

Doctors De-Stress Manual



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DOCTORS DESTRESS MANUAL

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Published By:



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Year of Publication: 2017

Price: Rs. 450/-

US: \$20

Royalty and proceeds from the sale of this publication will be contributed to Centre For Scientific Spirituality, a Charitable Organization set up in Bangalore for the purpose of initiating “Vision of Global Peace”.

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ACKNOWLEDGEMENTS

Today our doctors are facing tremendous amounts of stress and even burnout in some cases and I felt that the time was right for me to set about manifesting my long-cherished dream of using Scientific Spirituality as a medium to help our dear doctors' community. And I am very grateful for the entire Committee of Pedicon 2017 for giving me a platform to do just that by organising the first ever De-Stress Theater for doctors and their families. In keeping with this, I thought it fit to follow up the De- Stress Theater with a Destress Manual so that our doctors could employ novel de-stressing techniques advocated by the Center For Scientific Spirituality in order to create a stress free zone for themselves 24/7 irrespective of the people, situations or circumstances around them.

I am grateful to Mrs. Namrata Dass Kashyap who has very kindly edited this book and given me valuable inputs during our friendly debates. She has spent a good part of a year and helped me put together this manuscript with patience and diligence and I would like to extend my sincere thanks to her for the same.

Professor M.K. Srikantiah, retired Professor of Sociology who has helped me with his measured comments, astute thinking and even corrected the manuscripts despite the constraints of his age and health. My salutations to him.

Mr. Puneet Sachdev, for the wonderful cover design and dedication towards my cause.

A special thanks to those few individuals who have stood by me ever since I decided to tread the path of Scientific Spirituality:

Mr. Baburao Mudbi

Mrs. Nagamani Nagabhushan

Mr. Raja Reddy

Mrs. Sowmya Yogesh

Mr. Prasanna

Mr. B.N.Chandrashekar

Finally, I would like to thank my beautiful big family for their love, understanding and unwavering support through this writing journey. My mother, Mrs. Sarojamma, a Spiritual Guru who instilled in me a sense of curiosity and an ability to question all rigid superstitions and beliefs and encouraged me to evolve into the Spiritual Thinker I am today. My dear Sudha, who has not only been a devout wife and given me all the space I needed for my long periods of writing and introspection, but has also respected my underlying motive for writing this book and wholeheartedly wished for the success of my mission. My son Vedoshi, the light of my life who has been a constant source of inspiration for me.

The De- Stress Manual is still under compilation. It will be upgraded frequently. This copy has been put together in e -copy format specifically for Pedicon 2017.

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PREFACE

I was inducted into a more spiritual train of thought from the time I was around 12 years old as my father Shree Gaganananda Swamiji was a Spiritual Guru. I was encouraged to discover myself what the ultimate truth meant and how we as human beings figured in the vast scheme of existence. After what seemed like a relentless pursuit of the truth for most part of my life, I arrived at the answers I had been searching for all along- whatever exists in the universe is “Present State” alone and ‘Living in Present’ is the only sure way to achieve peace. Attaining peace meant that we could finally enjoy a stress-free life in the Present.

This is my fourth book in the series which I have created purely with the aim of helping my fellow brethren, the doctors community learn simple, scientifically proven techniques to help them relieve themselves of the stresses and tensions our profession brings along with it.

Are Our Doctors Really Stressed?

When you think of a doctor, you immediately conjure up the image of a pleasant faced individual in that signature white coat. It is a universal symbol of reassurance and hope for distressed patients’ world over and rightfully so. Doctors belong to a profession that require them to serve the community and every one of them fully understands that role. But has anyone stopped to reflect on the health status of the doctors? More often than not the health care professional who is supposed to ease the woes of the distressed, **ends up as a distressed individual himself.**

Doctors are increasingly becoming prone to stress, stress based disorders, lifestyle disorders and addiction. Approximately one-third of physicians report

experiencing burnout at any given point. As a matter of fact, doctors are 15 times more likely to burn out than professionals in any other line of work, and 45 percent of primary care physicians report that they would quit if they could afford to do so.

So how do doctors end up falling prey to the very “don’ts” they advise their patients against. There are several contributory factors: Dealing with high stress and death on a regular basis can take its toll. Physicians not only are supposed to cure, but they also have to heal families when a cure is not possible. Seeing others through a difficult journey with a loved one is more than just giving out prescriptions. It is about being there – sometimes constantly. Overall, there is also a lack of control over schedules and time. This can result in erratic eating and sleep patterns, interference with family activities and events, and poor self-care. Because there is a patient in need at the end of every phone call and every office or hospital interaction, setting limits is nearly impossible. As a result, the doctors undergo physical and emotional exhaustion, leading to stress, an array of consequential disorders and ultimately burnout. Add to that the pressures of modern day society and a certain “standards” doctors are expected to maintain and that leads to further failures.

At this point in our medical history, a growing minority of physicians are going through dark periods. We can only resolve this pressing issue, once we recognize the need for physicians to lead a healthy overall lifestyle in every way; physically, emotionally and spiritually and adopt regular de-stressing techniques to help them maintain their well- being. And the De- Stress manual intends to teach doctors to do just that.

UNDERSTANDING STRESS AND ITS NEGATIVE EFFECTS

ON HUMAN HEALTH

Any burden of impulses/stimuli on an individual is called stress. Stress results from non- acceptance of a conflicting or threatening situation.

Causes of Stress:

The situations and pressures that cause stress are known as stressors. Stressors can be external events which may be physical, emotional, social and financial factors.

Of course, not all stress is caused by external factors. Stress can also be self-generated, for example, when you worry excessively about something that may or may not happen, or have irrational, pessimistic thoughts about life.

Common external causes of stress:

1. Major life changes
2. Work
3. Relationship difficulties
4. Financial problems
5. Being too busy
6. Children and family

Common internal causes of stress:

1. Chronic worry
2. Pessimism
3. Negative self-talk
4. Unrealistic expectations/Perfectionism
5. Rigid thinking, lack of flexibility
6. All-or-nothing attitude

Long term effects of stress on your body:

Stress may manifest as an acute or chronic condition. The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including:

1. Anxiety
2. Depression
3. Digestive problems
4. Heart disease
5. Sleep problems
6. Weight gain
7. Memory and concentration impairment

STRESS MANAGEMENT

When our body perceives a burden, it signals the body to release a burst of chemicals to fuel our capacity for response. This has been labelled as '**fight or flight**' response. Once the burden is reduced, our body is meant to return to a normal state. Unfortunately, the non-stop burden of stress of modern life means that our alarm system rarely shuts off.

The three major hormones that create stress are- adrenaline (surge of energy, increased heart rate), norepinephrine (aware, alert and focussed) and the stress hormone, cortisol. It may take about half an hour to a few days for the body to return from a stressed state to a normal state of homeostasis. Constant exposure to stress leads to elevated levels of blood cortisol which has negative effects on health such as suppression of immune system, increased blood pressure, increased blood sugar, decreased libido, acne, contributes to obesity etc. Hence, spirituality plays an important role in de-stressing an individual in a stress management program, as in spirituality there is Inner Present dimension which is free from stress.

Stress is a condition which can be effectively managed provided one goes about addressing the issue through a proper channel of intervention:

1. Awareness

Be aware of yourself always. When you develop an increased awareness about your body and mind in the Periphery you will know when you are being subjected to stress. You will be able to notice the symptoms of stress in your system such as fatigue, restlessness, confusion, disturbed sleep, irritability etc. Being aware that you are under stress is the first step to stress management.

2. Identifying your stress triggers

Take a step back and think about what is causing your stress. Is it at the body level, the mind level or external factors in the environment? This trigger is the root cause of your stress. So once, you identify the trigger, you can chalk out an effective plan to weed out your stress from the root in a holistic manner.

3. Seek help and support from family and friends

If you are unable to deal with your stress by yourself, confide in a trusted family member or a close friend. Although, at the end of the day, it is you who must take the decision to get out of the vicious cycle of stress, a friend or family member could help you gain insight on what may be causing your stress and how best you could cope with it. Also, knowing that you have someone to talk is a stress management technique by itself.

4. De- Stress

Take a conscious decision that you are going to allow yourself to de-stress and then set about outlining a de-stressing plan for yourself. Scientific Spirituality offers a wide range of de-stressing options to choose from. Chose the techniques you feel is best suitable for you and incorporate it as an integral part of your lifestyle.

TRUTH OF LIFE

Truth is our foundation. In the lap of this truth we are existing.

What really exists is Present... Present... Present... Present alone which we refer to as “Ever Present State” or “Source Present.”. From the Present, perception surfaces. Due to perception, the mind evolved and an endless stream of thoughts began to flow in and out of our minds there by creating stress in us. Thoughts resulting from perception were responsible for the birth of the time and space concept as well as labels such as religion, region, language etc. We use these labels to help us identify our Periphery or Outer Present where we experience thoughts, feelings, relationships, emotions, events. As human beings, our lives revolve around these aspects of the Peripheral Present and we consider them the real truth, when it really isn't. The source of all these experiences in the Peripheral Present is due to the mind. If you transcend the mind during practises such as Meditation, spirituality or deep sleep state, you will enter into the core truth or the Centre or the inner present, which is pure, real, the essence of existence, silent, the essence of being, no thought state and timeless.

We are always in the true state, just that we are more aware of our true, silent, Inner Present State when we are new born infants or when we are in deep sleep every day. At certain point in a given Present, a baby is born. The baby has a body which is due to the parent's genes, but at the time of birth it doesn't have a mind. The baby is in the true, thought-less state. Later, the baby starts getting programmed by family, surroundings and society on language, religion, beliefs, outlooks etc. So, the baby develops a mind due to accumulated memory of this program. The further the mind develops and the more one gets caught up in the workings of the mind and body in the Outer Present, the more the true state is

suppressed, till you finally become unaware of its existence, though it is there all along.

So, just be aware of the mind and be watchful of the mind's functions. This itself can take you to the Core or the Centre or the inner present of your existence which is universal, where you are one with the whole existence. Hence, remember your place in the cosmos, do not get caught up with your peripheral truths like dramas, contradictions etc.

The realization of the truth, the Present State, which is the truth of existence, gives us strength, confidence and helps us manage Outer Present as we like. Once we get in touch with our true state, the Present, we can attain purity, peace and bliss.

A TO Z OF DE STRESSORS

The A to Z of De- Stressors is a comprehensive list of all the De- Stressing techniques which are taught exclusively at the Center For Scientific Spirituality. These De- Stressing techniques are easily comprehensible, scientifically veritable (designed based on the real truth- the Present) and practically viable so as to help doctors de- stress 24/7.

ACCEPTANCE AS A DE- STRESSOR

Right and wrong are concepts of the Outer Present. The original nature of us is free from these concepts, which is our Inner Present.

Acceptance is a very important de- stressor in our life to manage Outer Present in such a way so as to transcend automatically to the Inner Present. When you accept, you can lead your life in the Present.

When you refuse to accept, either your surrounding or the system or the situation or yourself, you are releasing chemicals which are not in favour of your body chemistry such as **cortisol, substance P, epinephrine etc.** These chemicals are responsible for your stress levels and manifestation of negative moods such as anger, frustration, depression, sadness etc.

On the contrary, when you accept what is, be it your surroundings, the system around you and most importantly yourself, your body releases good chemicals **like endorphins or “happy hormones”, dopamine, serotonin, melatonin, anandamide etc.** These chemicals are responsible for the manifestation of happiness, tranquillity and calmness within you.

One shouldn't be trapped in that space of misery and hurt forever, because over time that person's body chemistry undergoes unfavourable changes which in turn can lead to various psychosomatic illnesses. Acceptance though a tough choice under such circumstances is the key to liberating yourself from these emotional burdens.

Why we need to start accepting people, situations and circumstances...

- If we give the intent to accept from within and open our minds to acceptance, we in turn become more receptive towards inner peace because of favourable body chemistry and we can attain bliss in the long run.
- Acceptance eventually will help us develop a more positive outlook towards life, saves us from many psychosomatic diseases and better equips us to deal with crisis situations later in our lives.
- Acceptance, though a tough choice in some situations (for example if we are victims of brutality, abuse, faced a loss or have an incurable health condition) is the key to liberating yourself from these emotional burdens.

Note:

1. Sometimes life can be cruel, we are forced to endure or go through heart wrenching situations where acceptance may seem unlikely to us. But we need to realize that whatever happens cannot be undone. Resisting situations just makes us more miserable and bitter.
2. I am not saying one shouldn't react appropriately to the crisis situation. It is the most natural part of being human. But what I wish to say is that one shouldn't be trapped in that space of misery and hurt forever

Acceptance or Non- Acceptance. What is your choice in the Outer Present?

SITUATIONS	WHEN WE ACCEPT	WHEN WE DON'T ACCEPT
Emotionally disturbing situations	Positive states like Tranquillity, Calmness, Determination	Negative States like Agitation, Irritability, Hopelessness
Situations that Disrupt your plans	Calm and Tolerant	Angry, Agitated, intolerant
Situations of Uncertainty	Exciting Challenge	Fear and Anxiety
Situations where your Competitor outperforms you	Motivation and inspiration	Jealousy and bitterness
Situations where we are Hurt or treated unfairly	Forgive and move on	Resentment, bitterness and hatred

AWARENESS AND DE- STRESSING

Awareness and attention is directly proportional to the result in the Outer Present.

Awareness is an important part of Scientific Spirituality. Awareness is a species-specific feature in the Outer Present. For human beings, awareness steams from the nervous system.

Awareness- Understand Outer and Inner Awareness

Awareness has two parts

Outer Awareness (Left Brain) and Inner Awareness (Right Brain)

Outer Awareness is due to sensory perceptions. Predominantly, it is left brained where we experience Beta level of brain activity (14-28 cycles per second).

The Inner Awareness is the one which gives us awareness of ESP (Extra Sensory Perception). Inner Awareness is predominantly right brained and we can gain entry into this Inner Awareness by closing our eyes, taking deep breaths, entering into a darker area. Here, we experience alpha level of brain activity (7-14 cycles per second).

