

**POWER OF TUNING TO YOUR  
HIGHER SELF  
FOR THE SUCCESS YOU SEEK**



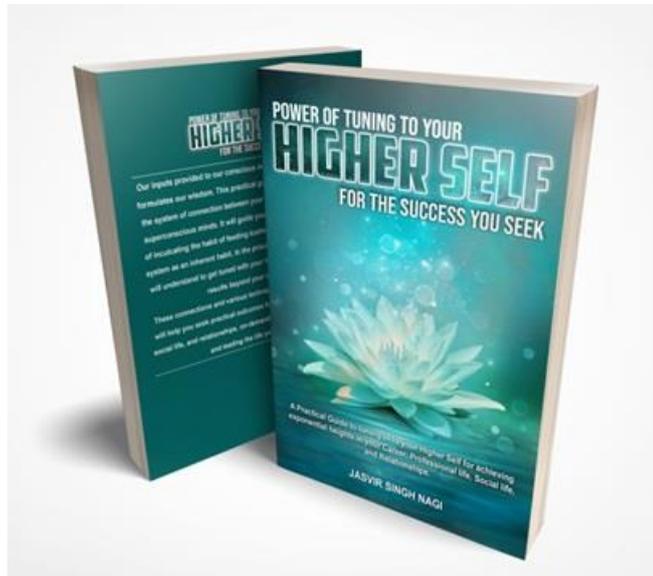
**A Practical Guide to tuning in to your Higher Self for achieving exponential heights in your Career, Professional life, Social life, and Relationships.**

**JASVIR SINGH NAGI**

..

*When you touch one thing with deep awareness, you touch everything*

***.... Thich Nhat Hanh***



## “QUOTES”

<p> Old Man Al</p> <p>★★★★★ <b>Life and its baggage - Simplified</b> Reviewed in the United States on May 2, 2022 <b>Verified Purchase</b></p> <p>Never having read a self help book before, I initially struggled .... but as I delved deeper, the book helped me rationalize my own concepts. As they say Life is Easy if you can simplify it. Worth a read, if you are looking for answers. 3 people found this helpful</p>	<p> Christopher A Major</p> <p>★★★★★ <b>A Great Read</b> Reviewed in the United States on April 30, 2022 A very insightful read One person found this helpful</p>
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This book is not intended as a substitute for any medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. The author intends to offer general information that may aid in seeking emotional and spiritual wellbeing.

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# INTRODUCTION

My quest in finding answers to work around the vicissitudes that work, and life throws at us and to react undeterred in the best possible way to meet one's goals and to lead a successful life in a joyous environment, has led me to author this book.

We can do this by understanding and using our personal capabilities, traits, behavior, and personality in form of our Personal Quotient (PQ) and use PQ with various techniques to tune ourselves to our higher self.

This book is an attempt to blend philosophy, science, and eastern spiritual wisdom with the latest western technologies. I wanted to use this book to share the knowledge I gained because of my experiences and the techniques that have helped me successfully create a life that was envisaged and now living.

We tend to lead 99% of our whole life to find that 1% that completes us. This could be through relationships, work life, professional life, our social life, or our passions, which come and go. Science has discovered that nothing in the universe is constant and that everything is matter, vibrating consistently, including every cell of our body. This vibration further produces energy like electromagnetic waves, that attract and repel energy fields based on their orientation and frequency. So, if you have conscious clarity in knowing the life that you want to lead, you simply need to orient yourself at the right frequency to attract what you seek.

Easier, said than done!

Universe has simple laws to lead a joyous life, which has been inherent since the time of our birth, the need is to awaken ourselves by tuning ourselves to that higher self.

Those who have a deep desire within, and are on a journey, to know one's self better, to find a lasting progression in work and life for leading a joyous life, wherever you are in your journey, this book can accelerate your path to your destination.

With a conscious effort applied consistently, this book can help you to understand basic laws and principles of various connections in the universe. With this understanding, it will further enable methodical, simple to use techniques, that can be used on a day-to-day basis to remind you and awaken you to be tuned with your higher self.

The book uses a simple and easy-to-understand language, with references to deep scientific reasoning and studies, to trust yourself in the techniques and the concepts to apply in your day-to-day life, while you manifest yourself to lead a joyous and successful life.

The premise of various techniques suggested herewith, forms its basis on the virtue of the fact that your observations result into Thoughts, your Thoughts result in your Beliefs, Beliefs in various situations result in your Experiences, your Experiences result in your Reaction. Your reactions and their results create Wisdom for us to react in similar futuristic situations and seek answers therein if results are different than our earlier experiences.

Nature has provided us with our inborn intelligence which is gauged through our IQ to solve various problems, and our Emotional Intelligence is gauged through our EQ. EQ cultivates over time to help us in decision making..

We know that *what we sow is what we reap*. What we provide to our conscious mind intends to create a belief system that formulates our wisdom. As you proceed through various chapters, the understanding of your conscious mind, your subconscious mind, and your superconscious mind will help you create a system of connection between all three. This will further help in feeding kosher inputs and ingredients

for abundance and the successful life that you envisage. In the process of cultivating this habit you will understand your outer self, inner self, and your higher self. With these connections and various techniques discussed, with practical examples, will help you tune in to your higher self for seeking answers for your professional life, social life, and relationships.

The concept of Spiritual Quotient derived through your self-assessed SQ will give rise to your personal quotient or PQ. This can lead to understand and improve areas of life in a methodical and systematized manner to face and rise above your current circumstances and climb the value chain of your frequency chart.

This ecosystem will help you seek the purpose of your life and to fulfill it with love and happiness, creating joyous relationship with your fellow beings and the environment, building peace, wealth and abundance for you and your generations to come.

The modern Internet or network of networks can be analogous to the ecosystem of our inner, outer & higher self and the connections that we have or can make between each of them. A typical network of computers consists of a Personal Computer or a Laptop (PC), which is connected to a larger Computer (server) through a data center to store our data and use certain services (e.g., your data stored in a server like One Drive or Google Drive). This data center is connected to a series of other data centers of larger or similar servers providing various services, which we either subscribe or use on demand. These devices and data centers are connected through a network of networks what we call the modern internet. These servers and datacenters are in various locations throughout the earth. We operate and use them for interchanging data, messages, ordering services and subscription for our daily needs, without our knowledge of their location, ecosystem, or way of operation. We think of what we want, we click a few buttons and voila, we get what we want. We then spend more money to get what we want, and we get more at our own convenience. So, Internet of modern world becomes everything that we want, in the materialistic world, as a universal *Get On Demand* (...deriving the acronym GOD), by either spending money or time and thus gratify ourselves for a momentary feeling of joy and satisfaction.

Similarly, our *observation* is represented by a PC, our *conscious mind* is represented by the storage in a server kept in a data center. This in turn is connected to other servers in the data centers for specific data services which are constantly fed for the usage of our regular requisite services e.g our buying preferences through our regular online market places and our anticipated future services represented by our *subconscious*. The internet is representative of our *superconscious*, though in minuscule form compared to the enormity of our *superconscious mind* which spreads across multiple galaxies.

The following chapters will help determine basic concepts of your Personal Quotient derived from your Intellect, Emotional Intelligence and Spiritual Intelligence. Your Personal Quotient will further help determine and tune the areas in your *inner self* and your *outer self* to connect with your *higher self*, through an on-demand connection to live through the circumstances and the life you seek.

Intermittent tuning to your *higher self* will then be attempted to be made as a permanent tuning by a few cultivated habits and systemic approaches if you choose to do so. The purpose of these techniques, rules and systems is not to get you to a point of enlightenment (which is beyond the scope of this book), but an attempt to get you to understand and to tune you to your higher self.

Most of these rules and systems have been applied by me in my personal situations and have been able to innovate them over a period of time. I now feel these can be shared with others to benefit from them in their situation to seek, resolve and fulfill their desire to a point of permanency.

*Yesterday I was clever, so I wanted to change the world,*

*Today I am wise, so I am changing myself*

*... Rumi*

# OUR ENIGMATIC INTELLIGENCE

*True Intelligence is to rise above thinking*

*as the source of all intelligence.*

*...Eckhart Tolle*

## Secrets of Superconscious Intelligence

Superconscious intelligence can only be experienced and cannot be expressed in words. But here is an attempt to define it. Superconscious intelligence is infinite, that can manage our universe and beyond, since it consists of consciousness of anything and everything that is known and unknown at various levels, that are yet to be defined. For the sake of the scope of this book we will be simplifying the definition to, *a collection of intelligence and consciousness of all living realities existing in our universe.*

Super-consciousness as a concept was first introduced by a French writer - Henri Antoine Jules-Bois (1868-1943). This was different than the Freudian concept of *sub-conscious* or *unconscious* described by Jung.

In 1928 Jules Bois mentioned that super consciousness is the exact opposite of the subconscious mind as conceived by Freud in the manner that a human is a human in its true pure form and not just a super-animal. This was further differentiated by one of the renowned Yoga practitioners Yogananda. He suggested that super consciousness is over and beyond the realms of consciousness and subconsciousness. For instance, hypnotism is mainly used to go into the subconscious mind but cannot go through and is unconcerned with the superconscious mind.

Though study of super consciousness is an evolving topic in the science fraternity there has been evidences of activities, which leads to the experiences of super consciousness and the realization of the same, as has been elaborated in the Chapter - "Demystifying Self".

Various practitioners of kundalini yoga (a form of Yoga requiring high skills and years and years of experience), have been conducting self-realization and its transformation on human beings. These practitioners and their followers have experienced the state of super consciousness at times, for short duration.

Yogananda stated that, in the conscious state of mind, one is aware of the breath as well as the body. In the subconscious state of mind, such as in sleep, one experiences a temporary separation between the body and the breath. In the superconscious state of mind, one is relieved or transcends from the delusion that “existence” depends on the body and the breath. The breathless state as described in yoga is also the superconscious state the state of primordial unlimited intelligence, joy, love, and peace.

We will discuss simple, everyday techniques, derived from matured and ancient practices to inculcate in our daily life and use them for self-realization, by getting rid of obstacles in life and reach a state of life which we seek, with constant practice and dedication.

## **Components of Intelligence**

Intelligence has been defined in various ways but a common acceptable norm for Intelligence has been classified as emotional and general intelligence. Crucial facets of human intelligence consist of Reasoning, Problem Solving, Learning, Relationship Management and Decision Making.

