

Grey Matter Revolution: A Journey Within

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Part 6 – Mind: A Thinking, Chemical and Electro-magnetic Process

Manifestation of the mechanical process of the mind is first through our tongue, vocal cord, large and small brains and spinal membranes. As we have learned in the earlier chapters, the thought process, with the basic help of these components, spreads to each cell in the body and finally to the Neurons in the brain. We have so far learned of the subjective or thoughtful characteristics of the mind. We shall, now, discuss the other factors.

Chemical Properties

Our brain continuously produces tiny, invisible particles called Neurons. Neurons play a key role in relaying messages from the brain to different parts of the body. There are numerous chemical activities inside the body in the form of digestions, secretion of juices from the glands and purification of blood, among many others in various parts. A thought occurring in the mind (not brain) influences internal reactions of the chemicals in the body. The process can be understood as follows.

When the thoughts reach the Neurons, they are broken up into parts and re-circulated through the body mechanism. The internal components of the body use certain chemicals to break up and revolve these thoughts. The same words keep on forming on the tongue and parts of the same message are re-relayed to the Neurons as new messages. The whole process causes secretion of selective chemicals in the glands inside the body and the other body parts react simultaneously. This is what happens when the eyes get wet by emotional thoughts or hearing a sad news, or how the cheeks turns red when the mind relays a happy message or thoughts.

Electro-Magnetic Properties

Continuing from the above discussion, the secretion of chemicals from the glands reacts with certain elements of the body such as Sodium, Potassium and Iron. As a result, the thought wave develops the properties of an electro-magnetic field. This electro-magnetic field triggers specific reactions in the body and affects the related

organs. It is due to this activity that we cannot stop the force of tears (crying) or laugh even if we wish. Similarly, we cannot stop the impulses of sexual desires, greed and anger etcetera once such thoughts have been activated.

The magnetized thought waves are then relayed to the brain through the spinal cord, where they react with the Neurons. The Neurons get charged and emit out of the body as vibrations similar to radio waves. The thoughts, or charged Neurons, then have the capacity to travel long distances. Telepathy works in this manner. What we call clairvoyance or ESP is the ability to catch and decipher the same vibrations. The brain has the natural capability to both transmit and receive the Neurons. Usually, what goes comes back. "You become what you think". The effects of this activity are far reaching. Since the Neurons have the ability to travel in the atmosphere and influence other cells, or organisms, that come in contact with them, there is a constant problem of things happening because of thoughts or thinking. The major problems lies in the fact that Neurons charged with thoughts are able to work as intended – making the thoughts work in the material sense. Through this process, not only do our faith in thinking and logic get stronger, the effects of thoughts spread to everything around us, multiplying the problem. The following example throws further light on this phenomenon.

Our country, India, is full of temples of various sects that believe in idol worshipping. At the time of installation of an idol, there is a process called "Pran Pratishta", or "Induction of Conscious" into the idol, which means that the consciousness (perceived only) of a deity or God is to be called into the idol. This process may vary in method for different communities but is same in the essence. It is very interesting to analyze how it works. The person who is performing this ritual concentrates on the image in his mind of the deity, recites mantras and wishes that the consciousness or life elements be brought in, to the idol. The concentration is really vigorous through years of practice (habit) and the Neurons are charged with intense vibrations. Since the intended destination is the idol that is perceived as the deity itself, the idol keeps receiving the Neurons. The Neurons interact with the molecules of the object and pass on the electro-magnetic properties to the atoms. The process truly works. In its form, it is true and not true at the same time. True because it works; some sort of energy has been established in the idol and that energy is real in essence. Not true, because it is not what people think and believe in. They have simply taken thoughtless, sensitive particles of Nature (the atmosphere) and given it a shape, through the Neurons. However, the people are not aware of this activity. They simply assume that something is being done by the higher powers. Actually, when people start praying to the idols, the same phenomenon continues and the idol keeps on receiving the Neurons. Although the above explanation holds good for the Hindus, the same principle applies to other religions as well, where they have to pray to some object. That is how our prayers seem to work.

