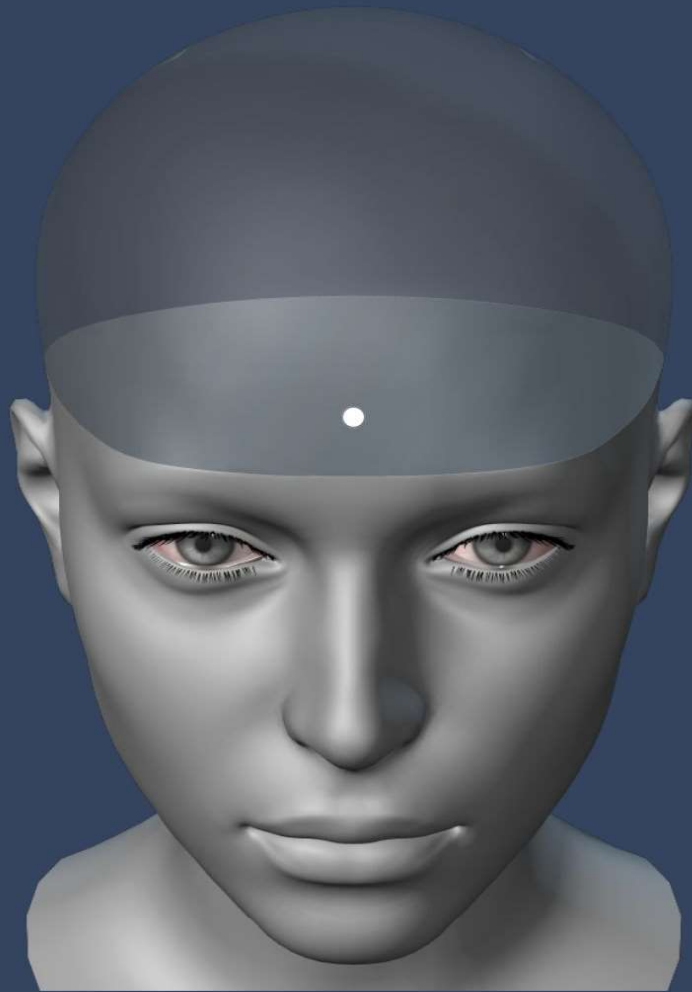




Understanding Consciousness



**Prajapita Brahma Kumaris
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Understanding Consciousness

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*This book is a draft and constitutes a part of the research project
on consciousness conducted at the Brahma Kumaris
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Foreword

We are pleased to present this book, which delves into the captivating realm of consciousness that provides clarity on its origin and nature. Over the centuries, the enigma of consciousness has sparked endless debates among scholars, philosophers, and scientists, leaving us grappling with profound questions about the essence of human existence. In this book, we embark on a thought-provoking journey, guided by empirical evidence and spiritual research, to explore the concept of consciousness as an aspect of a separate metaphysical non-material entity that operates the brain.

Consciousness, often regarded as the very core of our subjective experience, has long been linked to the functioning of the brain. However, advancements in neuroscience, quantum mechanics, and the study of extraordinary human experiences have shed new light on this timeless enigma. Our aim in this book is to review the prevailing paradigm and invite readers to contemplate a broader perspective—one that encompasses consciousness as a distinct entity beyond the confines of neural activity.

Through meticulous examination and analysis, we unveil a compelling tapestry of evidence that suggests consciousness is not confined solely to the physical brain. This book represents the culmination of extensive research, collaboration, and the convergence of diverse disciplines. It is an invitation to embark on an intellectual journey, revisit established dogmas and seek a more profound comprehension of the nature of human consciousness. By pushing the boundaries of our understanding, we aim to inspire new avenues of exploration and ignite vibrant discussions among scholars, scientists, and thinkers from various fields.

We invite you to immerse yourself in the following pages, filled with discoveries and possibilities that challenge our preconceived notions. May this book serve as a catalyst for further exploration, igniting curiosity and fostering a deeper connection with your own self and the Supreme.

BK Mruthyunjaya
Executive Secretary
Brahma Kumaris

1. Introduction

Consciousness, often described as the subjective experience of being aware, encompasses a vast array of mental phenomena, including thoughts, emotions, sensations, and the sense of self. It is the very fabric that shapes our perception, cognition, and interactions with the world. Hence, understanding the origin, nature and inherent virtues of consciousness becomes very important.

This book intends to provide a clear and complete perspective of consciousness. It explains the fundamental aspects of consciousness, including its definition, origins, interactions with the brain and body, and the reasons why it is vital to grasp its complexities. Furthermore, it emphasises the significance of acquiring a proper understanding of consciousness and guides readers on the path to cultivating a consciousness aligned with purpose and clarity, ultimately empowering them to lead conscious and fulfilling lives.

The prevailing paradigm has viewed consciousness as an emergent property of complex neural activity within the brain. However, many pieces of evidence and insights compel us to reconsider this perspective.

To lay the groundwork for our understanding, we delve into the nature of consciousness, explore the brain to identify how a thought is created and experienced, go through a great neurosurgeon's experiments that provide useful insights, explore the exciting findings that establish a relationship between quantum phenomena and consciousness, and delve into several medical mysteries.

Through this synthesis, we aim to unveil the profound workings of the spiritual entity and illuminate the pivotal role of consciousness in shaping daily life.

2. Consciousness - a brief overview

A person's ability to be in a state of awakening, cognition, alertness, thinking, and many such phenomena are all attributed to consciousness. Among its many aspects, two main characteristics of consciousness are thoughts and experiences.

There can be varied explanations if we try to explore what we mean by consciousness. Then, there is always that debate about whether consciousness is an element of the brain or consciousness is an aspect of a separate metaphysical non-material entity that operates the brain.

Depending on this view, we can say there are broad categories of thinkers in the world. One category categorically believes that the brain somehow creates consciousness and that nothing is immaterial in this world. The other category believes that consciousness is metaphysical and a subjective matter, more by direct experience and also based on various knowledge gathered.

Assuming that consciousness is metaphysical, there is this question of how it interacts with physical matter and whether there is any "physical proof" or "evidence" that says consciousness does interact with matter.

As scientists study the brain intensely with key advancements in technology, a few things that may contradict each other are apparent.

1. On the one hand, it is claimed that much information exists about the brain. The brain is mapped in complete detail, with almost every voxel, region, and neuron accounted for. The resulting information apparently shows that scientists are able to explain every activity of the human being.

2. On the other hand, not much is clear about consciousness. The research in neurosciences has not been able to explain accurately what we all intuitively know as the “mind,” the thinking faculty. The brain remains an organ of mystery because the mind has been a mystery. As neuroscientists dig out more information, the mystery also deepens, with many activities of human beings not being explained with the current understanding of medical science, especially neuroscience, that accounts for consciousness.

In the following sections, we will explore consciousness through a combination of scientific studies and direct experiences.

3. Dissecting the brain

A wealth of enlightening literature is available on how thoughts and consciousness arise. There are many valuable updates to this field based on patients' ongoing diagnoses and treatment. However, we can safely make the following statements by sifting through much of the information based on vast studies, experiments, observations, and interpretations.

Given its apparent high complexity, a consensus on the precise meaning and understanding of numerous phenomena related to consciousness is lacking.

One perspective within the literature suggests the following:

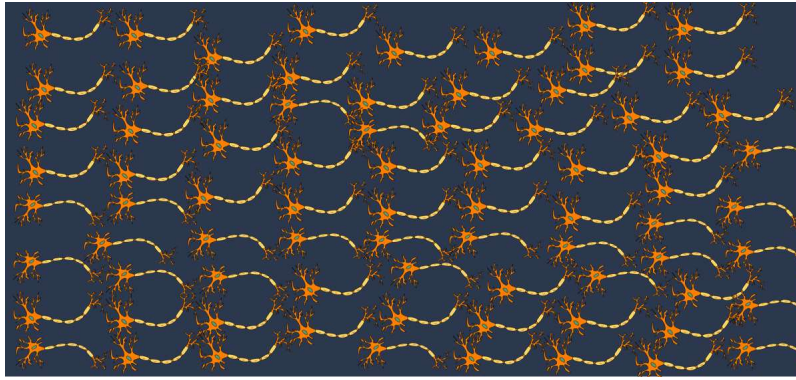
- A lot needs to be understood about the nature of thoughts, consciousness, and mind.
- Precisely how thoughts are created is unclear.
- How consciousness arises in the brain remains unknown. Nevertheless, this lack of understanding does not hinder the effectiveness of general anaesthesia, making the patients unconscious.

Another perspective in the literature presents the following viewpoints:

- Neuroscientists' view is that neuronal firing generates thoughts.
- The collective activity of billions of neurons somehow gives rise to the experience of consciousness.
- The mind is the product of the brain.
- Scientists are able to map every brain voxel to a related activity – seeing, hearing, smelling, tasting and sensing.

These conclusions have been drawn from the results obtained through deep brain stimulation, which has demonstrated a significant impact on the thought patterns of previously untreatable patients with depression. Specific information extraction based on specific neuronal firing has provided further insights.

The brain consists of 87 billion nerve cells and forms trillions of connections. While a significant portion of brain functioning remains elusive and inconclusive, the sheer complexity of its connectivity gives the impression that it holds answers to numerous unexplained phenomena. It is anticipated that advancements in technology in the future may unveil many of these mysteries, shedding light on currently unresolved aspects of brain function.



87 billion neurons, trillions of connections

However, it is important to acknowledge the following points:

- **The relationship between neuronal firing and thoughts is intricately connected, but it has not been definitively established through direct experiments that neuronal firing directly generates thoughts.**
- **Several aspects of neuronal firing are not clear, such as what initiates the neuronal firing, where and how it originates, and why or where it concludes.**
- **No instrument has ever directly measured, characterised or sensed a thought directly. EEG picks the electrical activities of the brain.**
- **A thought has always been only the direct experience of the person creating it.**
- **When a person creates specific thoughts, the corresponding electrical signals are detected by EEG and transmitted through the nervous system, which can also be monitored.**
- **But, the converse has to work if the neuronal firing results in thoughts. There has been no evidence of a person reporting, "I had such specific thoughts" when the brain is stimulated,**
- **Detailed brain mapping does not explain how thoughts or consciousness are created. It does not showcase "the mind" in the brain.**

Let us go through the neuronal activities. Cells all over the body, including the nerve cells in the brain, perform certain precise, specific, highly intricate activities. Just as a massive factory in which a lot of raw materials go in, are processed, and finished materials come out, which are transported to different places, so are cells that take in certain elemental particles and bring out other particular matter and physical energies.

Neuronal firing involves electrochemical activity that results in action potential traversing across the axon. Down the line, the ions or molecules "jump" from one neuron to another. Upon close examination of all these processes, we find that it's an unimaginably well-coordinated, highly integrated, closely-knit functioning that involves fundamental particles like electrons, atoms, molecules, and ions.

Everyone will accept the fundamental premise that inanimate things like potassium, calcium, amino acids, proteins, and glucose are neither living nor can generate thoughts. This is because they are made of innately insentient elemental particles like electrons, atoms, and molecules. The same insentient particles make up neurons and other cells in the body.

The fundamental building blocks that lack inherent living characteristics do not transform into "living" entities simply by huddling themselves, even though they work in deep harmony and synchrony at such sub-micro levels. These elementary particles, which are non-living, cannot create a "life" or "living entity" through their mere

grouping. It is important to note that neurons or other cells are not inherently “life”, nor can they generate thoughts. Thoughts are observed only in living beings.

The meaning of “life” is explored further in subsequent sections. It is worth mentioning that it can be somewhat misleading to use terms like “living cells” or “dead cells” in a general sense. Instead, it would be more accurate to describe them as “functional cells” or “non-functional cells” rather than categorising them as living or dead.

Upon profound observation, it becomes apparent that there is a unique invisible force that binds all these elementary materials together and orchestrates their functioning in such a remarkable manner.

It is also reasonable to infer that someone else who is intelligent interprets information from particles hopping between neurons and also that the thoughts and intentions of that intelligent entity result in a particular neuronal firing pattern.

These observations provide empirical evidence suggesting that neuronal firing is not the cause of thoughts or consciousness. Instead, it is the thoughts of an individual that lead to neuronal firing. This line of reasoning leads us to conclude that there must be an entity independent of the brain that generates thoughts and produces consciousness.

4. Absence of intelligence entity in the brain

We are continuously fed with inputs from sense sources like eyes, ears, nose, tongue and skin. The inputs from all these senses interface with neuronal firing that terminates in their designated regions in the brain. The source of the stream of neuronal firing indicates the type of sense. Only neuronal path decides whether it is sight, hearing, smell, taste and touch. The characteristics of neuronal firing remain the same for all different sensations.

