

SIDDHI

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(The ideal, scientific, non-religious, process to maximize human life energy potential)

Sankhya theory was derived axiomatically by Maharishi Kapilla. He expounded the physics of universal phenomenon through a simple but advanced mathematical system. It forms the core of the Bhagavadgita. In it, the scientific principles from Sankhya are conveyed to us through a series of dialogues between two idealized personalities. The Bhagavadgita in turn formed the core of the Mahabharata and provided the ideal backdrop. Its complexity had the inbuilt potential to present every aspect of phenomena in a visual way. In ancient times, there was no better medium than dramatisation to spread important knowledge. The dramatised version of the Mahabharata is known the world over but Sankhya, its core, has not even been heard of by a majority of Indians.

Yoga Sutras, based on Sankhya principles, was composed by Maharishi Patanjali. He laid down a system of practices by which we could attain the ideal state of living. The Yoga Sutras emphasized that the key to it was in organizing and using human-life-energy in the correct way. The perfect but simplest method lay in attaining a relaxed and harmonious state called Siddhi in Sankhya. Based on fundamental scientific principles, it was not only an easy and definite process but it was also the quickest in achieving results. It is nature's own way.

The brilliance of Maharishi Kapilla laid threadbare the intricacies of the gravitational force in Sankhya and the equally brilliant Maharishi Patanjali used its effects to prescribe a method of maximizing our life energy potential, in the shortest time. I would like to specially emphasise here, that the process of deriving that knowledge is unparalleled in our history of scientific progress, for these principles are absent in current physics. We should indeed be forever beholden to these two intellectuals, for providing this unique method of attaining excellence in our living process, by maximising our life energy potential with utmost ease, comfort and certainty. Before we can learn and practice this exotic process, it is essential to understand the few preliminary facts given below.

A summary of the Yoga Sutra led to the following three important principles.

- 1) 'Submit to the resonant field in coherent space'.
- 2) 'The seating posture provides the quickest and easiest way to Siddhi.'
- 3) 'The seating posture must be steady and comfortable'.

As we see, the emphasis is on ease and comfort in sitting, in a particular way. However, to understand its connection with the resonant state of space, we need a brief explanation of the qualities of space

A brief explanation of the Sankhya view of space :

The characteristics of space has been accurately identified and defined numerically in Sankhya theory. Leaving its mathematical definitions aside in this write up, we can describe its observed qualities (as given below) which, can be taken as an axiomatic base. It will enable us understand how and why we should submit to its resonant state.

- a.) It is in a coherent state. Therefore it presents a unified and homogeneous state of existence.
- b.) It exists continuously. It acts as a continuum and therefore seems to exist permanently.
- c.) It is amorphous and flexible. It therefore changes and interacts dynamically.
- d.) It is observed to be in a passive state normally. It therefore seems un-manifest and un-detectable.

When any two adjacent objects interact, it must collide, rebound and separate. This is a cycle of three phases in an interaction. Space is formed by a sea of fundamental components called 'Moolaprakriti', in Sankhya. When each of these units interact with adjacent ones, the cyclic interactions continue endlessly and follows a unique and axiomatic law. Over a period of time, the interactions organize into harmonious and balanced groups of resonant vibrations. All the phenomena we witness are just such groups in various degrees of organised states. A human being (and every other thing too) can be seen simply as a very highly organized bundle of Moolaprakritis. It cannot be anything other than a Moolaprakriti, but this bundle is called a Purusha state, to identify it as a separate unit. . Scientifically speaking, such an organized group of cyclic vibrations form a holographic state. It lays the foundation for the concept of spirituality or the amorphous state of all existence. Quantum theory in current physics has concepts similar to Sankhya but without the latter's advanced mathematical structure.

We (and all other things too) are always immersed in this resonant sea of vibrations. In other words, we are continuously in and covered by a sea of energy. Seems ideal but the rub is in the 'states' of energy. While space is in a coherent or apparently passive state, we are continuously in an active or manifest state. If we want to absorb this energy we must reverse our state and reach the same coherent or passive level. Maharishi Patanjali provided a method using, the most fundamental scientific parameter in the universe, the force of gravity. The key to achieving success in any walk of life lies in understanding what we are going to do. Briefly, we must understand a simple phenomenon called simultaneity or simultaneous action, which forms the underlying cause of gravitation and the process of Siddhi.