All the prayers, we know, are well meant and wished. Therefore, the same Neurons keep on coming back to the people who, in turn, think that the idol has fulfilled their wishes. Sometimes, if the idol has been buried or submerged in the water, it appears in the dream of someone, (whoever is capable of receiving these signals), and pleads

to be rescued. There have been many such incidents. Here, we have to reiterate that the idol in itself is nothing. Everything happens because of our own Neurons.

The way thoughts affect a person's life; they affect the whole mankind as well. People limit their thoughts of well-being and prayer, only to the temples and places of worship. Only, they do not realize that each and every thought emitting from their brain at every moment is counterproductive and affecting their lives. One person's life, in turn, touches many other lives and therefore a collective effect influences the whole society. When so many people believe in so many things, those things start happening. Everything is only as true as we think about it. Descartes said, "I think, therefore I am." People who believe in ghosts often report seeing ghosts, more often than the people who do not believe. We create our worlds, our realities, our Gods and our monsters, all in our thoughts. We shall try to understand more about the brain that controls all these activities and the message mechanism.

Brain, a Natural Powerhouse

Naturally, the human brain is well developed and has tremendous power to absorb information. Its capabilities are unlimited and incomparable. Even if it was not fed with the words and allowed to live without them, it could have still survived and sustained the body. For instance, other creatures and animals in Nature are not caught in the web of words and thoughts and yet enjoy the natural life. Humans are the only creatures who have used the words and thoughts and therefore developed a form of communication in their world. Other creatures just make sound as a form of expression. The humans, however, have to use the tongue and vocal cord to speak. Ironically, this is the uniqueness of the humans and also the cause of all the sorrows. From the point of view of the brain's power to absorb, worldly influences and imposed culture takes about eight to twelve years to be fully immersed in a child's brain. The brain's natural abilities and properties thus gradually erode during this period of time. After that, by the age of adolescence, the word-thought culture, memories, intellect and ego become the mind and "I" begins to appear as reality. From this point onwards, the person starts living in an illusory world. Since the effect of the mind or "I" is genetic in all humans, a newborn child is weak in many natural aspects. We can see that many newborn animals and mammals can stand upright immediately after birth and thereafter enjoy the natural life in a healthy body, devoid of "I".

The brain starts developing two months after conception in the womb. After about four and a half months, it is capable of sending signals to the body and due to activity in the cells; the hands and legs start moving. Gradually, the senses begin to function and the child's growth progresses as per the messages relayed by the brain. By the eighth month, the brain is so active that it can move the whole body in the womb. It also requires more food and in order to sustain life, starts sending chemical signals. This is, in fact, an early preparation for birth. Finally, in the ninth month, the child is born. Naturally, the newborn child is ready for a new life and is extremely capable of survival. The complicated process of breathing is easily controlled by the brain. Other requirements such as drinking milk, digestion, discharge of urine and stool and responses like crying, wincing etc. are natural and the regulating features of the brain.

Even today science cannot fully fathom how the brain controls the baby in the womb for nine months and then provides basic survival instincts to the new born. If mankind had been able to know and use this ability in a Natural way, without the impeded aid of words and thoughts, the brain could have lived and grown naturally. It would have been happy and very much capable of sustaining the body. We have to remember that anything which is a part of Nature can survive naturally. Other creatures do not need any education or training to survive.

Planting the Seeds of Ego

We give a name to every newborn child. In the first twelve to twenty months, the continuous repetition of the name in the child's ear starts giving him a sense of identification. The feeling that "I am someone" lays the foundation for later ego. From twenty to sixty months, numerous thoughts and memories enter the brain and the head expands to double its size. Due to this intrusion of words and thoughts, the natural properties of the brain start diminishing and the illusion sets in.