Then, this leads to the question - which part or parts of the brain or the place of neuronal firing decides the type of sensory inputs? Further, is there any “intelligence entity” in the brain that determines the source of particular kinds of information and decides what action has to be taken for that particular stimulus?

Of course, it should be noted that in day-to-day life, a person also performs multiple actions without any physical stimulation. There will be an idea or an action for no reason, or they may ignore inputs and do nothing. They may remember something for no reason and start doing some activity, or they may overlook doing anything. For example, while idling on a couch, a person for no reason takes a walk or drinks water even when not thirsty, eating even when not needed, and there are so many.

Now, let’s delve a bit more into this topic. If such a functional block exists, it will be similar to how a microprocessor is programmed to function. In other words, it requires the presence of some intelligence that identifies the kind of all actions for the specific combination of inputs.

First of all, there is no evidence that such a functional block exists in the brain. Neuronal firing cannot explain these phenomena. Further, there is no possibility that such an intelligence block exists in the brain. One should accept the simple truth that the inputs are utterly unpredictable, and they keep changing unpredictably every instant. Further, the existence of such an intelligence entity in the brain would mean there is already inbuilt information about every future event. This is an impossible hypothesis.

The structure of the brain, with its neuronal firing, even with its uniqueness in every individual, leads to the conclusion that it is meant for doing fixed routine activities. It is a passive organ meant for doing assigned duties.

There is no scope for changing its working on its own. Neuronal firing patterns can change only upon the directions given by someone else who has intelligence.

This will then conclusively establish that there has to be an intelligent entity independent of the brain but which continuously takes inputs through the brain, thinks and decides independently, and responds accordingly. It further prompts us to consider that this conscious, intelligent entity influences and directs the functioning of the brain.

5. Results of a great neurosurgeon's experiments on his patients

A scientist working in a laboratory brings out observations that result in ground-breaking understanding, views, and insights on particular phenomena and concepts. For anyone, it would be interesting to wonder if such an experiment would be possible on the brain of a live person to explore consciousness. In fact, such experiments are going on and will keep going in the future.

But, here, we will discuss the experiments conducted on live patients during brain surgeries between 1940 and 1970 by world-famous neurosurgeon Dr Wilder Penfield. He was a staunch believer that the brain accounts for everything about consciousness. During his years of interaction with patients, he discovers many aspects, which he writes in his priceless book "The Mysteries of the Mind."

He injected current at a spot in the brain, due to which the patient's hand went up. He asked the patient if he had lifted his hand. The patient replied, "I didn't do it; you did it." He injected current at another place, due to which a patient started speaking. He asked the patient if he was talking. The patient replied, "I didn't make that sound. You pulled it out of me."

Note the responses of the patients. If the brain was indeed the 'person,' further, neuronal activity produced thoughts, and if the mind is a product of the brain, then the person would have told, "You are forcing me to lift my hand up" or "You are forcing me to blabber." It is amply clear that the "person" who was speaking was someone other than the brain.

If the brain was everything, it would hypothetically be feasible to elicit thoughts or experiences by stimulating it with electric currents through electrodes. This is precisely what the neurosurgeon did to find out. The neurosurgeon clearly mentions that he was not able to change beliefs or decisions by way of inducing currents in the brain. The doctor says in the book, "...there is no valid evidence that electrical stimulation can activate the mind...none of the actions that we attribute to the mind has been initiated by electrode stimulation." Further, he says, "There is no place in the cerebral cortex where electrical stimulation will cause a patient to believe or to decide."

Based on many experiments, the doctor makes many other interesting observations in the book about the nature of the brain and what is understood as the "mind". He gives his verdict in the end, saying that the mind is an independent, immaterial entity acting with an energy of its own. He concludes, saying, "What a thrill it is, then, to discover that the scientist, too, can legitimately believe in the existence of the spirit!".

Spirit or soul has long been considered to be a philosophy of faith rather than a philosophy of facts. The usual tendency is to argue that since they cannot be "physically observed," "experimentally verifiable," and "practically perceivable," they are labelled as items of belief.

There could not be a more direct experiment than this that proves that some other entity is operating the brain. Further, it is clear from the experiments that the brain is not experiencing anything. The brain was only facilitating the entity that was experiencing'.

Upon a meticulous analysis of Wilder Penfield's ground-breaking experiments, one is introduced to a multitude of factors that the esteemed neurosurgeon deeply explored. The exploration included the possibility of one region of the brain "disagreeing" with another brain region. As a result, it becomes evident that relying solely on the brain to account for thoughts, beliefs, decisions, and consciousness is inadequate. Indeed, there emerges a resounding consensus that an independent entity exists, exerting a causal influence on brain processes and bearing the responsibility for thoughts, decisions, beliefs, and consciousness itself. With these empirical findings as a guiding light, we are led to embrace the wondrous notion that there is more to our existence than what can be confined within the intricate workings of the brain, stirring our curiosity to explore the depths of this mysterious realm of the self.

6. Relation between quantum and consciousness

Mind-matter relation has been a debate going on for centuries. We are all conscious beings. Always living amidst nature and using various materials, it is interesting to know if our consciousness affects the matter. Further, whether any experimental evidence exists that establishes a relation between consciousness and physical is of curiosity to all.

Here we will go through a chronology of events, and the mentioned experimental results are the same for all elementary particles, like photons, electrons, neutrons, atoms, and molecules.

1. The great Sir Isaac Newton proposed sometime around 1700 that light is made of tiny particles.
2. In 1800, a British scientist Thomas Young concluded from a double-slit experiment that light is a wave. He made the sunlight (as there was no other light source then!) pass through a double slit on an opaque material. The slits are only microns apart. If light were particles, we would see a particle pattern, with only two bands of light on the screen after passing through the two slits (Figure 1). But instead, an interference or wave pattern was observed (Figure 2). Figure 3 gives an idea of what it means by the nature of waves and how they form many alternate white and dark bands.
3. From 1900 onwards, physicists revisited the particle nature of light, and the dual nature of light was proposed, which says light can behave as either a particle or a wave.
4. From 1920, different experiments were conducted in which scientists tried to "observe" light as it passed through the two slits to understand its behaviour. Whenever a detector was placed around the double slit to monitor the light passing through the slits, the particle pattern formed on the screen!

The following are various manifestations of the phenomena.

1. When detectors were placed before the double slit, the particle pattern formed on the screen, i.e., only two bands of light were present.
2. The particle pattern remained even when the detectors were placed even after the double-slit. Note that, in this case, the light had already passed through the slits (Figure 3).
3. Whenever the detectors were turned off, a wave pattern formed.
4. In one variant of the experiment, detectors were connected to a magnetic tape for storage and later study. When only the magnetic tape was removed with the magnetic write head still working, the wave pattern remained formed.

5. In another experiment variant, a crystal was placed at the exit of the two slits so that the light passing through both slits split into two directions. Please refer to Figure 4. The light beams travelling towards the left were falling on the screen. Each detector was placed to monitor the two light beams travelling toward the right side. In this case, the particle pattern formed on the screen. Note that the detectors are not at all in the path of light falling on the screen, yet this event occurs.
6. Now refer to Figure 5. Both the lights from the slit travelling towards the right are incident on both the detectors by some reflectors combination. This way, an observer will have no way of finding through which slit passed light actually passed. In this case, a wave pattern formed on the screen.
7. Further, as we will see below, the distance between the observer and the setup will not matter.

The particle pattern formed when there was any method of monitoring how the particles passed through the slit. *As mentioned earlier, all particles, like photons, electrons, protons, atoms, molecules, and ions, exhibit the behavior of waves or particles.*

A series of double-slit experiments were conducted between 2012 and 2016. (Please refer to ‘New Experiments show consciousness affects matter’ in Bibliography). A double-slit experiment setup was made in one place. Volunteers from different corners of the world would log in and think that they were not interested in the experiment for the first few minutes. This is called the “attention away” period. For the next few minutes, they will pay attention to the experiment. They only imagine in their mind that the light particles are passing through one of the slits. This is the “attention towards” period. Please note that during this time, there were no physical instruments to detect light passing through the slits. It was found that the wave pattern was observed during the attention away periods, and the particle pattern was observed during the attention towards periods.

The figures below illustrate the observations.

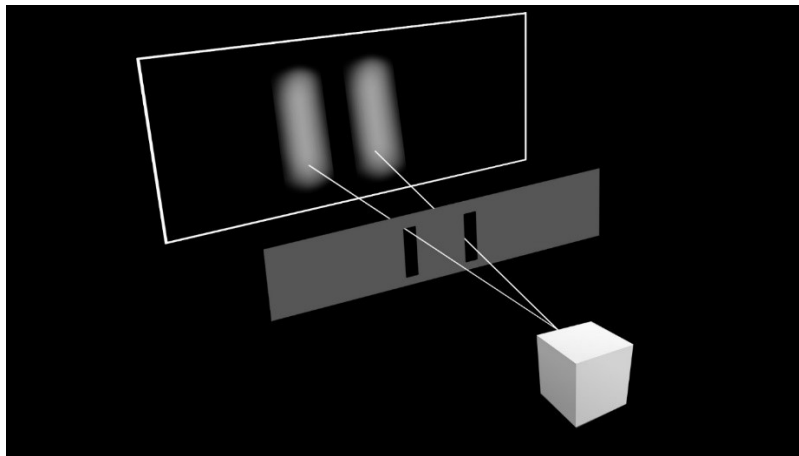


Figure 1: Expected particle pattern

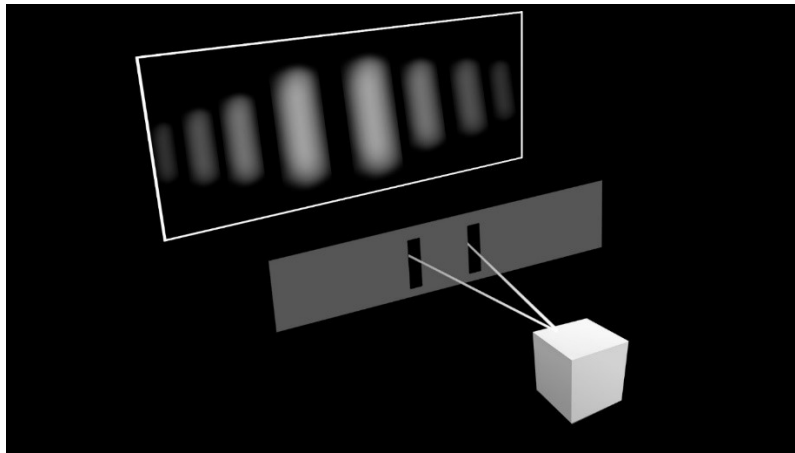
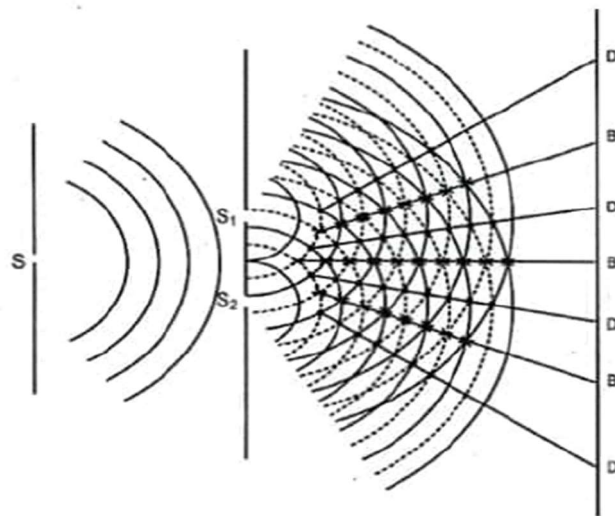


Figure 2:Wave pattern formed on the screen



The concept of wave nature of light forming wave pattern or interference pattern

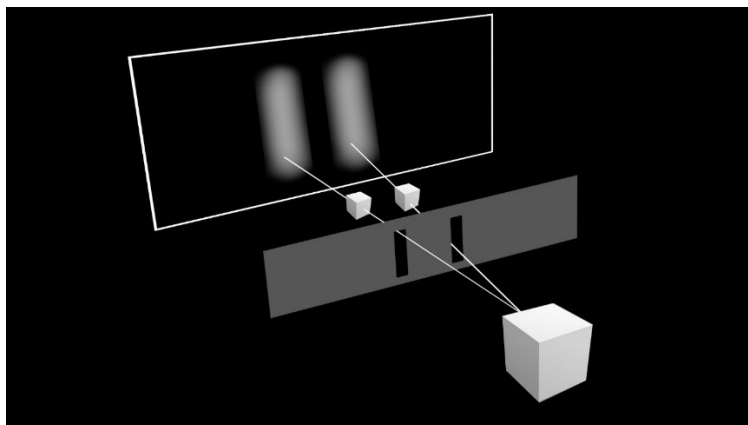


Figure 3: Particle pattern appeared on screen when monitored!

