



OPINION LETTER

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The Importance of Shunya (Zero) in Human Life

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Abstract

In ancient scriptures 'shunya' is referred to the sacred space out of which all life emerges. This is also called as the zero, emptiness or infinity of life. Diving deep into this space of spirituality brings inner awakening into our life. This unlocks hidden cosmic wisdom leading to a much richer experience of living on planet earth. Without this awareness I just miss the divine meaning of our existence.

Human beings from time immemorial have been seeking answers to the hidden secrets of life. In a 5000 year old Upanishad (an ancient text), a sage called Yagyavalkya was asked by his disciples to explain the nature of Brahmn ("The Creator of the Universe"). The sage replied: "Neti Neti". This means neither this nor that is Brahmn. The answer translates to neither positive nor negative or anything else one can point to is the creator of the Universe. Also the Vedas proclaim Brahmn is 'Zero' or 'Shunya' and eternal.

Here by using the "Paradigm of Zero" one can comprehend the "Source of Creation" and the "Nature of Creator". It is possible to explore this dimension by looking through the lens of spirituality and science.

Importance of Zero in Spirituality

Many Sages and Saints arrive at an enlightened state described in their experience the Zero state of life. They use the power of inner vision to explore this hidden secret of nature. After shutting down the five gross senses from the outer world, one has to penetrate in the

deeper layers of the inner self. In many eastern scriptures this inner vision is also called opening of the third eye. At the beginning of this journey a seeker of the ultimate truth starts seeing a vast empty space within oneself. The space indicates the broadness, openness and oneness of inner life. To make more progress on this path a seeker has to first empty the storehouse of his/her mind. All thought perturbations have to be grounded or eliminated. This state of thoughtlessness is essential and necessary to leap forward on the spiritual path. After crossing many layers of vibrations including light and sound eventually a seeker lands at the substratum of ultimate reality. This is the state of total illumination/Self-realization – an experience words cannot describe.

Realized sages share their experiences of living in "The Kingdom of Zero" by using words such as ecstatic, blissful, peacefulness, purity, truth, eternal, and boundless to mention a few. They also proclaim that the full experience of living in the zero space can't be expressed in words used in the material world. This

Expressions of Zero in Spirituality



Figure 1

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eternal experience is unique to each realized soul and is not transferable. A number of other expressions used in vedic scriptures for spirituality of Zero are captured in Figure 1.

The term consciousness is commonly used in many casual conversations. Ancient Scriptures detail that every cell in the human body and plants, animals, planets and all other manifested life is swimming in the sea of consciousness.

THERE IS ONLY ONE CONSCIOUSNESS AND THAT CONSCIOUSNESS IS BEING SHARED BY ALL.

Quantum Science of Zero

Many scientists have explored the ultimate nature of reality for the last few centuries by using mathematical analysis and experimental techniques. Our general understanding from modern science is that everything in the universe made up of quanta (packets) of energy. Every manifested life vibrates at a different frequency with constant exchange of energy between objects of creation. The source of life in the universe is called Zero-Point Field (ZPF). This even applies to our thoughts, emotions and feelings. This realization alone is extremely powerful to create the World one wants it to be by using the transformational power of human thoughts.

“The solid, stable world of matter appears to be sustained at every instant by an underlying sea of quantum light.” – Bernard Haisch

In quantum physics all microscopic objects jiggle because of quantum fluctuations. The energy created by

these constant fluctuations of life's electromagnetic waves is called the Zero-Point field. The ZPF is the sea of energy that is at the root of all manifested energy.

Other names for this energy field include dark matter and dark energy. Science has estimated that some 96% of our known Universe is dark energy. Manifested life in the Universe so far is only 4%. The main attributes of ZPF are summarized in Figure 2 and these are:

Convergence of Spirituality & Science of Zero

In this special time of human history the current generation is witnessing the convergence of science and spirituality on zero. Science has discovered now what was experienced by many Sages and Saints and documented in scriptures thoughts of years ago.

In the past decades quantum science has demonstrated unequivocally that our physical reality cannot be separated from our conscious awareness of it. In addition quantum science discovered an all pervasive energy field that permeates the entire Universe, the Zero-Point Field (ZPF).

The ZPF is science's equivalent of Zero in spirituality, the omnipresent all penetrating energy field from which both the material and immaterial world comes into existence. Scientific exploration of material Universe by using experimentation and mathematical analysis or inner exploration by saintly people arrives at the same fundamental reality. Life is a continuous flow of interconnected and interdependent stream of energy.

Birth of the Universe

There are a number of theories about the birth of our Universe. According to the Big Bang theory, at the beginning of the universe, the whole matter of the universe was once concentrated in an extremely dense and hot fireball. Then about 20 billion years ago a vast explosion (big bang) occurred. The matter was broken into pieces, which were thrown out with high speed in all directions forming stars and galaxies. Our planet Earth was born out of this and multicellular life evolved here starting from single cell species.