First, by learning the phrases like "my toys", "my parents", "my clothes", "my school" etcetera, the feelings of possession or "my-ism" start forming in the mind (not brain). This is aided by imposed cultural and social norms and as a result, an imaginary mind begins to function. Thereafter, in the earlier days of development, poems, prayers etc. recited in the nurseries and schools (today - the TV ads etc.) form the habit of murmuring and repeating the words. The tongue movements start. As the child grows up and learns to write by hand, "my-ism" slowly gets converted into ego or "I". As the education continues in the schools and colleges, the mind is fed with more information and through the movements of the tongue, the process of learning and concentration get intense and cause the thought mechanism to accelerate. The process of thinking creates a misimpression that there is a "thinker". The "thinker" in the mind gives form to "I" and all the delusions set in. The person thinks, "I am what I have been given the name with" and leads life in complete ignorance. The mind entangles itself in the words, thoughts, memories, and ego and sets a flow of deceptive life. This is how the basic and natural mind turns into an artificial and whimsical one. Refer to Chapter 3 for more information on this subject.

Since the general life revolves around memories, thoughts, logic, beliefs etc. the brain is used more in comparison with other parts of the body. The brain also has the weight of the imaginary mind. The mind resides in the form of chemical vibrations (no physical property exists) on the brain cells. Since the thoughts are always outward, a person always wishes for materialistic fulfillment. There is no doubt that the human life is comfortable and plentiful because of an active and powerful brain. We have, however, paid the price with loss of inner peace, enlightenment and thus eternal happiness. Inasmuch as the mind influences the natural functions of the brain, other parts of the body become weak and sluggish. Today, people may not understand this because they have not seen the healthy body; a body on which the brain will function. It is, in fact, the other way round; the mind is perceived as real and "I" controls the human body.

Here, we have to look into one aspect of the human body which has been ignored (or, in fact, misrepresented) for very long. We have seen from the above examples, that an ordinary person keeps on living his life in the illusion of "I" and thus remains ignorant of the natural functions of the body. Further, there are large number of so-called spiritual organizations, sects and gurus who continuously preach that "we are not the body" and that the soul is our true form. Therefore, in both the cases, the body is completely ignored. For a materialistic person, "I" appears to be the reality. "I", however, survives merely on past memories and thoughts. We feed the mind with thoughts and try to some how satisfy it. But mere words cannot satisfy the body. For a so-called spiritual person of today, the very basic education, that, "I am not the body", prompts derision in the mind towards the body and the spiritualism starts with a conflict. The idea of Body and Soul creates duality in the mind and the illusion sets in.

Body: a Truth

Our body is a family of millions of cells; each one alive and functioning. Each cell has its own brain and works in harmony with the rest of the body. The body cannot be perceived as a barrier towards attaining the truth. It should be as much a part of our spiritual quest as anything else. It should be a tool in the spiritual quest and not a conflict. We have devised all the means to satisfy the mind, but none for the body. The body has therefore, lost its natural sensations. That is the reason why the body is prone to so many diseases and ailments. The following example is self-explanatory.

When a thorn pierces the skin, blood spurts out and the gorge provides a way for bacteria to enter the body. In the blood stream, the white blood cells detect the intruders and send warning signals to the whole body. The natural immune system of the body gets activated in defence. The brain does not play any role in this activity. The veins and body membranes react to the extraneous elements and the affected part becomes sour and painful. This shows how the body is independent of the brain in particular instances. In another example, immediately after a goat has been slaughtered (its head severed), if acid is poured on one leg, the other leg tries to rub it out. This once again shows that the response mechanism of the body is independent of the brain and is self-reliant.

Similarly, when a sensation is sent to the body from the brain, it remains in the cells of the body. In many cases, it has been found that even after death, our hair and nails keep on growing for some time. The bottom line is that, the cells all over the body have their own characteristics and function on their own. Since the cells tend to get influenced by the sensations and messages sent by the mind (through the neurons), our thoughts keep on affecting our body for many births. It is not only the brain that emits the neurons. The body also emits them and in the process of reconstruction of the neurons in the intermediate state, the collective effect influences the next life.