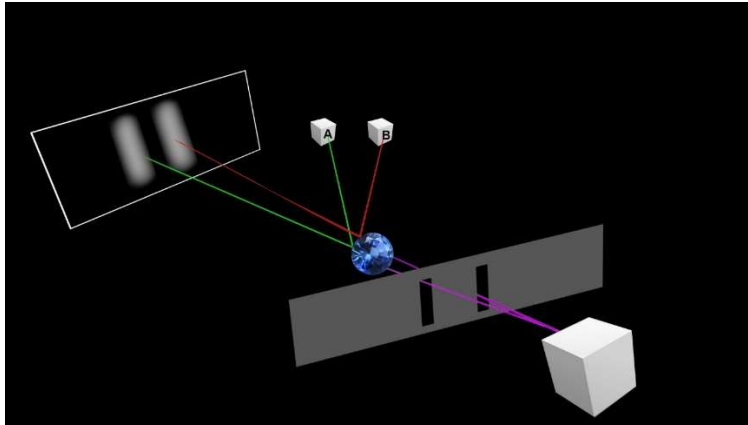


Figure 4: Even when the path was separated, a particle pattern appeared on the screen when monitored!

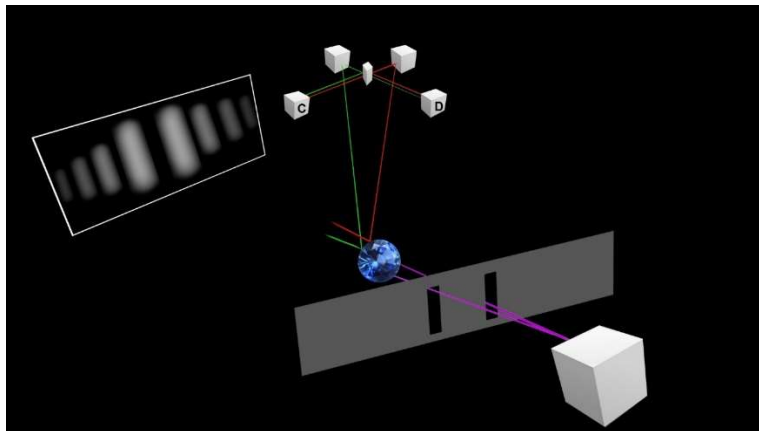


Figure 5: Even when the path was separated, a wave pattern formed when not monitored!

Based on the double-slit experiment outcome, scientists concluded that

- All elementary particles – electrons, protons, atoms, molecules, ions – behave as waves when not observed.
- When you observe, they collapse into or behave as particles.

Naturally, the fundamental question is, why should observation matter at all?!

Let us devote some time to comprehend this phenomenon closely. It appears to be nothing short of magic or a miracle. If there were no relation between the conscious observer and the inanimate matter, such a thing would not have occurred. The fact is that it has occurred.

If someone wants direct proof where thoughts influence the material, the mind affects the matter, and consciousness affects the quanta, it is here. It is not just a matter of a few atoms and molecules under the influence of consciousness. It shows that consciousness directly impacts all the elemental particles that make up this universe and its materials.

In the double-slit experiment, the role of consciousness was only limited to that of observation. We can say it was a case of neutral consciousness. There was only an intention or curiosity to observe. Neither were good nor bad emotions or feelings attached to it. And yet, that was the result. It would have been logical and conclusive if more experiments were carried out to find the influences of consciousness on the matter of both positive and negative mindsets. A variety of such experiments would be possible, but they were not done. Even now, there is a lot of scope for such studies.

b. Double Slit experiment remains an unexplained mystery till now to scientists. Attempts are made to drive home that consciousness has no role in the experiment. Various explanations are put forth. But, these explanations do not answer the behaviour of all aspects of double-slit experiments mentioned in the previous section.

From the experiments, we can infer the following:

- The elementary particles will be in some random state, scattered and oscillating unpredictably in space when not observed.
- Consciousness is responsible for the activities, behavior, and movements of all atoms, electrons, ions, and molecules.
- Observation or attention brings predictability, and the elementary particles get organised.
- Consciousness influences matter irrespective of distance. The effects are significant and long-lasting.

This quantum experiment has remained a mystery to all the people who believe in the existence of only physical materials in this world. For those who had direct experience of something that pertains to non-physical aspects of life and the universe, it is information that brings significant relief.

The question one has to ask is, why is this crucial finding still being hidden away from science students all these years? It brings an entirely different perspective as to how we understand things and many phenomena related to mind and matter. Why is there no inspiration to conduct further experiments in the domain of mind-matter interaction? When there is such solid evidence of the existence of non-physical science, why should it be ignored?

One may argue that the effect is not seen in classical physics or that the materials don't behave similarly. But it is to be noted that the materials are made of fundamental particles like atoms and molecules. Thus, even the atoms and molecules that make up those materials are under the influence of consciousness. The fundamental matter is still under the influence, and so the effects of consciousness will be seen sometime or the other. Due to many physical characteristics like weight, particles won't exhibit motion. These particles, as such, don't have consciousness, nor do they have memory or feelings. They are always passive. But the fundamental particles are already influenced and are under the influence.

Take the example of when they are part of materials like chairs and tables used by all in day-to-day life. They are under the influence of consciousness all the time. This will be reflected through many events indirectly, like a material will give its value, even in terms of good feelings, to its user as long as the user gives value to it. Otherwise, on one pretext or the other, its utility value may become limited.

One must continually experiment in life to validate the profound implications of this remarkable observation and accumulate the authority of experience. Everything around us is made up of elementary particles, including the articles we use every day and the food we eat. It's fascinating to realise that the consciousness with which we prepare food will affect these particles. Conversely, the particles subtly influence the emotions and sensations of the one who consumes them. For example, when we cook with a positive and caring mindset, it can not only make the food taste better but also influences the thoughts and feelings of those who consume it.

On the other hand, if someone prepares food while feeling angry or disrespectful, it can affect how we feel when we eat it. It may seem strange, but think about it. Would you still enjoy a delicious treat if it was given to you by someone who was angry and mean? Or imagine someone pretending to be nice while actually feeling negative inside. Whether we are aware of it or not, these emotions can have an impact on our experiences.

We will discover the relevance of the findings of the double-slit experiments in human biology in later sections.

7. Other findings that show the influence of consciousness

There are several other observations or experiments which are of interest.

1. Emoto's crystal experiments

A Japanese scientist Masaru Emoto conducted a series of experiments on water crystals. The crystals developed elegant pleasing patterns when subjected to good thoughts and feelings. When subjected to negative thoughts, they developed like "ghosts" patterns.

2. Random Event Generators

Around the globe, apparatuses called Random Event Generators are installed. They generate random numbers all the time. Yet, it was observed that during certain global events, when most people had similar feelings and thinking, they exhibited definite predictable patterns that were not random.

3. Experiments on plants

This experiment involved humans making positive thoughts about specific plants and negative thoughts about others. The plants subjected to positive thoughts thrived, but the other plants paled.

The following observations are worth considering -

a. It is to be noted that a common point in all the observations is that the behavior of atoms, electrons, ions, and molecules is affected by non-physical force.

b. If we go through the public domain, we will find that scientists have criticised the above experiments for the methodology followed. They consider them to be unscientific. Many would claim that these are already debunked without giving details. But, there is no information anywhere that specifically mentions what particular step is wrong with the methodology, nor is an alternative or correct method suggested. Results are not disproved either. They are only discredited. Without pointing out particular errors, criticising something that is conveying helpful information is not a healthy sign. When some experiments yield practical results, it requires to be probed further. In the interest of finding out the truth, a suggestion of the methodology or correcting it would be more desirable than an outright condemnation of such experiments.

8. Medical mysteries

We are witnesses to a host of incidents and cases that have remained a mystery so far as medical sciences are concerned. These are all well-documented and are in the public domain.

1. Child prodigies

There is well-documented evidence that children show extraordinary talents, skills, and competencies at a very young age. The question arises as to how they developed such exceptional capabilities. The case studies involve children from diverse backgrounds, like science, mathematics, music, memory and so on. This is something that has remained beyond the reach of medical sciences.

2. Conjoined twins

There are cases of conjoined twins that exhibit outstanding coordination, harmony, and maturity. Who taught them to lead a life of such a high level of understanding?

3. Cases of minimal or no brain

By going through the archives of medical history, one will find several people with tiny brains or brains with huge chunks missing entirely, which defy all odds. When major parts of the brain itself are missing, which is considered to be the basis of everyday living, then it is a matter that needs an extraordinary investigation to find out what entity is responsible for enabling a normal life.

4. Cases of NDE and OOB

There are well-documented cases of Near Death Experiences(NDE) and Out Of Body(OOB) experiences that have remained a mystery for the people of neurosciences. The people who have undergone such experiences usually narrate that they left the physical body and went into an altogether different dimension from where they could see and feel all the events “down below on earth” when their bodies were being treated, and they were totally conscious as per the medical diagnosis. For example, they could find an object somewhere else when they were lying on an operation table. In some cases, they explained precisely how they were operated upon. They describe encountering a spirit far beyond the earth. Their experience is of death being a “painless, fearless and benevolent” one. Many books have been written on these topics by many authors. Among the people who underwent such experiences include many doctors, including a neurosurgeon who earlier believed only in material existence.

5. Past life memories

In several extraordinary cases, children are able to narrate several detailed incidents of their past births. When a detailed investigation was conducted, they were found to be factually correct. The children narrated incidents “out of their memory” when they were not even exposed to such news or stories.

6. Thinking affecting health

There is a definitive effect of patients’ thinking and consciousness accelerating the healing of diseases. Also observed was the development of non-existent diseases due to negative thinking. Such recorded evidence is available across the globe involving people from all backgrounds.

This case is undeniable and very evident. Countless case studies and practical cases have validated it. There are innumerable recorded cases of diseases of unbelievable nature and severity getting cured by sheer willpower, positive attitude, and outlook of the patient. The converse is also found to be true. Persons scared of diseases, and their effects, imagining their plight in the worst conditions, are found to develop disorders that did not exist before. These findings show that apart from the medicines, the person’s consciousness has definite influences

on health issues. As per medical science, there should not have been any link between consciousness and disease healing or development.

The case of OOB and NDE points to the presence of an immaterial entity that has the ability to go beyond the body and experience multiple events simultaneously.

Past life memories show that the immaterial entity that runs parallel to the brain but the one that controls it is also immortal. With physical death, the information, experiences and impressions get carried to another life.

The most unfortunate thing is that rather than unbiasedly investigating the cases to get to the bottom of the truth, scientists and doctors tend to tick them off, often attributing them to hallucinations. At the least, there should be an attempt to rationally explain phenomena that are practically witnessed by many people and also found to be true. The study of these events is of invaluable benefit to humanity.

9. The way to comprehend consciousness

Upon careful consideration of the preceding sections, it becomes evident that the materialistic perspective of the brain cannot create our experiences. Consequently, one must contemplate and embrace the possibility of an immaterial, metaphysical entity with the consciousness that operates the brain.

One has to challenge the self and honestly introspect if there is any problem in accepting this all-important premise given the critical and often-overlooked pieces of evidence. The outright disdain for such occurrences seems to stem from the unwritten gospel that “what cannot be seen by some means” cannot “exist”. Further, such views are labelled as unscientific and illogical. Further, there are gaps in the theories put forward so far, which make attempts to explain the brain alone, accounting for all aspects of consciousness.

However, what truly matters is the pursuit of truth. At times, this truth can be uncomfortable, especially when it contradicts established beliefs, which in this case is brain accounts for everything. It is essential to recognise that exploring the immaterial and spiritual entity is just as scientific and logical as any other inquiry.

Our natural inclination is to perceive and describe the world solely from a materialistic standpoint. Yet, it is crucial to shift our mindset and observe from the vantage point of consciousness, opening ourselves to a new and enlightening perspective.

When explaining the subject of consciousness, like the description of a physical entity, usually every effort is made to explain the nature of consciousness from the point of view of the physical world, including the body, brain, etc. But this approach itself is illogical and will not succeed or correctly explain the truth after a certain stage because non-physical or metaphysical cannot be understood from the physical viewpoint. But the other way round is always possible. Consciousness can be understood only through consciousness, the direct personal experience.

When we say “personal experience”, the ‘person’ referred to here is the soul, whom we describe in detail in the following sections. Soul brings the “lively” or “living” characteristics to the body. So, the only effective way is to understand every phenomenon in this world from the standpoint of the soul or the viewpoint of the soul. In this view, the world, the human body, and nature are understood from the context of the soul. It is a view of the external world from within.

