



ANCIENT SCIENCE

eISSN: 2373-7964

JOURNAL HOME PAGE AT WWW.VEDICJOURNALS.COM

OPINION LETTER

DOI: <http://dx.doi.org/10.14259/as.v1i1.114>

Impact of Consciousness on Body and Mind

HANS CHAUDHRY*

*Biomedical Engineering, New Jersey Institute of Technology, Newark, New Jersey, USA.***Article Info:** Received: April 3rd, 2014; Accepted: April 21th, 2014

ABSTRACT

Practice Divine Consciousness as preventive measure for any type of adverse effect on body and mind manifested as life, which should flow like a beautiful song.

Keywords: Consciousness, Impact, Mind, Body, Divine

In Sanskrit language, Consciousness implies 'Chetna', or Chit. 'Consciousness is Chit but also Chit Shakti (Power) Sri Aurobindo' [1]. This means that Shakti is inherent in Consciousness. **Consciousness or Atman is the same. Consciousness is a fundamental reality in existence.** But we do not use that Shakti in the functioning of our mind and body. Ordinarily, Consciousness has the tendency for outward movement. We need to bring it inside us also.

Impact of Consciousness on Physical Body:

For an illustration, when we feel an irritation in our throat, the signal of irritation is sent to the brain via Central Nervous System (CNS). The brain in turn transmits this signal in response to this irritation and we cough involuntarily. If the irritation becomes chronic, cough also becomes chronic. This involuntary or automatic action is to be converted into voluntary action by our Consciousness. Consciousness is to be made to intervene, not abstain from reaction. As Consciousness has Shakti, it must be made to send its force on that part of the throat which is feeling the irritation. This is an illustration of the impact of our Consciousness on the physical body. In the same manner, we feel pain in any part of the body, which is an indication that a specific part of the body is in disorder. Therefore our Consciousness must be made to transmit its Shakti to that part of the body.

It is well known in Medical science that in essence, all major diseases are genetic. But how the structure of genes is formed is an interesting question. In this regard, the answer to this may be found in the following statement:

The intentions or desires in your Consciousness make genes before your birth. These genes fulfill your intentions or desires after birth. You can change your intentions during your lifetime and then your genes will change accordingly. Therefore the intentions in your Consciousness are fundamental in forming the structure of genes.

Medical science talks of involuntary and voluntary muscles. According to it, skeletal muscles are voluntary muscles and heart and smooth muscles are involuntary over, which we have no control, except through drugs. But as mentioned above, our Consciousness must be set in motion and send its power to involuntary muscles also. One way is to breathe in strongly and set the involuntary heart muscles in motion to make the muscles move. Sometimes transmitting the power of Consciousness to the involuntary muscles may not work. At that point of view, we should not conclude that there is no power in our Consciousness. We may not have attained the higher level of capacity to set in motion our Consciousness in an effective manner. If we can't attain that level, we need to have medical treatment. If that also does not work, and the pain is severe, we need to make our Consciousness observe the pain happening to the physical body, which may be considered as external to our mind. This was demonstrated by Sri Ramana Maharshi who had the tumor of the cancer on his arm. The

*Corresponding Author

Hans Chaudhry, PhD

Research Professor, Biomedical Engineering, New Jersey Institute of Technology, Newark, New Jersey, USA.

Phone: +1 732 549 4508; Fax: +1 973 596 5222

Email: chaudhry@adm.njit.edu

devotees could not stand that terrible sight and they sometimes used to run away. Sri Ramana tells us that he was not affected by the tumor, but the on-lookers were affected, because they were on the mental plane of Consciousness. He was known as silent teacher. His most direct and profound teaching was transmitted in silence. He said that in the cavity of the chest can be felt the Self in the spiritual heart (Hridaya), not the physical heart. The account of meeting of Mercedes De Acosta with Raman Maharshi [2] at Arunachala in 1938 is amazing. She writes “I perceived Bhagavan sitting in the Buddha posture in the corner of the hall. I felt overcome by some strong power in the hall as if an invisible wind was pushing violently against me. I felt my inner being lifted to a higher level. Perhaps in a split second I was no longer my human self but the Self. All my questions were already answered by merely being in his presence”. He demonstrated the pure, original, silent Consciousness which is unchanged by any calamity, whatever. Unless we reach that state of Consciousness, mental sufferings and physical pain will never cease.