A general accepted understanding is that humans are born with general intelligence which grows until the age of 6 and tends to stabilize after that with minor increments until post teens. Individuals however acquire skills over time, but this does not alter the increment in general intelligence measured through IQ.

Several research teams, using differing scan protocols, populations, and cognitive measures, have all shown that IQ and brain volume correlate at about the 0.40 level. Hence, the bigger the brain more the intellect. Since general intelligence integrates cognitive functions such as perception, attention, memory, language, or planning, it is measured as an Intelligent Quotient. Intelligence Quotient or IQ is a number obtained from standardized intelligence test, which represents an individual's ability of logical reasoning and problem-solving capabilities.

In its simplest form, we can therefore define intelligence as solution finding capability or problem-solving ability which can be measured in the form of an IQ. I have personally interviewed several high achievers including, Students with 4.0 GPA, CXO's, VP's and Head of Product Development departments of large organizations and observed that the top three key components that they themselves possess and look for in their team members, when they need to inculcate somebody new in their teams are capabilities in multitasking, problem solving and observation skills.

Key Components of general intelligence to evaluate personal scores based on the techniques explained subsequently, would include following qualitative inputs:

- Multitasking Capabilities and Passionate about at least 3 activities
- Solution finding capabilities
- Observation / Memory

Emotional intelligence is an evolving skill for individuals over their life span and is measured in form of an Emotional Quotient or EQ. This topic is covered in the subsequent chapter but can be summarized as the capability of individuals to take unbiased decisions. Since decision making encompasses individual emotional state and the environmental state of respective relationships, acquisition of this skill and maturity of its applicability has more weightage when compared to general intelligence. Some studies have suggested an 80:20 rule which states that Intelligence is gauged by 80% EQ and 20% IQ to determine intelligence of an individual.

Modern studies have now inculcated spiritual intelligence as another dimension in determining overall intelligence, due to its importance in self-realization and reaction during adverse circumstances. It usually serves as the total count of both EQ and IQ along with other components. More of Spiritual Quotient or SQ in the subsequent topics.

## **Measuring Intellect**

Earliest IQ tests known were developed in early 1900's. One of their main objectives was to help predict and find children, who were most likely going to experience difficulties in passing their grades in school.

An IQ is calculated by dividing an individual's mental age (through a test) by their actual age and multiplying the resulting quotient by 100. The resulting number is your IQ score, and it is compared to the rest of the population on a Scale of 0-200.

There are many formal tests which include Wechsler Intelligence Scale for Children (WISC), Stanford-Binet, Wechsler Adult Intelligence Scale Third Edition (WAIS-III), Kaufman Assessment Battery for Children (KABC-II) and many more. These tests measure the ability to solve simple and theoretical problems. A detailed test report of an IQ score can help understand various facets of an individual and the percentile scores to understand your mean against the average global population, who have taken these tests.

To familiarize you with IQ measurements, let's take worlds shortest (assumed) IQ test for better understanding.

In an independent study conducted in a reputed university almost two decades ago - more than 3,000 participants from a range of educational backgrounds completed the test. But only 17 per cent managed to score three out of three. This test has been slightly modified for readers to evaluate their respective scores with ease. The following test is assumed to be world's short IQ test.

**The Test:**

1. A set of football shoes and a football cost \$2.5 in total. Shoes cost \$2 more than the ball. How much does the ball cost?
2. If it takes four sewing machines of similar capacity and efficiency, four minutes to make four shorts, how long would it take 100 machines to make 100 shorts?
3. In a lake, there is a patch of algae. Every day, the patch doubles in size. If it takes 24 days for the patch to cover the entire lake, how long would it take for the patch to cover half of the lake?

World's shortest IQ test answers that people guess but are incorrect or incomplete

1. 50 cents

2. 100 minutes

3. 24 days

If you want to try again, please repeat.

Go to the next page when you're ready to check the correct answers.

It is recommended to take professional IQ test to determine your exact score and your percentile standing for determining other components when we get to that point in the book.

### World's – assumed shortest IQ test answers

1. 25 cents
2. 4 minutes
3. 23 days

### World's shortest IQ test answers explanation

1. Say the ball costs  $X$ . Then the shoe costs \$2 more, which means it is  $X + 2$ . So, now we have shoe + ball =  $X + (X + 2) = 2.5$ , because together they cost \$2.50. That is  $2X + 2 = 2.5$ , then  $2X = 0.5$ , which means  $X = 0.25$ . Hence, the ball costs 25 cents and the bat costs \$2.25.
2. If it takes 4 machines 4 minutes to make 4 shorts, then it takes 1 machine 4 minutes to make 1 short (each machine is making a short in 4 minutes). If we have 100 machines working together, then each can make a short in 4 minutes. Which means, 100 shorts in 4 minutes.
3. Algae patch doubles every day moving *forward*. So, every day *backward* means the patch halves in size. So, on day 23 the lake is half full.

There are various IQ test sites to determine your IQ. You may want to have a professional test score for your IQ evaluation to determine specific details.

Results can be evaluated as Full marks or Zero:

Ans 1 = Correct = 50

Ans 2 = Correct = 25

Ans 3 = Correct = 25

If you have Ans 2 and 3 answered correctly, you have scored 50.

All correct answer puts you in the top 17 percent bracket.

This was an example of how IQ tests are conducted to evaluate an IQ score and usually are much lengthy and time consuming, since they check various attributes for a perfect score. The professional tests are easily available out there and have matured over its period of evolution.

## **Self-Assessment:**

You can choose to skip this subtopic and return after you have finished reading the book, to understand the purpose and the connectivity with other derivations in the subsequent chapters.

As mentioned previously we will evaluate your individual qualitative score for the purpose of this book as a ready reference following the steps mentioned below.

The qualitative scores will be based on the following 3 criteria:

- Multitasking Capabilities, Creative and Passionate about at least 3 activities
- Solution finding capabilities
- Observation / Memory

Against each line item add a score of 1 to 10 as per your self-assessment in your current situation. With 10 being the maximum score for each criterion.

***Multitasking Capabilities, Creative and Passionate:*** To evaluate and give a score to your multitasking capabilities including creative and passion for at least 3 activities, one of the simplest ways is to check your academics in your school or college life. Give a score as per your qualifications in your last school or university (e.g. A postgraduate overall score of 95% will result into a rating of 9.5, A Gpa of 4.0 / A+ will be a 10, A will be a 9.5 etc.).

The other way to self-assess yourself for being *multitasking, creative and passionate* is to evaluate yourself for your creativity. This could be art, an engineering creation, a business model etc. (rate this out of 5).

Along with this keep a 50% rating if you have at least 3 or more passions that you have activated simultaneously (rate them at 1.65). So, if you rate yourself 4 out of 5 for creativity and have 2 passions worked upon simultaneously i.e 3.3 ( $1.65+1.65 = 3.3$ ) then your score is 7.3 ( $4+3.3=7.3$ )

***Solution finding capabilities*** – If you are a student, then self-assess yourself as per your solution finding capabilities in general. For others self assess as per your performance in your current job / profession.

**Observation / Memory skills** – Self asses for a rating 1-10 as per your capability or being observant and or having a sharp memory.

All the above will be rated with 10 as the highest and 1 as least.

Here is a suggestion – Take a nap or something that you like doing where you lose the presence of time and then return to fill the following table with your first thought against each line item. You will find reasons in the subsequent chapters where we discuss Gamma waves and your conscious self.

<b>IQ Components</b>	<b>1-10 Rating</b>
Creative and Passion	
Solution finding capabilities	
Observation / Memory	
Total Score (Max 30)	

### **Einstein’s passion for finding solutions**

Did this help in his solution finding capabilities and to keep his memory sharp? let’s find out.

Einstein was passionate about 3 other activities besides his regular research and solution finding activities. He was passionate about sleeping and slept for about ten hours each day besides the small naps during the day. This was due to his massive brain which he was born with, but Einstein used his sleep to come up with answers and visualize his solutions while sleeping or napping. This however could also be his meditative state.

Einstein also was an ace violinist. He was so passionate about playing the violin that it has been said that playing the violin could have easily become his second profession. He was also passionate about writing. He published more than 300 scientific papers, these amounted to 30000 unique documents.

The question however remains that whether these passionate activities helped him with his observation and memory skills to be current and that, was his intellect sharpened due to these?

*Highlights & Summary:*

- Key components of intelligence include:
  - Multitasking capabilities, Creativity and Passion
  - Solution finding capabilities
  - Observation and Memory
- Intelligence is measured through our IQ
- Self-assessment technique mentioned herewith can get a qualitative score for your IQ

# OUR POWER OF DECISION MAKING

*“Come out of the masses,*

*Stand alone like a lion and*

*Live your life according to your own light”.*

*... Osho*

## **Emotions behind decision making**

Why are some people vulnerable to the vagaries thrown by life at them, whereas others more resilient? A question that becomes central to all the activities carried out by psychologist, psychoanalyst, neuroscientists, and various other science fraternity.

Every human being reacts differently to adversities and at times needs to take decisions for themselves, for their families or in their profession during such adversities.

These decisions could be right or wrong, but for an emotionally astute person, such decisions come into effect naturally. A decision, that usually tends to be correct, is the one that they would have had taken even during a normal day in life, with or without out adversities.

The environment around us keeps changing our brains and its transmission, consistently, due to the forces that enact at different junctures and situations. We don't know what these forces could be and so we don't have any control on these forces, but they keep on shaping our brains wittingly or unwittingly. We however, with some practice, can manage our mind and cope with the changes in our brain.

Some of the consequences and examples, of our brains being changed unsuspectingly are:

1. **Absent Mindedness:** With a study conducted almost a decade ago suggests that almost 50% of the waking time is spent inattentively. This number would have grown much higher by now due to effects of social media. This gives rise to ADHD (attention deficit hyperactivity disorder).

2. **Solitude:** This impacts our mind and body giving rise to mortality and other medical disorder in our lives. Depression being the largest diagnosed disease in all ages.
3. **Hopelessness:** Depression further increases a loss of purpose in life which culminates into suicidal tendencies. Such deteriorating psychological health issues create early mortality rates at all ages.

