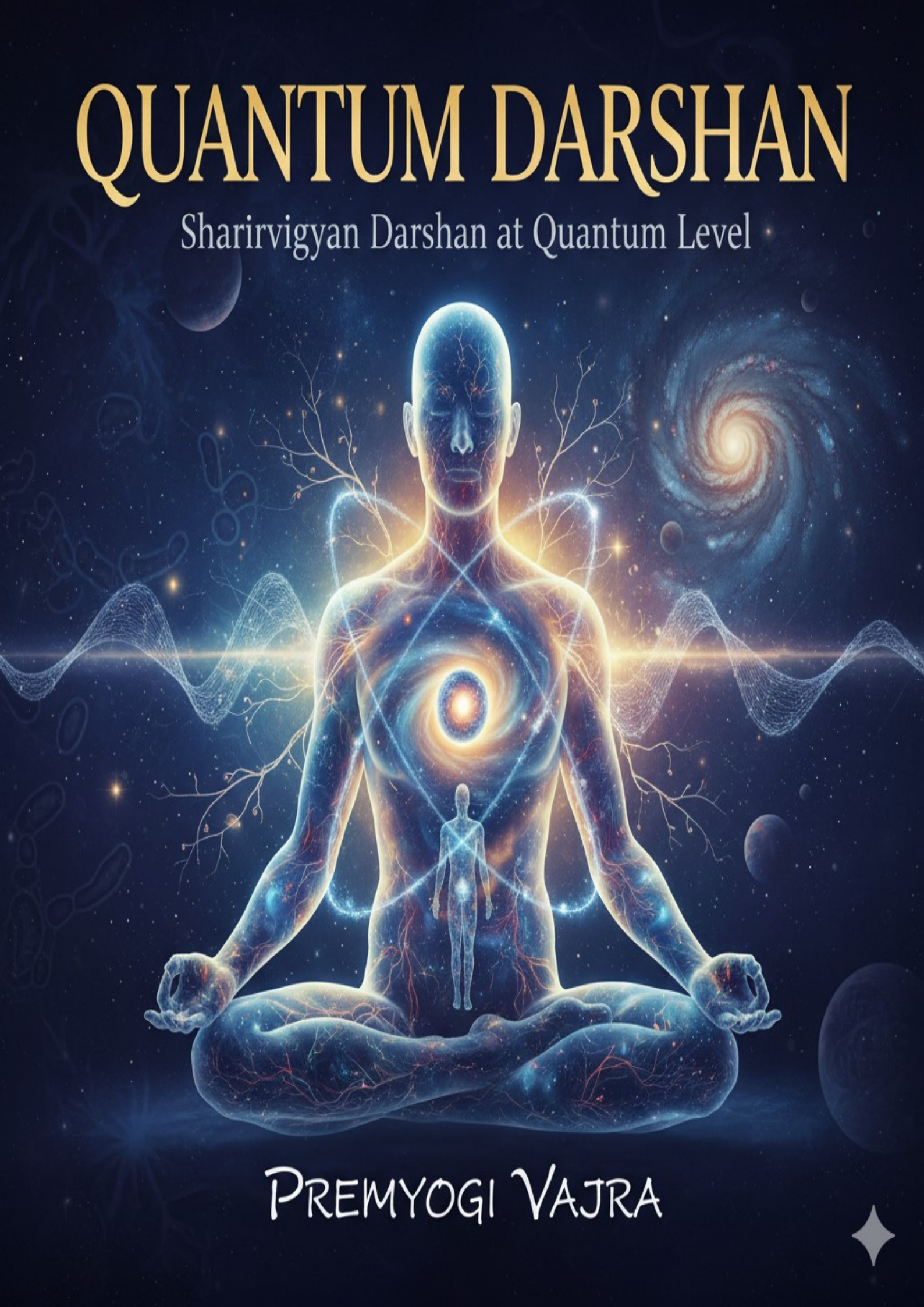
QUANTUM DARSHAN

Sharirvigyan Darshan at Quantum Level



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Quantum Darshan: *sharirvigyan darshan at quantum level*

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Introduction:

What if the secret to understanding your life, your mind, and your ultimate freedom was hidden inside the humble atom? *Quantum Darshan* offers a profound new vision of reality by weaving together modern physics with ancient wisdom. It reveals the astonishing insight that the human body is a miniature, holographic reflection of the atom itself. This book invites you into a lived experience of non-duality, showing that consciousness does not arise from the brain; rather, the brain emerges from Consciousness. As you journey through its pages, the long-standing divide between science and spirituality begins to dissolve, and the universe and your own body appear as one seamless whole. By understanding the silent, egoless nature of the atom and its foundational quantum world, you naturally loosen the grip of ego and personal attachment.

This work is rooted in the author's earlier philosophy, *Sharirvigyan Darshan*—first written in Hindi in *Sharirvigyan Darshan: Ek Adhunik Kundalini Tantra (Ek Yogi Ki Premkatha)*—a text that proved powerful and transformative, grounded in the author's own rapid tantric-kundalini awakening. Yet the author noticed a cultural hesitation: most people, conditioned to view the human body as full of doshas and impurities, were reluctant to approach such a groundbreaking, body-centered philosophy. Tantra, widely misunderstood, often meets resistance; and a tantra-oriented book can easily be dismissed or pushed aside. Ironically, while people comfortably worship stone or metal idols—which lack cells, blood, or breath—their quantum particles behave no differently from those inside a living being. Even reading original *Sharirvigyan Darshan* sometimes brought readers so close to their own bodies that a few became overly protective, leading them toward supposedly inferior means of nourishment and preservation—such as non-vegetarian food, casual relationships, or over competitive pursuits for prosperity. Although nothing human, when done in moderation and awareness, is inherently forbidden—indeed, in pure Tantric sadhana such tendencies, kept balanced, can support rapid spiritual growth—these practices were culturally unappreciated in the author's surroundings.

From these observations emerged a new inspiration: instead of comparing human life and behavior with inner bodily structures like cells and tissues (though their similarities with human being are even more striking), why not interpret human experience through the lens of the quantum world itself? After all, body and atom are ultimately the same. The author sensed that this is precisely why people naturally find peace and liberation in worshipping nature and its personified deities in the form of idols etc.—though the quantum reason behind this connection remains hidden from the masses. *Quantum Darshan* attempts to illuminate this forgotten bridge, offering a fresh, scientific-philosophical way to see the human journey and the cosmos as reflections of one unified Truth.

Updated December 2025 – Now includes 31 chapters. This is a living manuscript. Each chapter unfolds as new insights arise. Future updates will be added seamlessly, reflecting the organic journey of realization.

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Chapter 1: The Atom – The Smallest Big Thing

Namaste, dear reader friends,

With heartfelt joy and deep intent, I welcome you to this evolving journey — a blog series that is also the seed of this book titled "**Quantum Darshan: *sharirvigyan darshan at quantum level",*** earlier that was also proposed to be titled **"Sharirvigyan Darshan: The Human Body Inside an Atom."**
This work is born from a long inner reflection and a desire to share a vision that unites **science, self-awareness, and spirituality** into one living understanding. It seeks to answer the timeless questions: *What is this body? What is this universe? And are they really two separate things?*
In my earlier explorations, I presented how human beings and human society mirror the functioning of body cells and systems. This appealed to those from health and biological sciences. But I felt something was missing for the **common seeker** — for those who live, think, and feel in a more everyday, physical world.
And then came a simple but powerful doorway: the **atom**.
Atoms are the building blocks of all matter — be it your body, your home, a tree, or even a grain of sand. But what if I told you that each atom is not just a particle, but a **holographic reflection of your entire body**? That the universe, in its vastness, is nothing but a mirror of you — and you, a living image of the universe?
Through this understanding, the gap
between *science* and *spirituality*, *self* and *world*, *you* and *me*, starts to dissolve. The **ego softens**, the illusion of separation fades, and what remains is a peaceful joy — the natural state of **nonduality**.
This is not a dry concept or theory. It is a living, breathing truth. One that can be **felt**, **understood**, and **lived**, even by the most ordinary person.

So, dear friends, walk with me through these pages — not just with the mind, but with your whole being. Let this journey open your eyes to a hidden harmony, where **matter becomes meaning**, and the **body becomes a doorway to the cosmos**.
And now, with gentle excitement,
we step into **Chapter One…**

Chapter 1: The Atom – The Smallest Big Thing

The most astonishing truth is often hidden in the most ordinary thing. You wake up in the morning, touch your pillow, stretch your arms, breathe in the air—but rarely do you pause to consider: everything you just experienced is made of the same ingredient. Your breath. Your bones. Your bed. Your breakfast. Even your boredom. All made of atoms.

The word “atom” may sound like it belongs in a physics lab or an 8th standard science textbook, but in truth, the atom is more mystical than any ancient symbol, more philosophical than any scripture, and more thrilling than any science fiction. The atom is the beginning of our journey not because it is small, but because it is the smallest form of everything we know.

It is the humble atom that will eventually unfold before you the secret of your body, your mind, your world, and your Self. Not metaphorically. Not symbolically. But directly, clearly, and scientifically.

What is an Atom, Really?

Strip away all poetic fog for a moment and look at the raw definition: an atom is the smallest unit of matter that retains the properties of an element. Hydrogen, oxygen, iron, gold, carbon—each is made of atoms. Each atom is composed of a dense nucleus (holding protons and neutrons) surrounded by a cloud of electrons. But the mind-shattering part? It’s almost entirely empty space.

If the nucleus of an atom were the size of a grain of rice, the electrons would be whirling around it at a distance of several meters. And in between? Nothing. Vacuum. Silence. Emptiness. And yet, this empty dance creates solidity.

Your skin. Your skull. The steel spoon in your hand. All solid illusions made from empty atoms. A paradox wrapped in wonder.

You Are Made of This

As you sit reading this chapter—whether on a screen or paper—your body is pulsing with activity. Cells working, blood flowing, brain humming. And yet, underneath all that complexity lies astonishing simplicity: you are made of atoms.

Bones? Calcium atoms. Muscles? Proteins made from carbon, hydrogen, oxygen, nitrogen atoms. Breath? Oxygen atoms in molecules dancing through lungs and into blood.

Even your thoughts depend on the flicker of sodium and potassium atoms across neural membranes. You are an orchestra of atomic activity.

And it's not just you. The chair you're sitting on. The cup near your hand. The book on your shelf. All made of atoms. There is no exception in the physical world. Everything is atoms, arranged differently.

The First Whisper: What If?

Now let a quiet question pass through your awareness:

If every object in the universe is made of atoms, and your body is made of atoms, then is there any boundary between "you" and "everything else"?
This is not mysticism. This is physics.

Imagine for a moment: you walk into a room. Your hand touches a wall. Two atomic clouds meet. One belongs to "you," the other to "wall." But both are just electrons pushing against each other—

and electrons don’t carry name tags. They don’t say, “Hey! I’m from Bhishm Sharma’s hand!”

So who says they are yours?

That is the first crack in the ego.

Atoms Don’t Have Egos

Here is a silent truth that might change your life:

Atoms don’t do anything. Yet everything happens through them.

The atom doesn’t claim it grew into a flower, or turned into a heart cell, or formed a skyscraper. It doesn’t say, “Look what I did!”

It simply *is*, and through its being, infinite forms arise.
Compare that to your own life. You eat, breathe, speak, sleep, think. But if you observe closely, none of this is truly “done” by you in the conscious sense. Breathing happens. Digestion happens. Even thoughts arise without being summoned.

Your life is a play of atomic orchestration, not personal authorship.

The Suspense Begins

Here’s where it gets exhilarating.

Later in this book, you will see not just that the body is made of atoms, but that each **atom is a miniature holographic reflection of the entire body**. Every function you believe belongs

to organs—like circulation, cognition, metabolism—is **already being mirrored at the atomic level**.
The atom, in a very real sense, **is the body**, just in seed form.
This isn't poetry. It is precise parallelism. The holographic principle in physics suggests that all the information of a whole can exist in every small part. Like a fragment of a holographic photo still contains the entire image, just at lower resolution.

That means: *Every atom is the body. Every atom is the universe. And so are you.*

And Yet… Nothing Moves

The deeper you look into atomic structure, the more silence you encounter. Electrons don't spin like planets. They exist in probability clouds. The nucleus doesn't pulse or breathe. It just remains.

This entire dynamic universe is built on particles that are **mostly still and silent**.
This echoes something ancient within your own being. Something that yogis, sages, and mystics have spoken of for millennia:

"There is a stillness in you that does not move, yet all movement arises from it."

In this book, we will slowly peel back the veil—not to escape science, but to fulfill it.

Why This Chapter Matters

You may wonder: why start here? Why talk about atoms when you came looking for self-realization, spiritual understanding, or insight into human nature?

Because **understanding the atom is understanding yourself**. Not just your body. But the very way you think, feel, act, and perceive.

This book is not about religious belief or new-age theory. It is about showing you, through direct experience and clear reasoning, that everything you think is "external" is actually **you**. The moment you grasp that the very building blocks of the universe are also the building blocks of your Self, the illusion of separation begins to dissolve. You start to laugh gently at the absurdity of possessiveness, pride, guilt, and fear.

What is there to fight, if all is you? What is there to possess, if the possessor is already everywhere?

A Taste of What Awaits

In coming chapters, we will:

- Unpack how the **functions** of the body (circulation, nervous system, digestion) mirror atomic structure
- See how the **society of cells** within us reflects the society outside us
- Discover how **consciousness and awareness** influence atomic behavior
- Understand how **healing, memory, and death** relate to atomic rearrangement
- And finally, how seeing the **atom as your own Self** can liberate you from the weight of ego

The Adventure Within

Imagine a journey where no place is far because the destination is within you.

Where the greatest mysteries of matter whisper the truths of spirit.

Where the smallest unit of substance reveals the largest truth of existence.

This is not just a book. It is a shift in the way you perceive reality.

We began with the atom. But the journey has only begun.

And if you dare to go deeper, you will discover that the boundary between the knower and the known, the seer and the seen, the atom and the body, the world and the Self...

...was never really there at all.

Chapter 2: What Is the Holographic Principle?

Dear reader, let's now gently step ahead from where we paused earlier. We had seen a deep and beautiful idea — that the entire universe might be a reflection of our own body. That what seems outside us might actually be connected to us more deeply than we imagine.

Now, we go one step further.

Have you ever seen a hologram? Maybe on a sticker or a card? It looks 3D, as if the image has depth and shape. But when you touch it, it's flat. If you break off even a small piece, it still shows the whole image, though smaller. How can that be?

It's because a hologram is made in a very special way. Every part contains the pattern of the whole. It's like magic, but it's actually science. This is called the **holographic principle**.
Now, scientists began to notice something strange while studying black holes. A black hole is a place in space where gravity is so strong that nothing, not even light, can escape. But then they asked: if something falls into a black hole, where does its information go? Is it lost forever?

Surprisingly, they found that all the information about what falls in could still be stored on the surface of the black hole. Not inside it — but **on the outer layer**. Like how a 3D image can be stored in a 2D hologram.
That led to a big idea: maybe the **entire universe works like this**. Maybe everything we see in three dimensions is actually coming from a two-dimensional surface that we can't directly see.
Now, let's make it simpler. Imagine you are looking at a movie on a screen. The movie has people, buildings, mountains. It looks 3D.

But the screen is flat. The depth is just an illusion. In the same way, what we see as solid space around us may also be a kind of illusion — a very detailed and real-looking one.

And this is not just about the outer world. Your own brain also works like this.

Your eyes see flat images. The surface of your eye (the retina) is flat. But somehow, your brain creates the feeling of depth. You see things as near and far. You see 3D. But inside the brain, it's just **patterns of electrical signals**. The 3D world you experience is created inside your mind. It is a kind of hologram too.
So both outside and inside — the world and your mind — may be working like **projectors**, creating a 3D picture from a 2D base.
This idea also matches what ancient Indian wisdom said. The sages said the world is Maya — not exactly false, but **like a dream or illusion**. It feels real, but its base is something else. Just like in a dream, you walk, talk, feel, and meet people — but when you wake up, you see it was all happening inside your mind.
Even your body follows this hologram idea.

Your body has about 37 trillion cells. Each cell may look different — some are skin cells, some are liver cells, some are brain cells. But almost **every cell has the same DNA** — the full code for your entire body. Every part carries the whole.
Go even deeper. At the level of atoms, everything is made of the same building blocks. Whether it's a human body, a rock, a tree, or a star — all are made of atoms. And atoms are mostly empty space, with just energy and patterns. So how does something as empty as an atom become something as alive as you?

It's a mystery. But it shows that form and life arise from patterns — just like a hologram.

You begin to see now — the walls between you and the world start to blur. You're not just a small person in a big universe. You are part of the universe, and the universe is part of you.

That's why when you truly understand this, ego begins to melt. Not because someone told you to be humble, but because you actually **see** there is no real separation.
Even your dreams show this. In a dream, your body sleeps still, but your mind creates whole worlds. You see, hear, touch, and feel. It's all inside you. If that's possible in dreams, maybe our waking life also has a dream-like structure.

Scientists now say the brain can build the feeling of space and time just from signals. That means the space around you might not be exactly "out there." It might be something your mind is drawing — like a canvas.

And what if the universe is doing the same?

So both the world and your experience of it may be coming from **encoded patterns** — from something deeper, beyond what we normally see. This is what the holographic principle hints at.
Now, just a small note here: scientists haven't yet *proven* that black holes really store information like a hologram. But many strong theories and equations suggest this is true. For example, famous physicists like Stephen Hawking and Leonard Susskind found that the information inside a black hole might actually live on its outer surface — not deep inside. This means the black hole may act like a flat screen showing a 3D world, much like a hologram. While we can't test this directly yet (since we can't go near a black hole), the idea matches well with both modern physics and ancient spiritual wisdom. So, it is a very strong possibility, though still being explored.
And here is the spiritual wonder: when you really get this, something beautiful happens.

You begin to feel at peace. You stop fighting the world so much. You stop feeling so alone. You realize everyone and everything is connected — not in some vague way, but in a real, scientific, spiritual way.

You are not a tiny drop in a vast sea. You are the sea appearing as a drop.

And this understanding is not just for scientists or saints. It is for anyone who has the courage to look carefully, honestly, and lovingly into their own experience.

This is the heart of Sharirvigyan Darshan. It tells us that the **human body is not separate from the universe**, but a mirror of it. A reflection of the whole. A living, breathing hologram.
As we end this chapter, a quiet question appears in the mind:

If both your body and the world are patterns… If both are reflections of something deeper… Then who or what is watching all this?

What is the light behind the hologram?

Let’s go there, together, in Chapter 3.

Chapter 3: Can a Whole Body Fit Inside an Atom?

In the last chapter, we asked: if the entire universe is a holographic projection, then who is observing this cosmic screen?

That question is not separate from science. It's the very heart of it.

Everything we see — the planets, the people, the pain, the play — all of it might be appearing on a kind of invisible surface, just like a 3D movie on a flat cinema screen. But unless someone is watching that screen, the movie doesn't truly exist. So the most important question isn't about how the movie appears, but who is sitting in the audience — silently witnessing the show.

This witness is not your eyes. Not your brain. It is the **soul** — the spacious, aware presence behind all perception. And it is not passive. It does something magical. It **translates a flat image into a living, breathing experience**.
That's why we don't just see shapes and colours. We feel love. We feel distances. We experience space. Why? Because the **soul itself is not flat**. It is **three-dimensional space**, infinite, silent, conscious — and from it, all volume and depth arise.
The brain helps process signals, but the soul **gives depth to reality**. Without it, everything would be flat and meaningless. That's the secret behind our experience of life as a deep, vast, unfolding mystery.
This insight also helps us approach the central question of this chapter — **can a whole body fit inside an atom?**
At first glance, it sounds ridiculous. Our body has bones, skin, blood, thoughts, breath — how can all of that fit inside something smaller than a speck of dust?

But if you look deeper, you'll discover a quiet miracle. Every cell of your body carries the entire blueprint of your form — your DNA. And DNA itself is smaller than what we can imagine, yet it contains everything — your eye shape, your voice, your sleep patterns, your tendencies. And DNA is made of atoms.

So, in a simple yet astonishing truth — **your entire body is already folded inside the atom**. Not physically, but **informationally**. Like a movie is stored inside a memory chip, your whole being is encoded inside the atomic architecture of your cells.

And the more we understand information, the more we realise that **information doesn't need volume**. It only needs pattern. A single holographic pixel can carry the image of the whole — and this is true not just of science, but of our very existence.

In ancient Yogic vision, this was never news. The Rishis saw that the **subtle body** (*sukshma sharira*) holds the full record of all our lifetimes — not just the current one. These records aren't written in ink, but in subtle ripples — **samskaras** — which move through our soul-space like gravitational impressions.

These ripples don't die when the body dies. They stay. They vibrate quietly in the background of consciousness, waiting for conditions to rise again. Just like ripples in space don't disappear after a star collapses — they stretch as **gravitational waves**, holding memory across eternity.

This means the **human soul is a personal holographic space**, containing subtle ripples, vibrational patterns, and emotional waves from countless lives. It is like a microcosmic version of the cosmos. And these ripples are held by **prana** — the subtle life force, just as in the universe, **cosmic prana** may be holding all gravitational memory after the end of galaxies.

So what scientists now begin to say — that the universe stores its history as stable gravitational waves — was already intuited by ancient seers. Our individual soul-space is a smaller echo of cosmic space — each carrying memory, pattern, and subtle

desire. The **universe is the macro-soul**. We are **its holographic reflections**.
And now I must tell you something that confirmed this to me beyond theory.

I once had a powerful experience — a visitation in a dream — of a freshly departed soul. But it didn't appear merely as the person I knew in this life; it was much more than that. It came as a deeply encoded field of identity. It felt like the average of all its lifetimes, distilled into a single compact vibration — heavy and dark, but not in an evil sense. More like dense light wrapped in darkness, or a sacred knot of memory — a concentrated bundle of impressions woven from countless experiences, identities, and emotions across time. It wasn't chaotic, but felt intentionally held together, like a spiritual DNA preserving the soul's essence. Sacred, because it bore the silent weight of eons — yet still a knot, because it hadn't fully unraveled into freedom.