Awareness of time and space is species specific to genetic memory and can be different for animals and plants based on environmental stimuli. Species specific awareness is an epiphenomenon of the genetic world. This genetic dependent awareness is also environment dependent, transient and creative. This awareness also depends on species specific perception and is restricted to the Outer Present only.

Awareness is directly proportional to the attention. In the tapestry of life, wherever we pay attention, it grows, develops and becomes powerful in the Outer Present.

How Being Aware Could Benefit You

- For spiritual journey, awareness is one of the primary components. It may be Outer Awareness or Inner awareness.
- Awareness creates relationship with the truth, with the nature and of course with the body and mind.

Practise of Awareness

- Be aware of the surrounding- the sensation from eyes, hearing, touch, smell and taste.
- Close your eyes now.
- Watch your thoughts. Realise that you are the one who has thoughts, body-mind is a tool for our awareness.
- Gradually transcend to awareness free dimension. Eg. during deep sleep state and in new-born state you are in awareness free state.

BALANCED NOURISHMENT AS A DE-STRESSOR

Balanced nourishment is very important part of Body Spirituality. Here, we are considering all five elements of nature as the basic requirements for nourishment-water (72%), earth (12 %), air (6%), fire (4%) and space (6%).

Balanced diet is only a small part of the balanced nourishment. In the balanced diet, the emphasis is only on food and water. But in balanced nourishment, we are emphasizing the need for water, air, earth or food, fire and space element.

Various Aspects of Balanced Nourishment

Water Element

As a large part of our body is composed of water (72%), disease is due to wrong biochemistry of the body that can be tackled and harmonised by just giving awareness on liquid consumption. With respect to the water element, we need to develop an awareness of how much water we need to drink, how it helps our body at a physiological level and cultivate an attitude of enjoying and celebrating liquids. Even during the eventuality of a disease, since two third of our body composition is water, the disease can be corrected by consuming more liquids. This has a cleansing property and prevents stagnation of unwanted substances, the main cause of diseases.

We can also derive water nourishment from fruit juices and other organic beverages which are free from artificial preservatives, additives and refined sugar. We have to take care to avoid alcohol and synthetic drinks which are just packaged chemicals and packaged fruit drinks which are laden with chemical based sugar and preservatives.

Earth Element

The fertile soil or earth bears diverse variety of crops, animal life forms, some of which we consume as food. Be aware of what you eat, observe what it does to your body. Consuming what is right for your body is a form of meditation as well. Consciously consume plenty of raw foods (rainbow coloured fruits and vegetables and sprouts), fibre rich whole grains and multi millets for healthy body conditions. Be aware of certain factors while eating:

- Eat when hungry rather than sticking to time bound meals
- Chew consciously as 40% of the food needs to be digested in the mouth itself
- Develop an awareness of damaging chemicals used in food and how best to avoid them
- Develop an awareness of the negative health effects of addictive elements like alcohol, tobacco and drugs
- Practise moderation while eating. Anything in excess causes trouble.

Air Element

Air is a very essential element for survival. Breathing of air, apart from being an involuntary action is also a therapeutic practise.

In every breath, we inhale 10 to the power of 22 atoms and these atoms are recycled between human beings and other beings which include plants, animals and non- living beings. It is estimated that 90 percent of our atomic structure changes in a year. Essentially, we are changing our atomic structure by 90 % within a year. Our dynamic body and mind keeps changing by breathing and of course by eating, drinking and due to other environmental factors like light, pollution etc

So, when we take a deep breath, we are taking almost 5-10 times more than what we are able to breathe naturally and the atomic structure of our body, also undergoes changes accordingly (dynamic exchange). Through breathing, we can transcend from the Dynamic Periphery to Static Inner Present State, where we can reach our Centre.

To derive therapeutic effects of the air element apart from basic nourishment, we need to incorporate breathing exercises in our daily routine, take holidays and spend time in natural surroundings and be in nature. For air nourishment, the air you breathe in should be unpolluted and try to change your environment eg. The air in the city is different from the air in a banana plantation. So take a break from your busy life and enjoy air nourishment in natural surroundings be it a forest, a grove, an orchard etc.

Fire Element

Fire is one of the essential aspects of body nourishment. Moderation is the key. Extremes of heat or cold can create an imbalance in the body. So, basically, if we take care of the water and air element, the fire element can be managed well.

Light is a physical part of nature and a part of the fire element which has its effect on creation in a very big way. Without light, life on Earth wouldn't exist. We need to observe the effect of light or temperature on the body and decide which temperature promotes healthy conditions for us. Exposure to sunlight daily is essential to have good levels of vitamin D in your body and prevent diseases.

Space Element

Space identification in the growth of human body is one of the forms of meditation. By being in the silence, where thoughts, activity and speech are absent, we are in tune with the space element. Deeper levels of meditation and

automatic transcendence involve usage of the space element for our nourishment. When we are in silence, deep sleep and in meditation, we are allowing space element to exist in us and it has a healing effect. So, space element is a very good de- stressor.

BEING HUMAN AS A DE- STRESSOR

Every human being has two parts to him:

HUMAN PART

- Human part is the *accumulated part* of you, courtesy the *parental genes, environment and society*.
- Human part includes the *body and mind*.
- Human part of you exists in the *Outer Present or Periphery*.
- Human part is subjected to the *rules of time and space*.
- In the human part, *labels* about our physical body such as religion, region, caste, colour, race etc. are loaded into our minds and serve to *divide humanity*.

BEING PART

- The Being part of you is the *pure part* of you which is universal and which we can also term as “*Source*”.
- Being part exists in *silence* within you.
- Being part exists within the *Quantum part* of us or *Inner Present*.
- Being part is *free from time and space experiences*.
- *No labels* are attached to Being part and recognition of the same Being in every human can create *Universal Human Beings*.

HUMAN PART VERSUS BEING PART

The human part or the accumulated part is the partial truth, the being part alone is also the partial truth, both together makes a complete human being. **We need to maintain harmony and total involvement in both the parts.**

Spirituality promotes being human as opposed to human being as the being part is common for all individuals and the human part is different in each and every one of us where we are unique, special and creative.

Why Being Human Understanding Is Essential In This Day and Age?

Once we are able to understand the human part and the being part, we realize that Being is the real “I”, our original nature where we can merge with the whole universe. As a result, we become being human and this knowledge helps us in our transcendence into Universal Human Beings.

Being Human understanding transforms an individual and is helpful for peaceful body-mind conditions. The Being State is characterized by silence, purity, bliss and freedom from thoughts.

BODY SPIRITUALITY AS A DE- STRESSOR

Any spirituality has 3 components to it:

- Awareness
- Attention or focussing
- Automatic transcendence

Paying attention and enhancing aliveness and awareness towards the body and surrounding, which ultimately leads to automatic transcendence from Outer to Inner Present is called **Body Spirituality**.

Physical Barriers that prevent us from being in the Present:

Physical Ill health due to unfavourable industrially manufactured food products prevent us from enjoying life in the Present such as:

- Maida
- Super polished rice
- Junk Food
- Allopathic Drug Abuse
- Processed Foods
- Chemicals used in Agriculture
- Additives
- Preservatives
- Addictive Elements- Alcohol, Tobacco and Drug abuse

Aspects of Body Spirituality to overcome Physical Barriers

As per Body Spirituality we need to pay attention to the following aspects:

1. **Attention and awareness of Hunger:** Be aware of the sensation of hunger and *eat when hungry* rather than sticking to time bound eating patterns to reduce states of disease.
2. **Attention and awareness of Conscious Chewing:** Eat *natural foods* such as fruits, vegetables, whole grains and millets consciously, as it needs to be chewed more. Focus on the foods you are chewing and generate an awareness of the chewing process itself.
3. **Attention and awareness of Balanced Nourishment:** Adequate attention and awareness must be paid to derive nourishment from all the five elements of nature- water (72%), earth (12%), air (6%), fire (4%) and space (6%).
4. **Attention and Awareness on Moderation:** Moderation in our diet is another important factor in maintaining our body's health. Excess of refined flour, sugar, oil and salt creates trouble.
5. **Attention and awareness of High Fibre Diet- incorporation of Whole grains in your diet:** Opt for high fibre whole grains such as multi millets, wheat, corn, rice, oats, millets, barley, quinoa, sorghum, spelt, rye etc. Whole grains contain valuable *antioxidants, B vitamins, vitamin E, magnesium, calcium, phosphorous, iron and fibre*.
6. **Attention and awareness of Method of Food Consumption:** The method involves **consumption of plenty of raw foods in comparison to cooked foods**. This includes rainbow *coloured raw vegetables* (carrot, radish , beetroot etc) and *raw fruits* (apples, bananas, pomegranate, sweet lime etc), *sprouts* (badam, moong dal, Bengal gram, ground nut etc), *dry fruits*

(badam, pista, cashew nuts, dried figs, raisins, pecans etc.) and *other raw foods* such as curd, butter, cheese, home-made paneer.

7. Attention and Awareness of types of food from the health perspective.

- Therapeutic Foods like Foxtail millet, Kodo millet.
- Disease Free Foods like Ragi, Pearl millet and unpolished rice
- Disease Creating Foods like maida, sugar, junk food etc

8. Attention and Awareness of Physical yoga practises in the Present:

Physical yoga practices, when performed with *aliveness and awareness*, can regulate better thoughts or helps to *settle an unbalanced mind*. Even just five to ten minutes of movements with awareness can support hours of meditative peace.

9. Attention and Awareness of Regulation of Breathing: Breathing helps us *strengthen our thoughts* and it helps in prevention of several disorders of the body and has *therapeutic effects* with respect to existing disorders.

10. Attention and Awareness of Adequate Liquid Consumption: Drink plenty of fluids (water and organic beverages) as *72% of our body composition is water*.

11. Attention and Awareness of the harmful effects of junk food: Junk food consumption leads to *weight gain, fatigue, acidosis, obesity, heart diseases, vitamin deficiencies, PCOD in women and other health problems*.

12. Attention and awareness of Awareness of chemicals/toxins used in food products: Everyday there are new studies being presented about *damaging chemicals* which are used in our food products. We need to be aware of such articles so that we can apply that knowledge wherever required in our everyday life and strive to be as natural as possible.

13. Attention and awareness of Addictive elements to avoid: *Alcohol, cigarettes and drugs* are the major addictive substances which are worth noting as these substances causes significant morbidity.

Importance of Body Spirituality:

Attaining a healthy body through Body Spirituality is the first step to reconnecting with the Inner Present.

A person with an unhealthy body will be caught up in the Periphery due to the discomfort caused by his physical body and can never live in the Present. You can practise Body Spirituality through *Eating Meditation, Drinking Meditation, Breathing Meditation, Yoga, etc.*

BREATHING MEDITATION

Conscious breathing is a very important meditation in the dynamic Periphery of our existence. It is also a gateway to enter our Centre or Static Present State.

Types of Breathing Meditations

There are two types of breathing exercises we teach at our Centre For Scientific Spirituality:

1. Rapid Breathing UPS Process:

Here, rapid inhalation and exhalation takes place, hence the name Rapid Breathing UPS (Union Present State) Process. This technique involves the very fast exchange of dynamic activity of the body, so this helps us in purification and recycling, thereby promoting normal growth and development and in turn creating a healthy body. Most of the illnesses are due to stagnation of unhealthy atomic structures, which Rapid Breathing UPS process can help tackle naturally and effectively, by replacing them with healthy atomic structures.

2. Slow Breathing UPS Process:

From the moment we are born, we are inhaling and exhaling the breath that directly connects us with the rhythm of nature. Taking a slow, deep breath when we notice that our mind is agitated or restless helps us return to balanced, comfortable awareness. A simple process to attain this balance is by slow breathing UPS process. Here, we slowly and deeply inhale and exhale, just as slowly and deeply, with the awareness of transcending from the dynamic Periphery to the Static Centre of our existence.

Scientific Basis of The Power of Your Breath

In every breath, we inhale 10 to the power of 22 atoms and these atoms are recycled between human beings and other beings which include plants, animals and non- living beings.

It is estimated that 90 percent of our atomic structure changes in a year. Essentially, we are changing our atomic structure by 90 % within a year. Our dynamic body and mind keeps changing by breathing and of course by eating, drinking and due to other environmental factors like light, pollution etc.

So, when we take a deep breath, we are taking almost 5-10 times more than what we are able to breathe naturally and the recycling of the atomic structure of our body, also undergoes changes accordingly. Through breathing, we can transcend from the Dynamic Periphery to Static Inner Present State, where we can reach our Centre or our true self.

Regular Practise of Rapid and Slow Breathing UPS Process:

- Enables better oxygen utilization by the body
- Improves circulation
- Boosts metabolism
- Activates the latent right side of the brain, unused portions of the body
- Clears stagnated free radicals and purifies the body naturally.

CENTER YOURSELF AS A DESTRESSOR

Center alone is the true reality. Periphery is just a crystallization of the Center. Periphery is full of thoughts generated by the mind. Center is free from thoughts. Birth state, deep sleep state and deep meditative state are examples of Center State. But we are so caught up with the Periphery on a daily basis and hence it seems like there is a division between the two.

Realising your inherent Center and reconnecting with it is an essential de-stressor.

Understanding the Center from a Scientific Perspective

The whole existence is made up of 50 trillion stars. Our human body is made up of 50 trillion cells. At a cellular level, each of these 50 trillion cells are made of 50 trillion atoms and in each atom, the sub atomic particles like protons, electrons, neutrons and wave pattern is our Periphery.

At the Center of every atom exists the content of the Present, the pure, thoughtless, Inner Present which is 99.9999999% empty space. Hence, Center is the only true reality. The Periphery exists due to dynamic, illusory activity of the sub atomic particles and wave pattern.

Center is Poorna

Each and every point of this Center has immense energy which can create even an entire universe in a single point. The Periphery comes into being due to the crystallization of the Inner Present or Source Present. That is why our ancient scriptures refer to this Center as Poorna.

Centring Yourself Is Important Because...