Such emotional states of mind results into poor decision-making skills, creating further deterioration in environments where the decisions are made and harms other fellow human beings. Hence this requires a need for meta-awareness or experiential consciousness. In simple terms it is a simulation of attention that will require us to be focused on the present moment or situation.

It has been demonstrated by various scientists in the world that our brains are not hard wired but is adaptable, bringing us the concept of *neuro plasticity*. With this pretext, we can train our mind with various techniques through procedural learning to transform our mind and thinking, to achieve emotional states for effective decision making. Training with systemic practice can endure our brains and mind leading to an increased emotional intelligence.

Some of the techniques mentioned in this book will require only as much as 5 minutes to begin with and can increase as per individual capacities, as required, until it is a learned habit. However, the practice time for these to form as a behavior will depend on an individuals' personal capabilities. The scores that come about through each test in these chapters could form the basis of the work to be done.

It is similar to the fact that our prehistoric ancestor never brushed their teeth, it is now evolved into a learned behavior and most of us can't do without brushing our teeth.

With such changed behavioral pattern, we nourish and control our mind to control our world.

### **Components of a healthy mind:**

For learning a particular behavior, we would require knowing our end state or more so the state of our mind while we train it to achieve the goals that are predetermined.

It is an established fact that a wandering mind is an unhappy mind. A normal human being has over 50,000 thoughts in their mind during the day, about 90% of these thoughts are from the past and the same thoughts continue for years. – known as *default mode of brain networking* as per psychology. In such a mode, neither can we concentrate, nor can we be conscious of our present state. The components of a healthy mind include 4 specific areas namely *Consciousness, Linkages, Perception, Determination*.

***Consciousness:***

Being present in the moment for the task at hand. Consciousness has been further discussed in detail in the following chapters.

***Linkages:***

Harmonious interpersonal relationship encouraging qualities like empathy, compassion, appreciation, love, kindness that have a positive outcome. These are linked with happy thoughts and healthy relationships, which in turn create a healthy mind and pure thoughts.

***Perception:***

To have positive belief of one's self with high self-esteem that produces positive thoughts and outcome

***Determination:***

Having a sense of purpose in life creates happy hormones, which in turn creates health relationships, and a healthy mind to excel in all spheres of life.

One of the ways to keep our mind healthy is to pray repeatedly to the divine. A prayer creates faith, which gives you hope, which in turn creates a sense of purpose through determination, this creates linkages that creates perception of one's self-esteem, resulting into consciousness during the prayer, with its due importance. This will make you repeat the prayer and in turn give you clarity in what you are seeking through your prayer.

## **Elements affecting our emotions**

As has been described above our decision-making capabilities are affected by our emotions and its intelligence.

The key elements for emotional intelligence can be segregated into *Individual* and *Societal skills*. A detailed view on the components of emotional intelligence has been classified by Daniel Goleman and other psychologists, which now form the basis of a matured study. *Individual skills* can be further classified as *personal awareness*, *personal control* and *personal drive*. And *Societal skills* can be classified as *compassion* and *relationship management*.

### ***Individual Skills***

Individual skills encompass knowing one's self, well, for managing personal involvement to control unregulated behavior and effects it has on our decision-making capabilities. Knowing one's self creates a motivational eco system, which helps in our social behavior by self-regulation.

#### ***Personal Awareness:***

To know one's self, emotionally, is to understand our emotions and their evolution during various circumstances. This leads to a true assessment of our emotions and reactions of our mind in those circumstances. What you know, can turn into your strength in form of a boost to one's self-confidence and morale.

#### ***Personal Regulation:***

If you are aware, you can regulate. With an awareness of your emotions a sense of control will take birth to control your emotions in an appropriate manner. This will give rise to trusting your decisions and methodically carrying them out as required in different occasions. This will in turn help one adapt to their circumstances intrinsically as well as extrinsically. A maturity in this behavior will lead to further evolve as and when newer or different circumstances arise.

### *Personal Drive:*

Maturity in our behavior to regulate ourselves in different circumstances and situations, gives us a personal drive. It motivates us to commit to our goals, prepare for newer opportunities, enacts optimism and resilience.

### **Societal Skills**

Societal skills determine our capabilities to interact with others to build strong and meaningful relationships. Emotional intelligence would inculcate how we understand others emotionally and our reactions towards them in different circumstances.

### *Compassion*

The capacity to be aware of emotions and express your own in a way that's measured, useful and appropriate with a desire to help others can be termed as compassion. With our emotionally intelligent skills at individual levels and our regulated behavior, we also need to inculcate our skills to understand others. We can do this by understanding diverse cultures, by providing altruistic service to our community and by knowing and respecting the local laws. Compassion being an intrinsic skill takes its time to be learnt. Large portion of being compassion is to be empathetic. You can truly show compassion once you understand other people's emotional state and feelings.

Being a good listener is a good starting point followed by relating to others feelings and respecting them. Avoid being judgmental and condescending towards your fellow beings, to improve your emotional intelligence.

*To understand other person, you must swim in the same waters*

*that drowned them .....Anonymous*

### *Relationship Management*

Being compassionate and empathetic towards others help in maintaining good relationships.

To create and maintain good relationships, one should possess six personal traits:

- Be a good listener
- Be Empathetic
- Develop Shared Value
- Praise the worthy
- Communicate effectively
- Be participative altruistically

These traits will help in becoming more charismatic and attractive towards others. They help in easing out conflicts which would further help in enhancing your leadership capabilities to help build resilient bonds and relationship with the community at large. When used at your workplace with your team members and peer teams, these traits, will garner respect and appreciate your leadership skills, attracting better talent in your team to boost productivity. All these capabilities will help you take effective decisions which will be respected and followed through by all your associates.

### **Superconscious connect with your emotions**

*The most beautiful and profound emotion that we can experience is the sensation of the mystical. It is at the root of all true science. That deeply emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, is my idea of god.*

*..... Albert Einstein*

Science with its pace of evolution, still has its limitation towards measuring or defining some of the most evident phenomenon of life. For instance, science might not be able to define the love or the intensity of love of a mother for her child, but it exists, and that too with very high intensity mostly. Similarly, consciousness and super consciousness exist in all matter throughout the universe and

beyond. We might not have evolved as much to find it or measure it – but heightened emotions bring us to a point of experiencing it. Some of us would have surely felt it in one way or the other. Emotions we emit, however, can be measured in general and has been classified as per its frequency.

An experiment done by a few scientists has shown existence of gamma rays (rays emitted at high frequency measured through an EEG) for long durations when tested for brain functions of meditating monks and Olympic meditators (people who have done 62000 lifetime hours of meditation).

Each emotion can be measured, and each motion can be corelated to our conscious state. A conscious state can, simply, be defined as our awareness level or our presence of mind.

There are 17 categorized emotional states that can be currently measured and have frequencies ranging from 20 Hz to 700 Hz, each range shows a contracting and expanding consciousness. The least frequency shows the most contracted consciousness and highest frequency of 700Hz is where a human being attains enlightenment and is known to be the highest consciousness.

If we can learn to control and manage our emotions, we will be able to evolve it further and innovate to reach heights of consciousness, leading us to the pathway to *super consciousness*. On the way there, we meet our *higher self*.

## **Measuring Emotional Intelligence**

Emotional Intelligence is measured through Emotional Quotient (EQ). There are various detailed tests conducted professionally to assess EQ. These tests give you a broader perspective and a detailed overview of various characteristics that encompass emotional intelligence. We'll, however, use self-assessed, qualitative usage of scoring your EQ.

### **Self-Assessment:**

You can choose to skip this subtopic and return after you have finished reading the book, to understand the purpose and the connectivity with other derivations in the subsequent chapters.

“Zen Mind, Beginner's Mind” is a book of teachings by the late Shunryu Suzuki, wherein, he states that “when you do something in complete presence, that is, in your conscious state in mode of silence, your true nature takes over with complete focus”. He further suggests for maintaining this focus or state of consciousness, you can practice:

1. *Awareness of the body* – your posture
2. *Breathing* – create silence when the focus exists
3. *Big Mind* – Observe your thoughts, don't be a part of them, let them pass by like vehicles on the road.

This will empty your mind and you will be in complete silence with complete focus on the task you are doing – A conscious state.

Following is a simple self-assessment of your EQ score. This is a qualitative self-assessed EQ score and will have pertinence to derivations of various techniques in the following chapters. This will be used to evaluate other factors influencing your wellbeing and tuning specific personal traits and areas of your body, in the process of getting in touch with your higher self.

Your qualitative scores will be based on the following 3 criteria:

- Individual Skills
- Compassion
- Relationship Management

Against each line item add a score of 1 to 10 as per your self-assessment in your current situation. With 10 being the maximum score for each criterion.

### *Individual Skills*

With reference to the topic discussed in the previous pages rate yourself as per your decision-making capabilities including personal awareness and personal regulation.

### *Compassion*

Self assess yourself for your capabilities in empathizing with others, including being a good listener, your capabilities in relating to others feeling and your competencies in respecting others, irrespective of their status of caste, color, or creed.

### *Relationship Management*

Assess yourself for your capabilities in managing relationships with your family, your community, and your work environment.

All these should be rated with 10 as the highest and 1 as the least.

Suggestion continues .... Take a nap or something that you like doing where you lose the presence of time and then return to fill the following table with your first thought against each line item.

<b>EQ Components</b>	<b>1-10 Rating</b>
Individual Skills	
Compassion	
Relationship Management	
Total Score (Max 30)	

### **Emotional Intelligence of “Father of the Nation”**

Mohandas Karamchand Gandhi was very shy since his childhood. This shy behavior led him to being teased and belittled by his friends and other people around him. Even after becoming a lawyer, during his first case, he could not initiate an argument due to his shyness. This led him to leave the courtroom in midst of the argument, post which, he lived next two decades in Africa trying to practice law, there. The humiliation continued there as well, but he was now self-aware of his intrinsic nature and his relationship with his community and society at large. This shy young lawyer was now known to be compassionate and empathetic towards others. The very quiet nature became his strength and his past humiliation over the years, his motivation. This led him to get back to India for leading a life of public service. His public services, patience and perseverance with a clear focused agenda, resulted in millions

of followers who started accepting him as their leader. His self-awareness of his strengths made him achieve his focus and life mission to lead India to Independence, where he was christened with the title of being “father of the nation”.