The soul has consciousness. Spirit, psyche, and Atma are all different words for soul. I am that soul, and I have that consciousness.

What is a soul? How to understand a soul? How to comprehend him, or still better, myself?

Before we proceed to understand the soul, let us first grasp how we deal with several things or phenomena in life. When I “think” or “create a thought,” have I taken time to give “consideration to the thought itself”? A thought has never ever been a physical phenomenon. This is one point that has always been just taken for granted. If we go a bit more into this aspect and try to think it over, it would become easy to understand the self! Similar phenomena apply to concentration, feelings, and emotions like love, peace, happiness, joy and other virtues.

These are some human phenomena to which we usually don’t attach much value and give little importance to their ramifications, effects, and nature during the course of our daily routine. Now we will give the importance these phenomena deserve and then start understanding the person, the soul, or in other words, myself. Sitting where we are, let us take a few minutes off to scan through our own life experiences and then prepare ourselves to understand the real person – the soul.

We must make an honest effort to comprehend them purely “as they are” with only our direct experiences.

There can be some confusion over several aspects that make comprehension of spirituality challenging because these are not physical. But anyone can definitely understand, comprehend and experience this all-important subject correctly and accurately.

The most important aspect of the world is finding out what the “truth” is. The truth will come out with an unbiased exploration of the phenomena we observe and experience. One cannot and should not overlook the importance of direct experience.

10. Understanding I, the soul

Let us now make a sincere effort to understand the self. It is a unique journey of life in which we explore, discover, understand, and comprehend the self. The only method to find the self is **“by turning within and by being in silence”**. As the following lines are read, it would be good to pause now and then and make an internal effort to feel the meaning deeply internally. While reading, information needs to be absorbed as well as experienced. So, the sentences intermittently change between the third and first person seamlessly.

A soul is a subtle, infinitesimally tiny, sentient point of light. When we refer to light, it does not mean physical light. When we say tiny, the size is smaller than the smallest of the possible elemental particle in this world. But, it should not be compared or construed in a physical sense. A soul cannot be measured or seen under any microscope, nor can a soul be compared in size even with the smallest particles like atoms or electrons. This is because the soul is subtle. The soul is an entirely non-physical or metaphysical entity. Still better and apt is the soul is a spiritual entity. A soul is immortal, indivisible, and indestructible.

The body is non-living and insentient. It is formed out of the elements of nature. Life starts when a soul enters the body formed in a mother's womb. When the soul leaves the body, it is the end of life or death.

In a body, the soul resides in the place which is the centre of the eyebrows and behind it in the brain. This is the seat of the soul. The seat of the soul is illustrated in the diagram.

So, I am a sentient, conscious soul seated in an insentient body. I, the soul have three subtle powers or faculties or abilities – “to think”, “make decisions”, perform actions through the body and, as a result, “form latent tendencies”.

My thinking ability or power is called “mind,” which is another name for the capacity to think.

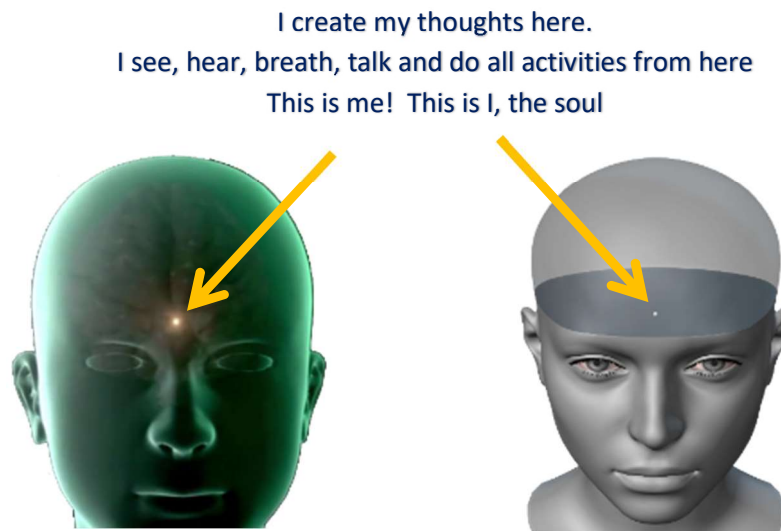
My judgment or decision-making power or ability is called “intellect,” which is another name for the capacity to analyse, discern and judge.

My ability to form my own habits or impressions is called “latent tendencies” or “impressions,” which is another name for my capacity to develop them. It is also called the subconscious, which is known as “samskara” in Indian languages.

The soul is bound by the law of Karma or action. It cannot be separated from the nature of a soul. Every action, performed knowingly or unknowingly, has an effect. For every good karma a soul does, the soul enjoys. For every bad karma a soul does through their body, the soul suffers. A soul naturally acts as per the law. The awareness of the law of karma enforces a sense of responsibility on all.

Each soul has their own abilities, capabilities, uniqueness, and capacity to acquire spiritual powers, strength, and the like, which may vary with time. Physical laws do not bind them.

Practically, it should not take any time to feel the sentient self and the subtleness of ‘I’ the soul, because we are actually that. But, since we are so used to physicality, we tend to comprehend every entity in physical terms. It requires a bit of finetuning our attitude and mindset to comprehend the self as a sentient, conscious soul. We need to understand ourselves as the soul as is, i.e., as the soul, a subtle entity without any physical shape, size or mass or does not occupy space.



11. The ontology

An appropriate usage of any term would rightly and precisely describe the characteristics of the subject we are discussing. Whenever I refer to myself by saying “I” – irrespective of the context – I am referring to myself as a soul. Similarly, when we call or refer to someone else, we refer to that particular soul, not their body. A soul should not be referred to as “it” by the convention of language. This is because the soul is a living, sentient being. It is the body that is non-living. So, it is essential that we address a soul as “he” and feel the “living,” the sentient being.

A soul can be referred to as he, him, his. Though the soul is gender neutral, due to convenience and spontaneity, and also the limitation of languages in the absence of any suitable word, the soul is addressed as “he,” “him,” and “his.”

Only when a soul enters a body can we refer to that person as male or female, depending on the body being female or male. The reference of “he” to a male when a soul is in the male body is different in context when we refer to the soul as “he” when outside of the body, standalone.

Languages predominantly describe physical phenomena, things or objects. It has inherent limitations when we represent the spiritual entity, the soul. This limitation is mainly because of the language. No word in the language addresses the soul, the sentient, in some unique gender-neutral way.

The following is a list of correct and incorrect usage

| Correct Usage | Incorrect Usage |
|------------------------------|-------------------------|
| 1. I am a soul | 1. My soul |
| 2. He, the soul | 2. It is a soul |
| 3. Him, the soul | 3. It, the soul |
| 4. I have consciousness | 4. I am consciousness |
| 5. I have energy | 5. I am energy |
| 6. “I” means, I, the soul | 6. “I” means the body |
| 7. “You” means you, the soul | 7. “You” means the body |

12. The sentience of a soul

Our mindset would be inherently and naturally different when we look at a living being vis-à-vis a non-living being. Again, there will be a difference in the outlook when we look at a dead body as against a living person. The contrast is evident. However, there is no difference between non-living materials and dead bodies apart from the emotions toward that person who existed before.

Soul is the one who makes all the distinctions. The presence of the soul in a body makes a person alive. Soul is sentient. He brings life to the body. From the moment the soul exits a body, it (the body) becomes dead. There will be no life in it.

Whenever we address ourselves as I, we actually refer to ourselves as souls. The following explanations clarify the point.

When I say my name is Mr XYZ, the meaning of it is “I am a soul”; the body in which I am present is male, and its name is XYZ. When I say my name is Ms ABC, the meaning of it is, “I am a soul”, and the body in which I am present is female, and its name is ABC. So, it would be a misnomer when we say “my soul” because I am, in fact, that very soul, and what is mine is the body. Similarly, when we address someone else, we are indeed referring to that soul, not the body.

All these ways of addressing the self or the others bring with it the sentience of the person. We can say a synonym for the soul is life. Soul is the very life force. We intuitively understand and respect what this means. So, the only emphasis here is the presence of the soul, which makes all the difference when present in the body. We all know the value of life, which needs no emphasis.

The body is living as long as the soul is in the body. When we say, "life is gone," it implies that the "soul has left the body," which, in other words, is death, and the entire cells and body functions cease.

•

I am Soul
Soul is a point of light
Soul is a sentient being

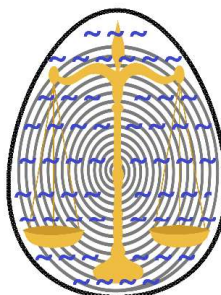
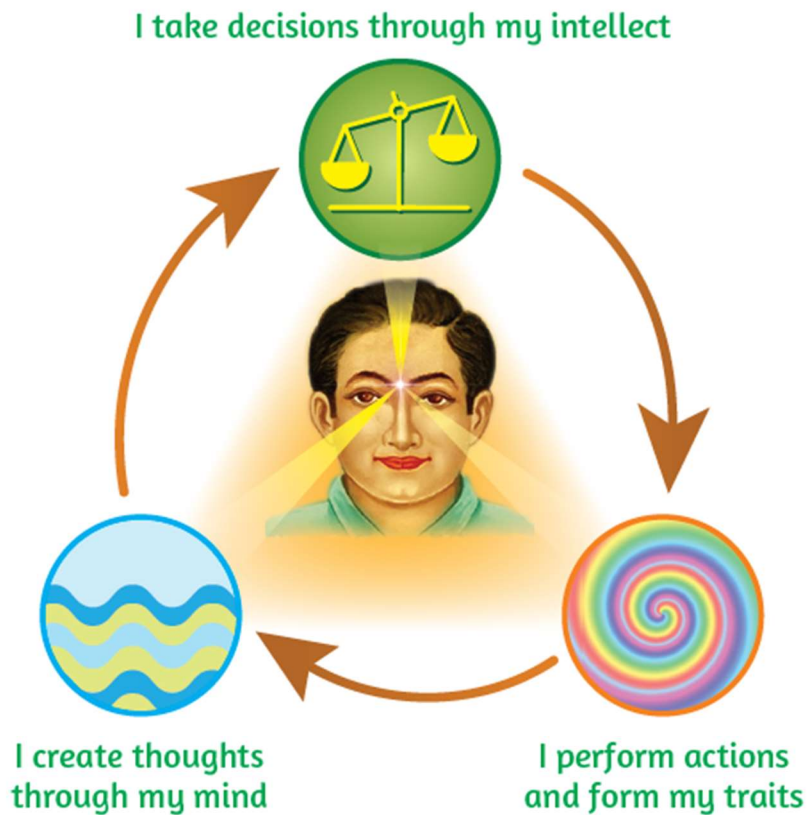


Illustration: In the tiny point of light, the soul, thoughts, decisions and formation of latent tendencies takes place.