The simplest way to understand simultaneous activity is to count claps from a number of people. A clap provides an easily understandable model of an interaction that creates vibrations. If ten people clap once, one after another, the counts are ten.

Whereas, if all clap once exactly at the same instant, then the detectable count would be just one. The significant factor to note is that nine counts vanish. The nine hidden claps form the simultaneous state of activity. All the nine hidden claps act simultaneously with the one countable clap, as one coherent clap. Hence, simultaneous activity creates coherent states that act as a single unit. These are the states that provide the hidden potential behind any activity in our existence.

The vanishing count creates a serious imbalance within a harmonious or balanced state. Imagine ten people facing ten others opposite them and blocking their path. Suddenly, if nine from the opposite side regroup in a line behind one of their own, nine of the ten people could easily walk through to the other side, for their paths would be free. Again we see that though 20 people were there in both phases, the state of their organisation created an unbalance. Just by re-organising, nine of them were able to drift or gravitate towards the centre of the opposing group. Maharishi Patanjali prescribed a simple method of sitting comfortably to achieve the same effect. Another analogy would make that point clear. Imagine a porous pot immersed in water. If you keep shaking it all the time very little water would seep into the pot. On the other hand, if you let the pot remain absolutely still, water from all the sides would simultaneously seep into the pot and fill it in the shortest time. Recalling that we in effect are a bundle of Moolaprakritis, just like a porous pot, we must learn to sit very still indeed to absorb from the resonant sea of energy around us. We shall see next, why the seating posture is so vital to attaining the Siddhi state.

The reason for the critical importance of the sitting posture

The human body balances itself constantly and continuously against the stresses created by the ubiquitous gravitational force. There is not a moment in our lives when we are free from the effects of gravity but we have learnt to ignore this aspect completely. All the cells in the entire body are in a constant state of activity to attain an internally comfortable and balanced state. In fact, a significant portion of our life energy potential is not only used up in this activity but that state prevents the transfer of energy as potential, from the resonant sea of energy we are immersed in. As explained earlier, the only way to initiate the transfer lay in attaining a coherent state. That is, the state in which all the internal activities synchronised into a simultaneously active state. Our normal view and understanding of phenomena would give us the impression that it would be impossible.

We know from physics that the gravitational force acts on the centre of bodies or masses. Any object can be balanced, only if its mid position, called the centre of gravity, falls vertically in line with the point on which it is resting. In other words, as long as the centre of gravity of a body remains vertically in line with its resting point it remains in a stable state. It means that in order to maintain balance, one has only to correct that miniscule and almost imaginary position of the centre of gravity within the body. It can be shown mathematically that in the balanced state the corrective effort needed to maintain it, becomes relatively miniscule. In that state the human body acts in a coherent manner in which all the cells seem to interact simultaneously with its centre of

gravity. That significantly removes the need for energy to balance the internal stresses and our body attains a state of balance in which we feel rested and comfortable. In that coherent condition, the body's life energy potential equalizes with that of the resonant sea we are immersed in. Balancing of energy potentials is a physical law of nature and takes place by itself, when the right conditions are maintained. As we all know there is no shield to stop the gravitational potential from acting on all matter.

The sitting posture

To attain and maintain a balanced state the torso must be kept erect in a vertical position. To maintain a relaxed state one must sit. We think we can sit straight and upright but it cannot be done unless we consciously make a correction to compensate for the curve of the spinal column. The human spinal column is arched near the small of the back. If we are to keep the torso vertical, in a relaxed state, we must sit on a sloping seat that compensates for the spinal curve. Since sitting on a flat seat needs stressful effort to keep the torso vertical, it cannot help us to attain the Siddhi state. Kneeling, sitting on ones haunches are stressful & painful postures. The ideal position is shown in the sketch below. A cloth, blanket, towel etc rolled up to the right diameter to suit each individual's physical form, gives the correct seating angle to maintain the stable, vertical posture.

Though the method of maintaining the seating angle has come from the original authors, we can follow any sitting preference, provided the need for absolute comfort in a vertical posture is not overlooked. There is scientific evidence, given at the end of this write-up that shows the window for the onset of the Siddhi state is extremely precise. The positive aspect however is certain, for under the correct conditions, the onset of the Siddhi state cannot be stopped. That is, if one sits at the correct angle, in a bolt-upright posture and allows oneself to reach an absolutely relaxed and comfortable state, one must reach the Siddhi state. If one tends to fall asleep the loss of balance would certainly awaken the individual. In the extremely relaxed state one would even renounce the initiative to think.

