

# De-Stress Through Truth

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# **DESTRESS THROUGH TRUTH**

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Published By:



**CENTER FOR SCIENTIFIC SPIRITUALITY**

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## **ACKNOWLEDGEMENTS**

De-Stress Through Truth is a very special book for me as it serves my long standing mission of serving my fellow human beings through Scientific Spirituality. It has been a great journey putting together so many novel de-stressing techniques that can potentially help people create stress free zones for themselves irrespective of the nature of their stressors.

I am grateful to Mrs. Namrata Dass Kashyap who has very kindly edited this book. She has helped me put together this manual with patience and diligence and I would like to extend my sincere thanks to her for the same.

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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.

## CONTENTS

1.	Understanding Stress and Its Negative Effects on Human Health	1
2.	Stress Management	4
3.	Truth of Life	6
4.	Understanding the Present- Outer and Inner Present	8
5.	Outer Present Level De-Stressors	10
6.	Acceptance as a De-Stressor	12
7.	Awareness and De-Stressing	15
8.	Balanced Nourishment as a De-Stressor	17
9.	Body Spirituality as a De-Stressor	21
10.	Breathing Meditation as a De-Stressor	25
11.	Compassion as a De-Stressor	27
12.	Consciousness Tool Box as a De-Stressor	29
13.	Creative Meditation as a De-Stressor	31
14.	Eating Meditation as a De-Stressor	33
15.	Exchange of Atomic Stuff as a De-Stressor	35
16.	F's of De- Stressing	39
17.	Gratitude as a De-Stressor	41
18.	Happiness as a De-Stressor	43
19.	Humility as a De-Stressor	45
20.	Junk Awareness as a De-Stressor	46
21.	Laughter as a De-Stressor	50
22.	Millets as a De-Stressor	51
23.	Mind Spirituality as a De-Stressor	54
24.	Diverting Mind as a De-Stressor	59
25.	Nature as a De-Stressor	60
26.	Positive Attitude as a De-Stressor	62

27.	Relationship Attitude as a De-Stressor	65
28.	Requirement Based Life as a De-Stressor	66
29.	Simplicity as a De-Stressor	68
30.	Sleep as a De-Stressor	70
31.	Spiritual Cosmetics as a De-Stressor	72
32.	Smiling as a De-Stressor	73
33.	UHB Awareness as a De-Stressor	74
34.	Unique Design as a De-Stressor	77
35.	Walking Meditation as a De-Stressor	81
36.	Water Meditation as a De-Stressor	83
37.	Work Meditation as a De-Stressor	85
38.	Yoga as a De-Stressor	88
39.	Inner Present Level De-Stressors	90
40.	Silence as a De-Stressor	91
41.	Timelessness as a De-Stressor	93
42.	Being as a De-Stressor	96
43.	Ego-Nil State as a De-Stressor	98
44.	Life is an Illusion as a De-Stressor	101
45.	Real "I" as a De-Stressor	103
46.	Soul as a De-Stressor	106
47.	Quantum Understanding of Existence as a De-Stressor	108
48.	Center Yourself as a De-Stressor	111
49.	Meditation as a De-Stressor	113
50.	Oneness as a De-Stressor	117
51.	Spirituality	118
52.	Scientific Spirituality	121
53.	De-Stress Through Truth - Why It Is A Necessity Today	123
54.	References	127

## 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 fifth book in the series which I have created purely with the aim of helping my fellow human beings learn simple, scientifically proven techniques to help them relieve themselves of the stresses and tensions life brings along with it.

### **Stress is the Harsh Reality We all are faced with Today:**

These days, we are increasingly becoming prone to stress, stress based disorders, lifestyle disorders, psychosomatic disorders and addictions. As per a survey conducted in the US in 2016:

77% of people regularly experience physical symptoms caused by stress

73% experience the psychological symptoms of stress and

33% felt that they were living in extreme stress

In light of such a serious issue faced by our fellow human beings, De-Stress Through Truth has been created with the aim of helping people de-stress and provide them with valuable tools and techniques so that they can be well equipped to lead their routine lives and face challenges that come their way in a stress free manner. All the de-stressing techniques outlined in De-Stress Through Truth are based purely on Scientific Spirituality.