Once you are aware of yourself you will be able to imagine the outcome that you can get. Your expectancy defines the outcome and if you detach yourself with the outcome that outcome when left to faith, will come naturally. Hence nature has provided everybody that unique talent and the desire, that can be naturally fulfilled even by you. We need to understand that purpose and desire. Our general Intelligence and our amenable emotional intelligence, when made aware of, can help us get there by enacting and taking appropriate decisions.

#### *Highlights & Summary:*

- Our brain changes unsuspectingly to lead us in taking bad decisions besides harming our environment and our ecosystem. Some of the consequences of our brains being changed unsuspectingly are:
  - Absent Mindedness
  - Solitude
  - Hopelessness
- Components of a healthy mind are:
  - Consciousness
  - Linkages
  - Perception
  - Determination
- Elements affecting our Emotions and its intelligence include:
  - Individual Skills – These skills require:
    - Personal Awareness
    - Personal Regulation
    - Personal Desire
  - Societal Skills – These skills require:

- Compassion
- Relationship Management

# ENORMITY OF NATURE AND SPIRITUALITY

*Just as a candle cannot live without fire,*

*Men cannot live without a spiritual life.*

*... Buddha*

Spirituality is defined and explained in many ways. One of the ways it can be defined is - as the quality of being connected with the human spirit as opposed to material or physical things.

It helps in harmoniously aligning your mind with nature. Aligned mind accepts things as they are with enhanced consciousness. This heightened focus of our conscious mind helps in controlling our emotions, which in turn results in a feeling of peace with nature – a state of bliss.

It has been proven by many neuroscientists, through various experiments, that we hallucinate all the time and when multiple perceptions agree to a common appearance of the hallucination, that becomes our reality. Hence, what we see might not be the truth, what we perceive with the thoughts we have fed in our subconscious mind becomes our reality.

Mind plays most important role in creating our reality and so our world through our inner self. It becomes imperative for us to have a healthy mind which then helps us keep our mind, body and soul tuned for our wellbeing to create a state of bliss.

## **Wellness in Three Dimensions**

Wellness is a state of being in unison with mind, body, and soul. It encompasses various elements including the state of complete physical, mental, and social well-being,

There are various elements for wellness that can be classified under 3 Dimensions of Mind, Body, and Soul:

- Mind
  - Emotional
  - Intellectual
  - Occupational
  - Social
  - Environmental
- Body
  - Physical Health
  - Inner Health
  - Mental Health
- Soul
  - Wellness
  - Spiritual

Each Element can be further described through their sub elements in the following manner.

**Mind Dimension:**

*Emotional Element*

- Compassion towards others
- Awareness of one’s feelings, values, and attitudes
- Controlling one’s emotions
- Positivity and Enthusiasm

*Intellectual Element*

- Unsatiated curiosity
- Lifelong learning
- Positivity towards problem solving
- Expanding knowledge and skills and sharing it with the fellow human beings.

*Occupational Element*

- Passionate about what you earn your living from.

- Living within your means with astute financial planning.
- Cognizance of unique financial values, needs, and circumstances of our community

#### *Social Element*

- Caring about others, and letting others care about you
- Maintaining healthy relationships
- Contributing to your community

#### *Environmental Element*

- An understanding of one's ecosystem and environment affects health and well-being
- Being aware of one's daily habits and its effect on the physical environment and earth
- Committing towards ensuring a healthy planet

### **Body Dimension:**

#### *Physical Element*

- Commit towards having healthy habits for maintaining a good physique to carry out day to day external activities.

#### *Inner Body Element*

- Maintain good internal health including our organs. Control and manage healthy diet, nourishment and meditative activities for internal wellbeing.

#### *Mental Element*

- Maintain mental health which includes an active brain capable of performing active thinking, to carry out one's duty and duty towards others. Positive thoughts to remain motivated for carrying our daily activities optimistically.

### **Soul Dimension:**

#### *Spiritual Element*

- Committing towards finding purpose, value, and meaning in one's life
- Performing activities that are consistent with your passion, beliefs, and values
- Commitment towards serving and helping others around you for the betterment of your environment.

These Ten elements need to be practiced consistently for aligning our mind, body and soul for our overall wellness. But, as is for all human behavior, our success is usually influenced by 3 factors, *our determination, self-regulation and behavior*.

Our determination governs our self-regulation and a recurring self-regulation form into a habit. With constant practice, we can form the right habits to harmoniously align our mind, body and soul.

A few scientists and psychologists conducted tests in the year 2010 and produced a hypothesis named “*How are habits formed*”, wherein they mentioned that the outcome of the experiments suggested that it takes an average of 66 days to form a new behavior and imbibe it in our system for it to arise automatically. It can take anywhere from 18 to 254 days for a person to form a new habit.

## **Tuning the Three Dimensions**

### ***Mind Tuning***

In the previous chapter on general intelligence and emotions, there were several elements discussed that help in tuning our inborn general intelligence and our emotional intelligence. Those elements can be used to tune our mind since the attributes that influences the tuning of our mind are similar to those required for enhancing our emotional intelligence and keeping our general intelligence stable.

There are various techniques to tune our mind which will be described in the later chapters.

### ***Body Tuning***

Maintain a good health both towards our physique and our inner body. This is essential to perform our key tasks and to keep our minds free of disruption due to ill health.

Depending on your body type and current health you should focus on key areas that require to improve.

This can happen with a focused intervention by yourself by self-examining your symptoms.

For areas that require professional help, you might want to meet a specialist who can suggest a plan for you to improve those areas in your body both internally or externally. But, go with clear understanding of your symptoms, that are thoroughly assessed by you, as part of your discipline and behavior to

understand further in order to help yourself diminishing them or eradicating them through the specialist. This clarity will help you describe the details in the most appropriate fashion to the specialist and put in a practice of avoiding their recurrence.

If you are someone, who is not physically very active, the suggestion would be to start with a regimen to get into shape, progressively. Based on your age, this could be regular walks, runs, spins, swims, or any other form of exercise. Increase the duration and resistance as you progress and enjoy your chosen physical activities. A basic physique and a good internal health will be required as you progress in your path for reaching your *higher self*.

Later chapters will include inculcating these habits to get into extraneous physical activities, to be in shape during your path of maturity in reaching your *higher self*. Getting in shape itself will be a test of self-regulation in preparation for maintaining your determination to get there.

## **Soul Tuning**

Soul has been derived from an Old English word *sáwol, sáwel*. which means immortal principle in man. Soul is the spiritual nature of man while mind is man's imbibed faculty of thinking and reasoning.

Soul is both a destination as well as a carrier, hence it could be the mode of reaching our *higher self*.

Soul is also referred to as our breath and our spirit in some holy and religious books. It is sacred within us and can be reached once we get rid of human emotions of lust, wrath, greed, attachment, and pride that fuel the ego. Our innate nature as human being, that we are born with is to be compassionate, showing humility, being fearless, showing love, in a state of happiness, joy, and being always at peace with nature.

The soul is essentially the reflection of Spirit, which never undergoes the cycles of birth and death. The Spirit is ever-existing, omnipresent, ever-conscious, and always in the state of Joy. While the soul is confined within the body of each being, it is a reflection of this spirit.

An analogy of a light bulb can be best used to define the soul and spirit. Our body is represented by the outer shell of the light bulb. The soul is the electricity that is provided to light the bulb. The spirit is

defined by the light that shines when we switch on the electricity. The electricity always remains available, even if the light bulb is broken, it only loses its light.

There are detailed studies done and practically stated that, the seat of our soul is called *Kundalini*. In Hindu scriptures, it sits at the bottom most area of our spine. The *Kundalini* can be activated by tuning our inner 7 *Chakras* or our seven epicenters of the body, that operate in form of a wheel and biologically manage the function of 7 glands in our body.

Simple techniques can have meditative outcome and can help in tuning our mind, body and soul. This comes from our day-to-day activities including, walking, music, sports, practicing relaxation through NSDR (non-sleep deep rest) etc. Simple breathing techniques and “No Mind” techniques, that will be discussed in the following chapters, can help you tune yourself spiritually. The sense of relaxation helps you get clarity of thoughts and purify inputs to your conscious mind, which in turn follows its exchange with our subconscious mind to execute our desires and aspirations that arise from our soul. A pure mind and soul, with right intentions, gives rise to unlimited possibilities to achieve a joyous life of fulfilled desires for the betterment of our surroundings and fellow human beings.

While many scientific studies have looked closely at how meditation can provide relaxation benefits, fewer have looked at its spiritual effects. This is most likely because spirituality isn’t easily measured. There, however, is a significant body of scientific literature that discusses spiritual meditation in many of its different forms.

Tuning the soul requires deep and years of practice of various techniques as is practiced by monks and sages from ancient times to our modern world, for reaching the highest level of consciousness or enlightenment as a permanent state. The purpose here, however, is to be aware of the possibilities and incorporate simple, easy to use practical activities to know ourselves and keep in touch with our *higher self* to find answers that we seek in various circumstances and for living our joyous life.

### **3 Dimensions for Super Consciousness**

The air we breathe, the water we drink, and the food we eat are freely provided by nature. Nature enhances our wellbeing and provides essential elements for our survival. These essentials are

various forms of energy required for surviving on our planet. These resources and other elements form part of the energy that needs to flow through us for our survival and wellbeing. Hence the very nature of nature is to provide free flowing energy. When we as humans block these energies in form of our unacceptance, be it in form of these elements or even if it is a situation or a circumstance, we are blocking forces of nature. But if we make our internal being accepting and giving what comes and goes from us in unison as per their function, by tuning our *mind, body and soul*, we imbibe the very nature of nature and come to terms with it for free flow of energy, which itself is the goal of our *super consciousness*.

The transformation that we go through to accept our situation, circumstances, people, relations with others can become our inherent knowledge. If we use this knowledge and give back to the society, communities, and environment the things we desire from others and protect & manage our environment, to make this our innate being, will help us to get us in touch with our *higher self*.

The following (*Mind, Body, Soul*) MBS Consciousness Model demonstrates 5 planes of conscious mind along with its purpose and the elements that effect its functioning for the purpose it has been designed. In an attempt to reach our super consciousness plane, we get to be in touch with our *higher self*. which is pure and completely relieved of lust, wrath, greed, attachments, and pride that fuels ego. The function of that state is to purely give and accept, to help our environment, all living and nonliving being, and nature.