It was alive — more alive than ever, in a strange and quiet way. Yet I could see that its soul-space was compressed. It wasn't empty, but it was concealing its personal identity within itself, folding inward like a lotus closed at night. Its core felt heavy, as if burdened by unresolved identity — by samskaras carried across eons. Simply put, or in a nutshell, it was like a space filled with complete darkness, yet invisibly encoding an individual identity within. Because of this encoding, I could unmistakably feel it as that same individual — fully alive — even though nothing was present except sheer, expansive darkness and silence. It was an astonishing kind of encoding. Perhaps it is akin to subtle gravitational ripples in space.

It was not tortured, but it was not free. Its experiential light — its vastness, its bliss, its clarity — was present, yet covered, veiled, or diminished. It appeared lesser than the state of a living human body. Had it appeared more — more radiant, more open — it

would have been recognized as liberated. Though it believed itself to be liberated, this belief was shaped by illusion and carried a subtle doubt. It even asked me to confirm its liberation, but I denied. That subtle compression of soul-space — that invisible binding — was its true suffering. It didn't recognize it as suffering, but I did. A man who has lived in a well for eons cannot know what lies beyond, but someone outside the well can see it — and point toward the truth. It wasn't pain in the usual sense, but rather the quiet ache of being less than what one truly is — that is, absolute.

In that moment, I understood something profound — liberation is simply the release of these samskaras. It is the melting away of these inner gravitational waves. Liberation is not the end of life, but the end of compression. One may be sitting in a cave yet still be bound and compressed by samskaras, while another, even as a king amidst the world, may be entirely free of such compressions.

Just as a black hole may one day dissolve its trapped information into open space again, the bound soul too can release its encoded ripples and return to **satchitananda** — being, consciousness, and bliss — in their natural, free, shining form.
So what does this say about the universe?

The scriptures say even **Brahma**, the cosmic creator, has a lifespan. When the **cosmic play ends**, even he dissolves. But just like a soul, Brahma doesn't vanish. He merges into **infinite stillness** — into **Brahman**, the pure, ripple-free field.
This is **Mahapralaya** — the Great Dissolution. But it's not destruction. It is **deep sleep**. And from that silent space, one day, a new Brahma emerges — and with him, a new universe, a new screen, a new holograph.
Why? Because the **infinite never runs out of potential**. It doesn't need desire to create. It simply flowers.

And so it is with you. When your samskaras melt, when your inner ripples calm, when your soul becomes like **clear, still space** — you don't vanish. You shine. You become the screen and the observer — **at once**.
So yes — a whole body can fit inside an atom. Because the body is not merely flesh and bone; it is a vibration, a subtle blueprint, a densely compressed field of infinite memory and possibility. What we perceive as the physical body is only the outermost layer. At its core, it is energy — encoded with the entire history of one's being across lifetimes — all folded into a single point of consciousness, much like how a vast hologram can be stored in a tiny fragment of space. Just as the energies and impressions of infinite lifetimes can remain encoded in the soul, the same kind of encoding can be stored within the space bound by the boundary of an atom. In that minuscule realm, unimaginable depth and memory can reside, hidden yet alive. Just as the portion of infinite space within the human head can hold unlimited energy patterns as encoded impressions, then why can't the part of infinite space bound within an atom also hold the same — the energy patterns of a human, or even of the entire cosmos? It is not a matter of size; it is a matter of structure — of holography. In a holographic reality, the whole is reflected in every part. So even the smallest boundary, like that of an atom, can encode the vastness of existence within it.

And inside that atom — there may be a holograph of not just your form, but of your past, your future, and the entire cosmos.

You are not a fragment — not a broken or isolated piece of existence. You are a portal: a living doorway through which the infinite expresses itself. You do not merely belong to the universe; the universe flows through you. Within you lies access to all dimensions of being — from the deepest silence to the highest awareness. You are not a small part of reality; you are the point where reality opens, unfolds, and becomes self-aware.

You are not inside space. Space is inside you.

And the one watching all this — the one reading these words now — is not a character on the screen. It is the **eternal observer**, patiently waiting for you to remember:
You were never just the story.
You were the light behind it all.

Chapter 4: The Body's Mirror – Inside the Atom(Structure and Function Parallels)

When we left the last chapter, a strange but exciting possibility opened up—
Can the entire human body fit inside an atom?
And we saw, with childlike wonder and deep scientific insight, that it not only can—*it already does.*
Not in a solid, visible way. But in a subtle, energetic, holographic way.

Just like a tree already lives inside its seed in a hidden form, the entire human being lives inside the atom—not as a full-grown body, but as a *blueprint*, a *design*, a *vibrational possibility*. And just like the seed grows into a tree, the atom evolves into cells, tissues, organs, and finally into us.
But this brings us to a fascinating question:

If atoms already carry the human inside them, do they also *function* like the body?
Is it just a structural similarity? Or do both the atom and the body actually *do* the same things in their own scale?
Let's explore. But not like a boring textbook. Let's walk together like curious children exploring a hidden ancient cave—with wonder, joy, and awe.

The Hidden Map: Body and Atom Side by Side

The human body has many organs and systems—brain, heart, blood, skeleton, DNA…
The atom has parts too—nucleus, electrons, orbitals, energy levels, vibration…

Let’s look at them side by side.
You’ll start seeing something truly magical.

Brain and Nucleus: The Command Center

Our brain is the control tower of the body. It processes everything—thoughts, emotions, signals. It decides what to do and when to do it. It’s the most complex machine in the known universe.

Now look at the atom.
Right at its center lies the nucleus—a tiny, dense heart of energy. It decides the identity of the atom just as our brain decides our personality. Whether it’s hydrogen, oxygen, carbon—it’s the **nucleus** that decides. It controls the atom’s **stability, behavior, and power**. The nucleus, made of **protons** and **neutrons**, is the atom’s core. The number of protons defines the **element**—1 for hydrogen, 6 for carbon, 8 for oxygen. If the nucleus becomes too heavy or unbalanced, the atom turns **unstable or radioactive**, sometimes releasing enormous energy. Similarly, the **human brain** is the control center of personality and function. When the brain is **overloaded or imbalanced**, it can lead to a **crash in personality**, much like how an unstable nucleus causes atomic breakdown. Both are small cores with massive influence.
So just like the brain gives order to the body, the nucleus gives structure and energy to the atom.

They are mirrors of each other—one at the macro level, one at the micro.

Heart and Nucleus Again: The Source of Power

The heart beats and pumps blood. It creates rhythm and flow, keeping every part of the body alive. Its beat is our life’s background music.

In the atom, the nucleus is also the source of immense power. In fact, nuclear energy is the strongest known force in nature—millions of times stronger than the chemical energy in bonds.

So while the **heart pumps blood** to sustain the body, the **nucleus holds energy—compressed, stable, and immensely powerful**. It's this concentrated energy at the core that gives **electrons** the force to move in their orbits, much like how the heart drives life through circulation. The nucleus may sit quietly at the center, but it fuels the entire atomic structure, just as the heart silently powers the entire body.
Both sit silently at the center.
Both keep everything else alive.
Both beat—one with sound, one with silence.

Blood, Nerves and Electron Flow: Movement and Messages

Our blood flows endlessly through a vast network of veins and arteries, delivering oxygen, nutrients, hormones, and waste—sustaining not just individual cells but the entire body. Alongside this, our nervous system fires rapid electrical signals between the brain and body, coordinating every movement, reflex, and thought. These two systems—circulatory and nervous—are the main lifelines of the body. They ensure that every part remains nourished, aware, and responsive.

Now shift to the atomic scale. Inside every atom, a similar dual dynamic is at play. Electrons, tiny charged particles, spin and shift through orbits and clouds, never still. They jump between energy levels, carrying not just electric charge, but also light, interaction, and the possibility of bonding. In the same way, refreshed circulation brings a glow to the face and positively modulates interactions with people in society. Electrons carry **light** by emitting or absorbing photons during energy jumps, and

carry **interaction** by enabling chemical bonds and mediating electromagnetic forces. Just as blood flows through vessels, electrons flow through defined paths—and just as the body depends on blood flow for life, the atom depends on the movement of electrons. If electrons stopped or spiraled into the nucleus, the atom would collapse—its structure gone, its function lost.

Just as nerve signals generate electric fields in our body, electrons produce electric and magnetic fields around the atom. Just as **nerve signals command the body** on how to move, react, or feel, **moving electrons guide the atom**—determining **which other atoms to interact with** and **which to ignore**, by shaping the atom's electric field and bonding behavior. Just as blood pulses rhythmically, electrons flow in patterns that drive chemical reactions and energy transfer. These patterns determine whether atoms link together, repel each other, or light up the world.

In this way, the life inside us—the flowing of blood, breath, and signals—is mirrored by the life within atoms, where electrons dance and communicate through fields and flows. Movement gives purpose. Flow creates connection. Whether in the vast body or the tiniest atom, everything is motion, everything is message.

Skeleton and Electron Shells: Structure and Stability

Just as the **skeleton** gives the body its **shape, support, and movement**, holding all parts in place and allowing them to work together, **electron orbitals** give the atom its **structure and behavior**. The skeleton decides how the body stands, moves, and stays connected; likewise, electron orbitals decide how **atoms bond**, **fit together**, and **form molecules**. Without the skeleton, the body would collapse—just as without orbitals, atoms wouldn't know how to connect or create anything. Both are invisible frameworks that **hold form and enable function**.

If electron shells were chaotic, not rigid like skelton, no atoms would hold. No molecules, no matter, no life. Their stability allows the universe to have form.

So just as bones are invisible under the skin but hold the body, electron shells are invisible structures that hold all creation.

DNA and Atomic Code: Memory and Design

Every living cell has DNA—a twisted spiral of information.
It tells each cell what to become—eye, skin, heart, or brain.

But what is DNA made of? Molecules.
And what are molecules? Arrangements of atoms.

Which means the real memory is stored in how atoms sit next to each other.
How they bond, vibrate, and form structures.
The *vibration* and *pattern* is the real code.
Even the spiral shape of DNA comes from atomic geometry.
The **spiral shape of DNA**, known as the **double helix**, is not random—it arises from the **way atoms are arranged and bonded** within the molecule. The angles at which atoms bond, the **electron orbitals**, and the **repulsion between electrons** all influence the overall 3D shape. The **atomic geometry**—how atoms naturally prefer to sit in space—causes the DNA strands to twist into a spiral. So, the elegant spiral form of DNA is a direct result of the **geometrical rules of atoms at the tiniest level**.
So in a way, atoms are carrying *vibrational memory*. Yes, in a way, **atoms do carry vibrational memory**—though not like human memory, it's a kind of **energetic imprint**. Atoms and molecules constantly **vibrate**, and these vibrations depend on **their structure, bonds, and energy levels**. When atoms **absorb energy**, they vibrate differently, and that vibration can **influence how they interact** with other atoms or molecules.

In complex molecules like proteins or DNA, these vibrations can even affect **biological behavior and information transfer**. So, while atoms don't "remember" like a brain, their **vibrational patterns reflect their past interactions and current state**—a kind of **memory stored in motion**, shaping how they behave next.
The entire body's design is encoded in how atoms behave.
It's not magic. It's vibration, pattern, and harmony. Means that the complex beauty we see in nature—from the shape of a snowflake to the spiral of DNA or the rhythm of a heartbeat—is not due to something mystical, but to the **natural laws of physics and chemistry**. At the atomic and molecular level, everything **vibrates**—atoms, bonds, and particles move in tiny, rhythmic motions. These vibrations follow specific **patterns**, governed by energy, structure, and interaction. When these patterns align in a balanced and organized way, they create **harmony**—leading to stability, form, and function in everything from crystals to living organisms. So, what may appear magical is actually the **elegant dance of vibrations following natural laws**—a universe built on rhythm, not randomness.

Breathing, Thinking, Feeling – Is the Atom Doing It Too?

Now comes the fun part.
You may ask: *Okay, atoms have structure like the body. But do they also breathe? Think? Feel?*
Let's see:

Breathing?
Atoms constantly vibrate. That vibration is like their breath.
More energy, faster vibration. Less energy, slower.
This is the rhythm of life at the tiniest level.
Circulating?
Electrons are always moving. They never sit still.

They flow, jump, tunnel, interact. This is circulation at the atomic scale.

Thinking?

Our thoughts are electrical signals in neurons.

At base, they are movements of ions—charged atoms.

Our **thoughts** are the result of **electrical signals** traveling through **neurons** in the brain. At the most basic level, these signals are created by the **movement of ions**—which are **atoms or molecules that carry an electric charge**. For example, when you think, neurons open tiny gates in their membranes that allow **charged ions like sodium (Na^+), potassium (K^+), and calcium (Ca^{2+})** to move in and out. This flow of ions creates tiny **electrical currents**, which travel along the neuron and send messages to other neurons. So, beneath every emotion, memory, or idea is the **simple motion of charged atoms**—thoughts begin with the **physics of moving particles**.

And inside atoms, electrons also jump and release energy.

This quantum jump is mysterious—it happens instantly. No travel, no in-between.

It's not "thinking" like humans do, but it *behaves* like flashes of choice. Just as **electrons gain or lose energy** by **jumping between orbitals**—absorbing energy to move to a higher level and releasing energy when dropping to a lower one—the **human body** also experiences **energy shifts**. When we're **uplifted**—through joy, love, or positive experiences—it's like electrons **absorbing energy**, rising to a higher energetic state. And when we're **grounded**—through rest, nature, or emotional release—it's like electrons **releasing excess energy**, returning to a more stable, balanced level.

In both cases, whether in atoms or the body, **energy flows in steps**, not randomly. These **jumps create change**, spark reactions, and maintain harmony. **Energy in, energy out—it's how both electrons and humans stay in balance.**

So what is the body doing… that the atom isn't?

Surprisingly—*nothing*.

Every action in the body is an advanced version of what atoms already do.

The body is the orchestra.
The atom is the original note.

The Illusion of “I Am Doing” – A Deeper Realization

Here’s where the mystery deepens.

We often say:
“I am breathing.”
“I am thinking.”
“I am walking.”

But let’s pause. Are we really doing these things?

The heart beats on its own.
The lungs breathe even when we sleep.
The brain thinks without our permission.
Even digestion, healing, and movement happen naturally.

So who is this “I” that claims to be doing?

Most of the time, the body runs on its own. Just like an atom doesn’t *try* to spin—*it just does*.
There is no manager inside the atom. No ego. No “doer.”
In the same way, the body doesn’t need an ego to function.
It already knows what to do—just like the atom.

The *sense of doership* is like a story we add on top of what is already happening.
The body is moving. The breath is flowing. The mind is thinking.
But “I am doing” is just a caption, not the photo itself.

When this is deeply seen, a strange peace enters.
The burden drops. Life feels lighter.
You stop trying to control everything. You start to *trust* the process.
The body is not your slave.
It is a part of nature, just like wind, fire, or stars.

You are not a fragment, you are a portal — a window through which the atom is looking at itself as a full-grown universe. Means that **you**, as a conscious being, are not just a small piece of the universe—you are a **gateway of awareness** through which the universe can perceive and reflect upon itself. At the core, your body and mind are made of **atoms**, just like everything else in the cosmos. But through **consciousness**, those atoms have formed something extraordinary—you, a being capable of **self-awareness, wonder, and understanding**.
So rather than being just a tiny, separate fragment of existence, you are like a **lens or opening** through which the vast universe—built from atoms—is able to **experience itself** as something whole, intelligent, and alive. The **same particles** that make up stars, galaxies, and oceans are now, through you, **thinking, feeling, and observing**. Before you, they were blindly making things up, unaware of the actual facts and processes.
It's not poetic exaggeration—it's a profound truth of existence: **the universe, through you, becomes aware of itself.**

The Final Glimpse: Body and Atom Are One Journey

So what have we seen?

We've seen that the atom and the body are not separate things. They are reflections of the same pattern, at different scales.

The atom is the seed.
The body is the tree.
But the code is the same.

Everything you see in your body — breathing, thinking, moving, feeling — is already present in subtle form inside each atom.

The body is not *made* of atoms.
The body *is* an atom, unfolded.
This is the beauty of creation—the small and the large are not opposites but echoes of the same sound, reflections of one reality.

The atom is alive. The body is alive.
And through both, **you** — the awareness behind all this — are watching it all happen.
The purpose is not to control it, but to marvel at it—to witness the harmony of creation, where small and large are echoes of the same truth, flowing effortlessly from one source, the endless and self-aware space.

So next time you breathe…
remember — even the atom is breathing with you.

And that is the science of the Self.

Chapter 5 – Quantum Biology: When Atoms Think

Take a moment and look at your hand.

Move your fingers. Touch your chest and feel the heartbeat.

Now ask yourself: **Who is doing this?**
You might say, “My brain is sending signals to my muscles.” That’s correct—but it is only the surface of the truth. If you zoom in deeper, far beyond muscle, beyond blood, beyond the cells, you will enter the world of molecules, then atoms, and finally the mysterious world of **quantum life**.
Most people never pause to think:
What exactly happens inside an atom when I move my hand or heal a wound?
We usually imagine that atoms just sit there like building blocks—tiny balls stuck together. But this is not how life actually works. **Atoms are not passive; they are active, dynamic, and even participatory. They are thinking in their own language.**
When we say **“atoms think in their own language,”** it doesn’t mean they have a mind like humans. It means their behavior is not passive—they respond actively to their environment using **quantum rules**, not mechanical ones. Inside every atom, electrons, protons, and even molecular structures behave in ways that seem like **natural decision-making**. They don’t randomly jump between states; they shift, tunnel, and entangle **according to the conditions of vibration, energy, and surrounding environment**. For example, an electron won’t jump to a new orbit unless the exact energy matches. A proton won’t tunnel unless the molecular vibration aligns perfectly. This process is called **quantum probability**, but it feels very similar to the way life works—always adjusting to the situation, choosing the best path. Surprisingly, **human choice works in the same way.** We

feel we are “deciding freely,” but in truth, our choices too are shaped by circumstances, memories, and the current state of mind. Both atoms and humans make decisions by **responding naturally to the present conditions—not by random chance, but by what fits best.** The difference is, humans do it consciously, while atoms do it as part of quantum law. But at the core, **both are participants in a universal pattern of dynamic, context-driven action.** This is why **Sharirvigyan Darshan** teaches that by observing life at the atomic level, we can understand the larger processes of thought, healing, and existence itself. If **atoms and human life both work through natural, condition-based responses**, then **humans too can live effortlessly, like atoms—free from unnecessary stress and ego.** Atoms don’t resist their nature. They don’t carry burdens of overthinking or self-importance. They adjust, respond, and participate in the cosmic process **without attachment**. An electron doesn’t say, “Why me?” when it tunnels; it just flows according to universal law. A protein doesn’t feel pride when it heals the body—it simply performs its role in harmony. In the same way, **human life can become free, light, and ego-less when we realize: we too are part of this natural flow.** When you stop forcing life and start **responding naturally to the present moment—like atoms do—you drop the weight of “doership.”** Decisions happen, actions happen, but the unnecessary stress disappears. This is not about becoming passive or lazy—it’s about **living in alignment with the quantum logic of life**, where thought and action are spontaneous, fitting, and stress-free. That’s why **Sharirvigyan Darshan** is not just science—it’s a way to live peacefully, understanding that **your body, mind, and the cosmos are already one continuous system.**

When a human makes a decision, the mind considers options, senses the environment, and chooses the most suitable response. Similarly, when an electron moves inside an atom, it does not jump randomly; it selects an energy level that matches the

present conditions, like absorbing just the right amount of energy to make a move. When a human overcomes a challenge, like crossing a difficult situation, the mind finds creative ways to move forward. In the atomic world, a proton may cross a barrier using quantum tunneling, smoothly shifting through an obstacle that classical physics says it shouldn't cross. When a human changes mood or adapts to new surroundings, the nervous system adjusts signals and chemicals; similarly, in an atom, electrons adjust their vibrations and orbitals depending on external fields and energies. When humans interact with others, they exchange information and energy in relationships; atoms also interact by sharing electrons, creating bonds, and forming molecules through mutual cooperation. When a human meditates and calms the mind, brainwaves synchronize; at the atomic level, particles like photons and electrons can also synchronize through quantum coherence (quantum coherence means multiple particles acting together in perfect rhythm, sharing a unified state). So it is not an exaggeration to say that an atom does everything a human does, but at its own fundamental level. Both are participants in the same universal process—only the scale and awareness have expanded in humans. We can rightly call the human an **updated and evolved version of the atom**, running the same cosmic program in a higher form.

Sharirvigyan Darshan means **understanding the universe by studying the body itself**. Not as a philosophical idea, but as a direct reality. When you explore the tiniest events happening inside your own body, you see the cosmos working through you. Let's begin this journey together.

Proteins: The Atomic Shape-shifters

Proteins are the most hardworking structures in your body. They repair your tissues, digest your food, and copy your DNA. But here's the surprising part: **Proteins cannot work without quantum tricks.**

Imagine a protein like a soft, flexible machine. Inside it, there are electrons and protons moving from one place to another. But sometimes there is an **energy barrier** in the way—a wall that should stop these particles from moving.
In classical physics, if you don't have enough energy to cross the wall, you stay stuck. But in quantum biology, something magical happens: The particle **disappears from one side of the wall and reappears on the other—without crossing it physically.**
This is called **quantum tunneling**, and it is a **daily event inside you**.
Let's simplify it even more:

Think of an ant standing before a huge mountain. Normally, the ant would have to climb over or go around. But in the quantum world, the ant simply **blinks out of existence on one side of the mountain and pops into existence on the other side.**
This is not a rare phenomenon.
It is happening right now in your cells, trillions of times per second.
If quantum tunneling stopped for even a moment, your digestion would stop, DNA repair would freeze, and life itself would collapse.

This is why **life is not just mechanical. Life is quantum mechanical.**
And it's happening inside you—not in some laboratory, but inside your breath, your bones, your brain, your every heartbeat.

Smell: Your Nose as a Quantum Vibration Detector

Let's move to a very ordinary act: smelling.

When you smell a flower or sense the first rain on dry earth, you are not just detecting the shape of molecules entering your nose —you are experiencing the hidden world of quantum biology.