The inner experience of many Sages and Saints about the birth of the Universe has been documented in thousands of years old *Vedic* literature. According to this the creation and the creator have always co-existed. Zero or ZPF is the source of all manifested Universe. A visual representation of the roots of

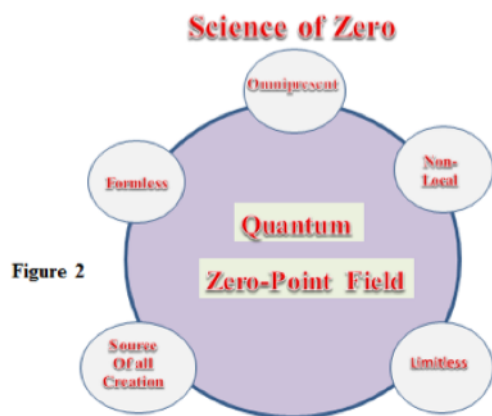


Figure 2

Formless: This field of energy has no form.

Omnipresent: It's present everywhere in the Universe.

Non Local: Communication at ZPF level is instantaneous.

Limitless: This field of energy has no boundaries.

Source of All Creation: This has the potential for all current and future creation.

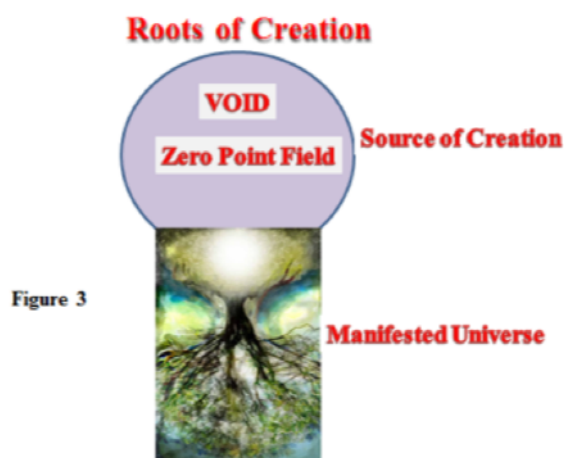


Figure 3

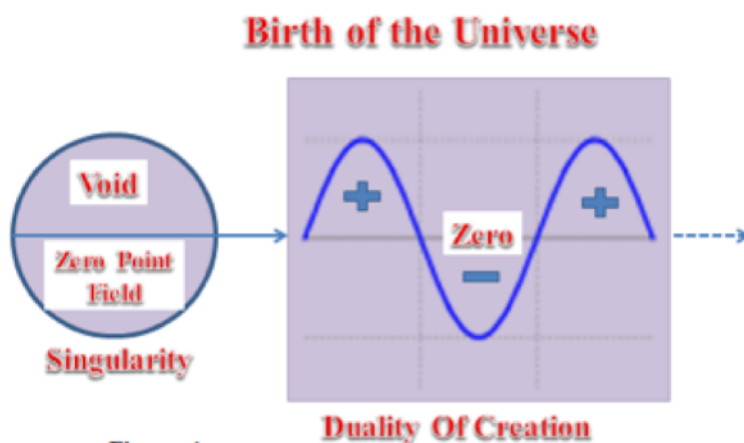


Figure 4

creation of the Universe is displayed in Figure 3.

Birth of the Universe is the appearance of positive and negative vibrations around Zero. Time and Space represent creation as the two parts of this dualism. The birth of duality and the cycle of creation out of singularity (oneness) are displayed in Figure 4.

Life is a continuous process. Just as cells in our body are continuously born and die the same phenomenon is repeated in other elements in the Universe including planets. If positive part of the cycle in Figure 4 designates creation then the negative part is destruction. The individual concepts of creation and destruction are nothing more than opposing points in the endless cycle of a larger continuum. I call that larger continuum the circle of life, or the cycle of existence. This is the circle of Zero with no beginning nor end.

Conclusion: Way to Experience Mystery of ZERO

One way to grasp the mystery of Zero is to start inner exploration of the Self. Humans are an embodiment of the larger Universe. The energy of Zero is as old as the creation. Every manifested object and being in the Universe is born out of Zero, is preserved by Zero and eventually absorbed in Zero.

In Buddhist *shunya* meditation a seeker of truth has to

first empty one's mind. This stage of creating a void in the inner space of the self can be the most time consuming. In this state the activity of the mind, intellect and emotions comes to a total standstill. The process of inner exploration is nonlinear and subsequent stages of advancement may take much less effort. Eventually the grace of zero pulls a seeker into its own lap. Here the seeker becomes one with Zero. In Buddhism this is called the state of *Nirvana* when one becomes free from the bondage of mind and life. One is liberated forever from all worldly sufferings.

Humans are spiritual beings on a human journey. The "Paradigm of Zero" is an attempt to shed some light on the Spiritual dimension of our journey. Not knowing this most significant part of our visit on planet earth makes us live a mediocre, materialistic & mechanical life deprived of the sacred nector of Zero. Cultivating the awareness of *shunya* in life is therapeutic for the body, mind and inner-being.

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