- Once we are aware that we are just the Center, the pure, the silent, the thoughtless, blissful state, the Peripheral stress factors or thoughts in the Periphery of different types responsible for stress, will slowly fade away.
- We need to be reminded on and off that these thoughts are just 0.0000001% of what our existence is. This Centeredness is a very good de-stressor.

How You Can Center Yourself:

Through UPS Process. Here, we need to be aware of the Periphery and the Center at the existential level, individual level and atomic level.

At the Center For Scientific Spirituality we use a technique of Pneumonic of the Present to practise this.

COMPASSION AS A DE-STRESSOR

Compassion is the ability to feel sympathy for others who are facing unfortunate circumstances and the strong desire to lessen their suffering. Compassion is essential in the Outer Present in order to create peaceful conditions within your body and your environment. Compassion is a higher human emotion that can't be tapped under ordinary circumstances

When You Start Practising Compassion:

- You become less judgemental
- You develop a sense of acceptance of those around you without the label of prejudices
- You can keep negative emotions like anger under check
- You become a better listener
- You can develop empathy towards your fellow beings

Thus, the regular practise of compassion makes us happy, lowers our stress levels and creates peaceful conditions in the mind which in turn translates to harmonious body conditions. This boosts longevity of an individual's life and aids in automatic transcendence from Outer Present to Inner Present.

Practises to Help You Unearth your Compassionate Self

Meditation is a useful practise in the Outer Present to tap into your compassion. Be compassionate not only towards those around you but also towards yourself. Practise compassion by way of kind acts, being generous and helping others with the genuine intent of reducing their suffering.

Compassion At the Three Levels Of Existence

Practise compassion at the three levels of existence: body level, mind level and environmental level.

Be compassionate to your body through Body Spirituality and towards the bodies of others by providing them education on healthy eating habits and lifestyle changes.

Be compassionate to your mind by practising Meditation and the minds of those around you by having good thoughts, identifying their uniqueness and promoting it and avoiding comparisons.

Be compassionate towards the environment by taking care of your surroundings as well as developing an attitude of caring for the world and taking steps towards a Greener Earth.

CONSCIOUSNESS TOOL BOX AWARENESS

AS A DE-STRESSOR

Consciousness Tool box exists in the Periphery or Outer Present alone. Consciousness or awareness is a species specific phenomenon which is due to donated genetic memory as well as accumulated memory from the society and surrounding (body and mind). However, the Inner Present is free from consciousness.

Every individual, every design has a Pandora's tool box of consciousness. Consciousness tool box gives the experience of time and space. Using consciousness as a tool for your own unique design to blossom is the key. As long as consciousness tool box is healthy we can use the tool the way you need. For maintaining consciousness box, body and mind spirituality is required

Three Levels of Consciousness Tool Box

This consciousness tool box can work at 4 levels:

- **Cellular Level:** Each and every cell has its own awareness. We have 50 trillion cells in our human body. Scientific evidence today suggests that the membrane of each and every cell acts like a nervous system. So, every cell has an individual awareness and these cells can be influenced by epigenetic activities.

Each and every word, thought, action and environment influences every cell in the body in the form of epigenetics.

- **Primitive level-** This is a primitive consciousness we see in animals. It is more reflexive in behaviour. Irritability, anger and reflexive behaviours are very good example where primitive level of consciousness works.

- **Emotional level-** Emotions are taken care of by the limbic system of the body. Emotions can be of two types, lower and higher emotions. When we are subjected to stress, the lower emotions dominate us.
- **Thinking level-** This can be right brain awareness or left brain awareness depending on the quality of thinking. So all our spiritual experiences are out of the right brain.

In spirituality, we give importance to using this consciousness tool box in our favour.

If We Can Consciously Use This Tool Box, To Our Favour

Our efficiency and potency is very high.

We can use it appropriately, depending on the situation.

We can become reflective individuals as opposed to reactive individuals.

We get clarity about the nature of other living beings behaviours.

CREATIVE MEDITATION AS A DE-STRESSOR

Aligning and organizing of thoughts from the Ever Present State is called Creative Meditation.

Types of Creative Meditation

There are three types of Creative meditation:

1. Positive Creative Meditation

In Positive Creative Meditation, we are concentrating on a particular group of positive and desired thoughts, which are aligned linearly or with continuity. This meditation can be made powerful by faith, by emotion, by deep breathing, by mantras or by visualization. Any lonely place is ideal for this type of meditation. The main components of this meditation are desire, faith, organized thoughts and execution. Generally, it is the trick behind success.

For example: If you want to create a peace centre, four components must be taken into consideration: strong desire (I wish to build a peace centre), faith in what you are doing (I shall build a peace centre), organized thoughts (planning location, budget, man power, time frame etc) and execution (successful implementation of planning stages).

2. Negative Creative Meditation

If we are concentrating on a particular group of negative thoughts, then we are in Negative Creative Meditation and this meditation can also be made powerful by emotion, deep breathing, affirmations and visualization. Negative success follows.

For example: Communal conflicts are negative repercussions that result from: powerful religious- based emotions, deep breathing, affirmations

about those emotions (My religion is superior to all others) and visualization of such conflicts.

3. Multicentric Creative Meditation

In Multicentric Creative Meditation, we are focusing on a group of unclear, jumping, haphazard thoughts and these thoughts are not in alignment. This form of meditation does not have any significant results, as crystallization of energy is haphazard and weak.

For example: A student has a big desire to pass the IAS examination but at the same time he wastes time with friends, watches movies, plays video games, texts all the time etc, As you can see, his focus of interests are multiple and because of that, the power of whatever he does will not lead to significant results.

Decide What You Wish to Create

Based on what type of outcome you desire, be it positive or negative, you can practise Positive or Negative Creative Meditation. Negative Creative Meditation can however be exploited by humans for violent purposes and hence it should be exercised with caution.

EATING MEDITATION AS A DE-STRESSOR

Your body is a print out of your genetics and food consumed.

Eating Meditation and Its Significance

“Eating Meditation” brings aliveness, awareness and attention at every given moment of what we are consuming, ultimately leading to automatic transcendence. It involves being aware of what we are consuming in the Periphery of our life.

What you are today in the Present is because of how you have eaten and nourished your body in the Past Presents. And what type of food you eat now will determine the health of your body in the Future Presents. Hence, it is very important to be aware of what you are eating and the process of enjoying the right food at the right time. In fact, you can celebrate every meal time only in the form of a human being when compared to other life forms.

For example: Other animals may also eat food. A lion hunts a deer. The deer eats grass. But we as humans have so many variety of foods to choose from and our gustatory senses crave for certain types of food. Eating itself can be considered as a celebration.

But again, anything in excess causes health problems. Excess of sugar, salt, oil and food based chemicals have detrimental effects on the human body.

Why Science Supports Eating Meditation

The fate of your cells is controlled by the chemical composition of your food. So paying attention and developing an awareness about your food choices and food habits scientifically helps you develop a healthy, harmonious body.

How You Can Benefit from Eating Meditation

- Helps us enjoy every meal like a feast
- Helps us practise moderation while eating
- Makes us aware to avoid excess of anything
- Helps us develop an interest in healthier eating habits and curb unhealthy eating patterns.
- Improves overall health

Practises that promote Eating Meditation

- When we can appreciate the Peripheral Present well, we can enjoy diversity of our foods. By being here and now, eat what is available; enjoy every meal like it is a feast.
- Focus on the taste, the textures, every morsel of food that is ingested, every sip of water or fluid consumed. This helps you feel satisfied and even transcend to the Inner Present.
- Eat a balanced diet with fibre rich wholegrains and multi millets, with greater focus on fresh and live foods, rainbow coloured fruits and vegetables and plenty of fluids (water and healthy beverages)
- Be aware of Multi millets and avoid Maida, Dalda, Refined Sugar, Oils and Flours.

EGO NIL STATE AS A DE-STRESSOR

For a new born baby, there is no ego. When we are in deep sleep also we don't have ego. We are born without ego. As we grow, we gradually develop an ego state.

Ego-nil state is our original state. It is a state free from stress. Ego functions because of the subconscious mind dominance. If we can appreciate every moment of the Present, ego disappears.

Scientific Proof of Ego Nil State

Ego state is a past dependent state. Without the past, ego cannot exist. So, being in the Present, frees us from ego state.

In reality, the body- mind workings and the experience resulting from them are not real. Life you know and experience it, is an illusion. Life appears to us like an illusion due to our brain. The brain acts like a bioelectrical projector similar to a movie illusion produced by an electric projector. Our perception of "Present" is guided by our thoughts programmed after our birth. The experience of existence emerges from the thoughts [mind state] but Inner Present which is the only reality without thoughts [no mind state] is always present and inherent.

Recall an experience of watching a movie. We perceive the picture as having motion on the screen, although we will be seeing only a static film at a particular moment. The motion projecting live happening of the events by the unitized reel of films is certainly not real but is an illusion. Similarly, the unitized reel of Inner Present is a static reality. But the way we perceive the universe is as if it is moving

and transforming. Hence what really exists is “Inner Present or Source Present” a true, real, natural and thoughtless state.

Analysis of time- Inner Present alone is reality

In the Present perception, time and space is born. If we analyse, what is time exactly: when the earth was born there was no recognition of time, when so many animals were born, there was nobody to question time, only human beings after evolution of the brain gave birth to the concept of time in his mind.

Let us analyse the time in terms of years, days, hours, minutes and seconds:

1 second = 1000 milliseconds, 1 millisecond = 1000 micro seconds
1 microsecond = 1000 nanoseconds, 1 nanosecond = 1000 picoseconds
1 picosecond = 1000 femtoseconds, 1 femtosecond = 1000 yattoseconds

It is very essential to understand that mind experiences the world in a minimum of micro seconds; in fact, mind doesn't exist in thousands of nano, femto and pico seconds. Actually, if we are able to analyse what exists within these nano, pico and femto seconds, as there is no mind, it is a no mind state without time. So, our inner essence has no time. Every human being literally speaking is a timeless individual. If he is able to introspect within those tiny seconds it is because of the mind, which starts existing after these micro and milli- seconds, where the time and space consciousness exists, the diversity exists.

Understanding Your Inherent Ego Nil State is important for you because

- Once you scientifically understand the real state of us in the Present, which is free from ego, we can experience the real state, the Inner Present, which is pure, original, blissful, thoughtless and silent.
- We can do away with prejudices stemming from our ego based labels in the Outer Present
- We can rely on the balance of our body, mind and Inner Present to deal with our failures instead of succumbing to the vicious thoughts of the ego.

Reconnect with The Ego-Nil State Within You

Just focus on every moment of your life.

Be free from the past or forgive the past.

Be with the pure, ego nil state of you.

EXCHANGE OF ATOMIC STUFF AS A DE-STRESSOR

Exchange in the literal sense means giving something in return for something else. Humans commonly use the term exchange with respect to materialistic things, but atomic stuff exchange is a powerful phenomenon at a spiritual level, which serves to rejuvenate and de- stress you.

Levels of Nourishment Atomic Stuff Exchange

Nourishment Atomic Stuff Exchange occurs at five levels:

1. Food exchange

Food atomic stuff exchange occurs during eating. Eating can become a healthy atomic stuff exchange when we eat healthy foods as degraded cells will be exchanged with new cells with energetic molecules and aged cells will disappear from the body

2. Water atomic exchange

Human beings can conduct a water atomic exchange in 2 ways:

- **External Water Exchange**

External Water Exchange involves atomic exchange of water molecules with the skin cells of the body through bathing, washing etc. Bathing is an important exchange process that helps keep the body clean and free from germs.

- **Internal Water Exchange**

When we drink water, the water molecules consumed are exchanged with each and every cell within the body. This Internal atomic water exchange is absolutely essential as the human body is composed of

72% water and hence, for smooth functioning of our various body systems we need to be well hydrated.

The ideal water intake for internal water exchange is 9 glasses of water per day. Anything in excess causes trouble. Excess water intake creates problems within the body such as brain edema.

3. Fire atomic stuff exchange

Fire exchange at an atomic level involves exchange of sunlight with the human body. Fire exchange is extremely vital for our survival as the human body needs to be maintained at an internal temperature of 37 degrees for optimal functioning. However, fire exchange should occur on a daily basis at an optimal level. The body shouldn't become too hot or too cold.

4. Air Atomic Exchange

Atomic Stuff Exchange of air can occur in the following ways:

- Breathing as an air exchange

One natural atomic exchange based bodily function that we all understand is breathing. Breathing, contrary to your belief is not only inhalation of oxygen and exhalation of carbon dioxide. In every breath, we inhale 10 to the power of 22 atoms and these atoms are recycled between human beings and other beings which include plants, animals and non-living beings. It is estimated that 90 percent of our atomic structure changes in a year. Essentially, we are changing our atomic structure by 90 % within a year. Our dynamic body and mind keeps changing by breathing and of course by eating, drinking and due to other environmental factors like light, pollution etc

So, when we take a deep breath, we are taking almost 5-10 times more than what we are able to breathe naturally and the atomic structure of our body, also undergoes changes accordingly (dynamic exchange). Through breathing, we can transcend from the Dynamic Periphery to Static Inner Present State, where we can reach our Centre.

- Being in the presence of nature as an air exchange

Our atomic structure undergoes changes for the better or worse depending on the kind of environment we are in. Constantly being in an unpolluted environment, demands a change for our body and mind.

Take a break and be in the midst of nature. The air in a banana plantation is different from the air in a city. The air in a mango orchard will be different from that of the banana plantation. The type of exchange that occurs with your body depends on the nature of your surroundings. By exchanging air with such natural surroundings your body biochemistry becomes harmonised through air nourishment.

If you can't take a break easily, you can even purchase a few flowers and arrange it in a vase in your house in a place where you spend the most time or arrange the flowers in a pot of floating water. Having these fresh flowers in your presence and breathing in the air released by them will help harmonize your own body chemistry and feel like a flower yourself, ready to blossom your unique talents in the Periphery.