Earlier, scientists believed that the nose works like a lock and key, where each smell molecule fits into a specific receptor based on its shape, but this idea could not explain why different-shaped molecules often smell the same or why same-shaped molecules sometimes smell different. The mystery was solved when scientists discovered that our nose doesn't just check the shape of molecules—it also listens to their vibrations. Every molecule in nature vibrates at a unique atomic frequency, like a tiny musical note at the quantum level. Inside the nose, certain receptors can detect these molecular vibrations through a quantum process called electron tunneling, where electrons jump from one part of the receptor to another, but only if the incoming molecule vibrates at the right frequency. If the vibration matches, the electron tunnels, and your brain perceives a specific smell; if it doesn't match, the electron stays still. In this moment, the decision of the electron to jump or not is like a tiny act of atomic intelligence, a fundamental choice happening at the smallest level of life, reminding us of the concept of Sharirvigyan Darshan where the body is not just a physical machine but a living conscious system where even atoms participate in decisions. This intuitive insight reveals that our experience of the world is not simply mechanical; it involves the constant interaction between consciousness and matter, where the smallest particles of the body, like electrons, seem to "think" or "sense" before acting, just as larger beings do in their own way. In other words, you are not merely smelling objects; you are sensing their atomic energy patterns, and your nose is not just a passive sensor but a conscious quantum biological instrument, tuned to the invisible music of the molecular world, with each vibration being acknowledged or rejected at the atomic level.

Birds and the Quantum Compass in Their Brain

Let's go a step further.

Every winter, millions of birds fly thousands of kilometers across oceans, deserts, and mountains to reach warmer lands with astonishing precision. For centuries, scientists wondered how these delicate creatures navigate such vast distances without maps or GPS. How do they know which way to go? How do they return to the same places, year after year, with no visible guide? The answer, as incredible as it sounds, lies not in their wings or feathers but in the quantum world happening silently inside a bird's eye. Birds have special light-sensitive proteins called cryptochromes, and inside these proteins, pairs of electrons become quantum entangled. This means the two electrons stop behaving like separate particles and act as one unified system, even while being physically apart within the same molecule. One of these electrons responds to changes in the Earth's magnetic field, and the moment it shifts, the other instantly "knows," no matter the distance between them. This is not science fiction—it is a real phenomenon of quantum physics called entanglement. This creates a built-in quantum compass inside the bird's brain. Their eyes can sense subtle shifts in the Earth's magnetic field as visual patterns—like a transparent map overlaid onto ordinary sight—guiding them silently across the planet. As the bird tilts its head or flies through different regions, the Earth's magnetic field alters the shared state of the entangled electrons. The bird's brain reads these tiny changes as directional information, helping it stay on course over thousands of miles, even in complete darkness or cloudy skies. At first glance, the bird's quantum compass might sound like magic, but in spirit, it's similar to how our man-made GPS systems function. Both help with navigation, both rely on invisible fields, both involve comparing signals to figure out where you are. But the way they work, and the level at which they operate, are entirely different. GPS—the Global Positioning System—connects your phone or car to multiple satellites orbiting Earth. Each satellite sends signals about its position and time. Your GPS listens to at least three or four satellites simultaneously, comparing the time each signal takes to arrive, triangulating your

location, and updating it in real-time as you move. The whole system works because of precise timing, atomic clocks, and advanced math. By contrast, the bird's quantum compass uses pairs of entangled electrons in cryptochrome proteins. These electrons don't need satellites or external signals—they are already connected in a shared quantum state, directly sensitive to the Earth's magnetic field. As the bird flies, the magnetic field changes the balance of this entangled state, and the bird's nervous system picks up this quantum information and uses it as an internal GPS. Both systems help with navigation, both involve comparing signals—the GPS compares satellite data, while the bird compares the joint state of its entangled electrons. Both give real-time feedback about direction. But GPS is external—it depends on satellites and technology—while the bird's compass is internal, woven into its biology. GPS uses triangulation from multiple points in space, while the bird uses quantum entanglement, where two electrons act as one sensor. In GPS, if a signal is lost, the system recalculates using the other satellites. In the bird, if the quantum coherence is disturbed—say by environmental noise or molecular jostling—the entangled electrons may decohere, meaning the delicate quantum link collapses. But here's the beauty: the bird's system naturally resets, constantly creating new pairs of entangled electrons. This continuous refreshing makes the bird's compass stable despite the fragile nature of quantum systems. You might wonder, why do birds need a pair of electrons? Wouldn't one be enough to sense the magnetic field? The answer is no—a single electron would be too vulnerable to random changes, background noise, and environmental disturbances. It could spin one way or another just by chance, giving unreliable information. But when two electrons are entangled, they work as a reference system for each other. They form a comparison pair, where one electron reacts to the magnetic field, and the other provides a baseline, reducing errors. This quantum pairing helps filter out randomness, keeping the bird's compass sensitive yet stable. Together, The bird's

system naturally **prolongs the quantum coherence between entangled electrons just long enough to read meaningful directional information**, allowing it to distinguish real signals from short-lived random quantum noise. In GPS, when one signal is weak, the system uses other satellites to compensate. Similarly, in the bird's compass, if an electron pair loses coherence, the cryptochrome proteins quickly reset and generate new entangled pairs. This cycle of creation, decoherence, and re-creation is like nature's own quantum software update, happening silently inside the bird's eyes. Most importantly, GPS needs satellites in space, but the bird carries its compass within its own body, working through the universe's deepest laws at the atomic level. The bird doesn't need to charge batteries or install software—it runs on quantum biology, nature's original navigation system, long before humans invented machines. Now you might ask, what does this have to do with me? The answer is deeply personal. Humans also have cryptochrome proteins in the retina. We may not consciously use them for navigation, but their presence suggests that we too are quantum biological beings, with inner systems science is just beginning to understand. This is where Sharirvigyan Darshan becomes practical and life-changing. It teaches that your body is not just mechanical; it is a living, intelligent field, where matter and consciousness are intertwined right down to the electrons. In fact, your own mood changes are quantum events. When you move from sadness to joy, from fear to calm, or from confusion to clarity, it's not just emotional—it's a quantum-level shift, much like the bird adjusting its compass in flight. Your brain and nervous system are made of particles that don't behave like fixed machines. They operate through living probability fields, constantly moving between states depending on breath, thought, and focus. But human suffering often begins because we cling to one mental state, collapsing our inner quantum field into a stuck pattern. This leads to depression, anxiety, and hopelessness—not because life is cruel, but because we forget to allow the natural shift of states. The bird never clings to one direction. Its compass

constantly resets, its entangled electrons adjust moment by moment. We too are meant to live this way, flowing between thoughts and moods like clouds passing through the sky. So next time you feel stuck in stress, sadness, or overthinking, remember: your atoms are ready to shift. You are not a rigid machine—you are a living quantum event, part of the same mystery that guides birds across oceans. No emotion is final. No mood is permanent. The field is always open for change, like a vast playing field where countless new moves are possible at every moment. You are not here to control life tightly but to participate in this subtle dance of quantum possibilities, moving gracefully, resetting naturally—just as the bird flies on invisible maps written not by machines but by the deep, intelligent field of life itself. There's no need to delve too deep into the technicalities here—the real purpose is simply to **peep into Sharirvigyan Darshan**, to glimpse how life's hidden mechanisms reflect the deeper science of the living body.

Photosynthesis: The Quantum Computer in a Leaf

Let's talk about plants for a moment.

When a plant absorbs sunlight, the photon's journey does not follow a fixed mechanical route; instead, its energy spreads like a quantum wave, exploring all possible paths inside the leaf's cells at the same time through a process called quantum coherence, and then collapses into the most efficient path to trigger photosynthesis, which is nature's own quantum decision-making at work. This is not just about passive reactions but about fundamental particles like electrons and excitons participating in a process where possibilities are held open until one outcome is selected—a subtle but real form of "choice" happening at the atomic level. The same principle is seen when birds navigate using quantum entanglement or when humans detect smells through quantum tunneling in the nose, where electrons jump only if molecular vibrations match specific frequencies. These are

not random events; they reflect a dynamic, responsive interaction between matter and possibility, where nature continuously resolves options into action. This atomic “decision-making” is not conscious like a human thought, but it forms the **fundamental ground from which evolved intelligence emerges**, meaning human consciousness is not separate from nature but an advanced expression of the same quantum field where atoms explore, sense, and select outcomes. In this light, Sharirvigyan Darshan reminds us that the body is not a mechanical machine but a living quantum system, where the building blocks of life are already participating in awareness-like behaviors, and human intelligence is simply a higher-order flowering of this same cosmic process.

Is the Brain Quantum?

Scientists are beginning to explore this. Inside your neurons, there are tiny structures called **microtubules**. Some researchers believe they are small enough and delicate enough to support **quantum processes.**
Could this explain why thoughts suddenly arise from silence? Why intuition happens in a flash? Why memory is sometimes instantaneous? Quantum particles also appear and disappear suddenly, just like thoughts. Sages have been teaching this for ages—that the world is virtual, like a bubble in the sky. Quantum particles behave in a similar way. So why hesitate to believe, even before scientific confirmation, that the mind is quantum in nature?

Perhaps **the mind is not just electric signals—but a quantum field, behaving in ways that ordinary machines cannot.** In quantum reality, we often hear about wave and particle as the two main possibilities, but these are just the visible faces of a much deeper system called the quantum field. The quantum field is like a hidden ocean of possibilities, where not just wave or

particle states exist, but countless potential outcomes—different positions, energies, paths, spins, and entanglements—all waiting to unfold depending on conditions. Similarly, the human mind is not just switching between two fixed choices; it holds multiple thoughts, emotions, and responses at once, like a living field of possibilities. Decisions emerge from this field naturally, just as particles arise from the quantum field when the right moment comes.
This is still being studied, but the pattern is clear: **Life uses the quantum world to think, heal, and survive.**

The Sharirvigyan Darshan Angle: Why Does This Matter?

This is where **Sharirvigyan Darshan** reveals something quietly profound. We are not studying the quantum world to escape life or become saints sitting in caves. We are studying it to live fully—right here, in this daily world—but with less stress, less ego, and more natural balance. Most people today run in fast routines, thinking, "There's no time for all this deep stuff. Life is practical!" But actually, this is the most practical thing you can know. Imagine for a moment: every atom in your body is **99.999999 percent empty space**. What you call solid is mostly sky. The ancient mystics said it poetically, but now physics agrees—**the world is almost entirely space, stitched together by energy vibrations.** We feel walls, stones, and bodies as solid only because of **electron repulsion forces**. Otherwise, you could pass your hand through everything like air. Knowing this doesn't mean you float away into fantasy. It means you start **taking life lightly.** After all, how can anyone be too attached to something that is mostly space? Why hold tight to ego, stress, or heavy emotional baggage, when at the atomic level, it's all just **patterns floating in sky-like emptiness?** Your body is not just chemicals reacting. It is a **moving, thinking quantum process**, alive in every breath, every heartbeat, every decision. Life is not about controlling every second like a machine. It's about **dancing in the**

cosmic rhythm—acting when needed, resting when needed, and letting life flow naturally, like electrons shifting orbit without worry. When you understand this, you don't become lazy or detached from responsibility. You simply stop clinging. You live, work, love, and decide—but you do it as part of the universe's play, not as a burdened ego trying to control the sky.

Conclusion: When Atoms Think

So what have we learned?

Your body is not just an object made of atoms.
Your body is the place where atoms think.

- Proteins tunnel like magicians
- Your nose vibrates to atomic music
- Birds navigate by quantum entanglement
- Plants compute with quantum waves
- And perhaps—your own thoughts rise from the quantum field itself.

This is not fantasy. This is not religious belief.
This is cutting-edge Sharirvigyan Darshan—understanding life, health, and consciousness by looking deep into the body, into the atom, into the sky-like space within.
When you realize this, the world feels new again.

And perhaps, for the first time, you feel what it truly means to be alive—**a living quantum event, aware of itself.**
Human decisions are not separate from the quantum world—they are its complex extension. Just as particles like electrons and photons shift states without ego or emotional baggage, we too can make choices without getting trapped in pride, fear, or regret. Life operates on duality—love and fear, risk and safety, attachment and detachment—mirroring the wave-particle duality at the atomic level. When we recognize this, decision-making

becomes lighter, natural, and meditative. This is **quantum living**: flowing with life's dualities without becoming their prisoner.
Just as the human mind holds many possible moods, thoughts, or decisions at any given moment, but only one of them surfaces depending on the situation, the quantum field too carries countless possibilities all at once, quietly present in the background. When the right condition appears, one outcome emerges from the field, while the rest remain in waiting. In this sense, the quantum world behaves like a **cosmic mind**, constantly shifting between states, moment by moment, without getting stuck. But here is where **Sharirvigyan Darshan** gives a unique reflection: **humans often make one mistake the quantum world never makes—we get attached to one mental state.** We experience one mood—sadness, anger, pride, fear—and then **cling to it, thinking "this is me, this is final."** We forget that just like quantum possibilities, **new moods and states are always blooming silently in the background**, waiting for their chance to arise. The quantum world, however, knows better. It never gets trapped in one outcome obsessively. It does not hold onto one result, saying, "This is the only reality now." It remains flexible, ready to shift, adjust, and bloom into the next possibility as soon as the situation changes. **Electrons jump orbits. Particles tunnel through barriers. Photons change directions. Nothing is rigid, nothing is final.** In the same way, life invites us to **stop clinging to one thought, one emotion, or one story**, and to flow naturally with the next possibility, just as the universe itself does. This is not philosophy—it is **Sharirvigyan Darshan**, the direct science of understanding your own body and mind as part of the quantum process.
Just as discussed above, Quantum biology shows that birds navigate using entangled electrons in their eyes, while humans may also be governed by hidden quantum processes, perhaps through microtubules in the brain. Like the quantum world, where countless possibilities exist until one naturally emerges, the human mind holds many emotional states but often clings to

just one, causing stress and suffering. Nature, however, never gets stuck. Ants, microbes, and even particles shift without ego or attachment. **This mirrors the Buddha's teaching of impermanence—everything, including thoughts and emotions, is meant to flow, not to be held. In this sense, the ancient mystics were right to believe that consciousness—or the divine—pervades every particle, even empty space. That's why countless gods and their forms were expressed—not as mere idols, but as symbolic reflections of the living intelligence woven into the fabric of existence itself. Today, modern science is slowly beginning to recognize this ancient truth, uncovering quantum phenomena that reveal how life, matter, and consciousness are deeply interconnected in ways the sages intuitively knew ages ago. Sharirvigyan Darshan helps us live this truth practically, freeing life from unnecessary heaviness. Neither exaggerating nor suppressing, but allowing everything to flow naturally without clinging—that is the way of true balance.**

Chapter 6: The Silent Symphony of the Living Universe

Life is not what it appears to be at first glance. It is not just a mechanical arrangement of bones, tissues, blood, and nerves operating like parts of a machine. When you look deeper—beneath the skin, inside the cells, and further into the atoms—you find something far more mysterious. The body is not just physical matter; it is a living field of possibilities where each moment is freshly chosen from an ocean of potential.

Ancient yogis hinted at this long ago, saying that the world is like a dream, an illusion projected upon the screen of consciousness. Modern physics, especially quantum science, is now softly echoing these ancient insights in its own language. At the quantum level, reality behaves more like thought than solid stuff. A particle doesn't exist in just one place—it exists in many possibilities at once, hovering between here and there, between yes and no. This is called superposition.

But at some point, a choice must happen. The particle collapses into one reality. It picks one option and becomes part of the physical world. This moment is called quantum collapse. It is not just a cold calculation—it is like a universal decision, a cosmic "this is so."

Who or what causes this collapse has been the great puzzle of physics and philosophy. In laboratory experiments, the collapse seems to happen when an observer measures the particle. But some scientists, like Roger Penrose, suggest that the universe itself causes collapse when it reaches a limit of uncertainty. He calls this process Objective Reduction. It's not about someone watching—it's about the cosmos deciding. Potential turns into

actuality, not randomly, but as a fundamental process of existence.

Now imagine this happening not just in the laboratory but inside your own body. Inside your brain. Inside your very cells. Some researchers believe this is exactly what life is doing—participating in the universe's great process of choosing reality from infinite possibilities.

Take DNA, for example—the spiral ladder of life found in every cell. Most people think DNA is just a library of genetic information—a book of instructions telling the body how to grow, what color eyes to have, or how tall to become. But DNA is not just a frozen code sitting quietly in the nucleus of the cell. It is alive. It moves, vibrates, twists, and turns. It behaves more like a living software program, constantly communicating with the body.

Scientists have discovered that DNA emits light. This is not fantasy; it has been measured. Researchers like Fritz-Albert Popp have shown that living cells release tiny pulses of light called biophotons. These photons are about a million times weaker than the light your eyes can see, but they are real. And they are not random. The light is coherent—it follows an organized, laser-like pattern. This suggests that DNA is not silent; it is quietly whispering messages of information through flashes of light.

Imagine a hologram. In a hologram, every small part contains the whole picture. Even if you break the hologram into pieces, each fragment still holds the entire image, just from a different angle. Life seems to work in a similar way. Every single cell in the body contains the complete memory of the entire organism. That is why a single fertilized egg can grow into a full human being—it holds not just instructions for parts, but the whole pattern of life.

Cells do not operate by getting orders from a central commander. There is no master cell in the brain telling the others what to do. Instead, each cell knows its role through resonance. It listens to the signals around it—chemical messages, bioelectric fields, and vibrations. Each cell becomes part of the body's orchestra, naturally playing its role in the great biological symphony.

Take the heart. Heart cells, called cardiomyocytes, are born with the ability to beat. Even if you grow heart cells in a dish, away from the body, they will start pulsing together. They do this through electrical communication, using gap junctions—tiny channels that allow ions to pass directly from one cell to another. The sinoatrial node, the heart's natural pacemaker, sets the main rhythm, and the rest of the heart cells feel this rhythm and follow it. So when we say a heart cell becomes part of the heart because it feels the heartbeat, this is not just poetic—it is biological reality.

But the heart is just one example. The liver, too, operates in harmony, though its rhythm is more about metabolism than pulse. Liver cells work together to detoxify chemicals, store sugar, break down fats, and regenerate tissue. They coordinate through chemical messengers, bioelectrical fields, and gap junctions, just like the heart. When the liver needs to heal, its cells follow bioelectric patterns that guide growth. If these patterns are disturbed, regeneration fails. So even in the liver, the cells "feel" their role—not through rhythm but through shared metabolic and electrical harmony.

Other organs have their own forms of coordination. The lungs breathe through stretch sensors and nervous system feedback. The kidneys balance fluids using pressure sensors and ion exchanges. The gut manages digestion through an intricate network of nerves called the enteric nervous system. And the brain generates thought through neuronal firing, chemical signals, and perhaps quantum processes inside microtubules.

In the vision of **Sharirvigyan Darshan**, the body is not built randomly—it is a **manifestation of cosmic intelligence taking biological form**. Modern science reveals that this precision comes from **morphogen gradients**, which act like invisible rivers of signaling molecules flowing through the embryo, guiding each cell to understand its exact location. Alongside this, **Hox genes** act as **spatial memory codes**, telling the cells **"You are in the chest," "You are in the abdomen," or "You are in the head."** These codes ensure that the heart, liver, and brain are not misplaced by even a millimeter. But beyond genes and molecules, there is also a **bioelectric field and mechanical tension**, shaping how cells fold, communicate, and fit together, much like how the tension in a musical instrument decides its sound. Ancient seers intuitively recognized this orchestrated unfolding of life and called it the **Ritambhara Prajna—the intelligence that maintains cosmic order**. What modern embryology describes in terms of gradients, genes, and cellular interaction, Sharirvigyan Darshan sees as **Prakriti's flawless execution of universal rhythm, localizing consciousness into form**.
Inside the brain's neurons, microtubules were once thought to be just structural scaffolding. But researchers like Penrose and Hameroff propose that microtubules may function as quantum devices, orchestrating collapses of possibility into reality. According to their Orch-OR theory, the brain doesn't just let quantum collapse happen—it guides it. This could be how consciousness arises. Each moment of awareness may be linked to a quantum event, a cosmic decision where the universe resolves a field of maybes into the experience of "now."

This would explain why human consciousness feels so personal and alive. It is not just a side effect of neurons firing like machine switches. It may be the universe focusing its attention through the brain's structures, resolving possibilities into thoughts, choices, and awareness.

When you meditate, this process changes. The rush of sensory input slows down. Neuronal firing reduces. Yet awareness remains. You can feel consciousness without objects—just pure being, without thought or content. This may be because quantum collapses are still happening, but they are less tied to outer experiences. In deeper meditation, like Nirvikalpa Samadhi, even these collapses might quiet down. Awareness may rest in pure potential, in the silent field of uncollapsed possibility. The ancient yogis described this as merging into the cosmic ocean where the self dissolves, where there is no “this” or “that,” only infinite stillness.

So why does the world feel so solid and permanent in daily life? Because of a process called decoherence. In the quantum realm, particles are flexible, but when they interact with the environment —light, air, heat—they collapse into fixed forms. The universe keeps a record. The stone stays a stone. The tree stays a tree. But inside the mind, especially in meditation, you can sometimes extract or glimpse the original wave-like nature of things, before the collapse hardens into material certainty. This is why mystics and yogis sometimes report seeing the world as shimmering, fluid, and dreamlike, even while their eyes remain open.

Seers have long declared:
“What exists outside in solid, permanent form, exists inside as subtle, transient image.”
This is not mere poetry—it reflects a deep understanding of **consciousness and reality**. The **outer world**, with its stable mountains, rivers, and stars, seems permanent because it arises from **universal quantum collapses**—irreversible choices made by the cosmos itself, as in **Objective Reduction (OR)**. The **inner world**, of thoughts, dreams, and feelings, also forms by collapse —but at a more delicate level. According to **Orch-OR theory**, quantum computations in the brain’s **microtubules** lead to **objective collapses inside the mind**, giving rise to flashes of

conscious awareness. These collapses are not imaginary—they are **real quantum events**, just like the outer world's formation, but happening at a finer scale. This creates a **beautiful symmetry**:

- **The world outside** is the cosmos collapsing quantum potentials into solid forms.
- **The world inside** is consciousness collapsing quantum potentials into experience.