This model is derived from various sources including scientific and theoretical models from various psychologist. The basic premise of the model is to correlate 5 derived planes of human conscious mind and its relationship with the dimensions of mind, body and soul along with the elements that effects their function and purpose.

We can use the same analogy we used earlier of our ecosystem being the network of networks and our PC being the preconscious plane connected with a server in the datacenter representing our conscious mind. This in turn is connected to a larger datacenter or a data farm, which can be represented as our subconscious mind. These and other datacenters around the universe are all connected through an internet system representing our superconscious mind.

## MBS Conscious Plane Model

5 Conscious Planes	Purpose	Dimension	Elements
<i>Unconscious</i>	Storage of pain or bad experiences. The unacceptable or forgettable area	Mind	Emotional, Social, Environmental
<i>Preconscious</i>	Receives external inputs through 5 senses and becomes the staging area for conscious mind	Body & Mind	Sight, Audio, Smell, Taste, Feel
<i>Conscious</i>	Feeds observations and developed thoughts to the subconscious mind	Mind	Emotional, Intellectual, Occupational, Social, Environmental
<i>Subconscious</i>	Takes inputs from conscious plane, follows the spiritual law of non-opposition & acceptance, adapts it and processes it in its "as-is" form, including negative and ego centric thoughts & feelings	Mind, Body, Soul	Emotional, Intellectual, Occupational, Social, Environmental, Spiritual
<i>Superconscious</i>	A state of pure and infinite intelligence and wisdom, state of non-conceptual awareness when consciousness and its objects are absent	Mind, Body & Soul	Spiritual

### Description of MBS Conscious Plane model

This model can be used as a ready reckoner to understand the function of each plane and its relationship with the respective elements while you are implementing methods and techniques to improve certain areas of life. Following details will help you get a better picture of the purpose, activities and relationship of the 3 dimensions with the 5 planes to help you be conscious of and transform each area of your element, while you carry on your day-to-day activities.

### ***Unconscious Mind***

Imagine the storage area in your PC which consists of your junk emails spam, unwanted pics, software viruses and things that can damage or crash your Pc and give you pain anytime you try to access it.

Similarly, the *Unconscious Mind* is the storage area of your pained mind which includes thoughts, memories that is outside of any conscious awareness and which brings unacceptable or unpleasantness, such as feelings of pain, anxiety, and conflict. These unpleasant areas could be due to your social, emotional, or environmental elements that caused the reactions you had during that experience. Sleep is an example of being unconscious. You might not remember all your dreams during your sleep and those that are remembered might be left for interpretation without any clarity.

### ***Preconscious Mind***

This can be imagined to be the active storage area in your PC (our local hard disk drive), which has a collection of various files that are collected in the correct format and filing system to be accepted by the server in a datacenter, for it to be accepted for uploading purposes in the desired format and area allocated for storage in the server. The preconscious mind works with the Mind and Body elements through our 5 senses, namely, Sight, Sound, Smell, Taste and Feel/Touch. Each of our thoughts that are observed through these senses are converted into our thoughts and belief, which in turn assimilate themselves into an experience. These experiences are filtered by the *preconscious mind* to stage them for an acceptance, by our *conscious mind*.

For example, if you leave for office at 8 am every day, the *preconscious mind* will stage your way to your office before or during that time, for the *conscious mind* to access, hence your daily routine over the years prompts you to carry on your daily activities assumedly.

This, however, can always be accessed by the *conscious mind* on demand. The repressed memories will be kept away and only accessed when the conscious mind demands so.

### ***Conscious Mind***

*Conscious Mind* can be imagined to be the storage area in the server in the data center. Your PC or laptop can choose to send information to the storage area of the server in the data center from your storage area of the Pc (our local hard disk drive). The laptop or your PC puts together various formats of data be it spreadsheets, documents, databases, pics etc. in the form of presentations/log for easy access by the filing system of the server. These files open respective *applications automatically*, when we try to access them, either through our local Pc or through our online subscriptions.

Similarly, the *Conscious Mind* accesses Emotional, Intellectual, Occupational, Social, and Environmental elements, like the file formats in our PC. These elements create various *experiences*, like the *application* which opens in the Pc. These *experiences* become a *belief system*. This *belief system* can be imagined to be the *automation* which facilitates ease of opening an application (your *experiences*) from the server. This *belief system* includes your desire and its reaction in various situations, as a format, for the *Subconscious Mind* to accept and respond. Your *Conscious Mind* feeds observations and developed thoughts (your *belief system*) to the *Subconscious Mind*, hence it is important to feed your positive thoughts, your kosher, pure and deepest desires and reduce the feeling of unacceptance, prejudices, and negativity, upon on which ego thrives.

*Think of the conscious mind as a fertile land in your backyard to grow your tree with deep roots and strong trunk to branch out flowers that blossom as a response by the subconscious mind.*

### ***Subconscious Mind***

Imagine your *subconscious mind* represented by an extended storage in a server kept in a data center. This is secured and is well guarded and regulated. It automatically comes into action when an overload happens in your storage area of your server in the datacenter. Similarly, the *subconscious mind* operates from the Mind Dimension and has an indirect access from Emotional, Intellectual, Occupational, Social, Environmental elements through the conscious mind. The *subconscious mind* activates and forms where conscious mind ends. It is very intelligent and creative. It strictly follows the nature's spiritual law of acceptance, which means it does not oppose anything sent by the conscious mind but accepts and adapts

whatever is sent its way, because its very nature is to avoid being judgmental or distinguish between good and bad. It purely accepts and responds what is fed into it (our extended storage in the server).

It does not have a belief system of its own hence does not inculcate ill-feeling, ego, hatred, and other negative feelings but manifests them if fed by the conscious mind.

Taking the analogy of a server in the data center, which responds to every file or application services desired, if subscribed to, by the subscriber is honored without discrimination.

Hence ensure that the thoughts that you develop and desires that you possess are experiences of positivity, pure thoughts with divinity and kosher desires for betterment of your environment. Since these thoughts, when fed, to the *subconscious mind*, for your desire fulfillment with clarity, will be manifested in its purest form. Ill feeling, prejudices, theft in your desire to accumulate wealth by wrongful means or similar desires of prosperity through immoral ways of possession, will result in similar reactions of wrong doings as a response from the subconscious mind for your situation. Hence the principle of what you sow is what you will reap.

### ***Superconscious Mind***

This can be imagined as the network of networks – our modern internet. All three dimensions need to work together to have the power to tune in with the *superconscious mind*. Superconscious mind is a state of pure and infinite intelligence and wisdom. It is a state of non-conceptual awareness when consciousness and its objects are both absent.

Various experiments have been conducted to ascertain the fact that, our mind, body, and soul constituted through our brain, in our human form, is currently programmed to have 86 billion neurons which are further connected to almost 10000 synapses resulting into almost 1 trillion connections. It is programmed to work with 1-16% of cells that are active, at any moment, at maximum capacity. This is, as much of the energy limit, that our body and our brain is currently designed to be conscious of. With such, current capacities of our brain, it is evident that we require a lot of power just to have a powerful and smart brain in operation for its day-to-day functioning.

Your brains have an intelligent inbuilt mechanism to conserve your brain energy with optimum limit, to pass maximum information at cost of minimum energy depletion. Because of this, major portion of

your brain requires to work outside of the conscious realm and remains dormant in our subconscious mind.

Each cell in our body is constantly emitting electromagnetic waves and their power varies with variation in our mood and feelings, hence, we need to tune our mind, body and soul for their capacity to absorb energy dissipation or acceptance in cognizance with our brain, to attempt to reach our subconscious plane - the highest energy plane. This might not be manageable by your normal being, hence it is mostly dormant and gets activated as and when we enforce its enablement. Subconscious mind can, however, help us create our pathway to the superconscious mind with a lot of practice and determination.

Our minimal attempts with the right attitude and habits, will help us reach our *Higher Self* to reach our *superconscious mind*. *Higher self* is our spiritual self, without ego and other negative feelings like wrath, lust, greed, attachments, pride, prejudice, and hatred which fuels ego energy, as was described earlier.

## **Measuring Spiritual Intelligence**

You can choose to skip this subtopic and return after you have finished reading the book, to understand the purpose and the connectivity with other derivations in the subsequent chapters.

*Spiritual Intelligence* is measured through a *Spiritual Quotient (SQ)*.

There are various theories and experiments that are currently being devised and practiced in deriving and optimized SQ.

SQ can be stated as the sum of our emotional intelligence, general intelligence, and our physical capability. One of the other components of spirituality is our capability to respond in an adverse situation, which, is currently in its stage of evolution and is called an adversity quotient. I have included components of our reaction to adversity in our EQ topic for decision making and parts of it in our IQ derivations in the previous chapters.

We will be using SQ as a summation of EQ, IQ and, yet to be derived MBS score. MBS compensates for our physical capability. Your MBS score will be a sum of your Mind, Body, and Soul dimensions,

based on their elements. Each of which, will have a weightage divided in a sequence of (5/10), (3/10) & (2/10) respectively with a maximum of 10 for a MBS score, collectively [ This is as per their occurrence in the table of MBS Conscious Plane Model as described in 3 Dimensions of Mind, Body and Soul]. E.g the maximum score against Mind (which inculcates all the elements mentioned in the previous pages ) would be a maximum of 5, Body plane will be a maximum of 3 and the Soul a maximum of 2. Self-assess, by using  $MBS\ score = M+B+S$ , resulting into a maximum of 10.

Suggestion continues .... Take a nap or something that you like doing where you lose the presence of time and then return to fill the following table with your first thought against MBS elements to include a collective score in the line-item MBS.

<b>DIMENSIONS</b>	<b>ELEMENTS</b>	<b>SCORE (Max 1)</b>
MIND		
	Emotional	
	Intellectual	
	Occupational	
	Social	
	Environmental	
BODY		
	Physical Health	
	Inner Body Health	
	Mental Health	
SOUL		
	Wellness	
	Spiritual	
<b>MBS Total Score</b>		

Fill the below table with previously derived EQ and IQ score and the MBS score derived above.

<b>SQ Components</b>	<b>1-10 Rating</b>
IQ	
EQ	
MBS	
Total Score (IQ+EQ+MBS) - ( Max 70 )	

Your SQ will be used in the later chapters, while discussing various techniques of wellness.