When seated correctly on the edge of the rolled up cloth, your upper part of the body will be in a very balanced position. Because of the finely balanced and relaxed state you may experience a tendency to rock back and forth slightly. Its normal but you can ignore it. In that balanced and extremely relaxed state the pulsing of the femoral artery at the groin initiates the rocking motion, in step with its pulse rate. One can ignore it and allow the Siddhi state to set in.

In Siddhi one will lose all sense of the passage of time. That is the hallmark of a coherent and simultaneously interactive state. During that period and (repeat) only during that period the equalisation of the potential energy from the resonant space is completed. Since it is a mechanical process that follows the same unique natural law of the gravitational field too, the Siddhi state ends in 21 minutes. On completing a perfect Siddhi cycle you would find that 21 minutes would have passed but your own awareness may give you the feeling that it was just a couple of minutes.

Siddhi is the silent, mechanical and invincible process that enriches life energy by equalizing with potential of the resonant field of space we live in. Abundance of life energy allows one to maximize ones effort to overcome all problems in life. The full inner potential guides the genetic ensemble to reach its maximum efficiency in the way it wants to. The higher level of life-energy prevents one from becoming tired quickly and encourages the individual to seek alternatives confidently. It leads to flexibility in thinking and intelligent use of nature's laws.

Though the Sankhya theory covers all these aspects with accurate mathematical values, I will only briefly touch on the scientific evidence available freely in the public domain. Medical research has established by brainwave monitoring that there are four states. Beta state, identified as the normally active one, has shown that brainwave frequencies vary between 15 and 25 cycles per second (cps). Alpha state, connected to the relaxed state of an individual, shows a range between 7 and 15. The Theta state forms the transition phase between sleep and relaxation, ranging from 3 to 7 cps. The Delta state, involving the sleep phase, shows a range below 3 cps. However, at 3.75 cycles in the Theta state, a remarkable synchrony between the left and right brain hemispheres have been recorded on individuals in deeply meditative states. The brainwave phase and frequency have been shown to merge or synchronise in perfect step. Along with it a variety of important changes in physiological parameters have also been recorded. Since those ranges and limits have exceeded medically expected levels, such phenomena have remained without any substantiation from currently understood physics principles.

It is common knowledge that satellites circle the earth in 84 minutes. A circle contains 4 phases of 90 degrees each. At each change of phase the direction too changes. When the phase or direction changes completely the simultaneous state of any activity is re-arranged into a new setup. Therefore in 21 minutes the phase changes and the Siddhi state, being primarily a process of equalizing potentials, also breaks up.

Sankhya theory has established that simultaneous activity creates the coherent state which defines the energy potential. The Earth's circumference is about 40 million meters and the transmission velocity of the gravitational and electromagnetic field is 300 million meters per second. It gives the range of variation of the simultaneous state as 1 to 7.5 times a second. The median is half $7.5 = 3.75$ cps. Is it a coincidence that the Earths energy potential varies exactly at the same rate as the Theta state? How did Maharishi Patanjali know that this synchrony would create the most exotic human state called Siddhi? The answer lies in Sankhya.

I have tried to keep this write up short and understandable. However you can contact me in case you would like to get more information. My website contains the first part of my book and related articles. The sketch with a summary of instructions are given below