If this is true, then **Orch-OR is not just a possibility—it aligns directly with ancient sharirvigyan darshan and becomes its scientific realization.** Both realms—inner and outer—are not separate but are **two mirrors of the same quantum fabric**, differing only in frequency, subtlety, and duration. This insight elevates **Orch-OR from theory to living darshan**, almost like **near-definitive evidence** that consciousness is a **quantum phenomenon, not an epiphenomenon of classical biology.**

All of this leads to a deeper understanding of the body—not as a machine, but as a living reflection of the cosmos. Every cell, every organ, every breath participates in this cosmic process of potential becoming reality. The DNA broadcasts light and information. The heart beats in rhythm. The liver harmonizes metabolism. The brain orchestrates quantum choices. The whole body is not separate from the universe; it is part of the universe's own process of creation.

This is the true meaning of Sharirvigyan Darshan—the science of the body is not just about bones, muscles, and flesh. It is about realizing that the body is a miniature cosmos, a micro-universe, connected to the whole. The ancient seers said, "As is the atom, so is the universe. As is the human body, so is the cosmic body." Modern science, through quantum physics, biophoton research, and systems biology, is beginning to rediscover this truth.

The body is not merely something you have—it is something you are. But even that is not the final step. Ultimately, you are not just

the body, not just the brain, not just the thoughts. You are the field of consciousness through which the universe collapses possibility into experience. Life is not happening to you; it is happening through you. Every moment, every breath, every blink of awareness is part of this unfolding.

Essence of human is its brain. Essence of brain is thoughts and decisions. In quantum world, thoughts are superpositions of different properties and decisions are their collapse into a single reality. In this way, human is everywhere in the universe, even in empty infinite space. Even in empty space waves and virtual particles are continuously formed like thoughts and decisions. This knowledge seems to be the heart of Sharirvigyan Darshan. It helps in the destruction of ego and doership. When there is no ego in the humanoid cosmos spread everywhere, then why should there be ego in the fleshy human body?

I also think that body cells are complete human beings in themselves. That is why I feel Narayana in Ekarnava while contemplating the unity between both. Narayana—or the meditation image appearing in Ekarnava or empty space—means truth, and this gives a hint toward the truthfulness of what I think. Human-like complex activities, even more complex than human actions, cannot be done by chemicals alone. They surely must have a human-like brain in the form of microtubules. I do not claim that both are equal in consciousness, but their parallel functioning offers mental support for cultivating egolessness and the absence of doership.

Sharirvigyan Darshan is not just a study of the body—it is the art of seeing life itself as an interconnected, holographic symphony where biology, quantum physics, and consciousness dance together as one.

This is the body’s silent song—the endless rhythm of existence playing through the heart, the cells, the breath, the universe, and the self, moment after moment, choice after choice, collapse after collapse, in the eternal now.

Chapter 7- The Energy Body: The Bridge of Inner Aliveness

From outside, we look like a body made of flesh, bones, blood, and nerves. But as we sit quietly and close our eyes, a deeper layer of ourselves begins to appear. This layer is not visible with the eyes, but it is very real in experience. It is felt as tingling, vibration, pressure, warmth, movement, inner space, and awareness. This layer is often called the **energy body**. It is not a body made of atoms or particles like the physical one. It is not something you can touch with your hand or see with a microscope, but you can feel it clearly inside you—especially during deep silence or meditation. Actually it is the pure experiential body, nothing physical.
Scientists say that when brain cells fire signals, they produce small electromagnetic fields. These are natural and part of how the brain works. These fields are not just limited to the head; they spread out in patterns. Some scientists believe that this field may be linked to our conscious sense of self. From the spiritual side, many say that this field is the very bridge between soul and body. This bridge is what we feel as the energy body.

The energy body has its own structure—not of matter, but of movement and awareness. In ancient Indian understanding, this structure is described through **chakras, nadis**, and **prana**. Prana means life-force. It is not air or oxygen, but the driving power behind breath, thoughts, and emotions. Nadis are the invisible channels through which prana flows. And chakras are the subtle centers where energy collects, rotates, and transforms. These are not located on any scan or X-ray but are known by their effects. Just as nerves carry signals in the physical body, nadis carry prana in the energy body. In a nutshell, we feel a sensation both in the organ and in the brain at the same time. That’s why we perceive the sensation as being located in the organ, even though it’s

processed in the brain. Normally, we don't notice the actual transmission of the sensation from the organ to the brain. But with meditative awareness, this flow can also be perceived. This flow is called prana, and the subtle channel through which it moves is known as a nadi.
In simple words, when your breathing changes, your energy changes. When your thoughts change, your body heat, posture, and feelings change. This shows that there is a clear link between the physical and the energy layers. One affects the other instantly.

The entire setup of the energy body mirrors the cosmos. Just as the universe has galaxies, black holes, stars, and movements of energy, our inner world has chakras (like suns), nadis (like space highways), and prana (like flowing light). The same way the sky spreads in all directions, our own awareness silently fills our inner space. The outer universe and our inner structure follow the same design. This is called the **micro-macro equivalence** or **Sharirvigyan Darshan**—the science of understanding the body as a reflection of the cosmos.
Sometimes, even in normal meditation, just by thinking about the infinite sky, we begin to feel a vast peace. This shows that the deeper layers of the mind and energy body are already connected to the larger cosmos. When this connection becomes total and not just imagined—like in Nirvikalpa Samadhi—the bliss is beyond all limits. Just as Savikalpa Dhyana gives joy by visualizing the physical world, Savikalpa Samadhi brings a flood of real, living bliss. Merging fully is more joyful than standing nearby. Thinking about sunlight gives some warmth, but becoming sunlight is another thing.

Experiencing a blissful shining rod of energy in the backbone during meditation offers a profound insight—it reveals that pure energy can indeed be *directly* felt by the soul, not merely as a concept, but as a vivid inner reality. Ordinarily, the soul seems to be most aware of energy within the brain, where the constant

dance of neural activity creates a dynamic electromagnetic field. However, with focused meditation, this perception can extend to other regions such as the spinal axis and chakras, as if the soul's attention shifts its sensing lens from the cerebral core to the subtle network that permeates the entire body. Even great yogi Gopi Krishna used to experience his energy body in entire body system like gastrointestinal system etc. leading to his overwhelmingly tiredness. Such experiences challenge the notion that the soul is merely entangled with the physical structure. Instead, they suggest that the soul interfaces with the *field*—the invisible energy patterns created by the body's bioelectric activity—rather than directly with nerves or flesh. This realization becomes even more striking during dream visitations, where one may encounter a departed being not as a solid form but as an amazingly radiant and dark together like mascara, and waveless conscious energy presence. Since the departed body no longer exists, the soul must be perceiving an *energy body*—a subtle electromagnetic or pranic form that carries the essence of identity. This not only validates the ancient yogic idea of the pranamaya kosha or energy sheath, but also lends credibility to emerging scientific hypotheses that suggest consciousness interacts with or arises within the electromagnetic field generated by the brain. Shifts in physical nerve activity merely alter this field, and it is this changing field that the soul likely perceives as sensation, emotion, or thought. In this light, the energy felt along the backbone—like an experientially luminous rod of awareness—is more than symbolic. It is an experiential clue that the soul's relationship with the body is not with its dense matter but with its living vibrational field. This aligns with ancient Sharirvigyan Darshan, where the body is not seen as an isolated physical entity but as a microcosmic reflection of universal forces. The electromagnetic field within is but a thread in the greater cosmic loom—what is within the spine mirrors the current of the stars, and the soul dances in both. In essence, the electromagnetic field outside is the same as within. Nothing truly exists apart from

these fields and waves. What we experience is not material, but a wave — we simply assign it a physical name and form. The shape and form of physical matter are illusions. Space itself is the field through which every wave moves — a grand, all-encompassing field. In this sense, what is God, if not the supreme or ultimate field — the mother field upon which all waves and particles, as players, dance like children at play, giving rise to creation.
Even stories hint at these truths. Like Hanuman taking the sun in his mouth—this is like the space or darkness covering the sun, as in an eclipse. Later, he throws it out, restoring light. The story shows how space itself, when taken as living and conscious in the form of monkey god, plays with light. Hanuman represents the conscious sky, the soul. Space is not empty—it is full of awareness, and that is why it can take forms and perform such cosmic plays.

So the energy body is not imagination. It is the true experience of the living, sensing self. It is connected to the brain’s electric field, but goes beyond it. It is supported by breath, thought, feeling, and deep silence. It reflects the entire design of the cosmos within. By understanding this body, one begins to see the unity of science, soul, and the universe in the simplest and most natural way.

Chapter 8: The Hidden Symphony – From Localized Ripples to the Field of Pure Awareness

Friends,
I felt myself sufficiently transformed while writing this chapter. It dissolved a few deep doubts, like those related to Sankhya Vivek Khyati. Initially, I used to think it was something special, but now it feels like nothing other than Nirvikalpa Samadhi in yoga, with only the difference in words differentiating the two philosophies. Similarly, the subtle science behind the union of Purush and Prakriti, and the ignorance found in that, became clearer. I gained a new dimension regarding the witnessing. I got amazing similarity between cosmos and human body. Let us walk together again to see what unfolds ahead.

Just as a quiet lake might mirror the sky with such clarity that one forgets the water is even there, so too the cosmic field, in its truest form, is a smooth, undisturbed presence—pure, serene, and boundless. The seventh chapter previously unfolded the concept of energy and wave-fields within and beyond the human body, culminating in the realization that what appears material is, in truth, a vibrant play of non-material patterns—fields and waves interwoven through space. Now, seamlessly extending from that exploration, this chapter descends deeper—into the hidden movements of those fields, into the invisible architecture of space, and toward the sublime recognition of a field so pure, so untouched by ripple, that it stands apart: the field of pure awareness.

Begin with a single stationary charge, a fundamental entity in physics. It sits silently, yet not inert. Around it radiates an electric field—a subtle tension in space, like a barely stretched fabric. This

field is localized, forming around the charge like an invisible cocoon. But disturb this silence, let the charge move—and something changes. Now it does not just sit; it dances. It begins to generate ripples in its surrounding field. Accelerate it, and those ripples deepen, becoming self-sustaining waves—electromagnetic waves, to be precise. These waves are not static imprints but dynamic travelers, pulsing outward at the speed of light, weaving through the vastness of space.

Yet, a curious condition arises here. For a charge to keep producing such waves, it must accelerate—not just move at constant speed, but continuously shift its direction or speed. Similarly, a human brain activity or learning should not be at a constant pace but should be increasing in speed day by day to spread in the world like a wave. But how could one do that without chasing the particle or brain activity endlessly? The solution is profoundly elegant: oscillation. Instead of pursuing a charge endlessly in space, let it swing rhythmically in place—forward and back, like a pendulum of light. And lo, this rhythmic movement becomes the source of continuously emitted electromagnetic waves. In a wire carrying alternating current, electrons do not travel far; they merely oscillate locally, producing ripples that propagate far and wide. But whether in wire or in space, it is this dance—this play of acceleration—that gives rise to light. The same happens in brain to. It keeps on changing subject and direction of activity rapidly instead of chasing a single subject endlessly with increasing speed that can make him mad instead of wavy. Rapdly changing gunas between satoguna, rajoguna and tamoguna also produce oscillating brain. That is why rapidly changing person is often seen successful in worldly matters.

And now arises a philosophical beauty. That which seems so material—light, heat, visibility—is not an object but a disturbance, a ripple in an invisible field. And this ripple has its twin nature: it is both electric and magnetic, each feeding the other in perfect

rhythm, a cosmic choreography of mutual arising. What begins as a local ripple in the electric field gives birth to a magnetic field, which in turn regenerates the electric one, and so on, endlessly, as the wave moves. It is like Ida and Pingla nadis in the body that runs alternating with help of each other like a dancing girl, and creating central sushumna wave like em wave propagating to produce spark in consciousness. Why not call electric field ida and magnetic field pingla, and wave propagating ahead sushumna. When ida pulses strong, only then it produces pingla pulsing and vice versa alternatingly pushing ahead the sushumna pulse in between till pulsation is strong, otherwise subtle pulsation of ida or pingla like separate electric or magnetic field goes on happening always without producing perceptible sushumna pulse as em wave. Duality-full worldly working with nondual attitude produces this strong pulsation. Duality provides strong oscillation of charged brain, while nondual attitude keeps mind away from attachment to any special worldly act that can fix charged brain on single matter thus hindering its rapid and continuous oscillation. It is amazing. **We keep admiring non-duality always, but duality is also not any lesser participant in spiritual evolution.**

But this brings another subtle question to the surface. Are these fields already present in space, waiting to be disturbed, or are they created anew each time a charge dances? The scientific understanding leans toward the former. Space is not empty; it is already a field, a vast and subtle playground, waiting to carry any ripple with ease. The field is there even before the wave arises—smooth, serene, and unmanifest. It is only when something moves—a charge, a particle, a disturbance—that the latent potential becomes kinetic, that the ripple emerges. Similarly, ida and pingla are always there. It is the movement of meditational charged brain that determines the extent of energy transmission in these.

This is precisely why alternating current in household wires does not flood the surroundings with radiation despite its oscillating nature. The wavelength of powerline current (50 or 60 Hz) is enormous—thousands of kilometers long—while the wire, even if spanning cities, remains minuscule in comparison. As a result, the radiated waves do not build up coherently. They cancel and collapse in themselves, barely escaping into space. Only when a structure—like an antenna—is crafted in harmony with the wavelength does radiation become organized and efficient.

And now the stars begin to whisper their secrets. Without human intelligence, without deliberate design, natural celestial bodies become perfect antennas. A pulsar spins with mathematical precision, its magnetic fields aligned just so. Charged particles trapped in its magnetic grip accelerate fiercely, spiraling and spinning—emitting powerful beams of electromagnetic radiation, sweeping the cosmos like lighthouse beams. Even the sun, seemingly chaotic, hides organized thermonuclear rhythms beneath its surface. The intense heat at its core generates photons—packets of electromagnetic energy—which, after a long diffusion through solar layers, emerge as sunlight. This light, this familiar warmth touching the skin on Earth, is the ultimate evidence that the universe knows how to organize waves without needing wires, circuits, or blueprints.

But step back now from particles and stars, from wires and waves, and return to the deeper insight that began this journey—the field. All of these waves, fields, and ripples are disturbances *on something*. A wave cannot exist without a medium, even if that medium is intangible. In classical terms, the electromagnetic field is that medium—a subtle tension that exists throughout space. But if this field itself has ripples, then is it truly smooth? No. It is already filled with potential disturbances, like a pond ruffled by breezes. A truly smooth field must be beyond even these—beyond motion, beyond polarity, beyond opposites.

This brings forth the concept of the cosmic field of pure awareness. Unlike the electromagnetic field, which carries ripples of energy, pure awareness is undisturbed, motionless, timeless. It is not made of charge or mass. It does not require oscillation to propagate. It simply *is*. And yet, everything else arises from it—not as an effect arises from a cause, but as a dance arises on a stage. The stage remains unmoved by the drama played upon it. In this sense, the electromagnetic field is a playground, and its waves are the players, but pure awareness is the ground beneath the playground itself. **Then why not call this vast, supreme playground Shiva, and the playground that fits within it Shakti? This is the eternal union — yet there is the Leela, the divine play of Shakti dancing and then merging once again into Shiva. This process of expansion and recession repeats endlessly. That is why the male and female enjoy the play of separation and union — to dance and to merge repeatedly. This repeated separation and union is the very essence of love.**
If one looks inward, tracing perception back through sensation, energy, and thought, one reaches a similar realization. The mind moves like an oscillating charge, like up and down moods, like up and down breath movements, producing thoughts like em waves. Emotions ripple like magnetic feedback loops. The body radiates energy like a living antenna. But what receives it all? What watches the movement without moving? That is pure awareness. It is the witness field—ever present, never disturbed, beyond vibration.

What is astonishing is how closely the outer physics reflects the inner spiritual path. A charge must be accelerated to emit energy, just as the motivated sou-space must be stirred to produce thoughts and actions. Just as interaction of particle with others produce charge on it, the motivation and inspiration got by soul-space from others create a type of tension or strech on it. Yet, beyond all physical patterns lies stillness—not dormancy, but

fullness. In the same way, the ultimate state of being is not a storm of experience but a quiet presence—a state where the field is known not by what it does but by what it is.

And so, as the earlier chapters explored how the body itself behaves like an energy field, like a dynamic hologram of atomic dance, this chapter brings an even deeper recognition—that all these dances, all these waves, point toward something more profound. They are signs of a deeper field, one not of energy, but of being.

Every ripple in the electromagnetic field, every ray of light, every whisper of electricity, is a visible expression of an invisible truth. That truth is that space is not empty. It is filled with potential, with presence, with the ability to express form without being form itself. And beyond even that potential is a state where no wave arises, where no charge is present, where awareness rests in itself—whole, pure, and unmoving.

This is why the body can feel energy not just in the brain but along the spine, in the chakras, in the very cellular presence of being. These are not hallucinations but inner ripples in a subtle field—a field that mirrors the outer electromagnetic field but is rooted in consciousness. Just as light arises from the dance of electrons, so too inner light of mind arises from the subtle awakening of awareness within through dancing moods and thoughts to and fro.

There is wonder in this symmetry. The same laws that govern stars and antennas apply to the self. The same ripples that leave a distant star and travel light-years to reach the Earth are echoed by the ripples of thought crossing the inner space of a mind. But both ultimately point toward the silent field—the pure field that is never disturbed, never touched, and yet allows all experience to arise.

And so the journey continues—from charge to wave, from wire to light, from body to awareness. The path winds through the outer cosmos and the inner self, always returning to the same mysterious truth: that reality is not made of things but of fields, and the final field—the field behind all fields—is pure awareness. It is the cosmic mother-field, upon which all players play, unaware sometimes that they are all made of the same eternal silence.

Many people look confused when the talk of witnessing arises. Many think the ever changing mind is the witness. But in fact, only that which is changeless can watch changing things. How can something that itself keeps changing witness or remember another changing entity? Suppose A is watching object 1. Now, if A suddenly becomes B, how can B remember the experience of watching 1—unless there is something unchanging in A that continued into B? This shows that the real witness is not the changing body or mind, but a stable, unchanging awareness. Another perspective is that everything in the world is not truly *created* new, but simply a rearrangement of the same underlying substance into different shapes and forms. In this view, the only real “stuff” that exists is pure awareness. The only witness possible is also this very same. Other everything that do not have even their own existence, how can they become witness. Whether see at cosmic level or at body level, the rule does not change. At both places, witness is only that same single one. It is not made from anything else—it is the source, the base, and the material of all appearances. True existence belongs only to this so called dark, silent field of unchanging, pure awareness. The luminous world also called Prakriti—what we see, feel, and think —is made up of waves, fields or charges constantly shifting and passing. How can something that is always changing be said to truly *exist*? And if it has no independent existence, how can it hold real knowledge and bliss? These three—existence, knowledge, and bliss—always living together, appear in the luminous, changing world because of illusion. In truth, their source lies in

the silent, unshaken, dark field—the foundational sky also called Purusha—upon which all waves play like fleeting ripples. And Sankhya philosophy rightly says to separate purusha from prakriti. A mixture of both is world-originating though being a nightmare for liberation seekers. Unconscious Prakriti becomes like conscious with company of conscious purusha. But when it perishes as it being perishable by default, it becomes unconscious, because how can one remain conscious if it is even not existing. Perished can not be conscious. Due to this, purusha also start considering itself unconscious or perished or dead because it was snugly attached to prakriti. And the prakriti perishes every moment, so the purusha feels itself unconscious every moment. However, full perish is at the time of death of the body. The world is based on a lie. We purushas give existence to everything or prakriti in the world, but in reality, nothing truly exists. We share the real existence of our own souls with everything, and in return, we forget even our own existence and become non-existent—just like the worldly things we associate with. It is truly said: beware of bad company. But don't worry. Through regular practice of Yoga, *Keval Kumbhak*, and *Nirvikalp Samadhi*, the soul gradually remembers this existence of its own pure awareness. This path is both worldly and practical—because denying the world is neither wise nor truly possible. Keeping detached and non-dual attitude with help of suitable philosophies like sharirvigyan darshan during worldly indulgment seems the only middle path for a business minded and worldly progressive person to be saved from the bite of this prakriti-serpent.

One day, I got a good example of the middle path. In the evening, I had spent around 15 minutes in Padmasana. As I sat, my breathing gradually slowed down. Just then, my tiffin arrived, and my mind rushed toward thoughts of food and hunger. Somehow, I tried to continue and spent another 15 minutes attempting to regain Dhyana, but eventually, I stood up and had my dinner. Due to the calming effect of meditation, my appetite had reduced significantly, so I ate only half the usual portion. At the same time,

I regretted my foolishness for breaking the state of Dhyana. After dinner, I sat in Vajrasana, and suddenly, my breath almost came to a complete standstill—for 20 minutes. Then I shifted to Sukhasana for about 30 minutes, and even with surrounding noise or slight body movements, the breath remained still and subtle, barely regaining any motion. At that moment, I remembered Buddha—how, when he had been meditating with an empty belly, his Dhyana was not reaching completion. But on the day a devotee lady offered him a bowl of dessert, and he accepted and ate it, he attained perfect Samadhi and Nirvana.

Purusha is attracted by the shimmer of Prakriti just as an insect is attracted towards the candle flame and both get perished. Prakriti is cheater. It first enjoys everything with company of purusha. Once it perishes, purush can not be saved then because both are snuggly joined to each other. That is why it is called thagini, dakini, pishachini, maya, sofia etc. in scriptures. That is why sankhya thought of school advises to separate purusha from prakriti and rest in purusha in peace. However, it is only possible with yoga that emerged from sankhya due to this very same reason. This all has been detailed only to evoke interest in yoga, otherwise blank philosophy can never reveal the truth. The state of nirvikalp samadhi is the state of this isolated pure purusha.