### *The Story of CARE*

Buddha and his disciples happened to travel across cities from Gaya, his place of enlightenment to Thimphu – capital of Bhutan. They all had walked for more than 10 hours and were thirsty, so they decided to rest near a huge lake, under the shade of a tree. It appeared that the lake had shrunk in size, since there were algae on the open areas around the lake. One of the disciples approached the lake to get some water but observed that the lake was dirty and turbid with mud due to a group of buffalo's crossing the lake. He also observed froth, which was coming from a distance, where the villagers were seen washing clothes. The disciple could see the turbidity and froth covering as far as he could see. The lake was not looking good to collect water for Buddha.

So, the disciple returned without collecting any water and mentioned the same to Buddha and rest of the disciples. Buddha slept in peace while listening to the disciple's predicament.

After some time, they all got up after resting for a while and Buddha suggested to take a route from above the hillock that was situated at the edge of the lake, on the far side.

While on their way up, they found the hillock to be steep since they were now at a good height, while they looked down, they saw the lake to be crystal clear and the turbidity had completely vanished, there wasn't any froth either. The disciple looked at Buddha in wonder, "how is this possible?" and quickly went downhill to get some water.

Buddha responded by saying "*take CARE*" while you fetch water for us. They noticed a small stream that was feeding the lake with clean running water and the mud had sunk to the bottom of the lake during the time they were resting.

He further mentioned that our mind was disturbed and tired due to our travel, hence we saw what the mind perceived and wanted us to see, which became in turn our reality. We didn't see beyond, what our mind was showing us.

When the body is rested and healthy, the mind gets fitter as well. If we CHANGE our state of mind to become *calm*, but consciously *active* then we will RISE above our current situation and *erase* the

unwanted thoughts. Thoughts that arise from this *state* are absorbed by the soul giving birth to CARE (CHANGE, ACCCEPT, RISE, ETERNALLY) and *care* (*calm, active, reality, erased*).

*Highlights & Summary:*

- There are various Elements for wellness that can be classified under the 3 Dimensions of Mind, Body, and Soul:
  - Mind
    - Emotional
    - Intellectual
    - Occupational
    - Social
    - Environmental
  - Body
    - Physical Health
    - Inner Health
    - Mental Health
  - Soul
    - Wellness
    - Spiritual
- If we make our internal being accepting and giving, then what comes and goes from us in unison as per its function, by tuning our mind, body and soul, we imbibe the very nature of nature and come to terms with it, which itself is the goal of our super consciousness
- Spiritual quotient is derived from the equation:  $SQ = IQ + EQ + MBS \text{ Score}$ . The MBS score is derived from the elements of our Mind, Body and Soul.
- If we CHANGE our state of mind to become *calm*, but consciously *active* then we will RISE above our current situation and *erase* the unwanted thoughts. Thoughts that arise from this *state*

are absorbed by the soul giving birth to CARE (CHANGE, ACCCEPT, RISE, ETERNALLY)  
and *care* (*calm, active, reality, erased*)

# DEMYSTIFYING SELF

*Knowing others is wisdom*

*Knowing yourself is enlightenment.*

*... Lao Tzu*

Every cell and atom in our body is pure energy. All matter is a manifestation of that energy. This simple truth in our conscious mind will lead us to respond to stimuli very differently. Energy is the connecting link between mind and body. The extreme flow of energy comes from our will or spirit which is connected to our soul as per the level of our consciousness.

An act of walking, running, or sprinting comes about from the energy flow we regulate to our muscles, when our mind regulates the purpose of either walking, running, or sprinting. The mind regulates the flow, the body enacts by the virtue of moving our legs through the amount of blood flow and the level of strides. While we do these activities for a normal conscious life, imagine when doing it for a competition or training for the Olympics.

This is where the will or our spirit takes over as an element of our soul to put the highest amount of energy in our practice to win. This requires, our body to be trained and fed, our mind to be focused and tuned in its conscious level. During practice, tuning of our mind and body improves in its frequency and our soul gets this information of our extraneously painful practice sessions. During the Olympics, with our body and mind in frequency our consciousness from our connection with our soul takes over in the form of our will to win. The participant with the most tuned mind, body and soul has always been seen winning races. We've also witnessed extraordinary results of some participants breaking world records and creating magic on the field. Olympic participants practice for 10 years for a 10 second performance to win, but a few break records and take the first spot. This is the power of tuning our mind body and soul at high conscious levels.

We all have been through occasions, where sometimes you might not believe what took over you while performing an act. For instance, you managed to slam your brakes just in time, unprepared, while you saw a speeding truck in front of you, coming from nowhere. You might have very faint memory of what actually happened, but you feel the pain of the experience or the hurt you might have received during the incident. Call it an act of God or your *superconscious* taking over, but your body just reacted to the energy that came through.

## **Outer Self and Our Senses**

Your curated self, that you portray to the world is your outer self. This self of yours might not be the true self with your innermost feelings and hence could differ in its interaction in different circumstances and with individuals or group you deal with, at that point in time,

Our physical outer self would be adhered to our materialist outlook that we try to cope up with our environment and our ecosystem to showcase our best.

Our outer self, however, serves the function of providing 5 senses, namely, sight, sound, smell, taste and touch. The information in form of visual, audio, smell, taste and touch/feel enact as memories and is passed through our conscious mind to our subconscious mind. They all participate in creating experiences and beliefs stored in the subconscious mind.

Subconscious is pure and truthful in responding to the conscious mind as a reaction for external circumstances. It is not active every time, but dutifully responds as and when requested for. Our external world can be challenging and demanding, leaving us clueless about whether this portrayal and reaction matches what we ultimately desire though our inner self.

## **Inner Self**

The inner self comprises of mind and soul that reflect unseen areas of our life. Things such as our personality, feelings, emotions, spirituality, desire, intuition, values, beliefs, thoughts and purpose. It is supposed to be pure and able to remain calm and resilient during adversities from the outer world.

The internal physical self consists of organs, nervous system, and skeleton. Our unseen self namely mind, and soul are interdependent on various functions of our internal physical self and our unseen self. In our normal untuned life, there is a conflict between our inner self and our outer self, which makes us do things which are different than envisaged, resulting in completely different outcomes as had been thought. The greater the conflict, the wider the difference between what the inner self believes is right and what the outer self does. This conflict ultimately causes stress that can be damaging and further untuning of our mind, body, and soul.

### ***Mind & Brain Connection***

Our mind and brain are two very different, but interconnected, existences.

Once, there is clarity in the fact that our mind and brain are separate, with a little learning, we can start controlling and managing our thought and actions. We can then start changing what has already been built in our brains and choose to reset and start building what we want to further build in our brains and so in our beliefs.

Our brain responds to our mind and changes it with a phenomenon called *neuroplasticity*. Our mind generates energy by enacting upon our observations, resulting in our experiences which form our belief system. These series of activities cause thinking, feeling, and choosing as a reaction in various situations. With mind being in action, it produces energy, this energy is then passed to our brain.

The brain in turn takes this energy set in motion the request of the mind which in turn builds physical structures of those thoughts in the form of proteins within its system of structures. This building of thoughts and thus the structural change in the brain is called neuroplasticity and hence our brain is an extremely complex neuroplastic responder.

The brain and mind connect is of consciousness. There would not be any conscious experience without the brain. We choose our actions through our desire which have developed through various activities in our mind and influenced by the soul. The brain doesn't force any action but facilitates them, through cognitive activities, as a response to the action suggested by the mind.

Our brain never stays the same at any moment since it changes with every experience due to neuroplasticity. Whereas our mind develops as we experience life through our thoughts, feelings, and choices, to which our brain responds in form of a reaction.

Hence, when you can learn to control your mind, you learn to control your world. This will help you negate the ill feelings in your life and bring back the balance in your brain to lead a life of joy and happiness.

### ***Chakras and its Super Conscious effect***

Philosophically speaking, each of our acts starts taking the fragrance of divinity, of godliness, from its cosmic superconscious mind. Whatever then we say, becomes the truth. Each movement creates ripples of beauty, joy and ecstasy touching millions of people who have never known us and may never know us ever, but they will share our joy.

Sometimes as would have been observed by all of us, we might be feeling good about things at a particular moment in time and suddenly some sort of a feeling of sadness takes over, why?

This is because, somebody out there, in our proximity, might be releasing ripples, in form of their emitted frequency, of sadness that could be strong enough to impact us. The opposite is also true when sadness is suddenly taken over by happiness and joy.

We are with great treasures within us, but we also have our animal heritage due to our reptile brain. The reptile brain and as stated by the scientists, as the limbic system stating that reptilian brain includes the main structures found in a reptile's brain in form of brainstem and the cerebellum. It also has its legacy from the fact as stated by Charles Darwin in the *Darwin's theory of evolution*. Some of the holy books followed by the eastern religions, state that we get into a human body after incarnating through 8.4 million lives.

We need to remove our animal heritage and give space for treasures such as, our human values and desires as treasures, to reach our conscious self to be shared with all. The more we share the more we are bound to receive, that we desire.

Quantum physics has proven that there is space between everything irrespective of their size. Each atom, molecule, or particle however small has space between everything in the universe. That brings a conclusion to the effect that life is an energy flow rather than a collection of solid particle or things. Our Superconscious mind can tap beyond the material aspects and tap into the universal energy flow of that consciousness. This is usually referred to as "ether", the flow of electromagnetic waves that permeates all matter and space. This space could also be referred to as the space between subconsciousness and Super Consciousness.

Super conscious mind is related to cosmic intelligence of infinity and divinity. The great ones who are connected have produced some of the most creative wonders of the world.

So, how does one reach a Super Conscious state?

Meditation is one of the most proven ways of reaching such a state of consciousness. As one goes deeper with their meditation experiences, there comes a state when one starts seeing things and life in general with divine clarity with divine love and bliss. This has been defined by Einstein as *mystic emotion*.

While we go deeper into meditation, our bodily treasure of inner self, consisting of 7 Chakras – our life force machinery, gets activated to flow high energy transmission, called the *awakening*. This originates from the bottom of our spine, from a seat of high energy called *Kundalini*, also referred to as our *soul* as well, to our upper most chakra, called the *Crown Chakra*, which connects with the cosmic energy, this state is called the *Superconscious State*.