*Three faculties of me, the soul.
I, the soul, am the Master.
I am responsible for my
thoughts, decisions and actions.*

13. Functions and characteristics of a soul

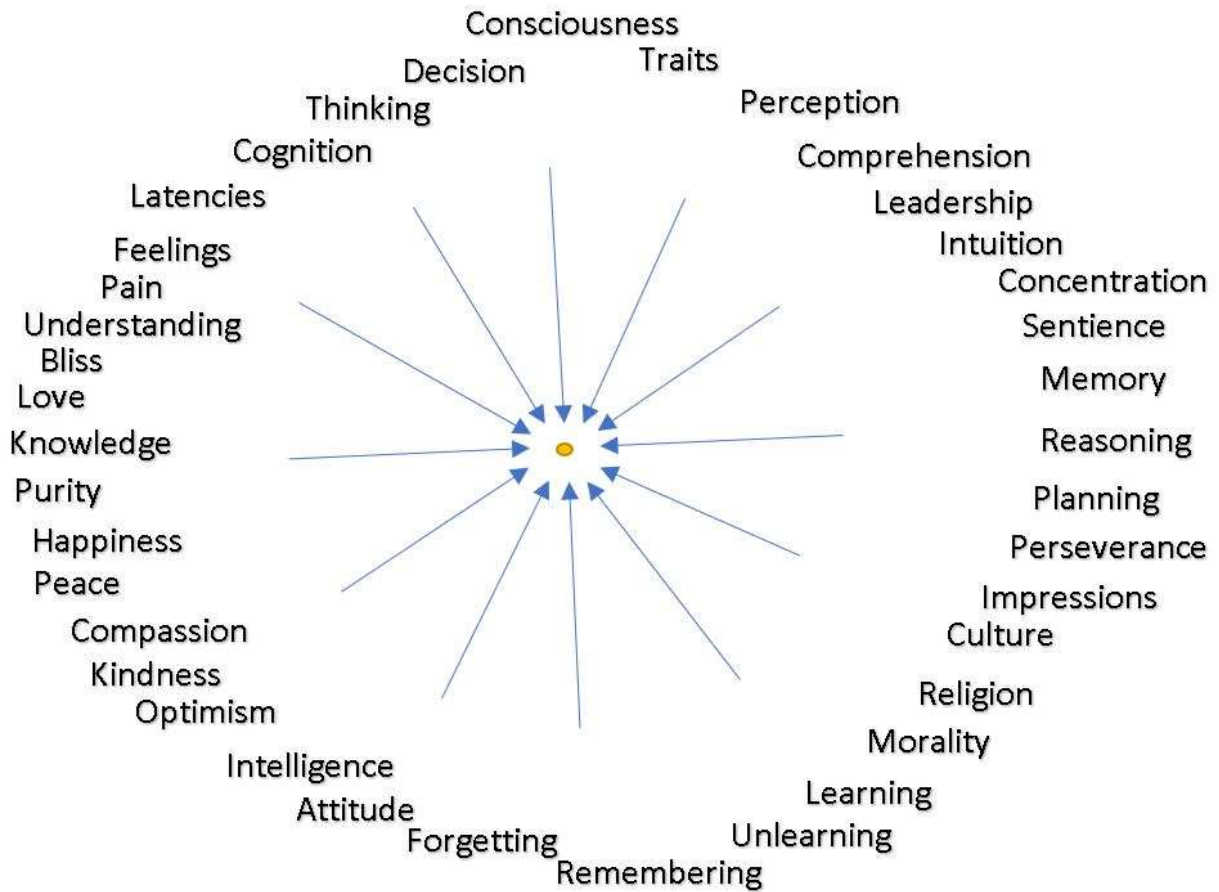
As described previously, the soul has three subtle powers – the mind, which is the ability to think; the Intellect, which is the ability to analyse, discern and make decisions; the latent tendencies, which are the impression created in the soul as a result of actions performed. Any of the characteristics of a soul can be mapped into these three faculties.

The following are all the characteristics of a soul. None of these are the characteristics of a brain or any other part of the body.

1. The first and foremost characteristic of a soul is that he is the conscious element or he has “consciousness”. Soul is sentient. The awareness or the cognitive element is all the characteristics of a soul.
2. Along with creating thoughts, thinking can be in the form of ideas, imagination, dreaming, picturisation, visualisation, going through recorded memories, and the like.

3. Emotions and feelings are the characteristics of the soul. Joy or sorrow, pain or pleasure are the ones that a sentient soul experiences. In fact, this is the nature of sentience.
4. Expression through multiple ways is the very nature of a soul.
5. Soul is the one who actively uses the body to do all kinds of work. Many activities are done consciously, deliberately, or actively. There are also some activities that are done involuntarily.
6. Behaviour is an aspect originating from a soul.
7. Soul is the one who sees, hears, tastes, smells, and feels the touch.
8. The feelings of tiredness or exhaustion or sleepiness are experienced by the soul. Usually, a soul unknowingly withdraws from the feelings of the body during sleep. Soul experiences dreams.
9. With practice, it is also possible that a soul will be very much conscious while giving rest to the body.
10. The soul has beautiful characteristics of remembering and forgetting.
11. Determination, will, attitude, leadership, intuition, intelligence, capabilities, optimism, concentration, perception, comprehension, learning, unlearning, interests, efforts, perseverance, practice, focus, mindset, orderliness, discipline, and the like are all attributes of a soul.
12. Soul exhibits diverse characteristics. Peace, happiness, knowledge, love, bliss, purity, and joy are the basic qualities of a soul. These basic qualities lead to many other desirable qualities like compassion, empathy, sympathy, understanding, selflessness, sweetness and many more. A person will be in a good frame of mind as long as these basic qualities are maintained. The absence of these basic qualities results in lust, anger, greed, attachment, and ego. These, in turn, breed other negative tendencies like jealousy, hatred, revenge, selfishness, inferiority and superiority complex, crookedness, and the like.
13. Soul is ever conscious, whether in a body or outside. However, when a soul is in the body, he will exhibit different states from the bodily viewpoint, viz conscious, unconscious, and subconscious. When conscious, the soul is aware of what he is doing through the body and the experience he is undergoing. In the unconscious state, he is not aware of his own self. The subconscious is that aspect of the soul that acts automatically due to past impressions or experiences. This is due to repeated actions that have become a habit. This can also include routine activities like seeing, hearing, walking, eating, drinking, tasting, driving etc.
14. Moral values, human values, spiritual values, faith, belief, and ethics are attributes of a soul.
15. Birth – where a soul enters a body. The body he takes could be either male or female. The results of actions or karma are formed as ‘Samskara’ in the soul. The soul has latent imprints pertaining to both genders, corresponding to actions carried out through male or female bodies.
16. Souls have the innate nature to make extreme sacrifices. Many times they sacrifice their own lives to help others.
17. Soul has the ability to make spontaneous plans, ideas, split-second decisions, and so many feats limited by imagination.

The diagram that follows here gives a sense of all the qualities, but not limited to those mentioned, that are there in this tiny point of light, the soul. So, we need to note here that the terms like emotional quotient and intelligent quotient are attributes of the soul, not the brain. They give an understanding of how intelligent the soul is or how emotionally stable a soul is.



14. The meaning of consciousness

Having understood the soul and various characteristics of the soul, we will arrive at the precise definition of consciousness.

Though sentience and consciousness are often interchangeably used, sentience refers more to the living aspect of a person or that a person is alive.

Consciousness is the ability of a soul to think, decide and form a habit. It includes having and experiencing feelings and emotions. So, we can say that consciousness is the sum total of everything happening in the soul.

A soul is inherently conscious, which is his very nature. A soul has a consciousness all the time. A soul experiences total freedom outside of a body. In a body, many abilities of a soul will come under bodily imposed limitations.

How much conscious a soul is, is understood by their expressions through the body in which he is living in innumerable ways. It varies from soul to soul, depending on many factors like past experiences, thinking and decision-making ability and knowledge accumulated. Further, consciousness differs with time with changes in perceptions and learnings.

15. Soul-Brain interface concepts

Having understood the brain and soul separately, let us now find out how the soul interfaces with the brain. We will understand how expressions and functions in the soul transfer to and translate from brain activities. In doing so, we will understand how the soul comprehends the activities in the brain.

Earlier, we discussed practical cases in which consciousness affects the matter. The elementary particles get streamlined and behave in a predictable manner due to the observation or attention of the conscious entity. Similar phenomena happen in the brain. The observations on the physical matter in these experiments are insightful and can be extended to what happens in the brain.

A soul is seated in the centre of the eyebrows and behind it in the brain. The soul is surrounded by billions of neurons. Each neuron, in turn, comprises countless elementary particles – electrons, atoms, molecules, and ions. They are continuously getting influenced by the consciousness of the soul.

An analogy to comprehend this concept is the behaviour of iron filings in a three-dimensional magnetic field. Affected by the magnetic field, the iron filings align themselves with it, giving various exciting patterns in line with the shape and types of magnet.

Similarly, a soul exerts a kind of “subtle field” around him in which all these elementary particles would “align” themselves and move. **The soul is “subtly” connected to all elementary particles in the brain.** All molecules and ions are harmoniously traversing around the soul in tune with the soul’s consciousness. Neuronal activities aid these elemental particles in attaining their positions in all instances as per the consciousness in the soul. Soul influences all the particles in “his field” in all directions. Thus, the soul is responsible for the activities, behavior, and movements of all atoms, electrons, ions, and molecules. He keeps influencing all particles and, thus, the actions of cells and organs all over the body.

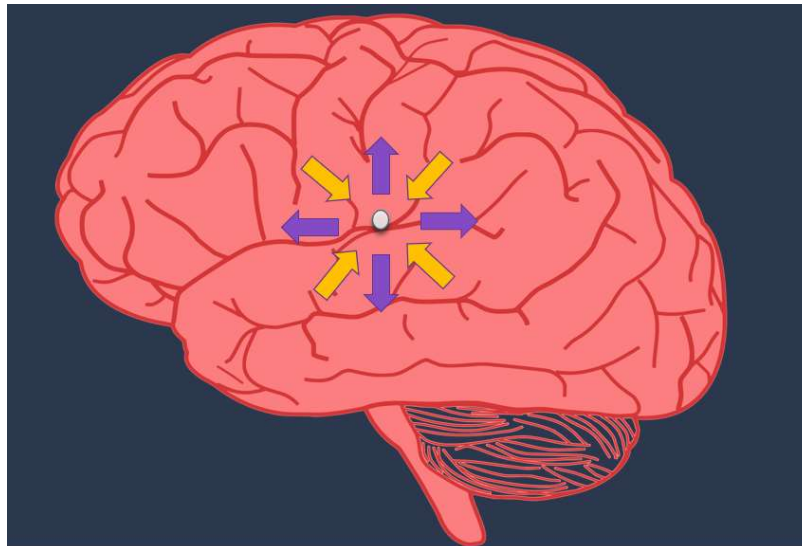
The converse of this is also true. Patterns of particles formed in the brain due to neuronal activities from sensory inputs become inputs to the soul. The patterns are formed in the brain through the senses, like eyes, ears, tongue, nose, and touch. Soul keeps comprehending such patterns. This is how the soul collects information and deciphers each sensory input.

Such patterns are also formed due to the soul’s own thinking. The soul is affected by the patterns he created earlier. More about it later.

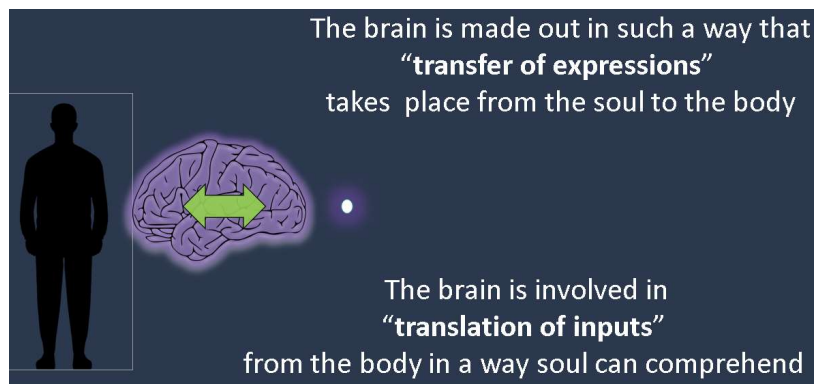
The brain structure, activities, and interface are favourable for the soul to be seated there and carry out innumerable activities throughout the lifetime. The brain is made out in such a way that the “**transfer of expressions**” takes place from the soul to the body through the brain. Similarly, the brain facilitates the “**translation of inputs**”, which is feeding sensory inputs from the physical world, body included, to the soul.

However complex a brain may be, it is, after all, a passive organ capable of forming pathways that complement the soul’s functioning. The brain is the control room of the soul. The soul employs the brain to control the movements of the body, and it employs as it wishes any one or more parts of it. When in the body, the brain is also the machine utilising that which the soul thinks, remembers, receives messages from, or gives directions to the sense organs. The brain is the meeting place of all nerves, which carry sensations from all parts of the body to the brain, which functions like a control room and makes the body work. It is in the brain that the soul, through the nerves, puts the body to work and experiences physical sensations, pleasure, and pain, or happiness and sorrow.

But, the brain is separate from the soul; the brain is a complex thing made of matter, whereas the soul has the life principal or consciousness.



Soul interacts with the brain



16. Soul-Brain interface for organs functioning

Each neuron can create connections with 10,000 other neurons through its axons and dendrites. There will be over a trillion connections. An action potential is formed in each neuron, which subsequently results in ions and molecules jumping from one neuron to the others. Each neuron can receive signals from up to 200,000 connections and can transmit to 10,000 neurons further down the chain. This results in transferring of signals among neurons. Messages are passed between them in this way. One can imagine the mammoth complexity of the brain.

A desire or intention in the soul, say to move hands or legs, will initiate a pattern of elementary particles, i.e., electrical activity through the movement of ions in relevant regions of the brain to start the process of transmitting signals. The neuronal firing takes place accordingly. This is how a particular region in the brain has its origin to operate different parts of the body. It is to be noted that the soul, of his own free will, initiates the action. The neuronal firing in the brain subsequently leads to neuromuscular activity, resulting in the movement of that part of the body.

Similar is the case with eating, drinking, and talking. A feeling of happiness in the soul results in the related neural firing that ends in a smile on the face through related neuro-muscular activities.