True liberation is not achieved by bypassing form, but by passing through it with full awareness. Only after Purusha consciously experiences the complete union with Prakriti — as in Savikalpa Samadhi — can it effortlessly transcend into Nirvikalpa Samadhi. This is why the Sanatana path, with its emphasis on idol worship, mantra, and gradual inner refinement, is not only spiritual but deeply scientific. It honors the natural journey from the manifest to the unmanifest — from form to formless.
In the cosmic state too, the same process as soul development unfolds—when the expanding world reaches its outer limit, it

begins to dissolve back into the same pure mother field from which it had originally emerged.

Up to the stage of **Nirvikalp Dhyana**, there still remains a subtle potential for the world to arise. You can call it a **weak electromagnetic field**, from which the electromagnetic wave—appearing as the world—can emerge. In this deep meditative absorption, the seed of manifestation—the quiet power to perceive or imagine a world—still exists in a dormant state. But when one goes deeper and enters **Nirvikalp Samadhi**, even this potential is transcended. It is the stage where even the **faintest tremors of the electromagnetic field vanish**. In that state, there is no observer, no imagined world, and no seed of creation. That is why it is called Nirbeej or seedless samadhi. Only **pure awareness** remains—formless, actionless, and beyond the cycle of appearance and disappearance. From here, there is no automatic return to world-experience unless awareness itself chooses to veil itself again. The potential to form the world in pure existence is not physical—unlike the vibrations seen in earlier stages—but is entirely **immaterial** and **experiential**, existing only as **pure presence**, nothing else. **As per another view, even in deep meditative states such as Nirvikalp Dhyana, one may experience a subtle sense of potentiality—a precondition for experience—but this may not be physical in the sense of measurable waves or energy fields. Unlike earlier states where internal experience may correlate with neural activity, subtle vibrations, or sensory imagery, this deep state transcends such phenomena. The 'potential' here refers to the pure capacity for awareness to manifest experience—not through energy or vibration, but through the sheer presence of consciousness itself. From a neuroscience or physics standpoint, this cannot be described as an electromagnetic field or wave. Rather, it's better viewed as a subjective, non-material awareness—an experiential space in which forms might later arise. Any attempt to link this directly to**

electromagnetic fields would be metaphorical unless supported by measurable brain states or field interactions.
The term *charge* carries meaning beyond just particle physics—it implies a type of stress, potential, or readiness to act, much like when we say someone has been ‘given charge’ of a position. It doesn’t inherently mean a physical entity, but a dynamic condition. In this way, just as a particle becomes charged, the brain too can become charged. This creates a kind of tension or polarization within self-awareness—like a stretching or subtle stress in the fabric of inner space. This tension is experienced as the electric field. These are the finest tremors of potential—subtle fluctuations that, with a slight stimulus, are ready to unfold as electromagnetic waves, as thoughts or sensations. Without charge, there is no field, no ripple, no wave—only a clean, smooth, unperturbed state of space externally, or pure awareness internally. Charge is the seed of all movement, all experience. What we call work stress seems to be the same kind of stretch or tension in the inner sky of awareness.
Just like an officer taking charge of an office is quick to respond in office work, but a layman will take much more time to adapt to the environment first and then work through interaction with different people—similarly, a charged particle, having its surrounding space already stressed as an electric field produced by itself, is much quicker to produce an EM wave with the slightest motion, while an uncharged particle will have to create charge in itself first through interaction with other particles. In the mental sector, a charged brain, having inner space stressed as so-called darkness or ignorance produced by itself, is quick enough to produce working thoughts with the slightest energy stimulus, while an uncharged brain of a *samadhistha* yogi will take much more time, first developing charge inside it through people’s interactions, inspirations, and motivations. Just as small length of antenna helps oscillating charged particles to produce effective em wave, similarly, focused meditation, rather than widespread and haphazard thinking, helps in the origination of

long-lasting and effective thought waves. That is why, after *samadhi*, there is clarity in thoughts.
If we recall the psychological essence of this whole lengthy chapter in a single paragraph, it becomes the following.

Departed soul-space, although smooth and without ripples, is stressed. We can liken it to the faintest of electric fields. It is very faintly charged. It is a localized space, although always connected to the infinite supreme space. Yet, the soul feels itself restricted locally. No doubt, space is space—there is literally no difference between local and non-local space. Both are smooth and without ripples. There's no actual boundary between both possible. **But soul-space is charged. The ego, desires, attachments, and dual lifestyle of the previous birth acted like a charged particle and made the soul-space charged and localized, virtually isolating it—through illusion—from the vast, endless, and uncharged space of the supreme soul. It has the potential to develop similar ripples of ego, desire, karma, and thoughts as were present in its previous lifetime. Hence, it takes rebirth—unlike the liberated soul, which is uncharged and feels fully one with the supreme soul. This proves that every thought and action of ours goes on being recorded in the form of the soul's charge. This charge is what the scriptures refer to as ignorance (agyana), the veiling of the soul, bondage of soul, karma bandhana etc. and so on.** This is literal bondage—like an animal gathered from open fields and tied to a peg, the infinitely existing soul is similarly localized. This description is not only literal, but based on my own experience of encountering a departed soul in a dream visitation, as described in detail at many places. The brain or soul space also becomes charged after yoga. This is because gross thoughts become reduced to mere potential or charge. That's why it is advised to discharge it through nirvikalpa dhyana by sitting calmly at the end for an hour or two. This leads to nirvikalp samadhi or merging with supreme soul as with this even hidden potential or

charge of soul space gets smoothed out. Otherwise, it will be discharged through worldly activities during the day. This worldly discharge further increases hidden charge of the soul space through new karmas and thoughts. However, this discharge—especially when helped by sharirvigyan darshan dhyana—will be centered in detachment and non-duality, as the process of charging through yoga was done with the same mental attitude. So built up charges and subsequent discharges will be less gruesome. This is opposite to the ordinary worldly charging of the brain, which is associated with attachment, desire for results, ego, and duality. Therefore, the same negative qualities remain during discharge too, which keeps increasing the soul's bondage more and more. A similar miracle occurs through *Sharirvigyan Darshan*-based Karma Yoga. With it, mental EM waves produced during worldly activities are subdued to a mere charged potential. Given the right opportunity, this potential can even smooth out into a glimpse of *samadhi*, as happened to me. It's a heartfelt experience—not just a literal or intellectual exercise. In a non-yogic lifestyle, charge is produced forcefully, compressing prior mental garbage and hiding it in a corner of the soul-space. This later manifests as various psychological and physiological complications, including the progressive bondage of the soul. But yogic charging is of a releasing nature. It doesn't hide prior mental garbage or create new charge from scratch. Rather, it reduces existing mental impressions to the level of subtle potential. In this way, mental cleansing also happens. With this approach, we find readymade charge and don't have to struggle to produce it afresh. Moreover, the charge naturally aligns with our personality and environment. We can even screen these charges—eliminating the harmful ones and nurturing the beneficial—thus allowing continuous soul development in a streamlined way. This process is deeply rooted in self-experience. In contrast, creating fresh charge is risky, and the guidance of a quality guru becomes essential. It's well known that no one can read another's mind; it's wiser to mold our own charge according to our situation. It may take a little more time,

but it is well-proven and deeply experienced already. In a nutshell, If the charge, potential or electric field gained through yoga by being reduced from em waves of gross thoughts isn't smoothed out, it again redevelops into mental EM waves of thoughts through worldly activities, which then need to be subdued once more—first by reducing them back to potential state to head towards the nirvikalp state of pure awareness. It's not hard to believe that mental EM waves produce pictures of experience on the screen of soul-space, especially when science has already shown that EM waves can produce images on a TV screen.

This insight is not just for physicists or mystics. It is a truth open to anyone willing to look closely—at the stars, at light, at thought, or at breath. For behind it all, there is a field not of matter, not of energy, but of presence. And that presence is who one truly is—not the ripple, not the player, but the ground upon which the game is played.

Chapter 9: How Consciousness Connects the Dots

Sometimes, if you sit quietly and really pay attention, you can feel something deeper—something gentle, like a hidden music playing beneath everything. It's not sound you hear with your ears, but a kind of rhythm that flows through life, through thoughts, through the world itself. This silent music connects things in a way we don't usually notice. It's always there—under your breath, behind your heartbeat, even in stillness. You don't need to understand it. Just feel it. That quiet presence is what some call consciousness.

Previous insights pointed toward this. The quantum field danced with uncertainty until observed. Atoms floated in a haze of probabilities until measured. Waves collapsed into particles not through force or contact but through the mysterious act of being "seen." It was tempting to imagine that human observation caused this collapse, as if consciousness touched the world and forced it to decide. But the mystery goes deeper. Your laptop looks solid and real because its particles have already collapsed from quantum waves into fixed states through endless interactions—with light, air, and even your own eyes. But the real mystery lies in how and why that collapse happens at all. In the quantum world, particles exist in many possible states at once—until something, even a soft touch or the mere chance of being observed, makes them "choose" one. No one fully understands what causes this shift from possibility to reality. It's as if the universe responds to being watched, or simply to the potential for information to be known. That's the strange part: reality isn't made of things alone, but of relationships, touches, and the quiet mystery of why anything becomes definite at all.

Just like quantum particles lose their wave-like nature when touched by the environment, we humans also tend to settle into roles through the subtle influence of those around us. Science calls it **decoherence**—a process where interaction makes a system appear definite, even if, deep down, its possibilities still exist. In daily life, we act similarly: we appear to "become" something in response to relationships, attention, and expectations. Whether it's a particle or a person, the presence of others seems to shape the outcome—not always by force, but by quiet connection. Yet, just as quantum physics still puzzles over what truly causes a wave to collapse into a solid fact, we too may never fully know what finally makes us become who we are.
In the quantum world, particles like photons act mysteriously — they don't need to be physically touched to change. Just placing a detector near one slit in the famous double-slit experiment, even without directly interacting with the particle (means if detector is placed on slit A but particle crossed throgh slit B, even then collapse occures as it is assumed if particle did not crossed throgh A it surely would have crossed through B, as if whole system acts as a combined unit), can collapse its wave-like behavior into a definite path. This collapse isn't caused by force, but by the mere possibility of observation — a kind of ghostly influence where *knowing* matters more than *touching*. Unlike regular interactions that cause temporary decoherence, true observation leads to a lasting collapse, changing the outcome completely. It's as if reality waits to decide — until someone tries to know.
In the quantum eraser experiment, when one of a pair of entangled photons (let's call it photon A) hits a detector screen, it may appear to behave like a particle, producing no interference pattern. But here's the strange part: if the which-path information of its entangled partner (photon B) is later erased — even after photon A has already hit the screen — then interference reappears in the coincidence data of photon A. It is as if photon A's behavior (wave or particle) depends not on what happened to it directly, but on whether information *about* its entangled partner

was ultimately known or not. The outcome is not about real-time causality but about correlations. No actual signal travels backward in time — yet, the observed pattern appears to change depending on whether we “ask” nature which path photon B took. This is like two deeply connected friends. Suppose one of them is accused of stealing a gold biscuit. Even if innocent, the accusation mentally burdens him — he collapses into a narrow mindset of guilt and self-doubt. But when his close friend is later cleared of all suspicion, or when no inquiry is made into that friend at all, then the first one also feels liberated. The burden lifts, and he regains his full range of being — like a wave of infinite potential once more. In the same way, a human being — especially a child — when trapped in an environment full of assumptions, blame, or fixed expectations, collapses into a single identity. Their growth is stunted. But when they enter a free, open environment where no assumptions are made, they flourish. Like quantum particles in a superposition, they explore multiple possibilities and develop naturally in alignment with life’s evolving intelligence. The quantum eraser shows us that **knowing** — or merely the potential to know — collapses the wave. In human life too, assumptions — even if unspoken — reduce us to labels. This is why we must be careful with judgments. It is better to stay neutral than to impose a limiting belief on someone, especially a child. Neutrality is not indifference; it is the wisdom to allow natural growth — just as nature reveals her beauty best when left unmeasured. That is why a man shifting to new and open environment where no one knows him (so making assumption about him by anyone is not possible) feels freedom to grow his potential to top. This forces us to think, does quantum world behaves like our minds or if quantum world is conscious. I have observed this entangled state with people many times as I’m already a croocked researcher by default. Haha. At many times people being in full cooperative and comfortable environment felt suffocated for their entangled partners were feeling the same. At other times a man being in gruesome environment felt quite

comfortable and growing for his entangled partner was probably feeling the same, although they both had no contact with each others.
Just like the quantum world, the gross (physical) world also runs on assumptions. People used to perform yajnas assuming that Indra, the god of rain, would bless them with rainfall — and it used to happen. People invest money in companies assuming they will generate profits, and this collective assumption drives the stock market. When an officer is given a job, it is assumed that he will fulfill his duties publicly, and he does the same.

Decoherence explains how quantum possibilities fade due to environmental noise, while collapse marks the mysterious final selection of one definite outcome when observed. Similarly, worldly interactions reduce a human's wavering or confused nature—this is like decoherence, gently pushing one toward alignment. But when a guru or guiding force observes and nurtures that potential with clear intent, the person transforms into a definite form—an artist, a yogi, or something greater. This is collapse.

Decoherence explains how quantum possibilities fade amid environmental noise, much like how worldly influences narrow a person's scattered potential into a specific direction — a student becoming serious, a wanderer finding purpose. But the true mystery lies in the collapse: how, out of countless outcomes, a single destiny is chosen — just as a quantum particle suddenly 'decides' on one path when observed, so too does a person, under the subtle influence of a guru or a defining moment, become an artist, a yogi, or something else entirely.

A quantum particle, in its wave-like state, mirrors the wandering nature of the uncontrolled human mind—full of possibilities, undefined and fluid. Decoherence, like a focused environment shaping a person's thoughts, suppresses this wandering and

narrows the mind's fluctuations, leading it toward clarity. Just as decoherence reduces the quantum superposition into a more definite range of outcomes, a stabilized mind is no longer distracted by countless directions. But the real mystery lies in the final collapse—how a quantum particle, from a sea of probabilities, "chooses" a specific outcome, just as a focused mind settles on one life path out of hundreds. The particle might collapse into a position, momentum, spin, or energy state, depending on the kind of measurement—each equally probable until the moment of interaction. Likewise, a human mind, when undecided, holds many possible outcomes: a career path, a moral choice, an emotional response, or a creative direction. The final decision may be influenced by the laws of physics in the quantum realm and by a blend of personal values, subconscious conditioning, societal needs, and harmony with the world in the human case. This convergence of potential into a single reality remains one of the deepest mysteries shared by both consciousness and quantum nature. I personally believe, the same guiding force of infinity guides both mind and the quantum world to produce a streamlined and progressive world. Moreover, In quantum experiments, repeating the same setup doesn't give the same outcome every time. A particle may land at different positions with each trial, even though the conditions are identical. This is because quantum mechanics is probabilistic, not predictable in the classical sense. Over many repetitions, a clear pattern forms, but each individual result remains uncertain—just like the human mind may respond differently to the same situation depending on subtle internal shifts, but pattern of these shifts can be predictable just like pattern of position of quantum particle. Though both the quantum world and the human mind appear probabilistic—producing different outcomes under the same conditions—there still seems to be a deeper, unseen intelligence or system that guides the final choice. In quantum physics, this mystery surrounds what actually causes a wavefunction (probability wave of finding the particle) to collapse

into one specific result. In the mind, it's the subtle blend of intuition, conditioning, and perhaps a deeper purpose that decides. Beneath the randomness, both seem to obey a hidden order. We speculate a deciding intelligence not because science proves it, but because **randomness without reason feels incomplete**. When repeated outcomes form meaningful patterns — in nature, life, or personal growth — it hints at a quiet intelligence choosing not randomly, but **purposefully**, whether hidden in physics or within consciousness.
It is true that collapse happens even when no conscious being is watching. If a detector is placed in the path of a particle, the wavefunction still collapses. The measuring instrument leaves a mark, and that mark remains even if no eye ever sees it. So does this mean consciousness plays no role? That the universe ticks forward on its own, without awareness?

Not quite. The key lies in understanding what "measurement" really is. In the quantum world, not every interaction counts as measurement. Particles interact all the time—with air, with heat, with stray radiation—and yet those interactions do not cause collapse. Instead, they lead to what is called **decoherence**. The quantum system becomes entangled with its environment. It loses its delicate superposition. The interference between different possibilities disappears. The system starts to *behave* as if it has become classical. But there's a difference—collapse has still not happened. All possibilities still exist, hidden from view, tangled up with the countless details of the environment.
Measurement, in contrast, is not just interaction. It is interaction followed by amplification, stabilization, and irreversibility. A detector doesn't merely touch the particle—it traps the event. It records it in a way that cannot be undone. A photon hits a screen, triggers electrons, produces a visible dot, or changes a number in a memory cell. From then on, the system is no longer in a state of possibility. It is in a state of fact. But that fact, though physically

stored, still hovers in uncertainty until accessed—until it becomes part of some larger knowing, perhaps even conscious knowing.

This opens a strange in-between realm. Is the collapse real and physical, happening at the moment the detector records the event? Or does the final collapse, the true one, occur only when that information becomes part of someone's conscious experience? Interpretations vary. Some say yes, some say no. But the deeper view, and perhaps the one more aligned with ancient darshan and subtle observation, is that even the detector, the machine, the experiment—all appear within a wider field of awareness.

Whether collapse happens "on its own" or "because of consciousness" is a question that may never find a final answer in equations. But the point remains—Decoherence is like a partial collapse of the quantum wave. It happens when a quantum system interacts with the environment, causing the wave-like behavior to break down. But full collapse — where a specific outcome is chosen — happens when a conscious observer tries to know it directly. This observer doesn't always have to be a human. In some views, the background omnipresent consciousness — the pure awareness that exists everywhere — also acts as an observer. This means quantum collapse could happen even without human involvement, just by being known in the field of universal consciousness.

In other words, Knowing, or *gyana*, is an inherent quality of consciousness as per Hindu philosophy. Therefore, the interaction of the environment with a particle can be seen as a feature of knowing, which is inherent to consciousness itself. If that is the case, then such interaction should also lead to collapse. Decoherence can be considered a kind of partial collapse, while full collapse occurs when a conscious human being directly tries

to know or observe the system. There can be some environmental interactions, that fully mimic the human observation.
The gross physical world is objectively real — solid, measurable, and consistent, forming a shared stage for all beings. But how each of us experiences it is deeply subjective, shaped by our beliefs, emotions, and level of consciousness. Reality unfolds on two levels: the external world we all see, and the inner world we each uniquely interpret. Both are real — the first supports survival and interaction, the second gives meaning and direction. True understanding lies in recognizing that while the world exists, the *way* we experience it is our own creation — the **final collapse happens through us**.
In this light, even the detectors, instruments, and screens are expressions of that same awareness. They act as intermediaries, catching and recording interactions, but their existence, their intelligibility, rests on a foundation that is not mechanical. A camera may record an image, but unless some deeper knowing holds the possibility of meaning, the image is just a flicker of matter. Without awareness, form is blind. Without awareness, even information is meaningless.

And so, the mystery is not solved by saying “measurement causes collapse.” It only deepens. For what defines measurement? Why does one interaction cause collapse and not another? Why does the universe act as if it’s waiting to be known? Is this the same saying by ancient seers that prakriti wants herself to show to purusha? Why do probabilities persist until something final happens, and what is this finality?

The ancient seers may not have used the term “wavefunction collapse,” but they pointed toward the same mystery. They spoke of *chidakasha*—the space of consciousness—within which all forms arise and disappear. Forms appear in the mind like particles collapsed, at varied spatial locations, with varied intensity or energy, and with contrasting qualities like up or down spin, and

so on. Those forms may be rapidly fluctuating like superimposed, a little stable like decohered, or fully stationary as in dhyana, like collapsed to a permanent, fixed meditation image. Sometimes when not deeply observed or only witnessed, those forms disappear into the invisible waves of chidakasha. Seers spoke of the *drashta*, the witness, who is untouched by action yet whose presence allows action to be known. They observed that the world changes shape in the presence of inner silence. That clarity comes not from thinking harder, but from quieting down. And that when the “I” dissolves, reality becomes strangely luminous—clearer, yet unspeakable.
In quantum physics, it’s important to distinguish between a particle that already exists and a particle that hasn’t yet been created. A single particle, like an electron, travels as a probability wave but always appears as that same one particle when detected — never more or less. In quantum field theory, particles can also be created or destroyed when the right energy and interactions are present. In that case, the “wave” describes a field of possibility from which one, many, or no particles may emerge, much like rain forming from unseen vapor when conditions align.

In Sharirvigyan darshan, the body is not a container but a shape formed inside awareness. Atoms are not solid pieces, but small waves in a deeper field. The body is like a tool, tuned to a certain level of consciousness. It doesn’t stand apart—it comes from the same field. Every feeling, thought, cell, and breath of energy is part of one whole movement. And behind it all is not a person, but a quiet presence—just watching, not doing, yet allowing everything to happen.

In other words, an atom is like a complete human body in itself. The brain is everything in a body, and that brain seems exactly similar inside the atom. Its different electrons orbiting in different orbitals are like its different personalities. Each electron, having countless probable outcomes, is like its countless thoughts. The

collapses of these countless probable outcomes into real outcomes are like its countless decisions — and much more. On contemplating — or even barely believing — this similarity, one may not become an accomplished void like the atom, but at least one would loosen the binding grip of ego and personal gratification. This is the essence of *Sharirvigyan Darshan* on a universal scale.
Consciousness doesn't come from the brain. The brain comes from consciousness. It's not outside, watching — it is the space in which everything happens. In physics, the wave becomes a particle not because someone looked at it with eyes, but because reality is already aware at its core. This awareness is not added later — it is the first thing, the source of everything.

As ancient seers said, God wished, "I am one, let me become many." That wish itself is consciousness observing. And that observation is what creates the world by collapsing probability waves into ineracting particles.

When the mind quiets, this becomes not a theory but an experience. One feels directly that knowing does not require thought. That awareness does not flicker. That even in sleep, even in stillness, even in the space between breaths, there is something present—calm, clear, unbroken. And that this presence is not inside the body. Rather, the body is inside it.