Chakra is a Sanskrit word meaning wheel or vortex. The discovery and usage of chakras as a healing system dates before 2500 BC and has its roots in the ancient healing system of India through the Hindu scripts of Vedas.

Chakras symbolize the connection between the physical and the spiritual. They are associated with parts of the body and are instrumental in their efficient functioning. When the Chakras are blocked or dysfunctional, specific parts of the body are affected causing mental, physiological, or emotional conditions accordingly.

There are many chakras associated with the body, but 7 key Chakras are instrumental in key harmonic activations of our body.



As per their distribution in the body, each chakra is associated with different nerve plexuses and endocrine glands. Each chakra has basic characteristics, issues, and elements.

***The seven major Chakras are:***

**1. Root Chakra (Muladhara)**

This is located between the anus and the genital area. The root chakra is associated with basic physical and survival needs. It is associated in being grounded and present in the now.

A blocked root chakra can manifest as diseases and physical issues like arthritis, constipation, bladder, or colon problems, and emotional insecurities including financial insecurities for basic needs and well-being. An aligned root chakra makes us feel grounded and secure both physically and emotionally.

**2. Abdominal Chakra (Svadhithana)**

This chakra is located in the abdominal region close to the belly button and affects our reproductive system, sexual organs, and lumbar plexus. It is associated with those parts of consciousness concerning food and sex.

Misaligned abdominal chakra raises issues in our organs, like lower back pain, urinary tract infections, and impotency. Emotionally, this chakra relates to, our self-worth in the areas of pleasure, sexuality, and creativity

### 3. Solar Plexus Chakra (Manipura)

Located in the solar plexus, this chakra forms parts of consciousness associated with perceptions of power, control, and freedom. Most importantly to be one's own self.

Obstacles in the third chakra are often experienced through digestive issues including ulcers, heartburn, eating disorders, and indigestion. It represents our self-esteem and self-confidence

### 4. Heart Chakra (Anahata)

This chakra is associated with perceptions of love and close relations. Blocks in our heart chakra can manifest in our physical health through heart problems, asthma, and weight issues.

People with heart chakra blocks often put others first, to their own detriment. It's the middle of the seven chakras, and hence it bridges the gap between our upper and lower chakras. When out of alignment, it can make us feel lonely, insecure, and isolated.

### 5. Throat Chakra (Visuddha)

This chakra is connected to a person's ability to express and receive. It is in the base of the throat and is connected to the thyroid gland.

It is related to our verbal communication. A blockage in the chakra is indicated by our voice and throat problems. It includes everything surrounding that area, such as the teeth, gums, and mouth. Blocks or misalignment can also be seen through dominating conversations, gossiping, speaking without thinking, and having trouble speaking your mind. When in alignment, you will speak and listen with compassion and feel confident when you speak because you know we are being true to ourselves with our words.

### 6. Third Eye /Brow Chakra (Ajna)

This is associated with our consciousness and awareness center or our third eye. It is associated with our spirit and is the level of consciousness that directs a person's actions and their lives.

Since this chakra is physically located in the head, blockages can manifest as headaches, issues with sight or concentration, and hearing problems. People who have trouble listening to reality (who seem

to “know it all”) or who are not in touch with their intuition may also have a block. An aligned chakra will enhance intuition and enable seeing the big picture.

#### 7. Crown Chakra (Sahasrara)

This represents our conscious state of unity or connection with the divine. And is associated with our faith and feeling of divinity and can also be referred to as the angelic energy.

The crown chakra is linked to every other chakra (and therefore every organ in this system), it not only affects all the organs, but also our brain and nervous system. It is considered the chakra of enlightenment and represents our connection to our life’s purpose and spirituality. Those with a blocked crown chakra may appear narrow-minded, skeptical, or stubborn. When this chakra is open, it helps all the other chakras to open to bringing bliss and enlightenment.

Chakras are energy centers of the body that correspond to feelings, each resonates with an individual differently. For instance, one of them would have resonated with you, while you were making yourself aware of this concept.

Another one may resonate with you later; it is likely that one resonates with you more than the others as a continuous problem, that you might be facing. Other blockages and resonance may appear every now and then. In the chakra system, these patterns have specific terms and there are recommended treatments for such blockages.

There are many yoga postures, meditations, and healing techniques to help clear blockages to harmonize and balance them. These exercises and treatments will help a person to experience optimum health, wellbeing, and happiness in one’s life and tune the mind and body to accept awakening to super consciousness.

## The Higher Self

*When you are evolving to your higher self the road seems lonely. But you're simply shedding energies that no longer match the frequency of your destiny.*

*... Anonymous*

Beyond the realms of inner and outer self is the higher self

We have noticed situations and circumstances in our life, which have made us move geographies to get away from those situations only to find similar ones occurring all over again. This is because *we carry our world, wherever we go.*

Geographies and other temporary solutions might not solve those circumstances, they might give you temporary relief while the inner self copes with the new external environment, as seen and observed by the outer self. The change must be in our inner self to make the world that we want.

The outer self is governed by our 5 senses. Our inner self is a reflection of our mind and soul which consists of unseen foundational properties such as emotions, spirituality, desire, intuition, personality, thoughts and purpose. These arise due to 5 negative unseen feelings of anger, lust, greed, attachment, and pride which find their root in our ego centric self. The Inner self can be our middle plane that prevents our outer self to connect with our higher self. Inner self can be related as the ego body, which prevents our outer world and inner world to be in unison.

If we learn to get our ego out of the equation from our inner self, it will open the gateway for our outer self to be in touch with our higher self. When we set our path for perpetual spirituality, we may be able to get rid of our ego body completely to perpetually, be in touch with our higher self.

We, also, at times, would have unknowingly been able to interact with our higher self. In that state we would have felt the presence of unlimited joy and intelligence at that moment in time, resulting into things like “tears of joy”, unfounded answers to questions or circumstances of life.

This is supposed to be our constant state from the times of our evolution, where our soul becomes the spirit of Joy and unlimited intelligence. When we begin to alter ourselves from inside, our external environment changes accordingly.

Being in a permanent state of spirituality, the oneness of our soul with the spirit, requires dedication and unwavering focus like those of the monks and sages.

While we get there, if we desire to do so, in our everyday life we could work towards negation of our ego, which is well within our control, until we see bouts of our connect with our higher self.

During those bouts, we find solutions to our unanswered questions, circumstances and live with a feeling of Joy. While we practice this negation to a permanency, those bouts will become your slave, producing results on demand. In this state you would have control of your thoughts and feelings with a self that has got rid of 5 negative known feelings of anger, lust, greed, attachment, and pride which otherwise would aggravate our ego. While these bouts move towards permanency, our *ego less* mind gets prepared for unison between our Mind, Body, and Soul.

### **Good Ego & Bad Ego**

Since ego is a big hindrance to get in touch with our higher self, it is important to understand what it is and why is it so powerful.

Ego can be defined as our sense of self-importance. When the ego is higher than our consciousness, we obstruct our mind and our consciousness itself. Though ego cannot be completely eradicated, it can be tamed to behave as, how, and when we want it to, through our consciousness.

Ego has been defined and classified in 3 ways by psychoanalysts like Sigmund Freud, Yoga Guru, maharishi Aurobindo from India and Berne – a Canadian psychiatrist.

Freud, named them as Id, Ego, and Superego. Berne named the 3 states as transaction analysis called Parent, Adult and Child. Aurobindo called it *sattwic* (illuminated), *rajasic* (kineticism) and *tamasic* (indolent). Each state of ego had a purpose and an outcome.

To make it simple for our day-to-day understanding, we could call the *good ego* as our Business Ego, the one we need to bring about for the higher purpose through its intelligence, creating endurance and perseverance. The *bad ego* can be called our Self Ego, which tries to dominate and wallows in self-pity. In our egoic quest for external gratification, we have cut our selves off from the knowledge of the inner self.

Business Ego can be used for better purpose, since it gives strength and courage and brings valor to meet challenges. But it loses its power when it is used for external gratification for narciss activities and tends to possess Self Ego qualities.

We require certain qualities of business ego to lead our day-to-day life to manage our self-esteem, but with our self-awareness of its use consciously.

The *business ego* makes you say, “I will achieve my higher self”, “I can practice and am capable of getting in touch with my higher self”. The *self-ego* is the contrarian and makes you say, “I am already in touch with my higher self and don’t have anything beyond myself”, “I am too busy to dedicate any time to do this”.

If we use our business ego for its perseverance and intellect to convince our inner self to help us reach our higher self, then we negate our self-ego. With clear thoughts, intention, and determination our conscious mind can convince our subconscious mind to help us connect with our higher self. Our tamed Business ego then plays the catalyst in enabling this and vanishes once the pathway to higher self opens. This helps us tune ourselves to meet with our higher self.

## **Simple Truth of our freedom**

What we call matter and mind are one and the same substance but only differ in its degree of vibration. Mind at a very low frequency of vibration is matter and matter at a high frequency is known as mind. Since both are the same in substance, as matter is bound by time, space and cause, mind at a high frequency of vibration is bound by the same law, hence mind becomes matter and matter mind, based on their frequency of vibration.

For instance, when we starve for a couple of days and avoid food and water, we tend to get weak to the extent that we could experience reduced brain and blood functions, causing temporary amnesia and at times even forget our names. But, on getting back to our usual diet, the power within our body returns to its normal and our mind starts functioning normally. In this case the food we ate has become our mind.

Similarly, mind at lesser frequency of vibration manifests itself in the body and becomes matter. Hence the body and mind act and react upon each other. Every mental state creates a corresponding state in the body and every action in the body has a corresponding effect on mind. The mind constantly becomes body. We humans are not our mind we are our soul. The soul is free, boundless, and eternal, this is where our freedom lies.

Mind however identified itself with its own ephemeral waves, loses sight of the soul and is lost in maze of time, space, and cause. We become slaves when we identify ourselves with the mind and wander aimlessly along with it. The soul is always free since it is free of the bondage between the mind and the body. If connected with the soul, we establish ourselves with the same nature of being free. Soul can be used as a vehicle for our freedom by taming our mind through reverse bondage. This could be the simplest universal truth that we are born with, but we make it complex due to our ignorance, as narrated by Swami Vivekananda.

## **How are we connected with each other?**

We are connected through heart, breath, and mind.