Just like the germs in a wound, the illusory mind of a person, or 'I', attacks the natural life form. In one's lifetime, the unnatural mind becomes the owner of the body and ultimately the cause of all sorrows. Since human beings have been bestowed with the gift of the tongue, vocal cord and voice, the usage of this system was supposed to be limited to practical purposes like calling, asking and replying. We have, however,

corrupted it by excessive thoughts and illusions. These thoughts pass on to the blood stream and then each cell in the body as invisible germs. The white blood cells do not resist them, thinking that they are coming from the body. The same thoughts, in turn, activate the chemical and electro-magnetic processes as described above.

Swami Samartha Ramdas has said, "The virtuous silent person is the one who has discarded the words." Silence does not only mean keeping the mouth shut. The mind has to be emptied of the words. The irony of human life is that although everybody rushes towards materialistic gains and physical fulfillment, the body remains unfulfilled. We think that we are doing everything for the body but actually all our actions are aimed towards satisfying the mind. It is the mind reigning over the natural consciousness and body. It has created the illusory "I" and we keep on feeding it with ambition, logic and possessions. Have we ever thought whether "I" is really present? Whether the entity we are trying to satisfy is really there? Who is this "I"? This is the question to whole mankind and should be explored. It is; however, very unlikely that anything will be gained by this exploration. Modern science has invented special photography techniques to photograph the thoughts. Though, it cannot photograph "I". It means that the thoughts, which remain throughout the life, are there, but "I" does not exist.

The basic or natural properties of the brain are today overshadowed by cultural, social and emotional influences. Happiness should be perceived not as a satisfaction of 'I' but the natural human brain and basic mind. Today, the intellectuals, scientists and scholars, should work towards this perception and not merely the materialistic advancements. In the same way I would request the religious and spiritual masters to contemplate on the fact as to who needs freedom – salvation. And from whom? It is very important that this basic issue is first addressed and an appropriate definition of the word 'salvation' is framed. Because, reinstating the wrong traditional beliefs is causing irreparable damage to mankind. Further damage can be stopped, if people are made aware of the fact that mere chanting 'aham bhramasmee' or 'I am a pure soul' (mein shudh atma hoon) by the unnatural mind, which is created by the word-thought process, nobody can become a 'pure soul' or even if one does, it would be at the mental level only. And by doing so would attain an unnatural – artificial – mental state of soul, which would certainly end one day, as a result, make oneself sorrowful.

Therefore, as mentioned above, it is imperative to find out who and from whom, does one get salvation? This question can be answered by understanding that the 'soul' by Nature is free and the 'body' is also part of Nature. The thing that is now left is 'the mind' which has no business to use the body and soul with the help of the brain and save its own identity; i.e. 'I – Ego'. The mind – 'I', being imaginary, can never find freedom, because how can the one that is imaginary achieve salvation? How can one that does not exist, achieve freedom? This is the reason the mind creates an imagination termed 'mukti – freedom' and clings to it and tries to save itself through all ages, thereby cheating the entire mankind. That is the reason we find very sweet descriptions about salvation in the scriptures. It is the hidden conspiracy of the mind. This does not in any way mean that there is no salvation! There is salvation: the salvation of the brain from the clutches of the mind – 'I'. Therefore, freeing the brain from the vicious clutches of the mind is the only salvation. When such a salvation is

achieved, the mind does not remain the master of the brain, instead it works like an organ for the brain. The master (controller or swami) of the body is basically the brain that always strikes the right coordination between the body and soul and provides the required energy to the organs according to their requirements. It is therefore obvious that the brain is competent in providing freedom. Freeing the brain from the clutches of the mind would be the only true freedom. This would be the first and last freedom 'mukti'. Otherwise the process of creation – maintenance - destruction is continuous. There is no mukti; no bondage; the process is continuous. Therefore the system has to change and the whole of mankind is calling for it.