- Satsang as a nourishment exchange

In a satsang you can harmonize your body biochemistry by exchanging the following:

Air between yourself and natural surroundings/ flowers

Air and Good thoughts with other like- minded individuals

Food, water and fire exchange with other individuals.

This is precisely why people feel so charged after attending a satsang.

Exchange of Atomic Stuff

- Harmonises your body biochemistry
- Helps you feel rejuvenated and refreshed
- Keeps you calm
- Helps you eventually witness the inner stillness within you.

F'S AS A DE-STRESSOR

“Father, forgive them, for they do not know what they are doing” is a popular quote in the Bible.

You can incorporate the 3 F's of De-Stressing in your daily life:

Forgiving

Forgiving the past will happen only once you are in the Present. The Present is empty and clear. But we as humans carry a lot of emotional baggage comprising of hurtful or traumatic memories or experiences from our lives. We need to understand that this baggage exists only in the Peripheral Present and is an accumulation of past based data. Emotional baggage pulls us back and traps us in a prison of our past and thus we lose out on so many beautiful experiences in the Present.

We need to be able to forgive the past, no matter how traumatic it might have been, because at the end of the day it constitutes a part of history which means it is gone. What really exists is here and now, the Present and we need to experience that to the fullest.

Forgetting

Forgetting means you would have to completely let go of the past and the hurt and traumatic memories that come along with it. Forgetting the past sounds like a more philosophical concept and might not seem practically feasible especially when people have been subjected to a lot of brutality and abuse in the past.

Forgiving the past is the primary step for forgetting. As time moves on, forgetting the past will become easier once you chose to forgive. Making a conscious effort to be in the Present is scientifically proven to help you gradually forget and forgive the past.

Formatting

Formatting is a very important de- stressor. Desire to format is the first step in formatting. Forgiving and forgetting is the precursor to formatting. When formatting happens, the past will be erased and there will be only new beginnings to look forward to. Everyone must be familiar with the concept of a recycle bin in your computer. When the recycle bin becomes too full, you get a message asking you to clear your recycle bin, otherwise your system slows down. The recycle bin is comparable to your mind and the trash that keeps accumulating in your recycle bin is comparable to all the old memories and experiences that you refuse to let go of and keep accumulating in your mind. The mind also in a similar fashion to the recycle bin accumulates too many memories, to the point that it becomes unresponsive to the Present. We even get a clear message that we need to erase those memories. That signal is in the form of our awareness about our own body and mind. You will notice yourself being too preoccupied, prone to stress and a lot of bodily disorders on account of the unpleasant mind conditions. You can format your body and mind to forget the past and be in the Present in the following ways:

- Decide and be determined to be in the Present
- Convert your experiences into its scientific reality (Inner Present)

Be like a new-born to experience all the 3 F's.

GRATITUDE AS A DE-STRESSOR

Gratitude happens when you look at the design of Creation

Gratitude exists at the three levels of existence in the Periphery

Body Level

At the individual body level, the Creator has given each one of us a unique design. Generally, no is superior or inferior to the other as we all have equal opportunities in the Outer Present to blossom our unique talents.

By recognising our unique talents and seeing the uniqueness in everyone around us, we are being grateful

Mind Level

At the Mind Level, we need to use the mind to cultivate an attitude of humility and thankfulness towards the Inner Present for giving each one of us a unique design in the Outer Present.

Environmental Level

The Creator has given everything in nature a unique design. Look all around you. Every mountain is different, every water body is unique, no two trees of the same species will be alike, furthermore no two leaves in a tree will be alike. There is so much diversity among animal life and plant life. And when it comes to human beings, no two humans are alike. Even identical twins have individual differences that make them unique.

By just observing the uniqueness of everything and every being in nature, we feel grateful.

When we are grateful to our body, mind and environment, we appreciate everything better- nature and ourselves and bitter thoughts and resentments go away.

HAPPINESS AS A DE-STRESSOR

Creating, practising and sharing happiness is sure to de-stress an individual.

Happiness through Laughter offers us a Host of Benefits

- Reduces stress hormones
- Reduces blood pressure and heart rate
- Releases endorphins which provide natural pain relief
- Relaxes muscles throughout the body
- Changes perspective
- Exerts positive benefits on mental functions

When suitable body- mind conditions are produced through laughter, we can automatically transcend from the Outer Present to the Inner Present

How Being Happy Can Improve Your Life In the Outer Present

- Happiness through laughter has been found to lower levels of stress hormones, reduce inflammation in arteries and increases good HDL cholesterol
- When you pamper yourself once in a while and make yourself happy, you feel rejuvenated and happy, you will feel de- stressed, lighter and capable of better interactions with friends and family.
- Happiness boosts our efficacy, productivity and success.

You can Practise Happiness in the following ways

- **Laughing:** Laugh freely, laugh more often and practise happiness.
- **Try to see the positives in everything:** When you make an effort to see the positives in everything, even the bleakest situations don't take a toll on

you. For example: You are stuck in a traffic jam. Although this is a frustrating experience you can turn on the music and just sing along with the lyrics or relax with the songs and see it as an opportunity for you to de-stress instead.

- **Pamper yourself once in a while:** When you take time out to pamper yourself once in a while by treating yourself to a spa weekend, a vacation, a shopping expedition etc. you will generate an internal environment of happiness within yourself.

HUMILITY AS A DE-STRESSOR

Humility means knowing yourself and where you stand with respect to the vast Everpresent cosmic design.

Humility is a great spiritual cosmetic because it helps you accept the fact that you are one among billions of unique designs. This knowledge keeps you grounded and helps you make most of your life and create a useful role for yourself.

If you look at the existence, we have 50 trillion stars. Among those, we have 250 billion galaxies. Out of these vast galaxies we exist within one galaxy- the Milky Way galaxy which has 250 billion stars and in these 250 billion stars our Sun is a dwarf star. The Sun has 9 planets revolving around it, Earth being one of those planets. If you question yourself as to where you stand on this Earth, after looking at the magnanimous creation, you will become humble. Though your body becomes insignificant, still it has 50 trillion cells and you are unique.

Looking at our uniqueness in nature, we feel humble. If you look into each body, everybody has 50 trillion cells with each cell having 50 trillion atoms, so the explanation is too huge.

We can say that looking at the grand design of Creation, we automatically become humble. We only need to open our eyes and get scientific information to develop the quality of humility which de- stresses us.

JUNK AWARENESS AS A DE-STRESSOR

Food material which is free of healthy nutrients required by the body on account of being prepared using unhealthy food substances such as excess of fats, refined sugar and salt is referred to as junk food.

Consuming junk food is becoming a lifestyle for most people. Parents come home late from work, they still have work to complete before deadlines and preparation of dinner will take a good chunk of their time, so what's the easiest solution? Order for burgers or pizza or in the meanwhile to control the hunger pangs, snack on chips, puffs, samosas, biscuits, candy, gum and pastries. All of this is junk food. Aerated drinks are also considered junk food.

Junk food is free of nutrients and rich in fats, sugar and salt.

Side Effects of Junk Food Consumption You Need to be Aware of

Most people think that the obvious side effect of eating junk food is weight gain, but studies have now shown that junk food is bad for you from a physical as well as mental perspective:

1. Obesity

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. Junk food is high in calories and sugar that contribute to increased-weight gain. Even small amounts of junk food can increase your calorie intake considerably.

2. Type 2 Diabetes

When you eat a healthy diet, your body gets a steady supply of glucose, which helps maintain insulin sensitivity. On the other hand, when you eat

only junk food, the excessive stress exerted on your metabolism affects the ability of your body to use insulin properly. Since junk food lacks fibre content, its consumption directly results in a spike in sugar levels. Further, junk food consumption leads to obesity, one of the main reasons for insulin resistance and development of diabetes.

3. Heart Disease

Junk foods create a much higher risk of heart disease because of the high level of saturated or trans fats found in much of the food. Those fats can clog the arteries and over time, contribute to heart diseases.

4. Metabolic Syndrome

Junk food is high in refined sugar which exerts stress on your metabolism. Refined sugar causes the pancreas to secrete more amount of insulin in order to prevent a drastic spike in your blood sugar levels. Because junk food lacks sufficient levels of good carbohydrates and proteins, the levels of blood sugar drop suddenly after you eat. This makes you feel irritable and further increases your craving for more junk food. Junk food also brings about drastic changes in liver metabolism.

5. PCOD syndrome in women

An imbalance of hormones causes PCOD in teenagers and women during their fertile ages. It is characterized by irregular periods, abnormal hair growth on the face, stubborn acne, increased weight gain and insulin resistance which leads to diabetes. Junk food is blamed as a leading cause of PCOD in women these days. For curing PCOD it is essential to adopt a balanced diet with the exclusion of chemicals and junk foods and the incorporation of a regular exercise regime, the results of which are also dependent on a healthy eating style.

6. Digestive Problems, Loss of Appetite and Food Poisoning

Those who are addicted to fatty junk food are bound to suffer from digestive problems like gastroesophageal reflux disease (GERD) and irritable bowel syndrome (IBS). That's because junk food is deep fried. The oil soaked in junk food gets deposited on the walls of the stomach lining and increases acid production. Spices loaded in them irritate the stomach lining, worsening GERD and digestion. Lack of fibre in them hampers digestion, increasing problems like constipation and haemorrhoids.

Normal food contains appetizer which are not properly present in fast food. Continued use of fast food may cause loss of appetite, abnormal digestion and sometimes even food poisoning. Fast food does not satisfy all the needs of the stomach.

In my practice, I have seen that packed processed foods like cakes, cream buns, puffs, cream biscuits and Indian street food like pani puri, are the most common causes for food poisoning. A good number of my little patients walk in with complaints of food poisoning, gastritis and severe vomiting which lasts for 4 to 5 days.

7. Eating junk food leads to Stress

Junk food also increases the level of stress. It has been observed that a rich fat meal can increase your stress level and make you at a greater level of stress in comparison to those who have a low fat meal. Certain foods and drinks known as “pseudostressors” act as powerful stimulants to the body and hence are a direct cause of stress. Example: caffeine containing foods (coffee, tea, colas and chocolates), White flour, Salt, Saturated fats,

Processed foods, such as junk foods and fast foods, contain synthetic additives – preservatives, emulsifiers, thickeners, stabilizers and flavour-enhancers.

LAUGHTER AS A DE-STRESSOR

Laughter is not just a bodily activity we need to indulge in, but also a spiritual cosmetic we need to use on a daily basis.

Laughter offers a host of benefits to the Body and Mind in the Outer Present:

- Reduces stress hormones
- Reduces blood pressure and heart rate
- Releases endorphins which provide natural pain relief
- Relaxes muscles throughout the body
- Changes perspective
- Exerts positive benefits on mental functions

When suitable body-mind conditions are produced through laughter, we can automatically transcend from the Outer Present to the Inner Present.

Practise Laughter In Your Daily Life

- Learn to laugh off silly things in the Outer Present which might have ordinarily agitated you. It helps you release tension and stress and develop a sense of humour towards life.
- Join a laughing club and enjoy those minutes of laughing heartily and sharing your laughter with others to reap the benefits of laughter.

LIFE IS AN ILLUSION AS A DE-STRESSOR

What really exists is Present... Present... Present... Present... alone. Present, a here and now state is the ultimate truth of existence. It is only psychologically that past, present and future have been divided.

The world as we understand and experience through our sense organs (sight, hearing, taste, smell and touch) is an illusion. Information through sensory organs is picked up by our body and processed by our mind, both of which exist only in the Outer Present. Hence, the Outer Present is illusory. The real truth is the Inner Present.

Scientific Proof that Life is an illusion: Life appears to us like an illusion due to our brain. The brain acts like a bioelectrical projector similar to a movie illusion produced by an electric projector. Our perception of "Present" is guided by our thoughts programmed after our birth. The experience of existence emerges from the thoughts [mind state] but Inner Present which is the only reality without thoughts [no mind state] is always present and inherent.

Recall an experience of watching a movie. We perceive the picture as having motion on the screen, although we will be seeing only a static film at a particular moment. The motion projecting live happening of the events by the unitized reel of films is certainly not real but is an illusion. Similarly, the unitized reel of Inner Present is a static reality. But the way we perceive the universe is as if it is moving and transforming. Hence what really exists is "Inner Present" a true, real and natural state.

Analysis of time- Inner Present alone is reality: In the Present perception, time and space is born. If we analyze, what is time exactly: when the earth was born

there was no recognition of time, when so many animals were born, there was nobody to question time, only human beings after evolution of the brain gave birth to the concept of time in his mind.

Let us analyze the time in terms of years, days, hours, minutes and seconds:

1 second = 1000 milliseconds, 1 millisecond = 1000 microseconds
1 microsecond = 1000 nanoseconds, 1 nanosecond = 1000 picoseconds
1 picosecond = 1000 femtoseconds, 1 femtosecond = 1000 yottoseconds.

Our mind experiences time & the world only in micro second.

In fact, mind does not exist in thousands of nano, lakhs of pico, millions of femto and yatto seconds. Though our existence is true and real in these seconds, but it is only in a no mind state or the Inner Present. Hence Inner Present alone exists.

Both our eyes and brain are incapable of perceiving the world in a span of micro, nano, pico, femto or yatto seconds. Our mind can experience only below 10 to the power of minus (-) 4 seconds but cannot perceive 10 to the power of minus (-) 15 seconds. What really exists in these seconds is quantum essence which is not perceived, but the whole universe is made of.

Once you understand that Life in the Outer Present is an Illusion:

- We can experience the real state, the Present, which is pure, original, blissful and silent. Our attachment and passion for the peripheral, materialistic, illusory world will reduce.

LOVINGFULLNESS AS A DE-STRESSOR

Love is a phenomenon of the Outer Present, but what is required is loving-fullness where you love both the Outer and Inner Present.

The attitude of loving towards the Outer Present and Inner Present is loving-fullness.

In everyday life, there are cycles of activity and rest, movement and stillness, outer chaos and inner peace, existence and silence, noise and calmness. When we love both these natural rhythmic cycles, we are nurturing our balance between Outer Present and Inner Present and attain well-being. The pre-requisite for this loving-fullness is understanding the Present in an absolute sense.