Scientific Spirituality is scientifically integrating with the truth in everything, everywhere, in every being and every moment in Ever Present manner leading an individual to an enlightened, harmonious and fulfilled life. **The truth that we speak of in Scientific Spirituality is the Present.** Present is what really exists. For a better understanding of the truth or Present, we need to understand the Outer Present and Inner Present. The Outer Present is the Periphery of our existence (the world as we experience it through our sense organs) while the Inner Present is the core of our existence (source of us and the universe which is a pure, silent, thoughtless state).

If we are able to merge with this truth, Present, then we are spiritual beings. Spirituality can be attained at a body level (Body Spirituality), mind level (Mind Spirituality) and existential level (Relationship with the Existence). Attaining Spirituality at all the above three levels is what can transform our lives and make us the stress free individuals we always wish we could be.

# **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

## **Biochemistry of Stress**

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 are known to 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.

## **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**

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.

**The modern world believes that consciousness and truth is the same. This confusion can be attributed to the term “consciousness” itself. Scientific Spirituality clarifies this by explaining consciousness as an epiphenomenon in the Outer Present due to genetic memory. Consciousness needs all the five elements of nature to exist- air, water, earth, fire and space. This consciousness should not be used for an atom or a quantum field where all the characteristics of Quantum Mechanics can be explained with this Inner Present truth which is free from consciousness.**

## UNDERSTANDING THE PRESENT – OUTER 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. 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.

**Note the Differences between Outer and Inner Present in our life:**

<b>OUTER PRESENT (Periphery)</b>	<b>INNER PRESENT (Center)</b>
Form	Formless
Human, Physical	Being, Invisible
Limited, Time-bound	Unlimited, Infinite, Unbound, Timeless, Eternal
Body-mind dimension, illusory	Source Present dimension (Heart x& 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 <b>Called 'MAYA'</b>	Refers to Purusha (Source of Creation) <b>Called "PARABRAHMAN"</b>

## **OUTER PRESENT LEVEL DE-STRESSORS**

Our modern, busy lives pose certain barriers to us which prevents us from attaining a harmonious union between Outer and Inner Present. These barriers are of two types:

**1. Physical Barriers:** The food products manufactured by the sophisticated machinery in modern food industries has made living easy, food choices convenient, but it has destroyed our health. We have reduced mortality due to the advancements in the medical field. But at the same time there is a sharp increase in morbidity. What is the use of a prolonged life span when the most part of your life is spent in sickness and popping pills to control your health conditions? Yes, we are no longer healthy human beings. We are wounded beings. And wounded beings are so caught up in the Outer Present, they cannot reconnect with their Inner Present and certainly can't align the two.

**2. Mental Barriers:** The second dimension of our individual existence, the dynamic mind dimension experiences a lot of unrest in the modern day world by way of stress, anxiety, fear, complexes (inferiority or superiority), tension and unwarranted anger. So much so that even children are complaining of stress. A healthy and happy mind induces optimum conditions for healthy body conditions to flourish within an individual. If left uncared for, the mind is prone to

stress, depression and psychosomatic illnesses. About 30% of the world's population is depressed and depression is the main barrier which creates chaos in the Outer Present for the mind. When the mind is in chaos, the body follows suit. When the body and mind is disturbed in the Outer Present, the person can't align the Outer Present with the Inner Present.

Outer Present Level De-Stressors are easy, practical de-stressing techniques one can practise in the Outer Present or the world as we experience in order to help an individual manage the Outer Present in a better, balanced manner by overcoming the physical and mental barriers that limit the individual, helping one deal better with stressful situations, reduce the harmful effects of stress and boost one's performance, efficiency and coping abilities in day to day situations.

## 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?**

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

## **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.

## **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 AS A DE-STRESSOR**

### **Know 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.

**Present Resuscitation Breathing Technique:** Present Resuscitation Breathing is a very useful scientifically proven technique to help relieve stress and get into the deeper depth of Being. The speciality of this technique is that it can be used at the time when you are undergoing stress as well as during your spare time to keep yourself stress free.

## **The Process:**

Present Resuscitation Breathing Technique involves 3 components:

- Sitting on the heels in such a manner that the heels are in contact with the buttocks.
- Taking one's hands behind the head and interlocking the fingers so that the palmar surface with the interlocked fingers are in contact with the neck and the occipital area of the head.
- Practising deep breathing with focus on deeper inhalation through the nose with consumption of greater amounts of unpolluted air and complete and prolonged exhalation through the mouth while expelling unfavourable chemicals from the body

Continue breathing in this fashion for about 20 to 45 minutes.

