path for evolution of Consciousness.

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