Why We need to cultivate an attitude of Loving-fullness

- Acceptance of both Outer and Inner Present in loving- fullness creates a harmony in Body, mind and favourable biochemistry.
- Loving- fullness is a de- stressor that can reduce our stress to a great extent.

How to Practise Loving-fullness

- Deep breathing and loving- fullness serve as a bridge between our Outer Present (characterized by activity, movement, noise, Outer Chaos and nature or existence) and Inner Centred Present (characterized by rest, stillness, calmness, inner peace and silence.)
- Appreciate to love the touch, taste, vision, hearing, smell, feeling, thinking and laughter in the Outer Present.

- We need to love and pay attention to our Outer Present, which gradually transcends to our Inner Present. Transcending through loving-fullness is a way to attain the real Present and de-stress in the Periphery of our lives.

MEDITATIONAS A DE-STRESSOR

Meditation is a journey that serves to transcend from the Outer Present to the Inner Present.

A Brief Understanding Of Outer and Inner Present

The Outer Present as we know, is what is experienced through our body and mind. Because of this body and mind, we are experiencing the Outer Present. This Outer Present is physical in nature- the Periphery has a form while at an individual level, one has body and mind which leads to ego. Hence, the Outer Present is the materialistic world, where we experience time and space.

Inner Present is our Centre, which is recognized as a silent state (essence/ content of silence). The Centre has no form. It is recognized as the Being state in us- which is referred to as soul dimension or spiritual dimension. The Inner Present is free from time and space experiences.

In the Outer Present we experience the world through our brain perception. The brain perception has two divisions:

1. **Beta level** of predominantly left brain activity where the logical, rational, scientific thinking goes on. This is responsible for our wakeful experiences.
2. **Alpha level** of predominantly right brain activity where we witness the imaginative, pictorial, creative and intuitive experiences and extra sensory perceptions.

In the Inner Present, we transcend from the Outer Present to a dimension free of time and space awareness.

Core Components of Meditation

The core essentials of Meditation has 3 components:

1. Awareness: Awareness has two parts - **Outer Awareness (Left Brain) and Inner Awareness (Right Brain)**

Outer Awareness is due to sensory perceptions. Predominantly, it is left brained where we experience Beta level of brain activity (14-28 cycles per second).

The Inner Awareness is the one which gives us awareness of ESP (Extra Sensory Perception). Inner Awareness is predominantly right brained and we can gain entry into this Inner Awareness by closing our eyes, taking deep breaths, entering into a darker area. Here, we experience alpha level of brain activity (7-14 cycles per second).

2. Focussing our attention: Wherever we pay attention, it grows and becomes powerful. If we pay attention to the outward sensory perceptions, that becomes predominant and the right brain functions will be suppressed. The Inner Attention blocks the left brain which is predominantly ruled by sensory perceptions. Whenever we pay attention on the breath itself, this helps us transcend from left brain perception to right brain perception and ultimately reach automatic transcendence.

3. Automatic Transcendence : Automatic Transcendence happens automatically, as indicated in the name. It is necessary to transcend from left brain dominant sensory perceptions to right brained dominant inner perceptions in order to attain automatic transcendence.

Spiritual journey during meditation from a Scientific Perspective: During meditation, we need to transcend from left brain to right brain and then to a pure, silent state, beyond the brain.

It has been scientifically proven that the simple practises in meditation such as closing your eyes and going to a darker place, while simultaneously folding your palms together in a “Namaste” posture or just simply observing your breath, slows down the chattering of the left hemisphere of the brain to a calmer, more peaceful alpha level of bioelectrical brain activity. During these simple practises, the right side of the brain gets activated. Many spiritual experiences occur after practising for long durations where the right brain dominates the left brain and as a result the increased awareness and attention of this domain gives us extra sensory perceptions including intuitions. The left and right brain experiences (brain perceptions) will be transcended automatically to our Inner Present which is beyond time and space, which we refer to as automatic transcendence.

Recent studies are confirming that with even a single meditation, you “turn on” or upregulate genes associated with total well-being, and “turn off” or down-regulate genes that are related to illness and disease. In addition to the physical health benefits, regular meditators experience more happiness, less anxiety, and greater feelings of connection and purpose.

How Your Daily Meditation Practise Can Help You

In order to prevent a host of stress based diseases and slow down the effects of the aging process, meditation is a powerful tool at your disposal. During Meditation, the brain perception automatically transcends to the Inner Present which is pure, still and silent. As a result, during the process of meditation, the body undergoes certain physiological changes in the Outer Present- our breathing slows down and we take longer, deeper breaths, our blood pressure and heart rate decrease, and stress hormone levels fall. All these changes calm the mind by default in the Outer Present and when the mind attains relaxation, the body automatically follows suit.

Research shows that people who meditate regularly develop less hypertension, heart disease, insomnia, anxiety, and other stress-related illnesses.

Meditative Practises

There are many different types of meditations to choose from such as Eating, Drinking, Breathing, Natural, Present State meditation etc but it is of utmost importance to remember that without awareness, attention and automatic transcendence no meditation will be successful.

Basic Meditative Practise

Sit in a comfortable position, preferably in a darker and noiseless place. Close your eyes, just be aware of the sensations, thoughts within you. Just focus on your breath, inhale deeply and exhale slowly. Repeat this breathing pattern at least 5 times and then breathe normally.

Just observe those thoughts, don't try to push them away. Witness your body and thoughts... You are the one who has the body... You are the one who has the mind... Once you recognise that you are possessing the body and mind, you are the real Inner Present, the real you, which is a pure, silent, untainted state. Be in that pure moment for as long as you wish.

MILLETS AS A DE-STRESSOR

Millets are one of the most popular wholegrain groups. Due to their nutrient rich value millets are often referred to as treasure trove of nutrients.

Millet Facts you need to Know

- It has a sweet nutty flavour, and is one of the most digestible and non-allergenic grains available.
- Millet will hydrate your colon to keep you from being constipated.
- Millet acts as a prebiotic, feeding microflora in your inner ecosystem.
- The serotonin in millet has a calming influence on your moods.
- Millet contains lots of fibre and low simple sugars. Because of this it has a relatively low glycaemic index and has been shown to produce lower blood sugar levels than wheat or rice.
- Magnesium in millet can help reduce the effects of migraines and heart attacks.
- All millet varieties show high antioxidant activity.
- Millet is gluten-free and non-allergenic. A great grain for sensitive individuals.
- Millet's high protein content (15 percent) makes it a substantial addition to a vegetarian diet.

Incorporating Millets in your Daily Diet Can Improve your Health

- Lowers the risk of diabetes - Millets helps to lower blood glucose levels and improves insulin response. Whole grains improve insulin sensitivity by lowering glycaemic index of the diet by increasing content of fibre,

magnesium and vitamin-E. Glycaemic Index is a scale that ranks carbohydrates by how much they raise the blood glucose levels compared to a reference food. Glycaemic Index is based on the quality and not the quantity of carbohydrates.

- Millets are a rich source of phosphorus. A cooked cup of millet provides 24% daily need for phosphorous. Phosphorous is an important mineral for energy production and is an essential component of ATP – the energy currency of the body. It also forms an essential part of the nervous system and cell membranes.
- A cooked cup of millet provides 26.4% daily need for magnesium. Magnesium from millets helps to relax blood vessels, enhances nutrient delivery by improving the blood flow and maintains the blood pressure and thus further protects the cardiovascular system. Magnesium increases insulin sensitivity and lowers triglycerides. It also acts as a co-factor for more than 300 enzymes.

How You Can Choose your Millet Type

Depending on the location, availability, uses and consumable forms of the different types of whole grains and millets in accordance with traditional preparations, please incorporate your whole grain or millet type in your daily diet accordingly.

NATURAL MEDITATION AS A DE-STRESSOR

Transcending from the Present Perception State to Perception less state is Natural Meditation.

In Natural Meditation, there is an awareness that you are simply witnessing the thoughts. Transcending life is a reality if we are aware that our experience of the universe and life is a possession just like how we possess our watch or home or child etc (you are not the watch in spite of possessing the watch). We need to become the observer or as I would like to say the seer who is watching a movie or drama (Universe and life). Again, the whole of existence acts like a movie film and you are the seer. You are watching how people play their role; it may be a good role or a villainous role, a humorous role or a painful one. You will be free from all stress and attachment when you just watch how beautifully your wife or son or husband or mother-in-law or friends, etc. play their role, while they are in an angry or happy or sad mood.

How We Can Practise Natural Meditation

1. **By Closing Our Eyes:** When we are awake, the electrical activity of our brain is in **beta rhythm** i.e. 14 to 28 cycles per second. Once we close our eyes, electrical activity in our brain reduces to 7 to 14 cycles/second which is called as **alpha rhythm**. A continued state of closing our eyes will take us to a deeper level of slowed electrical activity called **theta and delta rhythm**, where the mind [thoughts] ceases to exist.
2. **By being in the Present:** Natural meditation also happens when we are in the Present. Present State is what really exists. But, all that we experience is the product of perception. And perception experience is always due to

the past. Present state is a state without any perception and no mind at all. Hence, Being is the core of the Present. Once you become aware of the Peripheral Present, witness it and start **Being** human. That is the way to bliss.

3. **Converting Present into its Reality Scientifically:** We need to understand that the inherent essence of all beings is the 'same' and the apparent diversity in physical form and shape is superficial. This is endorsed by the scientific truth that what we see and perceive as matter is 99.9999999% empty space. Mind is the cause and director of all our thoughts and actions and it is the sole cause for all our understanding and interpretation. "Unity in Diversity" is the universal truth which we have to realize. Scientific conversion of everything seen or heard or felt in the Peripheral existence into its reality, the Present State, leads to the dissolution of the mind and in turn adheres us to the inherent oneness.

NATURE AS A DE-STRESSOR

Nature is an expression of the Inner Present in the Outer Present. So whatever we experience in the Nature belongs only to Outer Present as a new born baby may not be able to appreciate nature, Hence, nature appreciation is a software we have developed after birth. So, nature is a partial reality. To know the complete truth, we need to go in depth into nature, where time and space ceases to exist, where we find the source of nature. Being in Nature helps us connect with the Source and relax.

Spending Time In Nature Has Been Scientifically Proven to De- Stress you

When we are in the nature, we are part of the atomic stuff of the nature and we are interchanging our atomic stuff with the nature. When we see a magnificent tree in nature, there is an experience that occurs within your brain though the tree is made up of the same atomic stuff as your brain- the Present. Introspecting in nature's environment will help us to understand the reality and to be with the reality, because in the deepest level of our being, the truth about the Present is realised. Whatever we see, hear, taste, smell or touch, basically, all these experiences in the Outer Present are because of the Inner Present only. The Outer Present is illusory while the Inner Present is the real truth. It is just the exchanging of the same atomic stuff happening within us.

For example: When we inhale, we take in 10^{22} atoms from the environment, where those atomic stuffs are shared by a different combination of trees, plants, animals, surroundings etc.

Being in the nature is an easy and inexpensive way to de- stress

When we pay attention to any aspect of nature, be it a beautiful tree or meadow or lake the left brain dominance reduces and the right brain gets activated. As a result, the constant chattering of the left brain will reduce, your mind expands, you can think with clarity and experience peace, joy and bliss

Spend Time In Nature Daily and De- Stress Yourself

You can choose half an hour a day to even sit under a tree and just feel everything about that experience- the temperature of the air around the tree, the freshness of the air you are breathing in, the quality of air you are breathing out, while observing the different shades of green on the leaves of the tree, the texture of the tree trunk etc and allow your right brain to get activated

ONENESS AS A DE-STRESSOR

Oneness refers to merging with the Present as one. As external Present is illusory past dependent phenomenon, once you are in the Present you can attain oneness.

We are able gather experiences through sight, hearing, smell, taste and touch and process this data in the mind as the mind itself is a past based phenomenon. It is the mind that is responsible for the illusory Outer Present. As human beings, we are so caught up in the Outer Present that we find it difficult to attain Oneness. A new born baby however, is one with nature, one with the existence and one with the Inner Present. This is why a new born baby will not be able to appreciate any aspect of the Outer Present

Example: Baby will have no reaction if you show it a flower or a stone.

New born baby however will express certain needs such as hunger, discomfort by crying due to the genetic memory.

Ancient Basis of Oneness

The ancient basis for this oneness is **Chidhananda** where Chit refers to accumulated memory which is past based. Ananda refers to the pure Inner Present which is blissful.

Chit has 3 components

- Donated genetic memory and nourishment memory forming the body.
- Cultivated memory forming the mind.
- Both these dimensions are past dependent

POSITIVE ATTITUDE AS A DE-STRESSOR

While stress is an automatic response from your nervous system, some stressors arise at predictable times—your commute to work, a meeting with your boss, or family gatherings, for example. When handling such predictable stressors, only your attitude towards the stressor can help alleviate your stress. In this way, developing positive attitudes to deal with stress is in itself a de-stressing strategy.

The 7 A's of Positive Attitude

When deciding which option to choose in any given scenario, it's helpful to think of the seven A's: accept, avoid, alter, adapt, adjust, assertive and align.

1. Accept the things you can't change

- Don't try to control the uncontrollable
- Look for the upside.
- Learn to forgive

2. Avoid the stressor

- Avoid people who stress you out
- Take control of your environment

3. Alter the situation

- Express your feelings instead of bottling them up
- Be willing to compromise.
- Manage your time better

4. Adapt to the stressor

- Reframe problems.
- Look at the big picture

5. Adjust to situations you know you can't change

- Adjust with people who are rigid
- Adjust your standards

6. Exercise assertiveness- learn to say “no” when you must

- Know your limits and stick to them.
- Distinguish between the “shoulds” and the “musts”
- When possible, say “no” to taking on too much.

7. Align truth with the body, mind and existence

- Align with the truth of the body
- Align with the truth of the mind
- Align with the truth of existence

Positive Attitudes You Could Adopt in the Outer Present

- Choose from the above 7 A's, depending on your individual circumstances.
- Accept the fact that we live in an Outer Present with imperfections and that people make mistakes.
- Let go of anger and resentments.
- Free yourself from negative energy by forgiving and moving on.