At first glance, this may seem opposite to science. But science too is arriving at the edge of its own language. When electrons behave like waves and collapse like particles, when matter appears as energy and energy as probability, when the very act of knowing affects the known—then science too must bow to the mystery. Not to abandon reason, but to expand it. To see that reason itself arises from a deeper intuition—the intuition of being.

And this is where the paths of darshan and physics converge. Both look at the world and ask—not just what is happening, but how is it happening, and who is it happening for? Both come to the same edge, where logic dissolves into directness. Both stand in awe of a universe that is not built from objects, but from relationships. Not constructed from bricks, but from waves. Not powered by things, but by presence.

So when the measuring instrument causes collapse, it is not contradicting the role of consciousness. It is revealing it more subtly. Even the machine collapses the wave because it is part of the same dream. It is part of the same story told within awareness. And that awareness is not limited to humans, not limited to minds, not limited to any form. It is the infinite container that holds all forms, the screen on which all images move.

In the end, every collapse, every emergence, every ripple of creation points back to the same silent origin. That origin is not seen. It is the seer. Not thought. Not body. Not name. But the unbroken presence in which thought, body, and name appear and disappear like waves in the ocean. That is how consciousness connects the dots—without doing anything, yet allowing everything.

And to live from that knowing, even for a moment, is to realize that the world is not a collection of events. It is a living unity, unfolding inside its own mirror. And that mirror is consciousness —mysterious, infinite, and profoundly real.

Moreover, Scientists say it is just the probability of quantum particles collapsing to a specific outcome — nothing like an intelligent decision. But I ask: why is there a fixed pattern of higher probability in certain situations, always? Isn’t that a sign of intelligence? If it were truly arbitrary probability without any

consistent pattern, we would call it non-intelligent. But quantum systems tend to express themselves more clearly in specific, fixed conditions. Collapsed quantum particles concentrate more in regions where there would be constructive interference, rather than in regions of destructive interference, assuming their wave nature. Constructive interference regions appear as bright bands, and destructive interference as dark bands. This means electrons tend to move toward the bright regions. We humans, as living beings, do the same — we are drawn to bright regions: bright futures, bright careers, bright education, and brighter living. Constructive interference regions are high amplitude areas. Human also tend to move towards regions of high position like higher post, higher social status, higher pay scale etc. Then what is the difference between us and quantum particles or atom, in terms of instinct? It’s not that the dark bands are empty — particles land there too, just less frequently. Similarly, it’s not that bad environments are devoid of humans, but the human strength there is low. This tendency of every particle toward brighter and higher situations seems to drive the world’s forward progression.

Chapter 10 – Healing from the Inside Out

Human life is not just a chain of days and events. It is a flow of patterns, shaped by awareness, taking form as the body and mind we live in. In the last chapter, we saw how consciousness links experiences together and turns possibilities into reality. Now, we look deeper—into the body's power to heal itself from the inside out.

Most of us are taught to think of illness as something that "attacks" us from outside—a virus, a germ, an injury. But seen more deeply, illness is often a disturbance in the body's natural balance. It is like a musical note going slightly out of tune. The instrument is still there; it just needs the right vibration to return to harmony.

The human body is not just flesh and bone. On a finer level, it is a field of information. Every cell and atom follows a kind of invisible blueprint. That invisible blueprint can be understood as the subconscious mind, because the subconscious stores the deep patterns, memories, and beliefs that quietly shape how the body functions, heals, and responds to life—often without our conscious awareness—acting like the hidden master plan the body follows. When this blueprint is clear, the body is healthy. When it is disturbed—by stress, shock, or unprocessed emotions—the body's image of health becomes blurred. Real healing happens when that inner pattern is restored. Then, the body's physical parts follow naturally. The inner pattern or blueprint means the subconscious mind's pattern becomes clearer through meditation and spiritual practices
like *dana* (charity), *tapa* (discipline), and *vrata* (sacred vows), which purify hidden impressions and restore the mind-body field to its natural harmony, allowing the body to heal more easily.

Modern medicine sees disease as a chemical imbalance or physical damage. That is true, but these are often the surface effects of a deeper cause—the disturbance in the body's energy or information field. I refer to the subconscious mind as the body's energy or information field because it silently stores and transmits the mental-emotional patterns as information and energy that influence the body's chemistry, cell behavior, and overall balance—acting like an invisible control network that links mind, energy, and physical form. Quantum physics tells us that many possible states exist at once. In the body, this means every cell can "choose" between states of health or illness. The choice depends on the signals it receives from the surrounding field.

From this point of view, the work of a healer is not only to fight the disease, but also to guide the body back into its natural rhythm. A certain threshold of subconscious clarity is needed for the body's natural rhythm to hold; when clarity drops below that point, distortions build up in the mind-body field, and disease begins to appear. This is why some therapies—sound, light, gentle touch, meditation—can help. They are not magic; they are ways of sending the "right song" back into the body so it remembers how to be well.

Even the so-called *placebo effect* is proof of this. When someone truly believes they will heal, the belief itself changes the body's energy blueprint. "Blueprint" is just a metaphor to make the idea visual, but it directly means the body's energy field or subconscious pattern that belief can influence and change. It is not the pill but the mind's certainty that triggers the body to repair itself. Far from being "just imagination," it is one of the clearest examples of the mind's healing power.
Deep spiritual states also create a powerful healing field. For example, *Nirvikalpa Samadhi* is often misunderstood as withdrawing from life and sitting in emptiness. But it is really about living and acting with the understanding that the doer, the

action, and the result are one. When the sense of doer, action, and result being one is realized, stress and inner conflict drop sharply, which prevents new subconscious disturbances from forming—helping the body stay in its natural state of health. Simply saying, nirvikalp samadhi clears the subconscious mind. A person in this state naturally radiates balance and calm. Just being around them can help others' patterns return to harmony. In yoga, practices like *Yam* and *Niyam* are not strict rules but ways to keep the body's field clear and steady. They prevent disturbances before they appear. A karmayogi—someone who works in the world with selfless awareness—may look fully engaged in life, but inside they are in deep alignment, already healing themselves and influencing others.
Healing and self-realization meet in the quiet space between thoughts. When we pause and rest in awareness, the mind's noise settles, and distortions fade. This is not emptiness in the dull sense, but a full and alive silence where the body remembers its original state of balance. It means that in moments of pure awareness—when thoughts pause like in keval kumbhak—the mind becomes still, the subconscious clears, and the body naturally returns to its healthy, balanced state; this silence feels vibrant and alive, not blank or lifeless.

The brain adds another mystery. Neurons send electrical signals in two-dimensional patterns, yet we experience a rich, three-dimensional world. This shows that depth and reality are not purely in the brain's matter, but in how consciousness shapes information. In a hologram, if the source plate is clear, the image is clear. Healing works the same way—clarify the blueprint, and the whole picture changes. It means that just as a hologram's image depends entirely on the clarity of its original recording plate, the body's health depends on the clarity of its inner pattern or subconscious; when that inner "source" is clear, the outer physical condition naturally improves.

Life also gives us natural phases of alignment. In youth, energy flows strongly, and engaging fully with life strengthens harmony. Later, as the body slows, deeper stillness and states like Nirvikalpa come more easily, keeping the field aligned with less outward action. It means we have a better opportunity in youth to experience energy-awakening–based Savikalpa Samadhi, while in later life, silent Savikalpa Samadhi and even Nirvikalpa Samadhi can naturally arise as a result of the earlier energetic awakening.

In physics, the wavefunction holds all possible realities. What becomes real is chosen by the conditions at the moment. Healing is about tuning the conditions so the healthiest possibility becomes the natural choice. It means that, just as physics says all outcomes exist until conditions decide which one appears, the body also holds many possible health states, and by creating the right mental, emotional, and physical conditions, the body naturally “chooses” the healthiest state to manifest.

To heal from the inside out is to remember that the body is not a machine needing only external repair, but a living hologram in constant contact with infinite intelligence. At any moment, the song of the field can change—and when it does, the atoms follow. Whether through belief, sound, selfless work, or deep silence, we can invite the body back into its natural rhythm.

True healing is not about escaping the world or clinging to it. It is about walking through life as both healer and healed, knowing that the blueprint of wholeness is always present. Every mindful step strengthens the song of health. Every breath taken in awareness is a gentle return to balance. In this way, healing becomes not a struggle, but a natural expression of living in tune with who we really are—a spark of consciousness, shaping itself into the form of a healthy, living human being.

Chapter 11: Death, Memory, and the Holographic Field

Life has a mysterious way of continuing itself. What looks like an end is often only a rearrangement. The tree that falls becomes soil, the flame that dies leaves behind smoke and warmth, and the body that breathes its last turns into earth again. Nothing in existence truly disappears. Matter never dies, atoms never lose their being; they simply change places, alter their bonds, and take on new forms. Death, therefore, is not the destruction of reality but the reshuffling of patterns. The body that is cremated is only a temporary arrangement of atoms and molecules. Fire loosens those arrangements and hands them back to air, earth, and water. The wave collapses from one expression only to rise again in another.

From this understanding, memory itself begins to look different. It no longer seems locked inside the gray folds of the brain alone. There are countless mysterious events where heart transplant recipients reported memories, tastes, or fears belonging to the donors. Science finds it hard to explain how such impressions travel with organs, but the idea of memory being held in fields makes it less strange. It is the electromagnetic field of the heart. The heart creates the strongest field in the body, even more powerful than the brain's, and it carries patterns that can hold impressions of memory and emotion. When a heart is transplanted, this field may transfer subtle imprints from the donor to the recipient, which explains why some people suddenly feel the donor's tastes, fears, or memories as their own. Water itself is known to hold patterns, rearranging its structure according to subtle vibrations. If even water, a simple arrangement of hydrogen and oxygen, can keep impressions, then what of the human heart that pulses with electrical rhythm every moment of life? Scientific studies suggest water's structural

“memory” lasts only for **seconds to minutes** under normal conditions, though some experiments in homeopathy and quantum coherence claim it can persist **hours to days** if stabilized by external fields or freezing. In simple terms: without preservation, water’s impressions are short-lived, not permanent as those patterns are dynamic and can dissolve or change with new influences. The possibility that memory is a field, not just a circuit in neurons, opens a vast new horizon.
One morning, during a nirvikalp-like dhyana immediately after rising from bed, my attention first concentrated on the Ajna and Sahasrar chakras. Subtle breathing seemed to arise from these centers as the mind waves dissolved into the background of space, leaving a still, expansive awareness. After about an hour, the meditation naturally shifted downward to the heart area. There, a dense darkness was felt, as if heavy emotions had been deeply encoded in that space. Gradually, as these emotions and the associated thoughts emerged into awareness, the dark weight began to ease, and the space in the heart felt lighter. This revealed how even subtle residues of memory and feeling can exist as energetic imprints in the body, quietly influencing awareness until brought gently into consciousness.

Death, in this light, is not erasure but continuity. The ancient thought of rebirth carries the same intuition. The traces of one life do not vanish but remain as subtle vibrational residues. Just as a fragrance lingers in an empty room long after the flower is removed, karmic impressions linger in the field even after the body dissolves. When circumstances ripen, when conditions align, those vibrations may find new soil to sprout again as another life. What is called “self” may not be a solid entity at all but a recurring pattern, rising whenever the field resonates with the right conditions. Means the self is not a fixed solid thing but a shifting pattern that reappears according to thoughts, karmas, and conditions—like a wave that takes different shapes yet belongs to the same field—and that field itself is the Supreme Soul, the

unchanging reality from which all selves arise and into which they return. A candle flame passed from one wick to another does not carry the same molecules, but the pattern of fire continues. The one who says “I” may be only a wave-form that can appear again and again.

In a dream visitation, I once met a freshly departed close acquaintance. What appeared was not a body but a presence—waveless darkness, infinite like space yet strangely compressed and localized. It carried a sense that all its lives were recorded there, not as visible waves but as the finest ripples in conscious space, too subtle to be recognized as movement. This gave me the unmistakable feeling that what I encountered was more real and complete than even its time in the living body. Such an encounter reflects how memory and experience may exist as subtle encodings in the very fabric of consciousness itself.

To the ordinary eye, this cycle of arising and vanishing feels dark, frightening, ghostly. Yet in the mystic vision, it is none other than Shiva, the great witness of the cremation ground. The Shmshana Shiva is not merely a deity surrounded by deathly silence; it is the Shiva of Nirvikalpa Samadhi, appearing terrifying only because the ego cannot imagine its own absence. What the layman sees as a fearful god of the funeral pyre is, for the awakened, the supreme stillness beyond form. The cremation ground is nothing but the mind’s final surrender, where the false self is burnt away and only pure awareness remains.

This play of rising and falling is mirrored even in the breath. In the morning, with an empty stomach, prana naturally moves upward, light and clear, ready for meditation. In the evening, after meals, apana dominates, pulling downward in its grounding movement. Breath is not a simple inhaling and exhaling of oxygen but a wave that reflects the entire rhythm of existence. Particles themselves run in a wave-like fashion of probability because they emerged

from energy that is wave in nature. God is wave, Om is wave, breath is wave. Rising to a peak, falling to the base, sinking into a negative trough of destruction, then again creation beginning, the cycle of nature follows the same undulation. To contemplate the breath is to contemplate Om, the eternal vibration of God.

Even the human attempt to understand the body at the deepest level follows this wave-like adventure. In early stages, my awakening came through body-based Sharirvigyan Darshan, through direct physical and spiritual experimentation. Yet the same awakening can also be glimpsed through the lens of quantum science. For if whatever is in awareness at any moment is reflected in every cell of the body as per *Sharirvigyan Darshan*, then naturally the same principle extends to every atom in the cosmos as per Quantum science philosophy, since each atom too carries the imprint of the whole. Every atom of the body is not just matter but a miniature cosmos, thinking as probability distributions and deciding reality as collapses. If every atom carries this mystery, then the human itself is a walking quantum experiment, unfolding wave into particle at each decision, each thought, each action.
Atoms, though appearing silent, perform their roles with precision. In the air, atoms remain mobile, constantly moving, their wave-nature decohering into the simple expression of free motion. Yet hidden within that motion is the entire spectrum of possibilities their quantum nature holds. A stone, on the other hand, seems fixed and unmoving, its atoms bound tightly in a lattice. But even here, at the heart of stillness, the atoms vibrate, whispering with suppressed possibilities. Physics confirms that every atom, whether roaming in air or locked in stone, carries a wave-function of countless options—though only one expression is allowed to shine forth in the visible world, while the rest remain folded in silence. Inside an atom, the probabilities of many quantum particles overlap and interfere, weaving into a far more intricate pattern than any single particle alone. This combined

wavefunction is what gives atoms their unique shapes, shells, and behaviors. Humans are no different. Within lies the field of all possibilities, but only one expression appears as practical reality at a given moment, shaped by circumstances and conditions.

Just as a quantum particle has fixed traits like mass or charge that do not change, so a human being carries fixed aspects like the body and general personality. Yet there are also shifting properties—energy, mood, thought, momentum—that remain in a kind of superposition, open to change until collapsed into one choice by the movement of life. The mind itself resembles this quantum dance, hovering in possibilities until crystallized into a single perception or decision.

The breath again reveals the secret of this dance. When the amplitude of its up-down wave merges into a central point at a chakra, the feeling arises of breath cessation—Keval Kumbhak. In that state, there is no mental formation. For a quantum particle too, the probability at zero amplitude is zero. At this still point, mind and world dissolve into nothingness. As amplitude grows again, the world reappears, just as thought and perception bloom back into being after the pause of Samadhi. This very rhythm echoes the Orch-OR theory, which holds that mind itself is the collapse of quantum particles in microtubules of the brain. Yet the collapse never lands on the zero amplitude itself; it always arises at some non-zero state. That is why in Samadhi, there is still existence but no sense of mind—because the probability rests at the silent node of the wave.

The human body is not only made of matter but also of energy, memory, and possibility. Death is not the final end but a doorway. Memories are never fully lost; they remain imprinted in the deeper field of life. The **deeper field of life** points to something larger: the universal field of consciousness or energy where both personal and cosmic memories are imprinted. The subconscious

is like one person’s private notebook, while the deeper field of life is like the universal library where every life, memory, and pattern is recorded. Each life is like a wave that rises again from the hidden movements of earlier waves on the deeper field of life. Just as every piece of a hologram contains the whole picture, every cell in the body reflects the whole person, and every atom carries the song of the universe.
One who understands this does not see death as an ending but as a doorway. Cremation ground or graveyard, morning prana or evening apana, rising wave or falling trough—all are expressions of the same eternal pulse. Existence breathes itself in and out, collapses itself into forms, releases itself into silence, only to start again. The mystery of memory, rebirth, karma, and the holographic field is not a puzzle to be solved but a song to be heard.

Standing at the boundary of life and death, science and spirituality, matter and consciousness, the vision opens. The self is no longer a fixed identity but a pattern woven from waves, rising, collapsing, arising again. Death then becomes less frightening, for it is not erasure but return to the great wave, waiting to be expressed once more. Memory is not just ours but part of a shared field, carried forward and echoed across lives and forms.

The adventure of understanding life does not stop here. If the body holds the whole cosmos inside, then looking within is also seeing beyond. Death, memory, wave, collapse—these are not endings but doorways. And through them, the human spirit continues its journey, shimmering like a wave, never ceasing, always becoming.

Chapter 12: From Body to Cosmos – The Universal Pattern

The story of existence never stops at the boundary of skin or skeleton. What appears as the human body is not an isolated lump of matter that stands apart from the universe, but a continuing expression of the same laws, the same intelligence, the same hidden pattern that stretches from the deepest atom to the widest galaxy. When the thread of reflection that began in the mystery of memory and death is carried further, it naturally points to a vision even larger: that the body is not separate from the cosmos at all. It is cosmos in miniature, cosmos folded into form, cosmos breathing through flesh, blood, and bone.

Anyone who looks carefully will see the signature of this grand design hidden everywhere. The lungs of a human, for instance, branch out into finer and finer networks of bronchi and alveoli in a structure that is practically indistinguishable from the branching of trees in a forest or the winding course of rivers across a continent. Each time the breath expands into the lungs, it is not different in essence from the way rivers pour into tributaries, or roots split beneath the soil. It is the same branching fractal, endlessly repeating at different scales. And when one gazes at images of galaxies, with their spiraling arms of stars, or the faint lines of electrical discharges flashing in the sky, the resemblance becomes undeniable. A single pattern seems to be playing endlessly on the canvas of life and matter, shaping lungs, shaping trees, shaping rivers, shaping galaxies.

Such patterns are not accidents. They point to a universal mathematics that flows like hidden music through creation. The golden ratio, for example, appears with uncanny consistency in the proportions of the human body *(for example, the ratio of the total height to the height of the navel is often close to 1.618)*, in the

spiral shells of mollusks, in the arrangement of seeds in a sunflower, in the double helix of DNA. The golden ratio is about 1.618. If a line is divided into a long part and a short part, then (whole ÷ long part) = (long part ÷ short part) ≈ 1.618. It appears in nature and art—like sunflower seeds, snail shells, human body proportions, and famous paintings—because it looks naturally balanced and beautiful. When sculptors of ancient Greece carved their statues, they sought this ratio instinctively, believing it to be the mark of divine harmony. Today, biologists and physicists confirm the same truth: life builds itself following this mysterious proportion. It is as if creation itself chooses to appear beautiful, to mirror a hidden order, and to reveal that behind apparent randomness lies a secret rhythm of pure awareness.
One does not need complicated theories to sense this. The curve of a leaf, the symmetry of a snowflake, the spread of a peacock's feather, all whisper the same message. The body is not only a product of nature, it is nature compressed into a form. As in the cell, so in the star. As in the atom, so in the galaxy. The microcosm and the macrocosm mirror each other endlessly, each carrying the holographic imprint of the whole.

This insight has been sung in different ways by sages and scientists alike. The rishis of the Upanishads proclaimed long ago that the self inside is not different from the vast Brahman outside. Modern physics, when it speaks of quantum entanglement, hints at the same truth—that even when particles are separated by unimaginable distances, they remain linked by a hidden unity. The same intelligence that decides the fate of a subatomic particle collapsing into one event out of countless possibilities is present in every pulse of thought and every beat of the heart. Quantum collapses are determining every activity at every moment, whether inside or outside the body. That intelligence is what ancient seekers personified as Brahma, the creative deity sitting on a lotus, from whom all forms arise and into whom they dissolve.

Yet in the ordinary flow of life this reality becomes veiled. It is said that mental waves, like restless ripples on the surface of a pond, cover the calm depth of awareness that lies behind. But this is not to be mistaken for any physical light or material radiance. It is the nature of awareness itself, self-experiencing, silent, without second. The trouble begins when indulgence in the world makes one forget this background awareness. Then what remains is a fall into a kind of slumber, an absence. That absence is like a blank comma in the book of life, or the gap of deep sleep. It is not the same as the zero of pure awareness.

The difference between these two zeros is profound. The zero of ignorance, as in deep unconscious sleep, is the absence of everything—even the sense of one's own being. Nothing is present, not even background self-awareness; it is a void of non-experience. Yet, I perceived the departed soul of a close acquaintance as a wave-less sky, a zero-like vastness, yet still feeling localized and compressed or subtly suffocated due to the subtle impressions of encodings in it, but fully self-aware. Through that subtly encoded vastness, she expressed that she was not different from her living state—her consciousness remained continuous and alive, with all her past lives encoded in her wave-less space form. I also perceived her as part of the same continuity of livingness, without any interruptions—full of even more freshness and vastness. It seemed as if she had never died at all.

This suggests that the apparent loss of awareness immediately during and after death can be temporary, a rebound effect after intense worldly experience, like deep sleep following a long journey. In bound souls, awareness returns soon in an encoded form within the sky of their being, while in liberated souls, pure awareness shines unbound, free of all encoding and form. The zero of pure awareness is exactly the opposite of encoded awareness: it is fullness hidden as emptiness, presence without

form, a self-experiencing reality that needs no object to prove itself. One is absence, the other is essence. One is loss, the other is liberation. Encoded awareness, however, is neither truly empty nor truly fulfilled—it is like a half-filled pot, partially filled with water and air, whereas pure awareness is like an empty pot naturally full of air, completely full in its own way. Encodings can never fully occupy the endless pure awareness, because the physical world that generates subtle encodings is limited. That is why fulfilledness is never achieved by the bound soul. In contrast, the absence of all encodings in a liberated soul allows pure awareness to be immediately full of zero-space making it fully fulfilled and empty together. It is just a blank philosophical idea, not meant to be explored deeply, but to encourage yoga practice to directly experience the fact.