The visual images through the eyes end up in the brain's visual cortex. A pattern is established from the neurons that interface with the cells associated with the visual senses to the visual cortex. The soul then comprehends and interprets respective images in motion in three dimensions.

Similarly, a sound that propagates into the ears, a smell that passes through the nose, a taste through the tongue, and a sense of touch through the skin get translated into the patterns of elemental particles in the brain in their specific regions. Soul will comprehend all these related patterns.

One aspect is worth noting here. For this purpose, we will only take the example of smell and taste. When the neuronal cells interface with the cells that taste and smell and later end up in their respective locations in the brain, only the path of the neuronal firing tells the source of the taste or smell.

This function, by itself, illustrates the humungous capacity of the soul, with its subtle connections with all particles in the brain, and senses the inputs through the sense organs. The soul can take all kinds of sensory information through the brain and operate various body organs.

17. Soul-Brain interface for the internal functioning

From trivial thinking that results in doing nothing but idling to the thought “why the apple fell down,” that changes the destiny of the world or the feelings of compassion and sacrifice, all the thinking, decision making, and latencies formation is going on in the soul.

Throughout a lifetime, a person thinks, thinks and thinks. Lots and lots of thoughts are generated. Only that person creating quality thoughts stands out from the rest. Many processes are happening in the soul that may never result in any actions immediately, or the actions may be totally unrelated to what the person is undergoing within.

Let us go through the life of a typical person. This includes yourself (the reader) as well! When a fetus is formed in the womb, the soul enters into it. After being brought into the world, the child keeps seeing, hearing, sensing, eating, drinking, smelling, and tasting. It keeps learning many things tremendously as it keeps interacting with its own body, nature, and of course, the people around it. Then it learns to move its hands and legs and later crawl, walk, and perform many activities. The internal, invisible functions like thinking, decision-making, learning, curiosity, experiencing, comprehending, creating a mindset, forming opinions, and remembering all keep happening throughout the lifetime. All these are natural traits of a soul. In other words, the soul is constantly developing his own consciousness.

A soul's functioning keeps establishing relevant patterns in the brain. Thoughts a soul creates, decisions he takes, the actions performed, the sanskars (traits), habits formed in him, the associated intentions, desires, feelings, and emotions – all result in the formation of specific patterns in the brain. In other words, as per the consciousness in the soul, neural paths keep developing in the brain. The patterns in the brain could get formed either instantaneously with the soul's consciousness or over a period of time.

These patterns or the neural paths formed, in turn, affect the soul as the soul continuously takes information out of brain patterns. The soul comprehends the same pattern and makes interpretations. The time-lapse between forming and comprehending could be in seconds, minutes, hours, days, months, years, or decades. Some patterns may change instantaneously with the consciousness. Other patterns may continue to persist even

if the soul changes his consciousness. We can say there is a kind of *inertia*. This is especially so when we forget about ourselves and identify with our bodies. The pattern may change after repeated reinforcement of the thoughts. In other words, power or intensity of thought and decision, or willpower, influences neural paths.

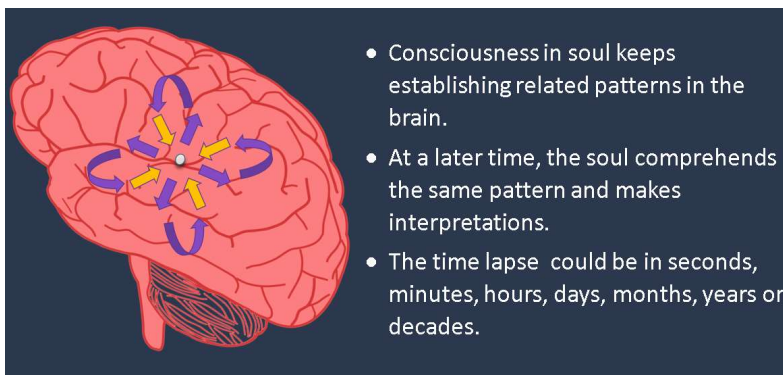
The entire brain is made of neurons. Neurons that make up the cerebral cortex also make the amygdala or hippocampus, barring from a few specific differences in nuclei. When this is so – meaning the physical structure of all brain regions is the same – then how and why are they functionally different? It only shows that all are designed by nature to enable the soul to function efficiently. Some functions are readily coded in particular brain regions, so that soul can function effortlessly.

Soul does multiple simultaneous activities that get transmitted across through various specialised organs in the brain because they are designed by nature to handle the functioning of the soul. For example, the amygdala may be suitable for transferring emotions. Soul uses every part of the brain, or equally meaningful is to say, every aspect of the brain “obeys”, so to speak, the commands of the soul.

Memory is present in both the brain and soul. It is a combination of the soul's intrinsic nature and the patterns created in the brain due to his consciousness. A soul may use it whenever needed. Soul will also be able to hold and recall events independent of the brain. So long as the soul is in the body, the soul will usually use the memory stored in the brain. Soul will extensively make use of the brain for all his activities. The memories in the brain are like a pigeonhole. Soul keeps placing information in the brain and keeps reading them back.

A soul is dependent of the brain to express himself adequately. When defects are present in the brain, a soul will have limitations. When current is injected into several parts of the brain through electrodes, it helps a soul to express himself easily. The analogy is similar to treating fractured hands or legs by way of fitting rods so that the person finds it easy to move hands or walk. As is a rod to the limbs, so are these currents to the soul.

The relation between the soul and the brain, the pattern formations due to the way a person, precisely the soul, clarifies the nuances associated with neuroplasticity, brain re-wiring, OCD and certain behavioural patterns. Further, it explains how a sustained effort to nurture the right consciousness improves the mental health of the person. More of this is described in later sections. Since we souls need to take responsibility for the way we t



18. Understanding sleep

Being awake for long hours will push any person towards rest. Nature has an extraordinary means to rejuvenate a person from tiredness by means of rest both to the soul and the body.

A soul has some unique characteristics or abilities

- A gifted capability of a soul is his ability to become “bodiless” even as he is in the body.
- A soul can withdraw or detach from the feelings of the body.
- Soul also has got the wonderful capacity to remember and forget.
- One more characteristic of a soul is to merge and emerge from past experiences.

Sleep is a state during which a soul withdraws from the feelings of the body, becomes bodiless – so to say – and forgets as long as sleeping. When a soul slips into sleep, the soul switches off from the feelings of the body and the world. After the sleep is over, the soul again comes back refreshed to operate the body.

A soul continues to leave a trail in the brain based on thoughts, decisions, attitudes, mindset, and impressions. During sleep, the soul, in turn will keep comprehending such patterns. This forms dreams.

Dreams could vary from being sweet and funny to terrifying and disturbing. Sometimes, it may reflect some unfulfilled wishes of a person in some weird way. The person may check for unresolved conflicts in their life. But one should not give any importance to dreams. If something untoward is watched in dreams, it should not be construed as a bad omen. Dreams are, after all, dreams. It does not reflect reality. After getting up from sleep, one should shrug it off and focus on activities to be attended to.

A soul always acts and communicates through the body. There is an intimate relationship between the two. The body is inanimate, but the soul feels the pleasure and pain through the body. From the viewpoint of the body's activities, a soul can go into an unconscious state for many reasons. But as such, the soul is always conscious.

19. Soul-Body interaction

An innate nature of the soul is to express themselves. Curiosity or desire to see and know things are also the soul's intrinsic nature. To realise these, the soul interacts with the body.

A soul predominantly expresses emotions and feelings through the face. As is said, a face is the index of the mind. Through eyes, ears, mouth, and skin, a soul fulfils his desire to get needed information. The remaining expressions of the soul are evident through body language.

From the time the soul enters into the body till its end, the soul keeps operating the body in innumerable ways. In other words, we, the souls, use our bodies in numerous ways. A soul has all the following knowledge latent in himself.

- A soul has latent knowledge to operate the hands, legs, eyes, ears, mouth, and many other body organs voluntarily.
- The body's involuntary functions, like the heart, lungs, kidney, liver, etc., keep happening so long as the soul is in the body. It is because of the soul that these functions occur.
- All the cells in the body keep functioning due to the soul's presence. The power of the soul ensures the various molecules, atoms, and ions work together as cells and tissues in the body.

So, the ease of operating the complex functioning of all body organs, including the super complex brain, is embedded naturally in the soul. It is an innate characteristic of the soul.

The body evolves as per the nature of a soul. The structural and functional aspects of the brain get formed as per the blueprint in the soul, which will take their place in the body. So, how brain functions can be best understood if we understand and experience the self as a soul.

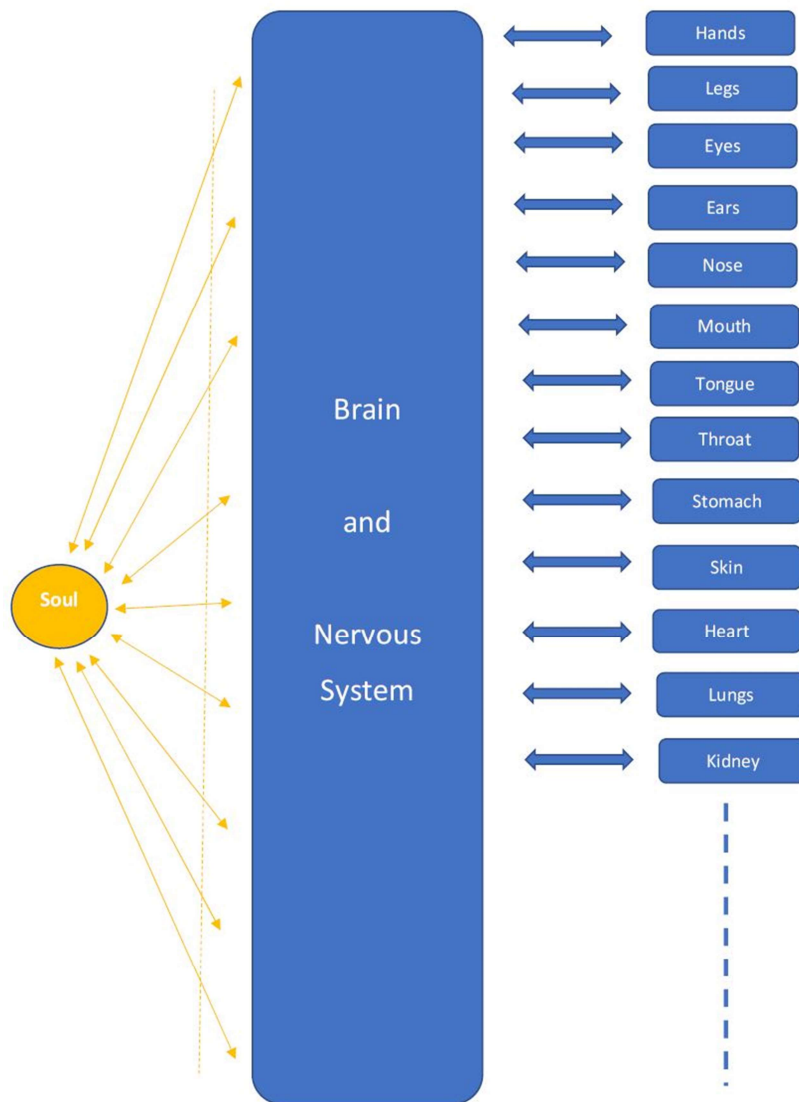
Similar to many of the controls and monitoring of all sub-systems available to an aeroplane pilot in a cockpit, to a driver in a car, or an operator of earthmoving equipment, so are all the connectivity to the body available to the soul. The soul is the sole controller of the body. He has in him, also the latent knowledge to operate the brain itself, although transparently. Through the brain and the nervous system, the soul runs the body. The soul operates the body through the brain, which is transparent, meaning a soul will not direct each particle consciously. When the intention is to perform a specific action, all associated fundamental particles fall in place.

Take the example of the operator of earthmoving equipment. At the press of a button or operation of the lever, the operator lifts the heavy fork excavator effortlessly. Similarly, through the windshield, a driver moves the vehicle through the steering wheel, sitting in their seat. Similarly, a soul moves hands, legs, and other body organs from where he is seated through thoughts.