Positive Attitudes make you a Crown of Nature	Negative Attitudes make you a Blunder of Nature
Open Minded	Cynical
Bold	Timid
Polite	Quarrelsome
Rational	Irrational
Affable	Peevish
Healthy	Unhealthy
Optimistic	Pessimistic
Joyful	Unhappy
Active and Creative	Sedate and Lazy
Realizes Satisfaction in Life	Dissatisfied in Life

PRESENT AS A DE-STRESSOR

What really exists is Present... Present... Present... Present...

Psychologically, we have divided this Present into past, present experience and future. But Present is the only universal truth which is constant, unchanging and exists forever.

It is the elementary or fundamental state of existence or reality.

Outer Present and Inner Present

For a better understanding of the Present, we can divide the “Present” into Outer and Inner Present.

The **Outer Present** as we know, is what is experienced through our body and mind. Because of this body and mind, we are experiencing the Outer Present. This Outer Present is physical in nature- the Periphery has a form while at an individual level, one has body and mind which leads to ego. Hence, the Outer Present is the materialistic world, where we experience time and space.

Inner Present is our Centre, which is recognized as a silent state (essence/content of silence). The Centre has no form. It is recognized as the Being state in us- which is referred to as heart and soul dimension or spiritual dimension. The Inner Present is free from time and space experiences.

In the Outer Present we experience the world through our brain perception. The brain perception has two divisions:

1. **Beta level** of predominantly left brain activity where the logical, rational, scientific thinking goes on. This is responsible for our wakeful experiences.
2. **Alpha level** of predominantly right brain activity where we witness the imaginative, pictorial, creative and intuitive experiences and extra sensory perceptions.

In the Inner Present, we transcend from the Outer Present to a dimension free of time and space awareness.

Distinctive features of the Outer and Inner Present

OUTER PRESENT (Periphery)	INNER PRESENT (Center)
Form	Formless
Human, Physical.	Being, Invisible.
Limited, Time-bound	Unlimited, infinite, unbound Timeless Eternal
Body-mind dimension, illusory	Source Present dimension (Heart and Soul)
Materialistic	Spiritual
Mind or thought state	Mind-nil or thoughtless state
Experiences time and space	No experiences at all
Ego	Self
Perceives both Past & future	Present only
Includes all living and non -living beings	Refers to the state of 'being' or 'existence'
Refers to Nature Called 'MAYA'	Refers to Purusha (Source of Creation) Called "PARABRAHMAN"

Scientific Proof of the Present State

Basis 1

Matter doesn't exist. It only appears to exist. Energy alone exists. In fast movement of this energy, matter appears to exist. This has been substantiated scientifically by Quantum Physics according to which all that we see and believe as concrete matter is nothing but empty space or 99.9999999% empty space, which we refer to as Inner Present or Universal Presence.

Basis 2

Life appears to us like an illusion due to our brain.

Basis 3

What really existed and what will always exist is the present state alone. Series of it become fraction of seconds, minutes, hours and days, days become centuries, centuries become millions and millions become billions of years. 'Past', 'Present' and 'Future' are only notions of time and is unreal. They are products of the mind.

Once we understand that the Present is the only Reality

- We cultivate an internal state of peace which is independent of the people, situations or circumstances around us.
- Knowing the truth, Present itself is a de- stressor. It is just like a third eye which is why it is referred to as the vision of truth. Once we open this eye, we develop purity, peace, bliss.
- The Present helps us understand that we are bound by falsely programmed religious, national, caste, racial and linguistic labels.
- We get to know that there is a fearless Inner Present.

- The Real Present is silent and still, which is our original nature. In reality, it is the stress-free state of us. Because of the illusory Outer Present, we are caught up with stress.
- Aligning body and mind with reference to the Inner Present will improve our productivity and efficiency.
- We can transcend ego dominated mind of our Outer Present to ego nil pure Inner Present.

Practises to help you connect with your inherent Present State

- **Find presence in every moment:** What really exists is the Present... Present... Present alone. Psychologically, we have divided it into past, present perception and future. Time is also a notion which we have developed because of the past learning. What really exists is only static moments which due to the brain appears like past, present and future.

Essentially in every moment, brain perceives depending on the past based data. But in reality, the moment is static and free from perceptions. Hence, there are perceived moments due to the brain and moments which are beyond perception. The perceived moments are due to illusions. Only Inner Present really exists which we appreciate when we observe the natural rhythmic cycles of movement and stillness, outer noise and inner calmness, activity and rest, outer chaos and inner peace.

- **Witness the natural rhythms of life:** When we connect with the Inner Present, we can witness the natural rhythmic cycles of movement and stillness, outer noise and inner calmness, activity and rest, outer chaos and inner peace.

- **Be with your inner stillness:** Humanity is ill, simply because they do not know how to be still. When in doubt, be still, when angry, be still, when tired, be still, when in stress, be still. Stillness reduces stress chemicals released in the body and heals the body and mind.
- **Convert everything into its reality:** We need to understand that the inherent essence of all beings is the ‘same’ and the apparent diversity in physical form and shape is superficial. This is endorsed by the scientific truth that what we see and perceive as matter is 99.9999999% empty space. Mind is the cause and director of all our thoughts and actions and it is the sole cause for all our understanding and interpretation. “Unity in Diversity” is the universal truth which we have to realize. Scientific conversion of everything seen or heard or felt in the Peripheral existence into its reality, the Inner Present, leads to the dissolution of the mind and in turn adheres us to the inherent oneness.
- **Be in pure state like a new-born:** Silence is our original state. The language of the Inner Present. Spending time in solitude and silence is the essence of meditation and beyond experience. Silence is the state in which there is no sense of ‘I’ or ‘me’. Silence is a ‘state’ free from speech, thoughts and action. Silence needs regular practice.

PURITY AS A DE-STRESSOR

We all know that 'here and now' state is the Present. What really exists is Present... Present... Present... We believe in past, present and future but forget that they are only points in a given series of Present State. Psychologically, we have divided time into past, present and future.

The Inner Present or Purity always gets masked in the Periphery

Despite being born with this Inner Present; the Inner Present always gets masked: because of two factors:

- Accumulation of memories due to genetics and nourishment in the womb
- Cultivation or accumulation of memories from our immediate society such as language, religion, region, beliefs, outlooks etc, after birth.

So, basically, the body is transferred genetic memory from the parents with nourishment memory. The mind is a cultivated dimension that is gradually developed due to society (where we are born, familial beliefs, language acquired, religion we belong to, which programmed Gods we worship etc). So essentially, we are born with a thoughtless, Present State which is very pure and is referred to as Inner Present/ Source Present. So, individually, if we transcend our genetic and nourishment memory (body) and accumulated memory from society (mind), what really exists is just a pure state which is the Present.

This Peripheral Present which is programmed and past dependent is the dominant part of the Present and so we experience only the Periphery. But in reality, every individual is born with the Pure State. If we delete all our past based memories, then we can get back to the Inner Present which is pure and untainted.

Scientific Basis

- Life is an illusion
- Essence of Existence
- Scientifically decode what happens after birth

Once we Understand the Pure State

- We can attain Scientific Spirituality by a harmonious union between the Outer and Inner Present.
- You can attain Pure State within you through Scientific Spirituality, which in turn helps you attain peace, bliss and harmonious body-mind conditions.

Practise to help you Reconnect with your inherent Purity

- Focus on your pure Inner Present State.
- Be the Pure Present. The way you are at birth and also, in deep sleep.
- Automatically transcend from Outer Present to your Inner Pure Present.
- After few minutes of this state, body harmonises your biochemistry- body and mind healing starts.

QUANTUM UNDERSTANDING AS A DE-STRESSOR

Things appear to be Present

But are not what they seem

If you introspect, it is just an Inner Present which is always present- a state which is beyond language to express. A simple way to understand this is that the content of the silence is very different from the explanation of silence.

The Outer Present appearance is because of constant change in the energy. Hence at any moment, change will be happening. What we interpret will be the wrong notion of what we see. What we see is basically past dependent data which is not the reality in the Present. Hence, our ancient scriptures call that **Maya** or illusion as in the Present it is not the reality.

Quantum understanding is understanding the essence of our entire existence from the perspective of Quantum Physics. Once we have a clear Quantum understanding, we can understand the existence better and our role as human beings with respect to the vast existence.

Quantum Understanding of our existence and our true Reality

Superficial Reality

The superficial existence is made up of- Galaxies, Stars, Solar systems, Planets, the Earth, Mountains, Oceans, Plants, Animals etc.

Deeper Reality

If we introspect any part of the visible nature or existence, it is superficially made up of matter and molecules. If we delve into the deeper part of the molecule, we

know from science that it is all vibrating energy. Quantum Physics has established that what we see and perceive as matter is 99.9999999% empty space and this Quantum Essence is what the universe is made up of. Hence, the deep core of the universe and its quantum units are only 'empty-like-states '(99.9999999 % empty space) and it is a "Silent State". If you look into any part of nature or existence, it is all made up of Inner Present.

Essence of existence can be explained with the formula:

$$A = [e+m] \times \infty$$

$$\text{Absolute} = \text{Finite [mass+energy]} \times \text{infinity}$$

We appreciate superficial reality with mass & energy. Deeper reality has no time and space consciousness but Present is infinite. Absolute is also labelled as Wholeness or Present Perception or Ever Present State. If we introspect finite superficial reality, we end up with infinite deeper reality. Whatever we see, hear, smell, touch, think and conceptualize, everything is only our reaction to reality. Physicality of the existence only exists in the language of the observer.

In the microscopic existence, the ingredient of an atom is 99.9999999% empty space or Source Present.

In the Macroscopic Existence, galaxies are billion but matter which we observe is insignificant as **99.9999999% of the whole existence is empty space itself, which we refer to as Inner Present or Source Present.** Though matter appears concrete to our eyes, it is actually made up of sub atomic energy. In fast movements of this energy, matter appears to exist. We are standing on the surface, electrons in the atoms are revolving at tremendous speeds (subatomic energy) which is responsible for static appearance of most things in nature.

Note: The whole universe, which is the Outer Present, is a dynamic phenomenon, but the Inner Present or Source Present is a static phenomenon. The dynamic activity of the Peripheral Present is the reason for mass, charge and energy creation which in turn creates the concrete physical world comprising of billions of galaxies.

Theory of everything

The Inner Present or Source Present is the fundamental reality. The crystallization of Inner Present is subatomic essence or pure potentiality or quantum essence. But observer effect produces superposition which in turn creates energy. The crystallization of energy gives form to matter which we experience and it is from energy that perception emerges.

RELATIONSHIP AS A DE-STRESSOR

Relationship is life. Relationship with truth is spirituality.

Different Dimensions of Relationship Attitude

From the perspective of Scientific Spirituality, we need to develop relationships with three dimensions: body, mind and existence.

Relationship with the body is Body Spirituality where we give awareness and attention on our body requirements including spiritual cosmetics, balanced nourishment, healthy lifestyle, healthy relationship with other human beings as well as existence.

Relationship with the mind is Mind Spirituality where we give awareness and attention to our mind requirements such as spiritual cosmetics, positive attitudes, healthy lifestyle, balanced emotional states, harmonious utilisation of right and left brain hemispheres, creating positive body- mind chemistry and creating a purpose in life.

Relationship with existence involves developing a harmonious relationship with nature, creating a role to play and witnessing life as a play.

REQUIREMENT BASED LIFE AS A DE-STRESSOR

A requirement based life will help us to transcend from Outer Present to Inner Present with ease.

There are two types of lives that people have the choice of leading:

Requirement based life

Requirement based life is a life defined by your requirements. Requirements is a subjective term and differs from individual to individual. What may be a requirement for me may not be a requirement for you. Example: I earn around 1 lakh rupees. My requirement for a hassle free life is around 50,000 rupees. I usually save 25% for a rainy day and for my son's future and 25 % for my second son, the government (government should be an inclusive part of our life). Requirements vary from individual to individual, depending on their up- bringing and their current lifestyles. It is important for every one of us to decide what we require for a comfortable living and what we desire. Try to fulfil your basic needs in the Periphery and avoid unnecessary accumulation of possessions as they manifest themselves as burdens in your life and will lead to stress, thereby acting like a barrier that prevents your unique design from blossoming.

Comparison based life

A comparison based life is one which is based on constant comparison with family, friends or colleagues who fare much better than you in the way you desire most, be it financially or emotionally. While comparing we often tend to focus on our wants and not on our needs. We may already have everything we need but by comparing we will start longing for things we want. And when we fail to get

those things we want, we get disappointed and eventually we get stuck in a constant state of unhappiness and stress due to unfulfilled desires. This in turn creates an unfavourable body chemistry. When we are in the Present, we cultivate an attitude of being happy in the here and now, with what we have. This helps us live a content, stress free life. It is not wrong to work hard towards your goals, but be aware of your individual needs and wants without falling prey to the vicious toxin of comparison.

SILENCE AS A DE-STRESSOR

SILENCE..... Is our original state. The language of the Inner Present

What really exists is the Present... Present... Present... Present alone. In the Present, perception surfaces, as a result of which labels, time and space become the Periphery of the Present. The Inner Core Present is always silent.

At the individual level, Outer Present consists of body and mind. The Inner Present is the silence. At the existential level, the Present is identified as gross part which we appreciate as mountains, oceans, trees, birds, animals etc. What we see as matter is just an energy state which we call as “Dynamic Present” and the origin of this dynamic Present or energy is Inner Present which is silent, constant, pure and peaceful.