## **Benefits of Present Resuscitation Breathing Method:**

- Reduces stress
- Corrects unfavourable body changes
- Helps us witness the body and mind

## **COMPASSION AS A DE-STRESSOR**

Compassion has two parts:

**Com** which includes completeness or inclusiveness at the Inner Present Level

**Passion** which conveys the ability to feel sympathy for others and the strong desire to lessen their suffering in the Outer Present.

Compassion is a quality in the Outer Present that stems a reflective way of life. 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 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 you 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.

## **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.*

## **HAPPINNESS 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.

## **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:

Nutritive value of cereals and millets

Cereales & millets	Local Name	Protein (gms)	CHO [gms)	Fat (gms)	Fiber (gms)	Minerals (gms)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Finger millet	Ragi	7.3	72.0	1.3	3.6	2.7	34.4	283	3.9
Little millet	Savi	8.7	75.7	5.3	8.6	1.7	17	220	6.0
Foxtail millet	Navane	12.3	60.9	4.3	8.0	3.3	31	290	5.0
Baragu	Baragu	12.5	70.4	1.3	7.2	1.9	14	206	10.0
Sava millet	Udalu	11.6	74.3	5.8	14.7	4.7	14	121	15.0
Harakka	Haraka	8.3	65.9	1.4	9.0	2.6	27	188	12.0
Rice	Rice	6.8	78.2	0.5	0.2	0.6	10	160	1.0
Wheat	Wheat	11.8	71.2	1.5	1.2	1.5	41	306	5.3
Pearl millet	Sajje/ bajara	10.6	71.1	5.1	1.3	1.6	35	250	4.5

Millets are of several types, each of which have their own special nutritional benefits. So you can choose the millet depending on your geographical location and which type of millet suits your health requirements the best. For example, in South India, we eat ragi [finger millet] and foxtail millet as chief millets though availability of other millets are also charted above.

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.

## **MIND SPIRITUALITY AS A DE- STRESSOR**

Mind spirituality means integrating thoughts with the truth. It involves paying attention and enhancing aliveness and awareness of an individual towards the mind (thoughts) and the surrounding, ultimately leading to automatic transcendence.

Mind is a bundle of thoughts or flow of thoughts. When these thoughts are positive, they create beneficial epigenetic activity which again influences genetic activity (somatic changes). The effects of Mind Spirituality such as calmness, peace, bliss and inner Present centeredness helps us to harmonize biochemistry of body cells thereby improving cellular function. Our thoughts and feelings can make us well or sick.

### **Mind and its Origin:**

The Mind is a cultivated dimension of our existence. It is a bundle of thoughts or flow of thoughts. Mind is referred to as the cultivated dimension because at birth, we had no mind. Mind is just an interpretation of pre conceived data, data which is conceived and assimilated by us like a sponge after we are born, from our family, surroundings and society. The language you speak, the Gods you worship, the kind of food you prefer, your views on important matters is largely influenced by your family and surroundings. The seed for every thought in your mind has been planted by family and society. Hence, your thoughts and in turn your mind isn't just yours and the mind also doesn't define who you really are.

**So, basically, the mind is an accumulated part that is donated by family, society and surroundings.**

When we are born, we are in a thoughtless, no mind state known as Inner Present. It is only after birth that mind develops. This is due to the genetic memory we get through the parental genes and the accumulated memory we are programmed with through society (language, religion, region, nationality, caste, colour etc.) As you can understand, mind is not an inherent dimension of you. It is the cultivated dimension of you. On transcendence of the mind dimension we reach the Inner Present or “True State”.

### **Spectrum of the Mind:**

The first level of the brain is at a cellular level where each and every cell has its own awareness and cell membrane acts like a nervous system. Cell function and integrity of the cell is managed with the help of the cell membrane.

The second level of the mind is a primitive level of mid- brain where the person is reflexive in his behaviour. We do see such people who are very reflexive in action, their instinctive behaviour being very dominant quite similar to animals.

The third level of the mind is the emotional level, where impacted thoughts are released in the form of emotions. These may be lower emotions such as anger, hatred, jealousy or higher emotions such as love, compassion, empathy, humility etc.

The fourth level of the mind is the thinking level which is prevalent only among human beings. This is concerned with the cortex of the brain which is responsible for cognition. Cognition can again stem from the left brain or right brain.