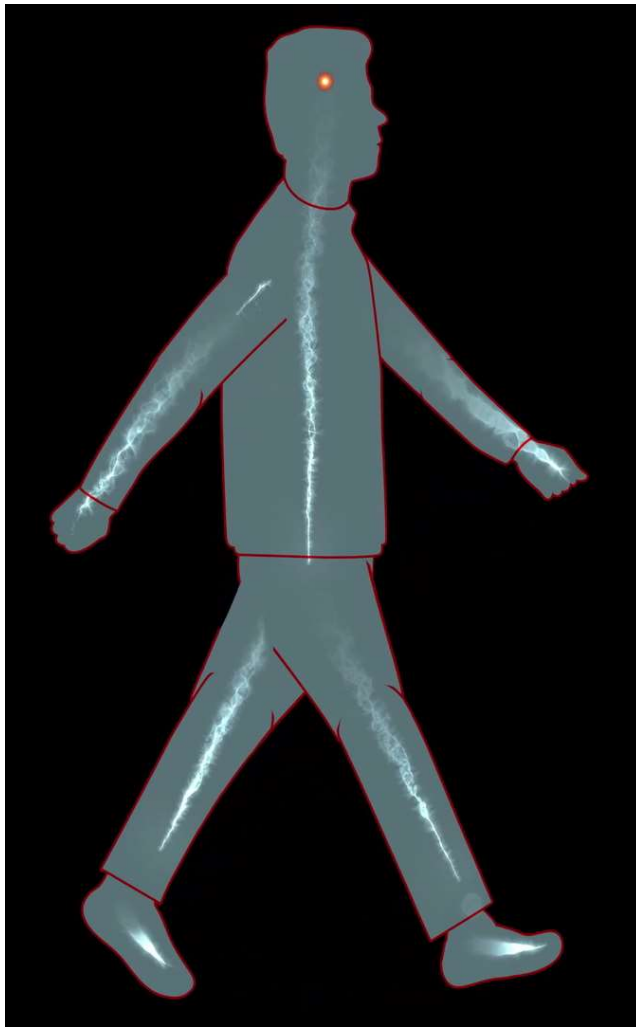
If we analyse the whole of the body closely, it becomes evident that its composition is a story of the actions of atoms, molecules, electrons, and ions functioning as cells and tissues, which in turn constitutes various organs of the body. The soul is the one who exerts his influence. The soul holds the body from degradation. Soul holds the body to stand, sit, sleep, or any position. All cells are lively in the presence of the soul. Soul is the user of the body, and he has the inherent intelligence to use his body the way he wishes. We can say the body is created or made for use by the soul. No sooner the soul leaves the body, it (the body) starts deteriorating and rotting, and the elementary matter that constitutes cells start disintegrating.

After a soul enters the body in the womb of a mother, the latent tendencies in the soul “gets offloaded gradually” into the brain. Throughout the time of living in the body, the soul keeps using the brain and body for their functioning. When the soul leaves the body, they take with them all the impressions and carry forward to their next birth. A soul undergoes a birth and death cycle. This explains all the medical mysteries mentioned earlier.

Accelerating the healing of diseases or the opposite of it are all cases of rearrangement or reshuffling of elementary particles in the body. For example, a tumour disintegrates due to ionisation, which is nothing but the disintegration of cells and tissues. In certain cases, souls are powerful enough to outweigh and overcome the brain-body limitations.



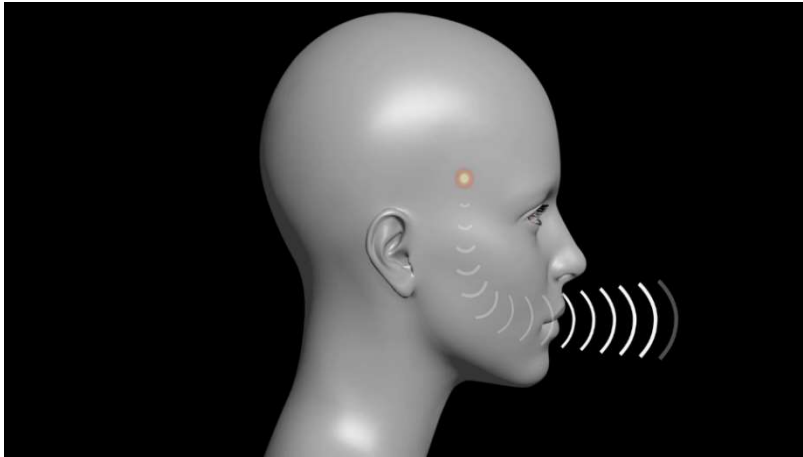
An illustration of the relationship between the soul and the body through the brain and nervous system



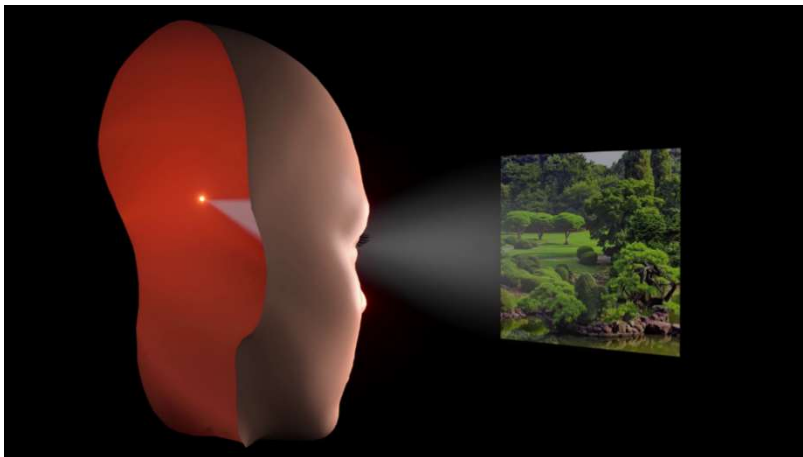
Soul controls the body through the brain



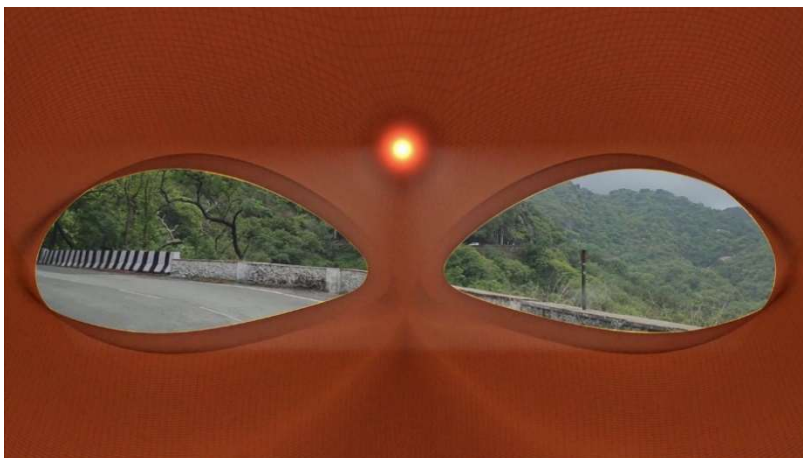
Soul hears through the ears



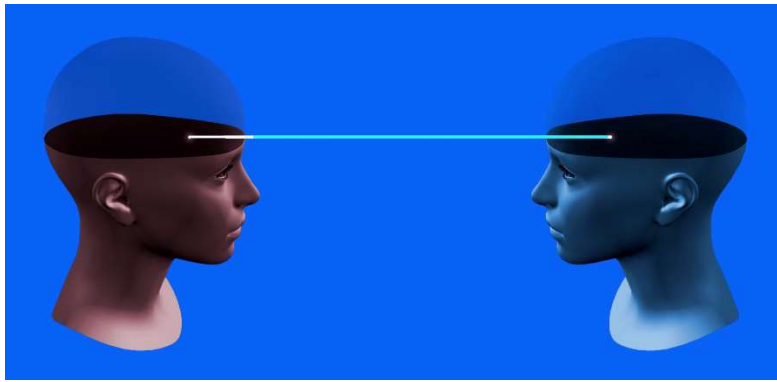
Soul speaks through the mouth



Soul sees through the eyes



I, the soul, sit inside, behind the eyes, and see the outside world



Its always a soul-to-soul interaction

Now, it is important we realise how the soul is operating the body. As you read the following lines, feel yourself as the soul, seated in between the eyebrows, performing various activities of the body.

“I, the Soul am the one who moves the hands and legs of the body. The thought of moving them first comes in me, the soul, in my mind. Later, that thought comes into action”.

“I am the one who plays the throat, mouth, and tongue to result in voice. The thought of speaking or singing or shouting first comes in me, the soul. It is then reflected in my actions.”

“I, the soul, am the one who feels the effect of hunger or thirst. The bodily organs perform the act of eating or drinking only on my direction. And the taste is also felt by the soul through the tongue. Ultimately the satisfaction felt out of this taste is also enjoyed by me, the soul”.

“I, the soul, hear all sounds through ears. I, the soul, am the listener.”

“If something touches the body, the sensation is felt by me, the soul. I, the soul feel the touch”.

“The thought of seeing something first occurs in me, the soul. I, the soul, see through the eyes. I, the soul, is an observer”.

“I the soul bat eyelids, move eyeballs and also the neck.”

“In short, I, the soul, am the doer. I perform all actions through the body”.

20. Miscellaneous clarifications

Subjecting the brain to electric currents or other stimuli does evoke various responses, including joy. Paths open up for the soul to express properly. However, when the problems are present in the soul himself, such as harbouring negative attitudes, then the only path to healing is through self-awareness and correcting one's attitudes.

Similarly, BCI (Brain Computer Interface) makes the path clear for a soul to convey through the brain. In several cases of BCI, the affected person is trained to create specific thoughts. In other patients, chips are implanted in the brain to facilitate proper signal firing and flow.

Electrical activities, heat, light, electromagnetic and various radiations possess physical energies. On the other hand, Souls, with the power of their faculties, have their own spiritual energy, which can be felt through qualities like love, peace, bliss and other virtues. The energy can be practically experienced with powers like concentration, focus, determination and will. It is important to recognise that these two types of energy are fundamentally distinct and cannot be compared. Spiritual energy must be comprehended and experienced as is, on its own terms.

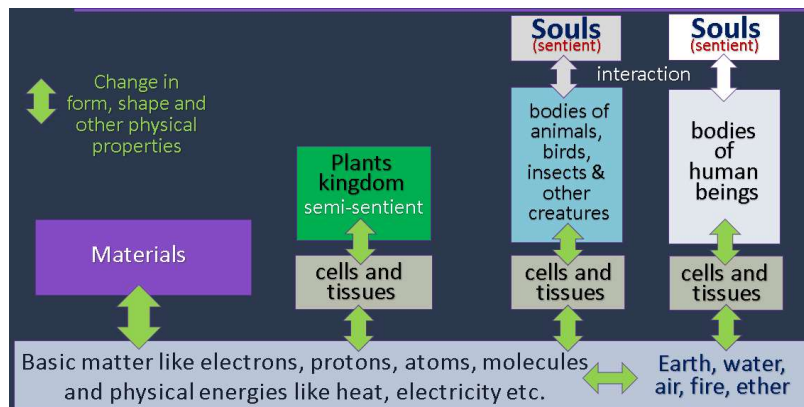
Spiritual energies and physical energies should not be confused with each other. While there may be mutual influences, they cannot be converted or transformed into one other. For example, the equation $E=mc^2$ applies only to the physical domain, not to spiritual energies or entities.

The human body is an amazing machine with wonderful organs and unparalleled complexity. All organs in the body are equally important for functioning and have their own complexities. However, the brain stands out as uniquely suited for the residence, functioning, and operation of the soul within the body.

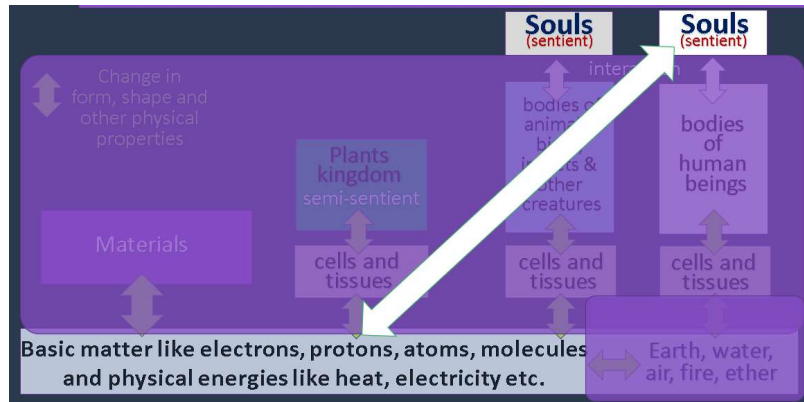
Souls also reside in the bodies of animals, birds and many other creatures. They are also sentient. The souls of these creatures have consciousness of their own. Plants are semi-sentient. They have functionalities of their own, but they don't have souls in them. Nonetheless, it is the human consciousness that holds particular significance for us to fully comprehend and derive benefits from. But, it is the human consciousness that is of importance for us to understand completely and take benefit from. When we develop a true understanding of ourselves, we can be much more loving, inclusive and respectful to nature and build a harmonious relationship with plants and animals. Hence, this book focuses solely on the souls of human beings.