The patterns of body and cosmos invite the seeker to recognize the distinction between appearance and reality: what seems separate is in truth inseparable. A river's flow is not separate from the cloud that gave it birth or the ocean that waits at its end. Similarly, thought, memory, breath, and bone are not separate from the universal energy that sustains them. To mistake the body for an isolated lump is to forget the river's connection to the ocean. To realize the body as cosmos in miniature is to rediscover the background ocean of awareness that never vanishes, even when forms dissolve. When the physical connection of body with cosmos is contemplated, the non-physical connection of bound awareness with pure awareness also reveals itself—for wherever the container goes, the content goes with it. This is the secret mantra of moving to the non-physical with the help of the physical.

There are always two ways of life that appear in society. Some individuals walk fully into the world, immersed in duty, family, business, responsibility, karma. Others retreat, renounce, and dedicate themselves wholly to inner search. Both paths look

opposite in the eyes of people, but both can arrive at the same awakening. If such a karmayogi or such a renunciate touches the state of nirvikalpa, they know from within its worth, a worth that cannot be explained to those outside. To the ordinary crowd such a person may even appear foolish type, a laggard type who has lost interest in the games of the world. Yet, society often sees a difference: the karmayogi who turns into a dhyana yogi is respected as genuine, for he has tasted the world fully and then transcended it on finding a higher treasure. But the one who remains a dhyana yogi from the beginning may appear strange or lifeless to the public, even though he may be equally genuine, for people think he has never known the taste of the world and therefore avoids it like a timid creature. Such is the misunderstanding of those who cannot see the inner flame that burns quietly beyond the world's games.

At the heart of all this lies the same universal intelligence, deciding moment by moment which possibility will collapse into actuality. In quantum language, it is the wave function collapsing into one outcome while others remain unrealized. In ancient language, it is Brahma choosing to manifest a world out of countless latent potentials. The wonder is that this intelligence does not operate only in the farthest galaxies or deepest atoms. It is pulsing right now in the thoughts passing through the mind, in the choice to breathe deeply or shallowly, in the gentle branching of a nerve fiber inside the brain. To awaken to this is to see that one's own life is not apart from the cosmos but is cosmos in motion. That is why the Vedic people saw conscious gods in every part of nature—air, water, sun, planets, fire, and all that exists. They were not worshiping lifeless objects nor they were experts in quantum science but recognizing the play of intelligence shimmering through every element. They were recognizing the deep essence of the quantum wave of superposition collapsing into a single outcome experientially, not merely through the physical experimentation that science is reaching today after so

much hue and cry. To them, every force of nature was a living expression of the same cosmic awareness, worthy of reverence, for nothing in creation was outside that one intelligence.

When the patterns are followed deeper, the thrill grows. A child looking at a snail's shell sees only a pretty curve. But if eyes are sharpened, that curve is the golden spiral, the same that governs hurricanes, galaxies, and the unfolding of a pinecone. The pattern repeats endlessly, whispering that nothing is random, everything is woven in rhythm. And when these patterns are mirrored inside, when the mind sees itself as fractal extension of universal mind, then wonder turns into reverence. Means, When the mind realizes that the same intelligence—collapsing quantum possibilities into form and shaping galaxies—also shapes its own thoughts, amazement naturally deepens into reverence.

The journey from body to cosmos is not merely a scientific curiosity. It is an emotional discovery. To realize that the veins inside the hand flow like rivers across the earth, that the alveoli in the lungs mirror the blossoms of trees, that the pulse of DNA carries the same spiral as galaxies, awakens a sense of belonging that no philosophy class can teach. The body ceases to be just "mine" and becomes a sacred bridge to the universal. Each breath, each heartbeat, each step, becomes part of a cosmic dance that began before time and will outlast death.

This adventure does not demand withdrawal from life. It demands only a shift of vision. A trader at his stall, a mother at her kitchen, a student bent over a notebook, a monk in meditation—all are participants in the same universal pattern. To see the body as cosmos in form is to remove the artificial boundary between sacred and ordinary. Everything becomes sacred when seen as expression of the same intelligence.

Yet the suspense of this vision lies in its simplicity. The closer one looks, the more it becomes clear that there is no separate 'inside' and 'outside.' The cell is already a star, the star already a cell—intelligent quantum collapses happening everywhere, every moment. The body is cosmos condensed, the cosmos body expanded. What remains is only to awaken to this recognition, to let the restless waves of mind grow quiet so that the background ocean of awareness shines forth again. As the body mirrors the cosmos, so the mind mirrors the cosmic mind—pure awareness itself. There is no real separation. Then absence turns into essence of pure awareness, and foolishness turns into wisdom.

In this recognition the journey that began with death and memory flowers into cosmic belonging. The body is not a prison but a portal. The patterns in the lungs, the golden spirals in DNA, the fractals in rivers and galaxies are not coincidences but signatures left by the same intelligence, reminding every seeker that the self within and the universe without are not two. They are one song, sung endlessly through countless forms, waiting to be heard in the silence of pure awareness. Simply put, The self and the universe are not two but one reality, expressing itself through endless forms. When the mind is restless, its noise fragments reality into separate pieces, like ripples breaking the reflection of a clear lake. But when it grows silent, those distortions fall away, and awareness shines by itself. In that stillness, it becomes evident that the self within and the universe without are not two, but one seamless whole. Only then does *Sharirvigyan Darshan* find true contemplation, for contemplating it reveals pure awareness —and pure awareness, in turn, deepens that contemplation.

Chapter 13: From Matter to Self – How Everything You See Is Already You

The journey that began with seeing the atom not as something hidden or separate but as the very stuff of the body and world now opens into a wider understanding. Once it is understood that atoms are not something out there, but the very essence of blood, bone, and breath, then the next step naturally arises: if atoms make up all things, then all things are already part of the same self. It means, if the thinking body is conscious or self, then thinking or superposition and deciding or collapse of quantum particles — and everything made of them — are also conscious or self. Atom makes the cosmos, atom makes the body. So atom is the father of all, and every piece of matter is a brother to human. Matter itself begins to reveal its secret—that it is not lifeless dust scattered in space, but a mirror in which the conscious self finds countless disguises. It means, it is the same self taking on many different forms. Things once worshipped as possessions—car, house, food, money—are now seen in a new way, as if they are all showing the same one reality.

The common mind is accustomed to worshipping matter in fragmented ways. A vehicle is adored as a symbol of status, money as a guarantee of security, food as a source of satisfaction, and a house as a shelter of pride. Yet strip them of their labels, look deep enough, and they are only clusters of atoms dancing in familiar forms. The very same atoms pulse through veins as blood, hold bones together as calcium, breathe life as oxygen. What appears as external wealth and what circulates inside as flesh and thought are not two substances but one continuum. In this realization, a door opens that does not belong to any religion or creed, for the logic is plain: if all is built from one pattern or

blueprint like vibrations, energy, superposition, collapse etc., then all is essentially one.

When the claim of ego is gently dropped, the discovery becomes more intimate. The person once seen as enemy also breathes the same air, shares the same atomic foundation, and moves under the same laws of cosmos. Hostility then melts, not because of preaching or command, but because opposition itself loses its reality. It is like watching two waves fight on the surface of an ocean, forgetting they are water through and through. The ocean never quarrels; it only plays or does Leela.

Maanavata se bada dharm nahin, kaam se badi pooja nahin; samasya se bada guru nahin, aur grihasth se bada matha nahin"—this secret verse, discovered and propagated by the author, directly reflects the principles of quantum science. Although not really discovered, but researched and understood, as it has persisted since ancient times in one form or another. The first line, no religion is greater than humanity, reflects how countless probabilities in quantum physics collapse into a single event near the peak of the probability wave. This peak represents the peak development of the creation. Humans have the peak level of grey matter to carry forward the creation to that height. This makes humanity the true religion of the quantum world. To reach this peak, quantum particles select the best or highest-valued option among many, just as the human mind collapses multiple thoughts into a single decision of utmost humane significance. Most probably this peak of humanity aligns with the peak of quantum probability wave in this or that way. Although this happens naturally by quantum law, the human ego grows and claims that it was 'I' who did it. Suppose Ramu is living in Shimla with his family. Now consider the whole cosmos as a probability wave of his position. In theory, he could choose to live anywhere in the cosmos, but why only at his present place? Even this is fully true in practical terms too, a human can be reborn in

that specific part of the infinite cosmos where its existence best serves the purpose of humanity. This is because the highest human potential for work and business is usually at familiar places, with accustomed and supportive people such as family members, friends, and relatives. When this potential for humane work declines at his native place, he has to migrate—just as countless people migrate elsewhere for the same reason. However, shifting always happens toward a favorable place, much like quantum particles relocating to a new position near the peak of the probability wave as the peak of humanity wave, and not arbitrarily. This is clearly seen in quantum tunneling, when a quantum particle shifts from one side of a barrier to the other, landing most likely at the peak of its probability wave. The particle does not actually travel physically; it is as if it 'dies' in one universe and is 'reborn' in another, more suitable universe, where it can contribute more effectively to the service of creation and humanity. That decision or wish to relocate becomes mental work, and its result expressed in action becomes physical work—together forming the only genuine worship of the quantum world, free from hypocrisy or flattery. Hence, no worship is greater than work, second verse of the joint verse is proved. The third verse, *no guru is greater than the problem*, shows that guidance does not come from outside only. A quantum particle adjusts and learns by interactions with other particles and overcoming obstacles; in the same way, humans grow by social interactions and solving problems in the service of humanity. The final line, *no hermitage is greater than family life*, explains that if quantum particles remained forever dissolved in stillness of pure awareness without interacting with other particles, or if one stayed only in Nirvikalpa Samadhi away from social interactions, no world could exist. Life continues because creation expresses itself through family and duties. Also, as told above, humanity grows best in a family type cooperative environment. In this way, the verse applies equally to the quantum realm, the macrocosm, and human society. Yes, interactions between cosmic bodies like

stars and galaxies are similarly based on this quantum verse. The author lived this truth in letter and spirit, learning indirectly from the quantum world with the help of this so called quantum verse, attaining the essence of Karma Yoga along with glimpses of Kundalini awakening and self-realization. Beyond this stage, one may pursue Nirvikalpa Samadhi, but it remains optional—for one can also remain in Karma Yoga and Sahaj Samadhi always.
Though few may reach such a nirvikalpa state, their indifference to worldly show does not harm the world's activity; instead, their journey benefits society when others follow their footsteps from the very beginning, and not by trying to enter directly into samadhi. Since it is directly linked to the quantum world, this verse qualifies to be called a quantum verse.
If we dissect quantum behaviour further, every quality of a quantum particle exists as a separate probability wave, and these waves are independent, not interfering with one another. Similarly, each aspect of human life—where one is born, whom one marries, what profession one follows—arises in uncertainty independently. No one knows beforehand where a person will be born, but wherever it is, it carries the potential to contribute best to humanity. Marriage too is uncertain, yet it naturally aligns in a way that serves the larger good. A person may be born in a royal family and marry into poverty, yet both possibilities are part of the same unfolding toward humanity's peak. One may appear inborn poor yet hold the role of a company's CEO. In truth, it is the wave of humanity itself that determines these outcomes. If mutual relationships seem to appear among the different "waves" of life, it is only because they all are guided by that larger wave of humanity. Relationships among them are secondary; the primary movement is always toward the flowering of humanity.

This truth as told above deserves repeating: *no guru is greater than a problem*. In the quantum world, a particle is not instructed from outside—it learns by meeting resistance, by facing tension, by adjusting itself again and again. So too in human life, real

challenges often teach more than any teacher. A problem can sharpen the mind, melt away pride, and give lessons that even the best guru cannot always sustain. Of course, the role of a human guide is valuable, but it is never enough on its own. Progress needs willingness, and though willingness can be encouraged by a teacher, it must finally rise from within. True growth comes from balancing the guidance of an external guru with the inner guru of lived experience. Returning once more to the verse, it concludes: no hermitage is greater than family life. If particles were to dissolve forever in stillness, nothing could appear—no world, no movement, no life. Creation is alive because stillness agrees to move, because silence becomes sound, because the inner withdrawal returns outward as relationship and duty. In the same way, family is not a barrier to realization but the very field where realization ripens. The home itself becomes the monastery, and daily life becomes the true ground of awakening. As said above, the author of this vision did not leave these quantum truths as dry philosophy. They were lived, tested, breathed. Karma Yoga was not a slogan but a way of cleansing. Problems were accepted as teachers. Work itself became worship. This approach opened a doorway where the currents of Tantric Kundalini stirred, bringing glimpses of awakening and self-realization—achieved not in isolation, but alongside the fulfillment of worldly duties, obligations, and tangible physical progress. The body, when seen with clarity, is no longer only biology; it becomes Sharirvigyan Darshan—the science of body as mirror of cosmos and human behaviour. What nature has inscribed in the workings of cells is echoed in human society and even in cosmic evolution. Digging deeper, the pulse of metabolism reflects the pulse of stars, and the pattern of neurons echoes the pattern of galaxies. It means, steady pulse of metabolism in every cell reflects the pulse of stars, which are born, shine, and fade in cosmic cycles. Likewise, the intricate branching of neurons in the brain strikingly resembles the web of galaxies stretched across the universe. The tiny rhythms within us

are not separate from the vast rhythms of the universe. Seen this way, the body is not an isolated fragment but a miniature cosmos, repeating on a small scale the same patterns that shape the stars and galaxies on the grandest scale.

Basic Sharirvigyan Darshan has already shown how viewing simple similarities between body cells and human behavior reveal unexpected wisdom. For instance, cells communicate, compete, cooperate, and balance survival with sacrifice—just as communities do. And when this insight is not merely thought but lived, its power is astonishing. The author, guided by such a karmic-yogic mindset, found the doors of Kundalini Yoga opening naturally, as if the body itself rewarded sincerity with vision. A glimpse of the serpent power uncoiling and rising gave a direct taste of unity, an experiential confirmation that the science was not mere speculation. Advanced Sharirvigyan Darshan dares to go further, suggesting parallels not only between cells and society but between atoms themselves and human workings. If atoms and human actions are reflections of each other, then studying one becomes a way to understand the other. When the physical parallels are seen, and the mind rests in egoless wisdom, truth is both confirmed and experienced. This idea is not yet fully tested, but its promise is immense. It suggests that life is like a play in which every moment and every particle reflects the whole. Time and space themselves are holographic, where each fragment carries the imprint of the entire universe. Just as in a hologram each fragment carries the complete image. It means, even a single fragment of endless time and endless cosmos reflects the whole of time and cosmos itself, showing that each passing instant and each quantum of space occupied by the quantum particle holds within it the signature of eternity. Therefore, it is possible to experience eternity at every moment and at every place by experiencing similarity between cosmos, human body and quantum particle.

Basic Sharirvigyan Darshan as indicated above, authored by the same author, has been well described in the published work *The Mythological Body – A New Age Physiology Philosophy [Sharirvigyan Darshan]*. Originally written in Hindi, it is thoughtfully translated here into English to make its insights accessible to a wider audience while preserving the depth and essence of the original. The work explains the striking similarities between the internal physical structures of the human body—cells, organs, and systems—and human behavior as well as societal dynamics. It demonstrates how patterns governing the body, such as communication, cooperation, competition, and balance, are mirrored in human actions and social organization, offering a unique lens to understand life as a reflection of universal principles. Extending this insight, the human body itself can be seen as the supreme living mandala, a microcosm containing countless dehapurushas—miniaturized, non-dual beings that work in perfect harmony, mindful yet unattached. Observing and contemplating these inner beings teaches lessons in non-duality, cooperative society, and even the nurturing of nature, while also serving as a practical and powerful gateway to Kundalini awakening and liberation. Through this understanding, the body becomes both a mirror and a guide, showing how true spiritual growth occurs naturally within the world, without the need for forced renunciation, and how life itself can gently lead one to detachment once a threshold of inner realization is reached.
In this way the story of matter becomes the story of self. The universe that appears vast, cold, and external softens into intimacy. A stone is not alien; it is kin. A stranger is not separate; he is the same play of atoms as the hand that writes. Even loss begins to transform, for nothing can truly vanish; it only reshapes its disguise. This realization does not demand retreat into caves or cloisters, though that too may be chosen. It equally allows one to remain in Karma Yoga, to live in Sahaj Samadhi—an effortless harmony where the ordinary world is no longer a trap but an open field for action without entanglement.

The thrill of this adventure is that it unites opposites. It makes science and spirituality kiss where they once seemed strangers. Quantum collapse becomes a metaphor for human decision. The activity of cells becomes a mirror of society. Family life becomes the monastery of the modern seeker. Every corner of matter becomes a temple because it is none other than the self in costume. Awe arises not from imagining miracles beyond reach but from seeing the miracle that is already present in every sip of air and every grain of dust.

See the brick fixed in the wall: its quantum particles have chosen to stay grouped, solid, and unmoving for years. For what? Only for humanity—enduring the suffering of weather as silent penance. What greater austerity than this? Its work of supporting the house is constant and unwavering. Living in a large family of bricks, it eases its burden through close interaction with its companions. In the heat of summer, it expands, releasing excess energy; in winter, it shrinks, huddling with others like family members conserving their shared vitality. In this way, it learns from environmental challenges how to adapt and interact to minimize suffering. This is not mere material behavior—it is cosmic psychology, inseparable from human psychology.

The mystery is not diminished by this understanding. Rather, it deepens. To see that everything is self is not to reduce it to a mechanical formula, but to watch the play of disguises with wonder. Why should the self choose to appear as tree, as river, as mountain, as laughter, as sorrow? The answer may never be pinned down, and perhaps that is the beauty. Mystery is not something to be destroyed by knowledge but to be embraced by deeper seeing. Just as a child never tires of looking at the ocean though it is only water, so the awakened mind never tires of looking at the world though it is only self.

I am pointing to the presence of Self in every particle, because only Self—consciousness—can think and decide as we do. What is non-Self is non-conscious. Thus, Self is synonymous with consciousness, while non-Self is synonymous with non-consciousness. In this way, there is nothing truly non-Self or non-conscious in the cosmos, for even quantum particles display a kind of choice or decision, reflecting the presence of consciousness. Everything is conscious. It has been strongly advocated by sanatan dharma where everything is worshipped.

The path from matter to self is not an abstract riddle but a lived possibility. The car parked on the street, the money folded in the pocket, the house filled with voices, the bread broken at the table—all are matter. But in a deeper gaze, they turn, shimmer, and reveal the self. It is the same journey atoms take when they become flesh, the same journey flesh takes when it becomes awareness. And from awareness arises again the sense of world. Round and round the circle turns, not to trap but to liberate, once the play is recognized.

Thus, the thirteenth chapter stands not as a conclusion but as an opening into a greater adventure. From atom to body, from body to world, from world to self, and from self again to cosmos, the circle is complete yet always expanding. The invitation is not to escape this dance, nor to be drowned in it, but to stand in its heart, free, luminous, at play—where everything seen is already the self in countless forms.

And yet, if everything you see is already you, what gives this shared self its many shapes — stars, rivers, mountains, and bodies? The answer lies in mass, the quiet architect that turns the oneness of matter into the diversity of form.

Chapter 14: The Mass of Creation – How Weight Gives Shape to the Universe

In the previous chapter, we saw how matter is not something separate from us but is already woven into our very sense of self. The particles that form our body and the stars above share the same fabric of existence, whispering that the universe is one continuous being.

But to move from this insight of oneness to the world of form, another question arises:
If everything is already me, then what decides the different shapes and roles matter takes?
Why does one part of the cosmos become a star, another part a tree, and another, me?

The answer lies in **mass** — the quiet sculptor that gives the self a body, the cosmos a shape, and energy a destiny.

The Weight That Anchors Creation

Mass is not a random gift given at collapse. It is the inborn property of a particle, written into the universe through the **Higgs field**. This invisible field fills all of space, and each particle interacts with it in a unique way. Some interact weakly, staying light, like the electron. Others interact strongly, becoming heavy, like the top quark. And some, like the photon, do not interact at all, remaining massless.
In this way, the Higgs field quietly determines the “responsibility” each particle must carry. Mass is fixed, permanent, and essential. Without it, all particles would rush through space at the speed of

light, unable to clump, unable to form structure, unable to make worlds.

The Higgs field is like a cosmic university, and the Higgs bosons are its professors. Each professor evaluates the particles—the students—assigning them different weightages based on their character and abilities, shaping their place in the grand curriculum of cosmic engineering.

Collapse: From Possibility to Reality

If mass is fixed by the Higgs field, then where does **superposition** enter the story?
Here lies the subtle beauty. A particle's mass is set, but its *state* — position, spin, momentum — can exist in a superposition of possibilities. Collapse is the act by which one possibility becomes actual. In this sense, collapse does not create mass, but it decides how mass-bearing particles arrange themselves to form the structures of reality.
If we clarify it further, Mass is a fixed intrinsic property of elementary particles and does not exist in quantum superposition. However, its influence appears through energy and momentum, which do remain in superposition and collapse upon measurement. In composite systems, or in special cases like neutrinos, superpositions of states with different effective masses can occur. Thus, mass also expresses itself only when collapse decides the final outcome—though not directly, but indirectly through energy and momentum.

This is like the mind. Our **body** is given to us — flesh, bone, and weight, already fixed by genetics, diet, and time. But our **thoughts** are in superposition, countless and fleeting. Collapse occurs when the mind chooses one thought and makes it into a decision. Just as collapse crystallizes one quantum possibility into reality, our decisions crystallize the flow of thought

into action. The mass or weight of the body cannot show its effect if the mental choices collapsing into favorable decisions do not carry the body to jump over the grass-filled bag and compress it to make silage.
In other words, it is like a degree-qualified student who can only demonstrate the effect of his knowledge when he meets and interacts with people who need him—an outcome determined by the probabilistic superposition of his placement, energy, and momentum, collapsing into a favorable result. If the placement is favorable in a favorable college but his energy drains away due to illness or bad habits, his knowledge-weight will not show its effect to students. Even if both placement and energy are favorable, but he lacks momentum in the right direction, the result still won't manifest. So you can imagine how many favorable conditions creation must have required—from the quantum level to today's human society—for us to be mutually interacting through our laptops across the entire world. Truly amazing.