The left brain deals with logic, analysis, language, science, maths, speech, reading and writing. 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.

### **Dimensions of the Mind that shapes Perception or the World as we Experience it:**

#### **The world is an illusion. Only the Inner Present is real.**

The illusion of life is due to our brain as it acts like a bioelectrical projector similar to a movie illusion by an electric projector. Recall your 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 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. The root of any experience is within us.

Our perception of "Present" is guided by our thoughts which are 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 & inherent.

There are THREE dimensions in the perceptions of our mind:

1. **Conscious perceptions of the mind:** Beta activity of the brain and in this sensory organs are outward bound.

2. **Subconscious perceptions of the mind:** Stored and programmed memory -dream state-alpha and theta level of activity and sensory organs are inward and outward bound and is mainly responsible for our reactions, habits, emotions and behaviors.
3. **Super conscious perceptions of the mind:** theta activity. It is also called 6th sense, intuitions, higher intelligence, higher self, extra sensory perception and the sensory organs are inward bound and perceives distant thoughts.

**Mind Spirituality can be practised in the following ways:**

- **Use the mind like a living instrument.** In the Periphery use the mind to unlock your special, unique talents in order to create meaning to your life and the lives of those around you.
- **Know that our mind is the creator of God or Devil;** as such no Gods exist in reality. Good thoughts are God and evil thoughts are the devil and demons.
- **Be a creator in your own right,** so you can emit good vibrations. If you are a destroyer, you will have to undergo the repercussions.
- **Generate positive thoughts which begets a positive attitude.** Positive attitudes make us open minded, objective, bold, rational, affable, healthy, optimistic, joyful, active and creative, polite, stress-free, accommodative and helps us realize satisfaction in life as the crown of nature.
- **Avoid developing negative attitudes.** Negative attitudes lead us to bitterness, resentment, high stress, ill health and could eventually ruin our happiness.

- **Practice meditative techniques such as Present State Meditation** to calm your mind and create a suitable atmosphere for the generation of positive, constructive thoughts.
- Be aware that the tool mind is a barrier to gain entry into the Present. Really speaking, in the Present there is no mind. Mind exists only in the Outer Present. Use it like a tool to create a role to play depending upon your unique design in the existence.
- Align the body, mind and truth to foster a good relationship with all three dimensions.

## **DIVERTING THE MIND AS A DE- STRESSOR**

In everyday life, we are confronted by stressors be it in the form of people, situations or circumstances. During such times of stress, we usually hand over control to the mind and as a result we become unproductive and dejected as the mind reminds us of past based experiences of unpleasantness.

In order to prevent mind domination during times of stress, we need to divert the mind's attention to physical activities such as walking, aerobics, singing, dancing etc. Such activities produce happy hormones known as endorphins within the body which in turn exerts positive effects on the mind. A rejuvenated mind is in a better situation to cope with stress.

## **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

## **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.

<b>Positive Attitudes make you a Crown of Nature</b>	<b>Negative Attitudes make you a Blunder of Nature</b>
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

## **RELATIONSHIP ATTITUDE 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 and 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 upbringing 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.

## **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.

## **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.

## **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.**

## 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.
- 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.
- You create better rapport with your colleagues.

- Your focus and concentration on work increases.
- Boosts your work efficiency.

## YOGA AS A DE-STRESSOR

Yoga truly means “*the harmonious union of the Outer and Inner Present*”. The Union of the Outer Present and Inner Present is the essence of yoga and attaining this harmonious union and living in it throughout should be the main goal of our lives.

Health is a dynamic expression of life. That means how loving, lively, joyful or enthusiastic you are determines the health of the body. Or in other words, your state of mind largely determines your internal body chemistry. For maintaining a blissful state of mind, one should always be in the Present and yoga is an age old practise that beautifully incorporates the quality of being in the Present.

Yoga means “**You are one with the Peripheral Present (body and mind) and Central Source Present (inner core Present).**”

Any activity in the Outer Present with aliveness, awareness and attention needs to be aligned with the Inner Present which is silent and pure state.

### **Yoga Practises**

Yoga can be practised in the form of asanas and pranayama:

#### **1. Yoga postures or Asanas:**

Yoga involves many different dynamic postures known as asanas in standing, supine and prone positions, all of which require co -ordination of body movements and breath. This co -ordination is not possible until and unless one’s complete awareness and focus is in the Present, in the movement of every limb, in the breath, in every inhalation and exhalation.