The very existence of our lives is a testament to our consciousness. We possess sentience, engage in thinking, make decisions, form habits, acquire knowledge, remember, forget, concentrate, perceive, and possess our own intuition, morality, and ethics. These qualities serve as proof of our consciousness.

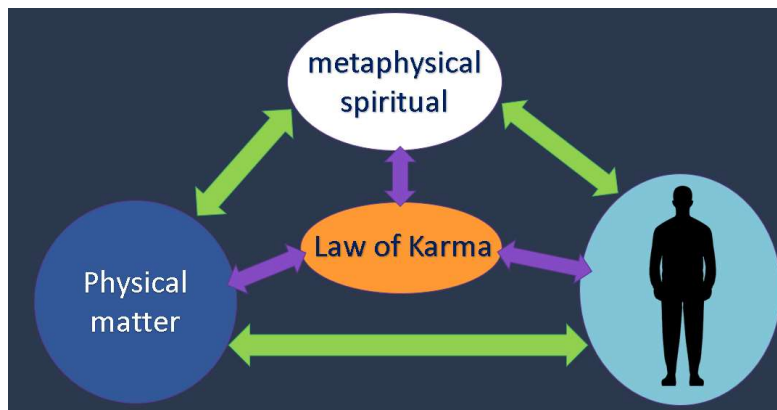
The world in which we are living is undeniably real, not a figment of our imagination. It exists practically and tangibly. We experience this world through our sense organs, which enable us to perceive and interact with our surroundings.



The organisation of nature



Souls directly influence matter



**Relation between mind and matter, soul and body
The Law of Karma is always acting**

21. Experience the self as a soul and soul-consciousness

Since I, the soul, is seated between the eyebrows, it is practically possible to experience myself as the soul, a point of light. With repeated efforts, focus, and concentration, one can really feel the self as a soul.

Bring your awareness to the location at the centre of the eyebrows, which is the seat of the soul.

Then make an internal effort to go into silence. We need to achieve a state of slow and steady thoughts, with the ability to focus on only this practice without any distractions. Because we have gotten used to being in the consciousness of the body all the time, it requires some conscious attention to come out of its effect and focus on the objective. We need to recognise this, make an honest effort to unlearn what we have understood thus far and make a clean slate.

Whenever there is a distraction of any kind, there is no need to get upset or disappointed. These are bound to happen. Instead, one has to take it easy and bring back the focus on the efforts because we have to overcome the vagaries of the mind. As the mind becomes peaceful, even distractions reduce automatically.

This process is a never-ending effort but an ever-increasing ecstatic experience. It requires consistent efforts and practice. Because realising my true self is the most genuine feeling one can ever have. For this reason, keep bringing the awareness back to the centre of the eyebrows because that is where I, the soul, am seated. Gradually, I can feel I am that. Grasp onto it and keep going.

It is in this original state of mine that I will realise and experience my true virtues. Knowledge, love, happiness, peace, purity and bliss are any soul's original qualities. In the efforts to realise the self as soul, one will realise that these virtues are naturally mine, and so, they automatically re-emerge in me, the soul. This will be a moment of unbounded joy, where we realise what we are and long to be in that state of being. In this state of consciousness, there will be stability in feelings and emotions. Relationships with others become harmonious.

Being in the consciousness of the fact that I am a soul, all others are also souls, and our true nature is peace, happiness, bliss, love, knowledge and purity is called **Soul Consciousness**. It is a consciousness of high order. In this state of mind, one will be in the awareness that "I am a soul, but not the body I am seated in" and interact with others in the same way as souls, overlooking all other bodily held beliefs. Just changing to this line of consciousness, one can experience intangible benefits. In this consciousness, one will have ultimate contentment and fulfilment in life. This is the process of self-realisation. When one starts making even small efforts towards this goal, a lot of aspects of life that look complicated become easy to handle. Because there is a lot of power in originality and truth. One will discover that many things fall into place with a right consciousness.

22. Ways to change our consciousness

Complete flexibility is the most outstanding characteristic of a soul and his consciousness. One can start efforts to transform the self at any time in life. With conscious effort in changing thinking, decision-making, attitude, mindset, and karma, one can attain peace and happiness.

The following are the methods to change our consciousness for a meaningful life.

- Detached observation of self and others
- Understanding the original nature of the self, the soul
- Meditation, contemplation, reflection
- Talking to the self
- Developing right thinking
- Right Decision making
- Developing right habits
- Acquiring the proper knowledge and information
- Focusing on the present,
- Efforts to forget the past
- Understanding the law of Karma correctly
- Being Realistic in life
- Right company
- Consuming "*Satvik*" and healthy food
- Forgive and Forget Attitude
- Attitude of Gratitude

- Develop Contentment
- Thankful to God

The world is replete with problems. Due to some unfortunate past, a person could have lost good feelings and emotions and started to feel that life has become dull and rudderless. Life would have changed into a lifeless machine-like mode, with hopelessness and despair. Someone may be suffering from severe feelings of guilt due to wrong karma. There may be cases of abuse, injustice and cheating.

Rather than brooding and cribbing over the past karma that can never be undone, it is important to channelise mental energies on the new karma to create new impressions in the self. This new impression will be more dominant than the previously created ones. This is how one has to develop better thoughts and feelings by transforming the karmas.

Yet, it is possible to regain lost emotions and feelings. There is nothing impossible in this world. Optimism and hope can always be regenerated. One can nurture a consciousness of their choosing and liking. They can modify consciousness with some perseverance and attention. In the journey of life, they have to change their thinking habits, attitude and outlook for a better life. There is nothing like hardness or rigidity in consciousness; it can be changed. Unpleasant memories can be rendered irrelevant by giving emphasis on pleasant memories. The intention has to be made clear to the self.

The first step towards changing the self is to plant a thought, “I am a soul, and I wish to transform”. The process of transformation starts automatically. The original virtues of the soul start emerging. I, the soul, am the creator of my consciousness. I create, develop and sustain my own consciousness. I do it through my thinking, deciding, and performing actions. I need to enjoy my deepest self.

The truth is that the whole world is inherently “designed”, so to say, for human benefit and progress. The world is large enough to fulfil everyone’s dreams and desires. Even if someone feels the contrary due to past experience, there is no need to hold on to that belief. One needs to hold on to the fact that we are originally powerful souls.

23. Practical implications and benefits to the society

Awareness of truth alone wipes out confusion and prejudice and brings peace and happiness. Understanding consciousness and how the soul works helps a person come out of sorrow. Maintaining a healthy consciousness means overall mental well-being and harmony in relationships.

With a clear understanding of the soul and brain, one can transform the consciousness that benefits them. The double-slit and other experiments lead us to do some serious soul-searching.

Everyone with their consciousness in society is affecting the world equally. So, each one has to develop their outlook with responsibility. Nobody's feelings can be stymied because those feelings are affecting the environment. Each one is affecting the other. Every bit of matter in this world is influenced by everyone's consciousness. It is unbiased, intuitive, and firm. So, everyone has to think and act with responsibility.

Benefits of cultivating the right consciousness

- Inner peace and joy: Embracing the right consciousness fosters a profound sense of peace and happiness in life.
- Contentment and satisfaction: It cultivates a deep sense of contentment and satisfaction with one's circumstances.
- Self-control: Having the right consciousness empowers individuals with the ability to exercise self-control and make wise decisions
- Fulfilment: It enables individuals to experience a genuine sense of fulfilment in various aspects of life.
- Resolution of conflicts: The right consciousness facilitates the resolution of both internal and external conflicts.
- Synchronicity: It aligns one's life with the natural flow of events, allowing the right things to happen at the right time.
- Harmony with self and others: It promotes harmony within oneself and fosters positive relationships with others.
- Resilience: The right consciousness equips individuals with the ability to navigate challenging stages in life with grace and strength.
- Righteous behaviour: It nurtures the development of righteous behaviour essential for everyday life.
- Overall well-being: Cultivating the right consciousness leads to overall mental well-being, eliminating mental blocks and conflicts.
- Healthy relationships: It facilitates smooth and harmonious relations, contributing to the establishment of an orderly society.
- Meaningful existence: It brings clarity of mind, enabling individuals to lead a purposeful and meaningful life.
- Improved health: Soul consciousness positively impacts mental, family, social, and spiritual health, resulting in significant improvements.

24. Conclusion

The profound reality of the soul's existence emerges as a fundamental pillar of our understanding; the presence of the soul is as much real as the body itself. Through contemplation and practice, every individual has the potential to embark on a transformative journey of self-discovery, directly experiencing the self as the soul. The body serves as the vessel to me, the soul, but it is I, the soul, that infuses sentience into it. I, the soul, bring purpose and meaning to life. Scientific experiments have yielded unequivocal evidence demonstrating the profound influence of the soul's consciousness on the very fabric of matter. It is through this remarkable interplay that the soul interfaces with the brain and orchestrates the harmonious functioning of the body. Recognising the brain as a passive organ, we gain a clear understanding that it acts according to the direction of the sentient master—the soul. This understanding grants us the freedom to align our thoughts and actions with the truth of our own souls, paving the way for lasting benefits such as peace, happiness, and fulfilment.

In embracing the profound existence of the soul, we embrace the truth that we are souls; we acknowledge the essence of our original virtues and make use of the boundless potential that lies within us. By nurturing the soul's

consciousness, we embark on a transformative journey that brings lasting benefits and grants us the freedom to experience life to its fullest.

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6. The image of neurons used in the section “Dissecting the brain” is taken from Pixabay

26. Epilogue

The nature and immense capacity of the soul are truly awe-inspiring. Failing to acknowledge and appreciate this vital aspect, which defines our very existence, may reduce us to mere emotionless machines. With a global population of approximately 8 billion, we find that each body houses a unique soul, brimming with inherent capabilities that have always been existing. Such is the design of nature. Even the tiniest physical particle possesses inherent limitations bound by various physical forces. Through intuition and empirical reasoning, we understand that the soul must be smaller than the smallest of particles and possess a subtlety that makes it fundamental to all human body functions and the physical world at large.

Let us embark on a journey of deep understanding and profound appreciation for the boundless potential of every thought that emanates from the soul. The soul holds the power to weave wonders into the tapestry of our world. It is through the presence of souls in their bodies that brings radiance and smiles on their faces, melodies dance upon the world stage, and the very essence of value permeates through phenomena, discoveries, and inventions. From the inception of bright ideas to the meticulous crafting of detailed roadmaps, from the execution of intricate plans to the achievement of professional and personal goals, the soul manifests its extraordinary capacity. Souls are the ones who enrich relationships, infusing them with depth and meaning, creating a symphony of connections that echoes endlessly. Yet, amidst the grandeur of we souls' creations, it is an irony that we often forget our own magnificence and the limitless potential that resides within us.

Amidst the tapestry of our remarkable creations, let us not forget the eternal presence of someone who is the most important that continuously touches each and every one of us, irrespective of whether we take a moment to acknowledge it or not. If a soul possesses the ability to undertake such intricate endeavours, envision the immense capabilities of the One who orchestrates and sustains all souls and the vast universe. The Supreme Being, all-powerful and all-knowing, bestows upon us peace, bliss, and a realm beyond our wildest imagination. At this moment, let us pause and express our profound gratitude for the immeasurable blessings He bestows upon us. It is not surprising if the reader ponders upon this divine presence, as its mention is yet to grace these pages. He is the embodiment of all knowledge, including the knowledge of ourselves, souls. He is the Father of all souls, the Supreme Soul, God the Almighty.

If the influence of a soul upon the matter is profound, then contemplate the unimaginable influence that God holds over the entire universe, encompassing every soul. To fully comprehend the magnitude of His being warrants an extensive chapter dedicated solely to unravel the depths of His divine nature. However, in this endeavour, our scope remains limited to understanding ourselves as souls.

In our pursuit of self-discovery, let us marvel at the mysteries of the Supreme Soul and approach our understanding with reverence, knowing that we souls are but important elements of the grand design orchestrated by the divine. May our hearts be filled with gratitude and awe for the profound presence that guides and blesses us, for it is in His divine embrace that we find solace, knowledge, and eternal grace. And yes, the reason why soul-consciousness mentioned in the section “Experience the self as a soul and soul-consciousness” assumes importance is because its practice opens up the pathway to connect to God.

We invite you to explore higher consciousness and to know the complete introduction of the Supreme Being, the Almighty Authority, using a YouTube video, “Eternal Truth – God”, at <https://tiny.cc/etg>.



**All souls in the world are connected to each other
All are individually connected to God**