As has been stated through various studies and experiments, by astrophysicists from the Harvard-Smithsonian Observatory, we are connected with other living beings through our heart, breath, and mind.

Iron was created through constant explosions in the universe, which now runs through our veins in form of hemoglobin molecules, which further consists of an even smaller particle - a single atom called heme B, in our blood.

Stars are formed through galactic collisions over very long periods of time due to a *galactic dance*. This causes iron to be formed through supernovas, the only way of producing iron in the universe, which now runs through humans with every heartbeat. We are connected through every heartbeat with other humans in our universe that pumps the same iron through the hemoglobin in our veins.

In the beginning the earth was inhabitable due to the absence of oxygen and the only existing organisms then were single cell organisms like cyanobacteria. Over a period, almost 2.5 billion years ago, these single cell organisms were responsible to convert the carbon dioxide in the atmosphere to oxygen through the process of Photosynthesis which then led to the formation of our ozone layer. From this oxygen, about 600 Mn years ago, ozone layer was formed. This caused exponential growth of multicellular organisms on earth including plants. The chloroplast within the plants were the captured direct ascendants of cyanobacteria.

These plants have been our other lungs that breath out oxygen which we used as humans to breath in and now form the breath we take with the process of in-breath taken as out-breath of the other and vice versa.

The evolution of human inventions has been adapted over a period of time by mixing and matching outcomes with innovations in the newer world for instance the modern electric cars – somebody invented electricity, somebody the motor car somebody the fuel and so forth. Nobody thought of an electric car centuries ago. Our mind adding to the others, gets deepened and becomes an imbibed thought over time creating future generation of similar mind going forward to produce other things not thought of by us in this time dimension.

Hence the connection with our mind, heart and breath could be a super connected highway yet to be explored and envisaged for its wonders.

#### *Highlights & Summary:*

- Our outer self serves the function of providing 5 senses, namely, sight, sound, smell, taste and feel. The information in form of visual, voices, smell, taste and touch enact as memories and is passed through our conscious mind to our subconscious mind

- The inner self comprises of mind and soul that reflect unseen areas of our life and personality, such as feelings, emotions, spirituality, desire, intuition, values, beliefs, personality, thoughts and purpose.
- When you learn to control your mind, you learn to control your world. This will help you negate the ill feelings in your life and bring back the balance in your brain to lead a life of joy and happiness.
- There are many chakras associated with the body, but 7 key Chakras are instrumental in harmonic activations of our body. Chakras symbolize the connection between the physical and the spiritual. They are associated with specific parts of the body and are instrumental in their efficient functioning. When the Chakras are blocked or dysfunctional, these specific parts of the body are affected causing mental, physiological, or emotional conditions accordingly.
- Inner self can be related to as the ego body, which prevents our outer world and inner world to be in unison. If we learn to get our ego out of the equation from our inner self, it will open the gateway for our outer self to be in touch with our higher self.
- Soul can be used as a vehicle for our freedom by taming our mind through reverse bondage. This could be the simplest universal truth that we are born with, but we make it complex due to our ignorance.

# CONSCIOUSNESS IN QUANTUM PHYSICS

*If you want to find the secrets of the universe,  
think in terms of energy, frequency, and vibration.*

**... Nikola Tesla**

## **Quantum Physics – basic understanding**

As per quantum physics, we humans and similar beings are physical matter consisting of energy.

As per Einstein "Everything in life is vibration". The atoms are in a constant state of motion or vibration and depending on the speed of these atoms and molecules, the state of the matter appears to be solid, liquid, or gaseous.

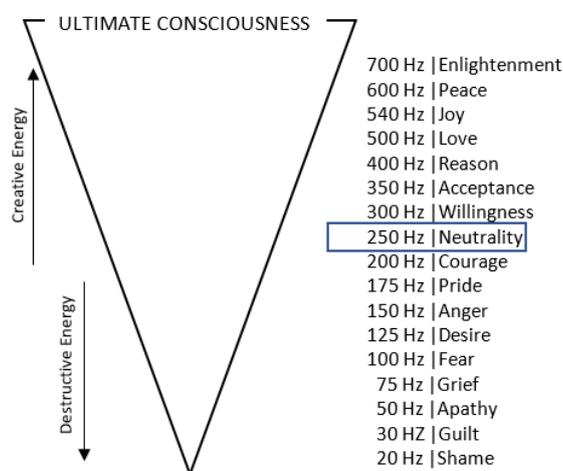
Like sound, our thoughts are also vibrations. Human body vibrates at 7.32 Hz, our universe at 432 Hz, and experiments have proved that, when we hear music at 432 Hz, we feel a state of calmness and relaxation.

Our cells and our body in general, then, is vibrating at a particular frequency as per our feeling. The Hertz vibration scale shows the frequency at which our emotions are getting emitted. It shows the frequency as per our thoughts and feelings derived from the outer world. Human body can learn to tune its frequency to receive signals that can help it reach desired state of emotion and feeling.

Lower the frequency heavier the mass, hence more the effort to increase the frequency. Hence it takes a larger effort to elevate our emotions from a lower spectrum of grief and apathy to that of love and joy.

A guitar's string could be used to demonstrate this phenomenon. The thick strings on a guitar produce lower tones of low frequency, and the thinner strings on the guitar are used for high pitch sound. Hence, a body will resonate if the original vibration matches the natural frequency of the resonator.

## The Hertz vibration scale



This scale shows human state of consciousness at the minimal level of 20 Hz for an emotion of feeling shame, to the highest level of 700 Hz+, a state of super consciousness.

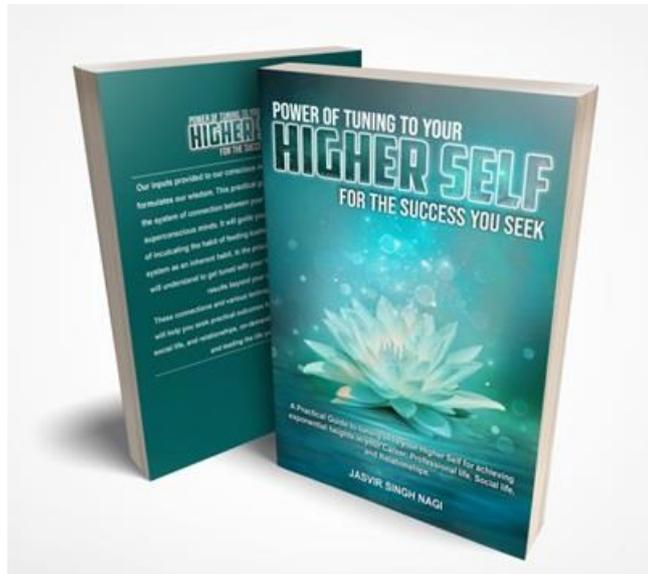
## Quantum Physics for tuning Consciousness

In the previous chapters, it was mentioned that we will be going through certain techniques at different levels to improve our conscious state.

There are five ways learnt from quantum physics that can help by using various techniques in improving current state and elevating one's self to a higher state and eventually repeatedly tuning one's self to one's higher self until permanency.

**Increase your frequency.....**

..... HOPE YOU ENJOYED READING SO FAR .....



## “QUOTES”

<p> Old Man Al</p> <p>★★★★★ <b>Life and its baggage - Simplified</b>  Reviewed in the United States on May 2, 2022  <b>Verified Purchase</b></p> <p>Never having read a self help book before, I initially struggled .... but as I delved deeper, the book helped me rationalize my own concepts.  As they say Life is Easy if you can simplify it.  Worth a read, if you are looking for answers.  3 people found this helpful</p>	<p> Christopher A Major</p> <p>★★★★★ <b>A Great Read</b>  Reviewed in the United States on April 30, 2022  A very insightful read  One person found this helpful</p>
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ENJOYING SO FAR. REST OF THE CHAPTERS HELP YOU GAIN A DEEPER SENSE OF SELF PERSPECTIVE.

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## ABOUT THE AUTHOR

My experience in working with various global leaders, people from diverse backgrounds, cultures, and countries, had enabled me to become a keen observer of people and their reactions to various situations and circumstances. One of the observations revealed that everybody has their unique way of responding to a particular situation in different circumstances. This suggested that everyone possesses their unique characteristics, christened as their Personal Quotient or PQ, to respond to a particular situation as per their personal traits, behavior, and personality.

My quest in finding answers to work around the vicissitudes that work, and life throw at us and to react undeterred in the best possible way to meet one's goals, by understanding and using our Personal Quotient (PQ), to lead a successful life in a joyous environment, has led me to author this book. This book is an attempt to blend philosophy, physics, and eastern spiritual wisdom with the latest western technologies so that I can share the knowledge gained because of my experiences and the techniques that have helped me successfully create a life that was envisaged and now living.

An Entrepreneur, Investor, Technologist, and Seeker, blessed with the fortune of holding various leadership positions in large conglomerates and MNC's over past three decades. An Electronics Engineer, and an alumnus of Indian Institute of Management (IIM), accredited with executive level certifications in building powerful teams and supply chain management from Indian Institute of Technology (IIT) and India School of Business (ISB).

Privileged to create several technology papers and conduct various global transformational, change management projects to align people, processes, and purpose.

This being the first of the series of planned books, the subsequent ones will continue to focus on the topics of wellbeing and success in various phases of work and life, using the eastern spiritual wisdom and cutting-edge technology of the western world.

For further details please visit [www.jasvirsinghnagi.com](http://www.jasvirsinghnagi.com)

## REFERENCES

Most of the details mentioned in the book have the quotes and the name of the respective authors mentioned besides them. All the quotes from various books have been credited by the authors of the book subsequently.

I thank the authors of some of the books that were used as references for deriving various conclusions and are mentioned below:

1. Autobiography of a Yogi- Paramhansa Yogananda
2. Quotes: Respective names of personnel who have quoted
3. 7 spiritual laws of success - Deepak Chopra
4. Power of Now - Eckhart Tolle
5. What you seek is seeking you - Brian Tracy & Azim Jamal
6. Osho and his talks
7. Journal of neuroscience
8. Bhagavat Gita
9. Zen Mind, Beginners Mind - Shunryu Suzuki
10. Power of your subconscious mind - Dr. Joseph Murphy
11. Various talks of philosophers, saints, monks, authors, neuroscientists, and psychotherapists from public platforms.



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