Hence, the more regularly you practise yoga asanas and master them, the closer you will connect with your Inner Present.

## **2. Breathing exercises or Pranayama:**

Pranayama or breathing exercises in yoga are a very integral part of the yoga practise. The principle behind these set of exercises is to understand the power of your breath and harness that power in order to detoxify your body, calm your mind and experience the pure bliss of your INNER Present. If practised correctly, Pranayama exercises at the end of the dynamic breathing helps one experience a temporary stoppage of breath during which one experiences a thoughtless, no mind state which is filled with pure inner silence. In those few moments, you are getting in touch with your original state, the Inner Present and enjoying it.

### **Benefits of Practising Yoga:**

Be it in the form of asanas or Pranayama, yoga involves a harmonious union of the body and mind with our Inner Present. The practise of yoga creates positive vibrations within our body and triggers the release of good chemicals which restores homeostasis and promotes the release of endorphins or happy hormones which in turn helps fight cortisol, the main culprit of stress and a lot of unfavourable body conditions.

**Note:** Yoga asanas and Pranayama should be practised every day at a set time in the morning or evening, on an empty stomach, with complete awareness and attention to change your internal body chemistry for the better and as such it should become a lifestyle.

## **INNER PRESENT LEVEL DE- STRESSORS**

Inner Present Level De- Stressors are certain de-stressing techniques that can help an individual transcend from the noisy Outer Present to the pure, calm and silent Inner Present. Such techniques help us get in touch with the essence of our being and experience purity, peace and bliss, thereby enabling us to draw on these qualities and remain stress free in the Outer Present as well. By practising Inner Present Level De- Stressors, you can seek a peaceful, stress relieving getaway within yourself.

## **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.

## 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.

## **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.

## **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.

## **LIFE IS AN ILLUSION AS A DE-STRESSOR**

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.

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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.

## **REAL “I” AS A DE-STRESSOR**

“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 Real “I”, 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 Every Individual:**

#### **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 or Real “I”**

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 The Three Dimensions:**

In the ancient scriptures, your three dimensions are referred to as:

*Stula*- gross body

*Sukhsma*- energy mind

*Karana* – Inner Present

**Once we understand our Real “I” or Inner Present:**

- 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.*

## **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.

## **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:

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

Absolute = Finite [mass+energy] x 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.**

## **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.

## MEDITATION AS 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.

## 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

## **SPIRITUALITY**

The meaning of Spirituality is very simple. It simply means “integrating with the truth” and treating all that exists in this universe as a manifestation of the Ever-Present cosmic spirit. The form of the matter may be innumerable, but its inherent essence is one. All living and non-living beings, Ram or Rahim, cow or coconut, possess the same inner essence. **“Universal oneness” is the heart of spirituality.**

Spirituality however needs to be scientific, where universal oneness is explained only through proven scientific facts and not just on the basis of beliefs accepted by religion or mystics. For example: The Earth was believed to be flat before the Galilean Era only because it appears flat. The stars are not visible during morning hours so people used to assume that the sky at night is a different one from day and that is why stars are visible. As you can see from the above two examples, a blind belief is entirely different from the scientific truth. Similarly, once we understand spirituality on a scientific basis, it will be equivalent to a branch of science like Mathematics where two multiplied by two will only have one outcome, four. Scientific Spirituality has been explained in a way to make it unshakable and constant, not swayed by individual subjective experiences.

Scientific Spirituality can be understood by educating oneself about the Source Present which is the only truth of existence. Spirituality can be practised by living in the Present. This Present includes the Peripheral Present which is the world we see and experience and the Core Present which is the inherent silent state within all us beings, living and non- living.

There are a lot of misconceptions about the term “spirituality” and what it means to be “spiritual”. In fact, we are all spiritual beings having a transient

human experience in the Peripheral Present, through the body and mind. But a true spiritual human being is one who establishes harmony between the Peripheral Present and the Core Source Present or Inner Present. Through Scientific Spirituality we gain clarity on the term “consciousness”. We understand that consciousness is created because of the five elements in nature (air, water, earth, fire and space) with a species specific genetic memory. Today, consciousness is being used as a misnomer to convey the meaning of truth. But in reality, consciousness is just an epiphenomenon in the Outer Present. Truth is the Inner Present which in scientific terms can be called as Dark Matter, where all the points are Quantum Black Holes.