Salient Features of Silence

- *Inner core Present is a spiritual dimension which is characterized by silence. The Outer Present or existence is the voice of the Inner Present or the world around us which we see, hear and feel is an echo of the Inner silence.*
- Inner Present is the essence of all galaxies, stars, planets, mountains, grass, flowers, trees, birds, and all other forms. Outer Present is the expression of Inner Present. *Silence belongs to the Oneness but expression has diversity.*
- Silence is a stillness. Silence is a thoughtless state. Silence is our Inner Present and the Inner Present is who you are. Hence, you are the silence.
- Spending time in solitude and silence is the essence of meditation and beyond experience.
- Silence is the *state in which there is no sense of ‘I’ or ‘me’.*

- Silence is a '*state*' free from speech, thoughts and action.
- Silence needs *regular practice*.

Beneficial Aspects of Observing Silence

- Silence *heals the body*, relaxes it, calms the mind and gives us the strength we need in moments of uncertainty.
- Silence *dissolves awareness of our programmed identity [mind]*.
- *Wisdom comes with the ability to be still and silent in the Inner Present.*
Let the Inner Present or stillness or being or silence direct your words and actions of human in the Outer Present. Silence is our original state that brings back our original characteristics like peace, purity and bliss.

Practise of Silence to connect with your Spiritual Dimension

Be in silence, where there are no thoughts. If the thoughts come, just observe them. Thoughts are manifestations of the Outer Present. Just be in the Inner Present and watch the Outer Present till you automatically transcend.

SIMPLICITY AS A DE-STRESSOR

Simplicity means the quality of being simple. It is a state of living in which man has created the purpose of his life and given utmost importance to his unique design while considering everything else secondary. Simplicity is our original nature. It brings peace and happiness.

We must eliminate the unnecessary so that the necessary may speak.

If you are simple, your being will blossom more. If you are complicated, being is lost.

Simplicity doesn't necessarily mean living a life with very basic needs, it means leading a more balanced life from a physical, emotional and spiritual perspective.

Easy Ways to Simplify your Life

- Try to set realistic goals for yourself with respect to your career and relationships.
- Decide how much is sufficient for you for a comfortable living and try to be happy with it. It's ok to be ambitious but being happy with what you have in the Present helps simplify your life.
- Develop an attitude of appreciating the things you have in the Present, not what you lost in the past or may lose in the future.
- Nurture your body and maintain good physical conditions through Body Spirituality. Simplify your health issues and enjoy a healthy body in the Present.

- Practise Mind Spirituality through restful sleep, yoga and meditation to prevent sensory overload and simplify your thought process. Too many random thoughts will create chaos in your mind and lead to stress.
- Get rid of clutter in your life- people or avoidable situations that cause stress for you.
- Take time out to be in nature. Spending time in nature helps you learn where you figure in the vast existence and in turn simplifies life for you and de- stresses you.
- Realise your unique talents and blossom them
- Pursuing your passion and using your passion to do something good for society will help simplify your career based stress.

Simplicity Helps you...

- Attain happiness in the Present
- Maintain a healthier mind and body in the Present
- Keep stress at bay.
- Lead a more organized life
- Live in the Present
- Connect to the essence of life.

SLEEP AS A DE-STRESSOR

Sleep is the spiritual dimension of our life, where the body and mind harmonises for favourable biochemistry.

It is often said that a restful night's sleep rejuvenates one's body and mind. Restful sleep means that you're not using medicines or alcohol to get sleep but that you're drifting off easily once you turn off the light and are sleeping soundly through the night.

Restful sleep is an essential key to staying healthy and vital. When you're well-rested, you can approach stressful situations more calmly, yet sleep is so often neglected or underemphasized. There is even a tendency for people to boast about how little sleep they can get by on. In reality, a lack of restful sleep disrupts the body's innate balance, weakens the immune system, and speeds up the aging process.

Science Validates the Need For Restful Sleep

A large number of studies were conducted to validate whether restful sleep rejuvenates the body and mind and almost all of them allude to the fact that **regular, restful sleep is essential for combatting the negative effects of stress and improving the overall well-being of the individual.**

A Good Night's Sleep

- Recharges the body
- Reduces stress
- Eases tiredness, fatigue, aches and pains

- Improves immunity
- Decreases the risk of chronic diseases such as diabetes and heart diseases which are born out of increased stress conditions within the body.

Note: Less number of sleeping hours, interrupted sleep and erratic sleeping patterns are the precursor to many diseases including nervous and psychological disorders as they disrupt the normal neurochemistry.

Practical Tips for Getting a Restful Night's Sleep

- Get around six to eight hours of restful sleep each night.
- You can get the highest quality sleep by keeping your sleep cycles in tune with the rhythms of the universe, known as circadian rhythms. The optimal sleep routine is to rise with the sun and go to sleep when it's dark out, or at least by 10 p.m.
- Eat only a light meal in the evening, before 7:30 if possible. A light dinner can be digested faster and avoids unnecessary feelings of bloating and heaviness which may otherwise prevent you from sleeping well.
- Go for a leisurely, short walk after dinner. The energy expended into walking will tire the body thereby inducing a conducive internal environment for sleep.
- Half an hour before you hit the bed, indulge in any activity you find very boring such as reading a book, washing dishes, folding clothes, keeping away utensils etc. When the brain isn't engrossed in an activity, it automatically switches into a more restful mode thereby making you feel sleepy. Be in bed by 10 p.m. at the latest.

SMILING AS A DE-STRESSOR

In the medical community, anything “contagious” requires us to take extreme precautionary measures, but smiling is one contagious exercise that we actually need to expose ourselves to and contract as frequently as possible. Most of you might think that smiling just involves a minor twitching of your facial muscles. Studies disagree with this.

Even Science approves of Smiling...

Smiling releases endorphins, the happy hormone, that reduces the negative effects of stress. Smiling also lowers the heart rate thereby promoting longevity.

How A Simple Smile Can Offer you a host of Benefits

- Has a positive effect on your mood
- Decreases stress levels
- Creates a positive environment around you.
- Smiling even strengthens the immune system.

Smile 24/7 wherever possible- at home, in the work place at your colleagues etc.

SOUL AS A DE-STRESSOR

Inner Present is deathless, always Present and beyond experience.

The SOUL is what we refer to as Inner Present or Source Present in Scientific Spirituality. What really exists is Present... Present... Present alone. Psychologically, we have divided the Present into past, present and future.

The SOUL or Inner or Source Present is our **Centre** and is the spiritual dimension of us. So basically, you are not the body alone and you are not the mind alone. *You are the one who is the possessor of the body and the mind in the Present.* Like in the cosmos, galaxies and solar systems are existing, similarly in the Soul or Source Present, body and mind are existing. The body and mind also, on deconstruction, will reach the Soul or Source Present. *So, my periphery is the body and mind and my centre is the Soul or Inner Present or Source Present.*

Ancient Basis of Soul

Athman – the Inner Present. The infinite series of this Inner Present is called Almighty or Everpresent State or *Parmathman*.

Scientific Basis of the Soul

- Essence of Existence
- Life is an illusion
- Analysis of time- Inner present alone is reality

Once you Understand that the Soul is the Inner Present....

- Existence can be converted into its reality, thereby attaining its original state of purity, bliss and silence.
- We gain strength and confidence to deal with the Outer Present.
- It helps us to play a role so that it is helpful to society.
- We cultivate an internal state of peace that is independent of the people, situations and circumstances around us.

Connect with Your Inherent Soul Dimension

- Focus on your Inner Present, otherwise known as SOUL. This SOUL is your centred state. Practise this centred state by finding presence in every moment, in everything, in every being and everywhere.
- When you are centred or you are in the SOUL state you are still, be that stillness within you.

SPECTRUM OF A PRESENT AS A DE-STRESSOR

There are three levels to the Present Spectrum:

GROSS LEVEL

The Gross Level can be considered a concrete level, where we can experience time and space. On an individual scale, it is just a body, your body or the body of others, which is responsible for your health and comfort. On the existential scale, this appears like concrete matter which we can appreciate through the scenery world. Whatever you see around you, be it a tree, a wall, a table, an animal, all come under the Gross Level. Essentially, the Gross Level has a form.

DYNAMIC LEVEL

The second level called the Dynamic Level is activity based. Individually, we can appreciate this level as thoughts or mind which is responsible for your happiness or misery. On the existential scale, it is known as energy which includes all atomic, sub atomic energies, which we believe the world to be made up of. The activity we refer to in this level is the activity of the mind and the constant flow of thoughts at an individual level and the dynamic activity of the energy at an existential level.

The Gross and Dynamic Level constitute our Outer Present, where time and space awareness exists, is mortal, is the human part of us and is dynamic in nature. Essentially this is the periphery or the world as we see it through our eyes and perceive through our mind.

SOURCE LEVEL

The third level is known as Source Level or Quantum Terrain or our Centre. It is made of Inner Present. Individually, we call this **'being state'** with the characteristics of bliss and peace. And the individual can experience this level through silence, when in deep sleep and during death state. On an existential scale, this is called Quantum Essence Of Existence or Inner Present State. The Quantum Terrain doesn't have time and space consciousness. It is a blissful, silent state.

The Spectrum Of Present itself is a whole; which is why it is called as Absolute State. Whatever is existing, has to exist within this.

Understanding the Spectrum of the Present

Gives us clarity about the truth of existence, the content and source of existence.

How to Witness the Spectrum Of the Present

Let us watch the natural rhythms of life. In the Outer Present there is Gross physical-ness as well as Dynamic energy. In the Inner Present there is the Source from where creation emerges. Just watch both your natural rhythms to witness the Complete Spectrum of the Present.

SPIRITUAL COSMETICS AS A DE-STRESSOR

When you say the word cosmetics, you tend to think of make -up. People use cosmetics to cover up imperfections in the physical body. Similarly, spiritual cosmetics are cosmetics that can be used anytime to conceal and overcome troubles in your life- these troubles can be issues stemming from within yourself, people around you or circumstances and make life a beautiful experience for yourself.

Spiritual cosmetics which you can keep at your disposal are

- Smiling
- Laughter
- Forgive the past
- Love
- Humility
- Purity and **Simplicity**
- Compassion

Spiritual cosmetics are easy to follow and have positive effects. Everyone can liberally use these spiritual cosmetics in their daily life and can see changes in the Outer Periphery of their lives. Some of you might think, that it is very easy to talk about these things, but you can always start practising them, if you make a choice. The more you use your spiritual cosmetics, the maximum benefits you will get out of them.

TIMELESSNESS AS A DE-STRESSOR

What really exists is Present... Present... Present... Present alone which we refer to as “Ever Present State” or “Source Present.”. From the Present, perception surfaces and it is due to perception that the mind and the endless flow of thoughts came into existence. It is the mind that has created the concept of time to understand life in the Outer Present.

How The Notion of Time was born in the Outer Present

What really existed and what will always exist is the present state alone. At certain point of time in the present state, which we have recorded as 13.5 billion years ago, the universe was born. Similarly, the earth was born 4 billion years ago. Living beings first inhabited the Earth 3.4 billion years ago. And human beings came into existence hardly 1 lakh years ago. The evolution of the brain is what made man think and it is from this thinking brain that time is born. So we are in the present perception with the time notion. At certain point of time, the Earth may disappear into a black hole, so human beings will disappear, time will die. So what remains is present state alone which is a timeless zone. In this timeless zone, time is born and time is going to die. So what really exists is the present state alone. Series of it become fraction of seconds, minutes, hours and days, days become centuries, centuries become millions and millions become billions of years. **'Past', 'Present' and 'Future' are only notions of time and is unreal. They are products of the mind.** We perceive everything including our body and mind within a time and space frame. But these frames do not exist in reality.

Let us analyse time

1 second = 1000 milliseconds

1 millisecond = 1000 microseconds

1 microsecond = 1000 nanoseconds

1 nanosecond = 1000 picoseconds

1 picosecond = 1000 femtoseconds

1 femtosecond = 1000 yottoseconds

Our mind experiences time & the world only in micro second. In fact, mind does not exist in thousands of nano, lakhs of pico, millions of femto and yatto seconds. Though our existence is true and real in these seconds, but it is only in a no mind state or the Inner Present. Hence Inner Present alone exists. *Both our eyes and brain are incapable of perceiving the world in a span of micro, nano, pico, femto or yatto seconds. Our mind can experience only below 10 to the power of minus (-) 4 seconds but cannot perceive 10 to the power of minus (-) 15 seconds* What really exists in these seconds is quantum essence which is not perceived, but the whole universe is made of.

Once we understand the Timelessness Within us

- We can de-stresses our body-mind by harmonizing and healing our body chemistry.
- We can attain purity, peace and bliss.

How to Connect with Timelessness Within Us

Just be in the Present as every moment is the Present only. Once we are in the Outer Present, we are aware of time. Focus on the Inner Present and be with the Inner Present which is beyond time and space. Again, I emphasize that you should be like the content of every moment rather than speaking on every moment.

TRIPLETS OF “I” AS A DE-STRESSOR

To know your triplets you need to ask the question, Who Am I ?

“Who am I” is one of the basic questions in Spirituality. Am I my body? Am I my mind? Or am I beyond my physical and mental dimensions?

The truth is the Present. To know your triplets, you should understand the Present properly. In reality, each one of us is a combination of Peripheral body – mind in the Outer Present and Central Inner Present.

Three Dimensions of the Triplets

Body Dimension

The body is the physical dimension and its nature and form is determined to a great extent by the quality of the genitor’s genes/ parent’s genes and nourishment memory. In other words, the body is not yours, it has been borrowed or donated by your parents. So, you are not just your body.

Am I my Body? Am I my Mind? Am I my Inner Present?

What really exists is Present... Present... Present... Present... alone. At certain point of Present eg. On 25th November, 1964, I was born, weighing 3 kgs. If you question, how I became 3kgs? What is the origin of my body? Everybody knows that my parental genes from the ovum and sperm formed a single celled structure called zygote, which is not visible to the naked eye, but on receiving nourishment, it started developing and became 3 kgs at the time of birth. But the main source

of my body is the parental genes and nourishment. After birth, I started consuming nutrition and I have become 70 kgs today. So if we question who am I, my body is not me because it is given by parents and nourishment. But it is essentially possessed by me just like how I possess a watch or how I possess a gold chain. I am not the watch or I am not the gold chain. Similarly, I am not the body, I am just the possessor of the body. Body is essentially gathered genetics and nourishment which is past dependent.