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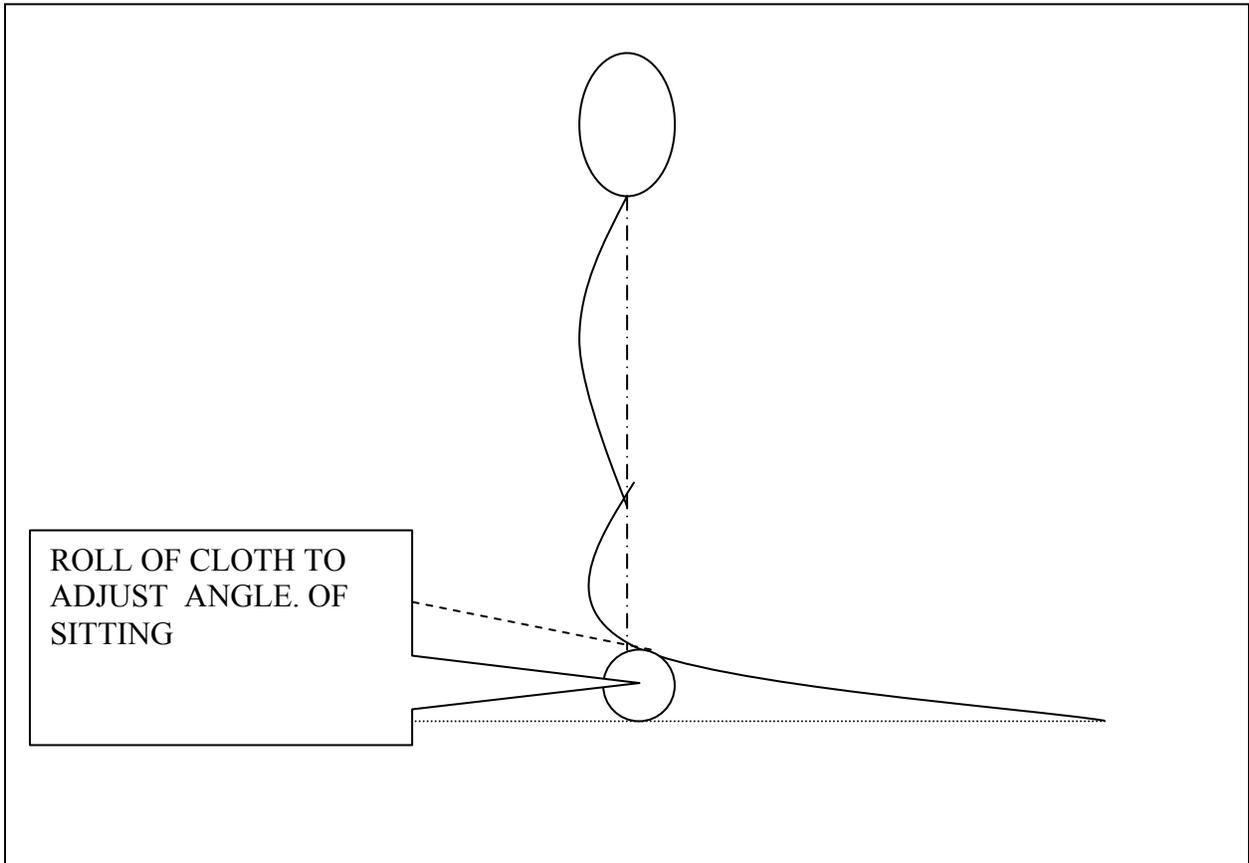


Fig. Seating Angle.

Note:

As Instructions:

Choose a quite, pleasant and clean room or area to attain the Siddhi state.

Roll up a thick towel or thick cloth into a tight roll of about 7 or 8 inches in diameter. Or you may adjust the roll to attain the maximum comfort

Sit on the edge of this roll, with your legs crossed or placed in any comfortable position on the floor or a stable platform.

Your spine and torso should be kept upright. By sitting on the roll you will be able to maintain an erect and vertical posture but the seat and legs will form a slight angle with the floor. The seating angle compensates for the arch in the back and yet enables one to keep the spine and torso in an upright position. If you cannot bend your leg, sit in exactly the same way but on an adequately raised step or platform so that you can drop your feet and remain in that posture in absolute comfort.

When seated correctly on the edge of the rolled up cloth, your upper part of the body will be in a very balanced position. Because of the finely balanced and relaxed state you may experience a tendency to rock back and forth slightly. Its normal but you can ignore it.

Allow yourself to drift into a totally relaxed state. As the relaxation level increases you will even renounce the initiative to think.

You may not be aware when you enter the Siddhi state so it's best to let everything happen on its own. In a similar way, we cannot know when exactly we fall asleep. You cannot fall asleep in that posture for on losing your balance, you will wake up.

You will naturally come out of this state in about 20 minutes. But your awareness of the passage of time may give you the impression that only a few minutes have passed. The positive realisation that time has been lost or compressed is the hallmark of the potential equalisation process.