We are all inherently spiritual human beings, the only difference is that some of us are aware of this and some of us aren't. When we are working with our mind, when our attention is on the Peripheral Present alone, we are like amnesiacs, ignorant of our real inherent nature. Hence, **spirituality means conscious reconnecting of our body and mind with our inherent Inner Present.**

### **Wrong notions about Spirituality**

There seems to be general ignorance about the true meaning of spirituality. Most people are of the idea that practicing austerity, denouncing worldly pleasures, joining religious organizations and detaching themselves from relationships are all the essential sacrifices to be made in the search for spirituality and enlightenment. These people are just hoodwinking themselves and proving themselves useless to society. All these experiences they are trying to create for themselves are ultimately in the Periphery, so it isn't the answer to spirituality, it is not the complete truth.

Every person is unique and has a role to play in life; you need to create meaning to your life and the lives of others in the Periphery, while witnessing life itself with the awareness of the Core Inner or Source Present. That is completeness.

### **God and Spirituality. Do they conflict, co- exist or is it one in the same?**

God or Creator is ultimately the Source or Inner Present which is found within us- constant, all pervading and omnipresent. We need not go searching for the Creator in a temple, church or mosque. The Creator is within each and every one of us.

Our notion of God is only imagined, programmed and installed in our brain. We are programmed with Gods depending on our location, region, religion and culture. God is a type of language we have learned, to understand the source of our creation. We as humans can only see and experience creation through our sense organs. We can't experience the presence of the Creator because we are looking every- where else except within ourselves. The Creator exists within each and every one of us, so basically the Creator exists within the Creation.

Nature itself is God, we need not fear any other Gods. Take care of Nature, and Nature will take care of you. Our mind is the creator of God or Devil, good thoughts are God and evil thoughts are devils and demons, as such no other God exists.

## **SCIENTIFIC SPIRITUALITY**

**Scientific Spirituality is a movement where an individual scientifically integrates the truth in everything, in every being, everywhere, in every moment, in ever-present way, leading to an enlightened, fulfilled and harmonious life.**

This means one needs to respect everything, living or non-living. Don't bother what form of life it is, be it a plant, animal or human, you need to respect every living being and everything. Only then will you have respect for yourself and will you truly be happy and at peace with yourself and your surroundings. Spirituality through scientific understanding is a personal relationship with the source of creation within you. Scientific Spirituality serves to fulfil the following objectives:

- Education on truth of existence
- Paying attention and enhancing aliveness and awareness of body and mind in the Present [Body –Mind Spirituality]
- Blossoming uniqueness of an individual.
- Respecting and protecting everything in the nature of creation.

Today, our modern lifestyle encourages imbalanced lifestyle patterns that creates confusion, illness, makes us unfocused and fools us into attaching ourselves to the materialistic world - with no focus and attention on sensations in our body such as hunger, taste, sights, smells, touch, thereby leading to body-mind disease conditions. Hence, it is of utmost importance to give attention to what is being conveyed by our senses, be aware of what we are eating, inhaling and drinking in the Periphery and the kind of surroundings we chose to be in (polluted or unpolluted environments).

There is an urgent need for us to transcend from outer Peripheral activities to inner Source Present calmness. We need to cultivate and create an internal state of peace and happiness within ourselves irrespective of people, situations and circumstances. This will be possible once we start incorporating the Outer Present De- Stressors and Inner- Present De- Stressors in our daily routine.

# **DE- STRESS THROUGH TRUTH- WHY IT IS A NECESSITY**

## **TODAY**

Truth of life is the fundamental necessity of every human being irrespective of religion, region, caste etc as it offers the following benefits:

### **INDIVIDUAL LEVEL:**

1. Reveals to us, the great inherent truth “Present state “. This realization will enable individuals to become spiritual human beings and lead a spiritual life. Spirituality helps us in the following ways:
  - Spirituality balances the natural rhythms of life like movement in the Outer Present and stillness in the Inner Present, noise in the Outer Present and silence in the Inner Present.
  - When we shift from Outer activity of the Outer Present to Inner Present, which is silent, we cultivate balance and an internal state of peace and silence which is independent of people, situations and circumstances around us.
  - Spirituality in the Outer Present produces few qualities in an individual such as love, honesty, patience, tolerance, compassion, a sense of detachment etc
  - Spirituality in the Outer Present, also activates certain non- dominant areas of the brain which are involved in the appreciation and fulfilment of spiritual values and experiences.
  - We can transcend ego dominated mind of our Outer Present to ego nil pure Inner Present.
  - Spirituality in the Outer Present helps us create a purpose in life and also a sense of connectedness to the existence.