Mind Dimension

Because of this body we do have a brain, an organ which perceives all sensations, colours and notions. The brain acts like a bioelectrical computer cum projector, the input of which is given from the environment as a perception and programming from the society and family. So basically the mind is past dependent where input is required in the form of perception and programming. The output from the brain is the thoughts and we call this flow of thoughts as “mind”. So the mind is not mine, it is given by the environment and the society.

Example: If you are born in the Gulf, to an Islamic family, you will be programmed with the Quran, you will speak Arabic and you will pray to Allah as a God. But if a baby from the Gulf is adopted by an Indian family in India, it will automatically speak Indian languages, be influenced by the Bhagwad Gita and Upanishads and worship Rama or Krishna.

Inner Present Dimension

If we transcend the past based body and past based cultivated mind, what remains is Present alone which we refer to as Inner Present. Inner Present is the real “I”. So basically, you are not the body and you are not the mind. You are the one who

has the body and the mind. Like in cosmic space, solar system and galaxies are existing, similarly in the present state, body and mind are existing. Scientifically, deconstruction of this body and mind, leads to Inner Present only. This is proven as per Quantum Physics. So Inner Present is the Real “I”.

Ancient Basis of Your Triplets

In the ancient scriptures, your triplets are referred to as:

Stula - gross body

Sukhsma - energy mind

Karana - Inner Present

Once we understand our Triplets

- We can cultivate an internal environment of peace that is independent of the people, situations and circumstances around us.
- We can attain fearless state by automatically transcending.
- Awakens an individual’s inherent potential
- Its content of purity, bliss and peace will blossom in us.

Align your body, mind and Inner Present to attain harmony and peace in the Outer Present. This is an effective de- stressing technique.

UHB AWARENESS AS A DE-STRESSOR

When one realizes that one's inherent Inner Present or Source Present is universal, unbound to labels and original in nature, one understands that the individual is not the body alone and the individual is not the mind alone. These are just parts of one's Peripheral existence. When one is able to witness the body and mind, that individual becomes a Universal Human Being.

Every human being is a Universal Human Being

- There was no mind at the time of our birth. We are born with a pure, pristine, innocent unadulterated mindless state. Hence, we are naturally Universal Human Beings by birth.
- Our body is true and it is a fact; but not the name and other labels imposed on it. These labels have not only constricted or narrowed our mind and vision, but also dehumanized us. Hence, we shall strive to get out of this trap and tell the world that we are 'Universal Human Beings.
- Our brain functions not only as a live 'bio-computer' but also produces illusions about our life. While the illusion which we experience while watching a movie is produced by an electric projector; the illusion about us and our life is produced by the brain. **That which we believe and experience as truth or fact is only movie-like illusions and are the products of our mind.** Illusions or perceptions themselves are not true facts. Hence, we should discover the truth and become Universal Human Beings.
- Our body is made up of cells, chromosomes, atoms etc, and the core of all these units contains energy and waves. The core of the particles/ energy is made up of Inner Present State. Hence our 'core or inner present' is made up of pure or silent state. A universal truth is ingrained in every cell and

nerve of our body. Please understand the core of yourselves and become Universal Human Beings.

- The core or the inner realm of this complex, diverse universe is made up of ‘Inner Present State’ or a state like ‘vacuum’. Hence, understand the core of the universe and become Universal Human Beings.
- Understand the present perception thoroughly and become Universal Human Beings. Remember that our notion of time, language, religion and God are the products of the developed, thinking brain. This realization should lead towards the Universal Human Being state.
- Understand the hollowness of the notion of time and try to become “timeless” Universal Human Beings. A thorough scientific analysis and understanding would reveal to us that the concept of ‘Universal Human Being’ is a great virtual, veritable “**scientific truth**”.

Once we Transcend from Human Beings to Universal Human Beings

1. We come to a profound realization of the truth- Knowing that the Inner Present is the reality and everything we associate with “I” & “mine” are acquired.
2. We understand that life is an integration of present & past.
3. We become aware and help create awareness of the conditionings such as religion, region, nation, caste, race, language, time, etc. They are culturally evolved labels only.
4. Universal Human Being state helps us to experience purity, peace, truth, love, enlightenment and helps us lead a stress-free life.
5. Being a Universal Human Being, helps us to be independent of authorities, leaders and organised religions. We have the capacity to break away from traditional thinking and not merely rely on experts and their findings.

6. Helps us know we are fearless at birth. Fearlessness gives us inner stability and helps us to be free from the “disease of fear”.
7. Helps us to Create meaning to life, create a role to play in life and blossom as a unique crown of nature.
8. Helps us to attain individual as well as global peace.
9. Universal Human Being Awareness Education is the solution to creating a Terrorist free world.

UNIQUE DESIGN AS A DE-STRESSOR

*In the peripheral present, we are the potentials,
whether we become flower or thorn, it is left to us
but Core Present is universal and same for everybody.*

*No one can lead you to your Core Present, if any one leads you it is only the
peripheral present.*

Each of us has a unique design in the Periphery- a unique set of skills and talents which we may or may not have uncovered, but which truly make us stand apart in a crowd.

No two individuals are alike. Even identical twins have distinct personalities. As doctors, we also need to first realise that each one of us has a unique design and then work on finding and shaping that unique design in the Periphery of our lives in order to become the best versions of ourselves.

Once we blossom our uniqueness, we will no longer feel inferior or lacking, we will experience inner satisfaction and we won't be prone to occasional feelings of frustration and jealousy.

How Our Brain Determines Our Uniqueness

From a scientific viewpoint, it is the brain that determines our uniqueness.

Normally, we are predominantly left brain users. The left brain deals with logic, analysis, language, science, maths, speech, reading and writing. This is also known as **IQ (Intelligence Quotient)**. **IQ** is what we feel we need to have to survive in this illusory world.

But when we start using the right brain, we discover different qualities like holistic thoughts, creativity, intuition, art and music, implementation, memory, imagination, better visualization and deeper connection with one's emotions. This is referred to as **EQ (Emotional Quotient)**. EQ is defined as “an individual's ability to identify, evaluate, control and express emotions or emotional intelligence.”

Unfortunately, in today's world, we as humans ignore our EQ over our IQ. I am not saying that if your IQ is higher than your EQ then it's a bad thing. I am just trying to point out that you need to figure out for yourself which unique qualities from both hemispheres of the brain are present in you and explore them accordingly, instead of succumbing to the pressures of a job or society and suppressing certain unique qualities you may have, just in order to conform to a certain norm.

For example: If a common entrance examination is taken up by one lakh students, only the initial thousand may get their passion as a choice. The remaining 99,000 students will adjust and compromise themselves to the less favourable choices available to them, thereby suppressing their passion.

Hence in today's society, it is vital to give importance to your drive and passion instead of adjusting to circumstances you do not feel strongly about.

Why You Need to Blossom Your Unique Design in the Periphery...

- When you discover your unique spiritual design, you are content with yourself and stop comparing yourself to others. *This indirectly reduces frustration, jealousy and unhappiness.*
- When you blossom your unique spiritual design, you seek to identify the uniqueness in those around you as well. In this way, you *accept everyone*

around you just as they are, instead of viewing them as superior or inferior.

- Once you understand that you have a unique spiritual design and bring out your unique talents, you *feel a sense of immense inner satisfaction.*
- By pursuing your unique talents, *life becomes more meaningful* and interesting to you rather than conforming to the rules of society and leading a mechanized life.
- By blossoming your unique spiritual design, you take charge of your life in the Periphery and stop blaming man made concepts like fate, destiny, ill luck etc for your failures. You create meaning to your life as you are passionate about your unique talents and in this way you *start living in the Present.*

Practical Tips to Blossom Your Unique Design

The Scientific Spirituality Center advocates a few simple tips on how you can understand and explore your unique design so that it becomes part and parcel of your peripheral identity:

1. **Focus on a single, spiritual unique design** rather than multi- tasking.
Be a right brain user as well and activate the right brain through the following:
 - **Close your eyes.**
 - **Meditation**
 - **Visualization exercises**
2. **Use the power of breath. Be connected to your Centre or Inner Present** and always be aware that the Inner Present is the true reality.

3. **Be a fearless individual.** Once you realize that the Present alone exists, you are free from past baggage and in the process, fears and insecurities dissolve into oblivion.
4. **Act in the Present.**
5. **Use all the three domains at work** i.e. body, mind and Inner Present.
6. **Be self- reliant and create your own identity.** When you realise that you are the only one who can pave your path in life and you cannot tread on an already trodden path, then you truly become unique.
7. **Following your profession should not hinder your passion and creativity.**

WALKING MEDITATION AS A DE-STRESSOR

Walking with aliveness, awareness and attention in the Present is Walking Meditation, which leads to harmonised body biochemistry, helping in transcendence of Outer Present to Inner Present.

In walking meditation, we use the experience of walking as our focus. We become mindful of our experience while walking and try to keep our awareness involved with the experience of walking. It allows you to be more present in your body and in the present moment. The simple experience of alternating steps with the left and right foot naturally helps create a meditative state. There is a tremendous richness of experience to become aware of as you walk. The body loves movement, and will reward you with pleasure if you pay attention to how it feels! So much of the time, we are caught up in our mental worlds (thinking of the past or future, planning, imagining). Paying attention to the body as you walk will help you to enjoy simply being alive.

Walking Meditation is Beneficial For You

- Increases your attention and focus in other activities.
- Boosts your metabolism
- Rejuvenates your mind
- Creates harmonious body biochemistry

Tips for an Enjoyable Walking Meditation

- The practice of walking meditation can also be fitted into the gaps of our routine lives quite easily. Even walking from the car into the supermarket can be an opportunity for a minute's walking meditation.

- But ideally, try to set 45 minutes aside from your busy schedule to practise walking meditation outdoors while enjoying nature simultaneously.

WATER MEDITATION AS A DE-STRESSOR

Any routine activity such as drinking water can also be considered a form of Meditation. When water is used as a medium for Meditation it is called Water Meditation. Water is used internally and externally. Both can be a meditative process.

Example: Take a glass of water. Observe how transparent and pure the water is. Be aware of the quality of water. Be aware of the purity of the water. Once you consume this water, there is an exchange between pure water with favourable chemicals and impure water loaded with unrequired chemicals which have to be excreted from the body in the form of sweat, urine etc. When we excrete water, we are excreting the water contaminated with unrequired chemicals of the body. Just being aware of the purity of the water while consuming it and the impurity of the water when we are excreting it is by itself a de-stressor.

Types of Water Meditation

There are two types of Water Meditation where we are exchanging water atomic stuff:

- **External Water Exchange**

External Water Exchange involves atomic exchange of water molecules with the skin cells of the body through bathing, washing etc. Bathing is an important exchange process that helps keep the body clean and free from germs.

- **Internal Water Exchange**

When we drink water, the water molecules consumed are exchanged with each and every cell within the body. This Internal atomic water exchange is absolutely essential as the human body is composed of 72% water and hence, for smooth functioning of our various body systems we need to be well hydrated.

The ideal water intake for internal water exchange is 9 glasses of water per day. Anything in excess causes trouble. Excess water intake creates problems within the body such as brain edema.

WORKING MEDITATION AS A DE-STRESSOR

In the Peripheral Present, “Work is Worship” as it can be treated like a meditation. In keeping with the definition of meditation, aliveness, awareness and attention plays a very important role in work.

Tips for a Fruitful Work Meditation

Work Meditation would require you to incorporate aliveness, awareness and attention at work.

Incorporate Aliveness at Work

Smile- It relaxes the body and releases certain neuropeptides like dopamine, serotonin, endorphins etc which can help to forget the past and become more attentive in the Present.

- Be a good listener and pay attention to what your colleagues and people in your immediate work surroundings have to say.
- Shower affection and love on your colleagues in your unique, individual way.
- Appreciate and see the unique positives in everyone and everything at your work place.

Incorporate Awareness at Work

- Be aware of how honestly you are working and follow ethics and rules with respect for the system.
- Be ‘Observant’ and do not get attached to the type of result.
- Be aware of when you procrastinate and take measures to prevent it.
- Be aware of how you let your achievements affect your ego. Your ego should be unaffected irrespective of your advancements in career or setbacks.

- Be simple and Enjoy silence on and off. It helps you maintain your connection with your Centre or Inner Present and increases your awareness.
- Take short breaks between your hectic work schedule, only to lean back and take a few deep breaths, while maintaining silence. This simple exercise will leave you feeling more refreshed than even a cat nap.

Incorporate Attention at work

- Focus on your weaker areas.
- Don't ignore your right brain.
- Explore the beautiful creative side of your right brain through meditative practices or by taking up an artistic hobby. It will awaken and strengthen your intuition, help you develop patience and maintain calm in the most unnerving situations. It will also help you manage stress much more effectively.

By practising Work Meditation ...

- You look forward to going to work irrespective of the disturbing circumstances at your work place.
- You know that you can create a good working atmosphere which alleviates your stress levels and You create better rapport with your colleagues.
- Your focus and concentration on work increases and Boosts your work efficiency.

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As per studies, the stressors of single day of modern life for an average person renders damage worth years to our bodies. So you can guess what kind of damage stress inflicts on the mind and body of doctors whose duties are nothing short of superheroes in our society. Dr. Shashidhara, an eminent

Paediatrician, Spiritual Thinker and a Universal Human Being has had a long cherished dream of serving his fellow community of doctors through the path of Scientific Spirituality. In the Everpresent State, A Scientific Solution To Individual and Global Peace, Dr. Shashidhara has outlined the basic concepts about the only real truth of existence, the Present. In Living In The Present, Dr. Shashidhara outlined the various barriers, physical and mental, that prevents us as humans from living in the here and now and he provided practical tips from the perspective of Scientific Spirituality on how to overcome these barriers and live in the Present. And his latest endeavour, How To De Stress Doctors is a modest effort on Dr. Shashidhara's part to help doctors do precisely just what the title suggests and rejuvenate themselves on a daily basis by the way of the truth, the Present.