Impact of Consciousness on Mind

When somebody insults us, our mind reacts badly and immediately. In such a situation, we need to make our Consciousness step back and observe the situation without being affected. Mind is the surface Consciousness but there are higher levels of Consciousness and we need to identify with those levels. All the phenomena in the Universe are the results of the identification of our Consciousness with those phenomena. When we get depressed or confused, we must immediately conclude that our Consciousness is *identifying* with depression or confusion. In such situations, we must shift our Consciousness to calmness and confidence states.

It is easy to deal with problems of mind in comparison to those of the body. The mind is subtle and can be changed by identification with higher thoughts, whereas the body is gross and it becomes difficult for it to recognize the power of thought.

Thought Power

‘Imagination is more important than Knowledge’ *Albert Einstein*.

If you look at history, all the major discoveries were made with imagination to start with. The imagination became knowledge after these imaginations were confirmed by experiments. Thought Power is the by-product of imagination. In **Mandukya Upanishad**, we find an interesting statement:

“YADA BHAVA TADA BHAVATI”

That means, you are what you have thought. Therefore, thought has its own power. A thought becomes a Mantra which has its own Power. Therefore, think that you are the Divine. With great practice, and after some time, you will begin to acquire the Divine qualities. For that, practice the following action.

Inhale the Divine in a quiet mind, and at the same time think that the Divine Consciousness is entering your brain. Then

during exhaling, think that the Divine Consciousness is passing through your body organs and penetrating the body cells. The Divine will ultimately possess you and your body will become immune to any form of disease. The harmful germs fear the Divine and they dare not enter your body. Your mind will also be guided by the Divine wisdom through intuition. Sri Aurobindo aspired intensely for the Divine and reached a state of Divine intoxication expressed by him in one of his poems [3].

‘I have drunk the infinite like a giant’s wine.
It has filled my members with a might Divine.
I am no more a vassal of the flesh,
A slave to Nature and her leaden rule;
I am caught no more in the senses’ narrow mesh.
My soul unhorizoned widens to measureless sight,
My body is God’s happy living tool,
My spirit a vast sun of deathless light’.

We need to aspire intensely for the Divine to reach such heights as Sri Aurobindo experienced.

Practice the following Mantra to achieve the above state of Consciousness:

“Chidanand, Chidanand, Chidanand, Chidanand.
Shivoham, Shivoham, Shivoham, Shivoham.
Nityoham, Nityoham, Nityoham, Nityoham.
Shudhoham, Shudhoham, Shudhoham, Shudhoham.
Muktoham, Muktoham, Muktoham, Muktoham.
Na Punyam, Na Papam. Na Dharmam, Na Karmam.
Na Samay, Na Sanyam, Na Dukham, Na Sukham.

Translated, this means that

I am Blissful, I am blissful, I am blissful, I am blissful.
I am Shiva, I am Shiva, I am Shiva, I am Shiva.
I am Eternal, I am eternal, I am eternal, I am eternal.
I am Pure, I am Pure, I am Pure, I am Pure.
I am liberated, I am liberated, I am liberated, I am liberated.
Neither virtue, nor sin, Neither duty nor work.
Neither Time nor control, Neither happiness, nor misery.
I transcend all the above Gunas.

A time comes when you do not speak to the Divine, rather the Divine speaks to you. Then a time will come when your ‘I’ is totally abolished and the Divine will act in your place and make your life a beautiful song as that of Lord Krishna. Life is an endless progression towards perfection.

Acknowledgement

I would like to thank WISE (of which I am a member of the advisory board) for encouraging me to write articles on scientifically exploring the Ancient Wisdom.

References

1. Sri Aurobindo in Explanation of Significant Words, Edited by All India Magazine, July 2007, Sri Aurobindo

Society Pondicherry, India.

2. <http://www.realization.org/page/doc0/doc0039.htm>

3. Nirvana and Beyond, All India Magazine, January, 2008. Sri Aurobindo Society, Pondicherry, India.

Note: VRI Press, Vedic Research Inc. is not responsible for any data in the present article including, but not limited to, writeup, figures, tables. If you have any questions, directly contact authors.

Visit us @ www.vedicjournals.com : DOI: <http://dx.doi.org/10.14259/as.v1i1.114>

Copyright © 2013-2014 VRI Press, USA. All rights reserved.

Authors Column



Dr. Hans Chaudhry is a Research professor in Biomedical Engineering at New Jersey Institute of Technology, Newark, New Jersey, USA. He has published more than eighty research papers in Biomechanics in International Journals of repute. His primary interest is Spirituality to investigate the truth and purpose of life. He has also started a Home for rehabilitating parentless children, and disabled youth.