- Spirituality is an important aspect of mental health, where individual has the ability to take responsibility for one's own actions, flexibility in his attitude and ability to increase his threshold for frustration, acceptance of uncertainty, courage to take risk, serenity to accept things beyond our control and develop harmonious relationship with body and mind as a tool and in turn with other individuals and surrounding nature.
  - Spirituality helps us to learn, develop and mature the experiences of life's journey and watch mind as a tool to make a unique difference in life.
  - Spirituality emphasizes that each and every thought, feeling and experience in the outer Present, affects every cell membrane of a cell in us. Membrane in turn reflects on epigenetics of a cell and epigenetics in turn reflects on genetics and causes mutation. This knowledge helps us to weed out the cause of illnesses.
  - Spiritual skills in the individual will be enhanced like being in the Present, being able to rest, relax and create a peaceful state of mind, exhibit empathy towards fellow human beings, being able to forgive and accept situations.
2. Truth gives us strength- physically, emotionally and spiritually. Once we understand the truth, we can enjoy its characteristics of purity, peace, bliss and unconditional love.
  3. Truth education helps us to understand that all beings, and the entire universe has come out of 'one source' that is 'Ever present'. We can understand how unity in diversity exists.
  4. Helps us understand that our perceived life is an illusion due to our link with our present & past.

5. Helps us understand that our mind is the creator of god or devil. Good thoughts are god and evil thoughts are devils and demons, as such no other god exists.
6. Helps us understand that we are bound by falsely programmed religious, regional, national, caste, racial and linguistic labels. We realize that we are not these labels and the real ‘I’ is beyond labels.
7. Helps us realize that we are not born with any named inherent identity except the nameless universal essence which exists in “Ever-present state”. This aids us in transcending from human beings to ‘Universal Human Beings’.
8. Makes us self- reliant. We understand that we need not be a disciple or devotee of any one. The truth frees us from myths and mysticism. A free, fearless and clear state can be reached within us, which will be more creative and which could be diverted towards constructive activities.
9. Helps us to be free from “Fear disease”. Our inherent nature is “Fearless”, fearlessness gives us inner stability.
10. Individual becomes reflective in life rather than reactive in attitude. A reflective individual will be reflecting his mind in the background of silence and he uses mind as a tool, thereby the mind is under his control.

This regulated mind in the background of silence, the Pure Inner Present, takes time to reciprocate appropriately to situations. Such a regulated mind can be developed only through Mind Spirituality. A reactive individual on the other hand has an unregulated mind, because of which, he will be highly reactive, impulsive and compulsive in nature. Hence, situations can create awkward and chaotic environments for such an individual.

## **GLOBAL LEVEL**

- At Global level, terrorist free world will be the reality, as without the education about the truth, terrorism can't be weeded out from its root.
- Self- reliant individuals, who are a product of the Truth Education, will help improve the economy and allow the nation to prosper as a result.
- When individuals attain peace within themselves, global peace will then become a reality.

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Science and Technology has reached the acme of its potential in the 21st century. However, the irony lies in the fact that although all these advancements which were made with the aim of making life easier for mankind, we as a race are becoming increasingly prone to stress and stress based disorders. Irrespective of which profession you may be pursuing, we have all fallen prey to stress, just that the degree of stress may vary from person to person. Dr. Shashidhara, an eminent Paediatrician, Spiritual Thinker and a Universal Human Being has always wanted to make a difference in the lives of people through Scientific Spirituality. It is through Scientific Spirituality that Dr. Shashidhara discovered how to effectively manage stress himself and lead a more balanced and fulfilling life and he wished to share this knowledge with his fellow human beings with the sole purpose of helping people escape from the vicious clutches of stress and enhance the quality of their lives.

Dr. Shashidhara's latest endeavour, *De Stress Through Truth* is a modest effort to help people relax despite the erratic demands of modern life, develop better coping mechanisms to deal with their stressors and ultimately rise above their stressors and lead the productive and enriching lives they desire by way of the truth, the Present.