Thus, in *Sharirvigyan Darshan*, mass is like the body's given clay, and collapse is like the potter's hand shaping it into vessels of destiny.

Balloons in the Fairground

Imagine a grand fairground where countless balloons float in the air. Some are light and barely tethered, drifting wherever the wind pushes them. Others are heavy, filled with sand, falling quickly to the ground and forming clusters. This playful scene mirrors one of the most profound truths of our universe: **mass decides clumping, and clumping decides form**.
Without the Higgs field assigning weight, all balloons would drift endlessly. But with it, some anchor, some rise, and together they paint the diversity of the fairground.

The First Drops of Weight

In the earliest moments of creation, the universe was like a weightless ocean — full of energy but without anchors. Particles were massless sparks, rushing about freely. But when the Higgs field “switched on,” particles gained mass, as though dew had settled on an invisible web. Suddenly, energy was not only light but also heavy. It could now clump, gather, and begin to form structures.

Mass became the sculptor’s tool. Where there was none, everything stayed diffuse, a mist without boundaries. Where mass appeared, centers of gravity emerged, galaxies condensed, and stars found their birthplaces.

The Cosmic Balancing Act

Mass is not merely about heaviness — it is about responsibility. A particle with more mass pulls on its neighbors, like a magnet drawing iron filings. A lighter particle, on the other hand, slips past interactions, unnoticed, like a feather in the wind. A politically minded person, massive in every field of life, always attracts a crowd of people around him who are less massive. But those who are too thin or like feather-light—like beggars, who are truly deficient, or saints, always fulfilled but resting in pure awareness, the lightest of all—pass by unaffected by his massive pull.

Imagine a cosmic marketplace. Particles with greater mass settle down like merchants in the square, attracting customers (other particles) toward them. Those with less mass are like travelers, always moving, rarely stopping. Together, they create balance: the merchants giving centers of stability, the travelers ensuring motion and exchange. Without both, creation would tilt either into lifeless stillness or restless scattering.

The Sculptor of Diversity

Consider Earth. Its mountains, rivers, oceans, and living beings — all owe their existence to how mass was apportioned. If electrons had been a little heavier, chemistry would have danced differently, atoms might never have formed stably, and life as we know it might have been impossible.

If protons had been slightly lighter, stars might never have ignited fusion, and the Sun’s gentle warmth would not have shone on Earth. A small difference in mass is the line between a cold void and a living cosmos.

Mass and the Poetry of Form

Think of clay in the hands of a potter. Without clay, the potter’s wheel spins endlessly, but no vessel takes shape. Mass is like the clay of creation. It gathers, it holds, it allows form to be molded. The Higgs field provides the clay, collapse provides the shaping hand, and together they sculpt the universe. The spinning wheel is like pure awareness, yet it neither spins nor requires spinning, because here the particles, becoming metaphorical clay, move themselves to be shaped—unlike ordinary clay.

A stone mountain is nothing but clustered particles that carry mass. A drifting cloud is made of lighter forms, airy and mobile. The rhythm of form and formlessness, of solid and fluid, is written by the pen of mass.

Even non-physical has mass

Dark matter is invisible and non-physical, yet it has a non physical type of mass that never can be measured, may be it is encoded mass in the form of special streching of empty space. its gravity affects the visible cosmos. Similarly, invisible ghosts means bhūta, preta, ḍākinī, piśācinī, yātudhāna, kiśkindhika, and others

described in ancient Hindu spiritual texts can be understood as subtle forces, like different types of dark matter, that influence the physical lives of people. Various remedial spiritual rites, yoga, mantras, and forms of meditation are practiced to alleviate their effects. These practices carry the soul of the practitioner closer to pure awareness, which is completely beyond all influences—even the gravity of this non-physical “dark matter.” Just as cosmic dark matter pervades everything but cannot touch the pure cosmic sky, so too do these forces fall short of reaching pure awareness.

Closing Image

Picture again the fairground of balloons. Some rise, some fall, some cluster, some drift away. Each balloon’s motion is shaped both by its given weight (from the Higgs field) and by the path it takes (decided by collapse).

So too in life: our body is our given weight, our thoughts are countless balloons, and our decisions are collapses that tether some while letting others drift. Had thoughts been as heavy as the body, they could not drift at will; we would not be able to let go of some while tethering the important ones, and making decisions would not be possible. Thus Creation itself is this delicate play of weight and lightness, attraction and release, collapse and freedom.

Thus, mass is not just about heaviness. It is the quiet architect of creation — the one who gives shape to the shapeless and anchors the dance of the cosmos.

This is how the Higgs field, superposition, and collapse together make the universe diverse, structured, and alive.

Chapter 15 – The Energy of Creation

This chapter reveals the ultimate secret of the cosmos—a profound unification of the atom and the human being, both in the tangible world and in the realm of consciousness, ultimately demystifying Tantra. Here, the nucleus represents the core energy, like the Muladhara, while the electron shells correspond to the chakras, each level guiding the flow of energy and awareness. The dance of electrons mirrors the currents of prana, and the architecture of atoms reflects the structured ascent of consciousness. It is a journey where physics and spirituality converge, where the smallest particle and the vastness of human awareness are one, and where the mysteries of the universe unfold within and around us.

In the last chapter, we explored how mass gives weight and stability to the universe—how it anchors stars, planets, and even our own bodies, providing shape to creation. But mass alone is not enough. A stone may have weight, yet without energy it cannot move, shine, or evolve. The universe would be a silent sculpture, heavy but lifeless.

To bring that sculpture alive, nature needs another ingredient—**energy.**
If mass is the body of creation, then energy is its breath. Mass gives form, while energy gives play. Together, they weave the dynamic universe where stars burn, rivers flow, and life blossoms. At the most fundamental level, everything is a play of energy. In the quantum world, particles are not fixed lumps of matter; they are waves of energy that rise, fall, and occupy specific levels inside an atom. In a similar way—though more metaphorical than scientific—human breath or prana is described in yogic traditions as rising, falling, and focusing on specific chakras. These levels decide the structure of reality itself—how atoms are built, how

molecules form, how light interacts, and even how life becomes possible. In a similar metaphorical sense, the focus of a people's breath or prana on different chakras is said to shape how they interact with the world—spiritually, intellectually, emotionally, playfully, lovingly, or even ignorantly. Imagine energy levels like the rungs of a ladder. A particle can occupy a lower rung or jump to a higher one, but it cannot linger in between. Each rung represents a discrete possibility offered by nature. The particle's wavefunction assigns probabilities to each rung, often peaking near certain favored levels. When a quantum measurement occurs—or even when the particle interacts with its environment—it collapses to one of these rungs. If we clarify it further, An atom has fixed energy rungs where its electron can exist. Before any measurement or interaction, the electron is not tied to one rung but spreads out as a probability wave across several of the allowed rungs, depending on how it was excited. When collapse happens, this wave no longer stays spread out—the electron is found on one definite rung chosen from those present in the wavefunction. Electron transitions between energy rungs usually occur by absorbing or emitting photons, but can also happen through collisions, heat, or external fields. In every case, the interaction first collapses the wavefunction onto a definite rung and then shifts the electron to a new level uniquely determined by the energy gap. If the electron absorbs a single photon of known energy, the outcome is no longer a choice among many rungs—the fixed photon energy matches only one gap, so the electron must land on that specific rung. In very strong light, an electron can absorb multiple photons simultaneously, and because different combinations of the same fixed photon energy can match different energy gaps, several higher rungs may become possible, with wavefunction amplitudes weighting the probabilities and collapse determining which one is realized. This collapse is not a conscious choice, but an **ego-less, natural selection** dictated by probability and interaction. While a single event may seem insignificant, the **collective activity of countless**

quantum particles accumulates and propagates, giving rise to the stability of matter, the formation of structures, and, ultimately, the grand architecture of the cosmos. Each tiny probabilistic selection—these primordial, nature-made choices—adds its thread to the vast cosmic tapestry. One should not call quantum particles or these events "experience-less" or "non-conscious," for they occur within the all-pervading pure awareness, which is the form of **endless experience** and consciousness.

Similarly, chakras can be seen as the rungs of a ladder along the backbone. Energy is experienced most distinctly at the chakras, not in between them. The breath or prana may focus on a particular chakra depending on the body's need to cope with the present environmental circumstances. This is a type of environmental interaction. This is somewhat like the quantum collapse of a particle, which interacts with its environment and chooses an outcome that best fits the situation—allowing not only itself to grow, but also to let all grow.

The Cosmic Blueprint in Energy Choices

Let us again take the atom as an example. Electrons around the nucleus do not roam aimlessly—they occupy specific energy shells. When an electron jumps from one shell to another within the same atom, it changes the atom's behavior—how it reacts, absorbs light, or bonds—without changing the element itself. Hydrogen, with its single electron, is the simplest example: its electron in different shells clearly alters its properties. In multi-electron atoms, electrons in various shells can also shift, especially the outer (valence) electrons, affecting chemical behavior in more subtle ways. On the other hand, creating a completely new element requires adding more electrons along with additional protons, producing atoms like carbon, oxygen, gold, or uranium, each with distinct properties.

A similar principle is described in yogic science. Energy shifts between chakras may alter a person's behavior for a time—spiritually, emotionally, or intellectually—yet the deeper personality remains unchanged. Only when greater energy is added through practices such as Kundalini Yoga, pranayama, asanas, or tantra can the subconscious impressions be dissolved or transformed, changing the personality. **If the vacant space so generated is filled with a meditation image and awakened, it can lead quickly to self-realization, thus opening the hidden channel of energy fully and transforming one entirely.** This is like adding protons and electrons to create a new element: the very structure changes.
Just as an atom finds stability when its positive protons and negative electrons are balanced, human consciousness finds harmony when the root (muladhara) and crown (sahasrara) energies are balanced. If energy gathers too much at the crown, one may feel ungrounded; if it sinks into the root, one may feel heavy and depressed. But when balanced, consciousness becomes steady, expansive, and capable of true transformation. Adding electrons and protons is like adding quantum energies of opposite natures: proton-energy is heavy and grounding, while electron-energy is light and liberating.

When an atom has more electrons than protons, it becomes a negatively charged ion, having captured extra electrons from its surroundings. When it has fewer electrons than protons, it becomes a positively charged ion, having released electrons to the environment. In nature, these exchanges balance themselves, forming bonds that stabilize matter. Similarly, in human beings, one who has more energy at the sahasrara than at the muladhara is naturally drawn to someone whose energy is stronger at the muladhara, and vice versa. This complementary balance or opposite pull is like a lame person riding on the shoulders of a blind man—together they benefit and move forward. Just as atoms bond by sharing electrons, human beings form

relationships by sharing their energies, creating harmony and growth for both.

An electron rests in its ground state, stable and content at the lowest orbital, until a spark of energy lifts it to higher realms—yet it soon returns, releasing its borrowed light. So too, human energy dwells naturally at the muladhara, the root of stability, unless awakened by the fire of yoga, pranayama, or tantra or even healthy relationships. When charged with such force, it rises through the chakras, unveiling hidden awareness; but without sustained energy, it drifts back to its base. Thus, the dance of electrons mirrors the dance of prana—the journey between rest and awakening, between grounding and transcendence.

The attractive pull of the proton may be seen as Pingala, and the attractive pull of the electron as Ida channel. When both are in balance, the personality of the human-form atom remains steady and harmonious. If the electron pull dominates, the personality becomes floating and expansive, drawing others toward it to form bonds as most of the ordinary people are resting in muladhara, much like positively charged ions attracted towards the negatively charged ions to complete themselves. If the proton pull dominates, the personality turns ego-centered and heavy, weighed down by over-worldliness, and thus seeks a strong companion bond to supply the needed electron pull of expansivensess. In this way, the balance of Ida and Pingala mirrors the balance of charges in an atom, shaping both stability and relationships.

Neutrons, acting as the Sushumna of the atom, prevent protons from repelling each other that can lead to nuclear burst by producing the strong nuclear force that holds them together against their electrostatic repulsion. In the same way, Sushumna keeps a check on Pingala by attracting its energy and channeling it toward Ida for balance, while also taxing a little bit of its energy

for the growth of awareness and stability. Metaphorically, neutrons thus indirectly help to push the electrostatic energy of protons toward electrons to maintain harmony, while consuming a part of it themselves—absorbing some binding energy—to keep the atom stable and even evolving through processes like nuclear fusion. This resembles the kundalini awakening in humans, where a fully new and improved personality appears—just as with nuclear fusion a new, larger, or more powerful atom can emerge with more number of protons, neutrones, electrons and orbitals. When Pingala is brought under control, Ida too becomes balanced, for both are relative and run on each other's power. In this balanced state, protons do not fly away and electrons remain steady in their orbitals. It is like awakening would be impossible without Sushumna, just as stable fusion in stars would be impossible without neutrons holding nuclei together.

The nucleus of the human-form atom is the Muladhara, the powerhouse of energy that sustains all activity. Electrons circling around it represent thoughts and subtle energy, moving through various orbitals akin to the chakras. The higher orbitals correspond to higher chakras, culminating in the Sahasrara—the point of expansive consciousness. Nuclear fusion can be seen as the awakening of this system: an outburst of energy from the Muladhara surges upward through the chakras, activating them fully and giving birth to improved consciousness, where the new atom formed has larger flows of Ida, Pingala, and Sushumna, and a greater number of outer chakras, symbolizing expanded consciousness. Just as fusion releases immense energy by merging nuclei, kundalini awakening channels the latent potential of the Muladhara to the Sahasrara through the merging of Shiva and Shakti, producing a transformed, expansive, and enlightened state, with the chakras aligned and pointing toward the full expansion of consciousness. Even though both nuclei (or both Muladharas in a Tantric pair) are essentially of the same "type" or nature, for the purpose of **attraction, union, and merging**, they

are treated as **opposites** as Shiva and Shakti—like complementary polarities that allow energy flow and unification. The legendary Brahmastra, fired by yogis such as Guru Putra Ashvatthama, can be seen as a similar awakening, but applied in the worldly domain—harnessing the same primal energy for external effect rather than inner transformation. Or it may be that the sages knew this psychological secret, reflected also in the physical material world, and expressed it both literally and philosophically through spiritual-metaphoric stories.

Electrons do not move gradually between orbits—they leap suddenly when enough energy is absorbed. In yoga, too, states such as dhyana and samadhi unfold in sudden leaps, not in slow crawling. This explains why enlightenment often feels like an instantaneous shift, even though the preparation may take years. You can determine the **probability** of an awakening occurring—how likely it is under certain conditions—but you can never predict the **exact moment** it will happen, just as in quantum mechanics where you know the probabilities of outcomes but not the precise result of a single event. The silent jump of an electron to a higher orbit can be likened to dhyana ripening gradually through repeated inner leaps between chakras—peaceful, steady, and gradually transformative. In contrast, the great surge of nuclear fusion resembles the moment when awareness itself flashes: the energy of the self previously bound and sleeping in muladhara suddenly leaps into pure, boundless consciousness, joining the endless expanse of full potential. In that momentary blaze, the atom also experiences boundless bliss and light, before stabilizing into a new, transformed, and evolved state—just as an awakened yogi shines with renewed being. **It is exactly like Tantric Yoga, where the Muladharas of two loving partners merge, releasing an explosive surge of energy that rises from the base upward, piercing all the chakras, until it expands into the boundless infinity of the Sahasrara.** Two nuclei merge to maximum extent but a small portion still remains unmerged that is converted to large amount of energy spreading upward.

Similarly, both muladharas of a tantric couple share their energies with each other akin to merging as much as possible, but still some energy remains unmerged. Probably this extra energy left after merging manifests as awakening. In this sense, what tantra calls detachment can be seen as this unmerged residue of energy —preventing the partners' energies from clinging completely, and instead redirecting the unified current upward for the awakening of the meditation image and self-realization. Just as in fusion, the unmerged part becomes the source of tremendous release, so too in tantra it is the subtle detachment that transforms love into awakening. Just as nuclear fusion requires intense heat to occur, tantric kundalini awakening too needs the inner heat generated by worldly activities, loving relationships, and the contemplation of non-dual philosophy such as *Sharirvigyan Darshan*.

People often perceive forbidden relationships as more thrilling because they are often formed in broad awareness of daytime, unlike genuine family bonds that society sometimes associates with duty or constraints, and often reserved for the ignorance-filled dark of the night when one is fully tired and exhausted due to roaming blindly and wildly amidst the so called job-jungle throughout the daytime for so called important livelihood activities, as if it is the least important work in the world so far. Even then it works fine more or less. What good not to expect if it is done in full awareness. Moreover, if family relationships were valued and nurtured openly in the light of day—with clarity, respect, and mutual understanding—there would be little attraction toward what is considered illegal. Just as nuclear fusion happens in broad daylight inside the sun—with full awareness, without secrecy, without being forbidden—resulting in the enhanced light of awareness, so too can lawful, harmonious bonds generate true fulfillment when embraced openly. Clinging to the external form of a partner without understanding the sameness of energetic essence in every human being is also a reason for attraction toward relationships outside the family. When Tantra shows its effect, this fact is properly understood and

truly believed. Needless to say, I have seen near perfectly matching pairs go astray by not recognizing this deeper energetic essence and by being superficially swayed by egoistic patterns.

On the other hand, in the psychological fission, it is as if the neutron—the awakened *sushumna* of a potential partner—strikes the *muladhara*, the nucleus of the possible lover, and breaks it open into two. One half is the bunch of ego, while the other half is like the pure soul, suddenly lightened by shedding the burden of impressions. The energy that was once bound tightly within egoistic thoughts is now released and becomes available for awakening. Just as in nuclear fission the mass of the resulting nuclei is slightly less than that of the original, with the difference emerging as an immense burst of energy, so too the breaking of the ego releases a vast inner power. The mass of egoistic patterns shed is transformed into this energy. This surge of liberated energy flows upward, igniting awareness and transforming consciousness. Such a shift cannot occur through an ordinary bond; it can only be catalyzed by the presence of a partner whose *sushumna* is awakened, carrying the force to dissolve ego and redirect the released energy toward spiritual awakening. Just as nuclear fission does not require extremely high temperatures to occur, in the same way this indirect tantra does not demand the intense heat of passionate worldliness, unlike the fusion-form direct tantra described above. Can we, by extending this analogy, also discover a method of cold fusion—one that could solve the world's energy needs forever? If nuclear fusion is the fiery union of energies and fission the breaking apart of burdens, perhaps the hidden key to cold fusion lies in the same mystery that tantra reveals—that energy, when rightly aligned, can be released without fire, silently transforming both the yogi and the world. But the problem with fission is the production of toxic radiation—just like the toxic thoughts that arise when love-filled relationships are made for breaking instead of union. If this is resolved, the energy problem is solved.

Moreover, this is not mere theory—by the grace of my guru and God, I have personally experienced both of these phenomena, receiving awakening glimpses through both fusion-like union and fission-like breaking apart.

Seeing the grand similarity between the atom and the body, it is not hard to believe that an atom can be understood as a complete human body in itself, just as these flowing chapters of Quantam Darshan have been asserting since the very beginning.

Repeating further, energy levels are like the blueprint of all diversity. Electrons can only exist in certain allowed energy levels around an atom's nucleus, and these positions determine the atom's behavior—how it bonds, reacts, or inter acts with other atoms. This arrangement shapes the molecules that form, deciding whether they become water, sugar, or DNA.

An atom's energy levels can be imagined as the floors of a building, with electrons as tenants who can only occupy these designated floors. Lower floors fill up first, following specific rules, while the outermost floor—the valence level—holds the electrons that interact with the outside world and determine how the atom bonds or reacts. The energy gaps between floors act like elevator heights: small gaps allow electrons to move easily, while large gaps require precise energy input, such as from photons. Altogether, the number of floors, the arrangement of tenants, and the spacing between floors form a blueprint that dictates where electrons can be, how they can move, and ultimately how the atom behaves and interacts chemically.

On a much larger scale, the life of a star is determined by the nuclei of its atoms—the number of protons and neutrons—which dictate the nuclear fusion reactions in its core and whether the star burns steadily like our Sun or ends violently as a supernova.

In the heart of every star, life is sustained by hydrostatic balance—the delicate equality between the inward pull of gravity and the outward push of nuclear fusion. If fusion pressure runs ahead, the star swells outward until cooling slows the reactions and balance returns; if gravity takes the lead, contraction heats the core until fusion strengthens again. This harmony allows stars to shine for billions of years, but when their core fills with nuclei such as iron, which cannot yield net energy by fusion, no outward push remains to resist collapse. Gravity then crushes the core, sometimes into a neutron star, sometimes into a black hole, or in rare majesty, releasing all stored energy in a supernova explosion. So too in the inner cosmos: the body endures as long as prana, the fuel of life, sustains the balance between the contracting pull of ego and the radiant expansion of awareness. If awareness expands without grounding, the mind scatters; if ego contracts too tightly, consciousness suffocates into bondage. But in perfect equilibrium arises a steady luminosity—egoless quantum darshan, the inner sun burning without exhaustion. And when prana is finally exhausted at life's end, the soul too meets its destiny: if awareness bursts free of ego's last grip, liberation shines like a supernova, scattering individuality into the vastness; but if egoic gravity still outweighs, the soul collapses inward, bound like a neutron star or lost in the depths of a black hole—its journey continuing until balance is rediscovered.

Moreover, electrons and their energy levels play only an indirect role in this, influencing how radiation moves through the star. Without these energy levels setting the rules for electrons, nothing would take shape: no chemistry, no molecules, no planets, and no living beings to notice it.

The Drama of Quantum Jumps

Bringing the story to the fore again, you may have heard of the term "quantum jump." It is not just a metaphor—it is a real event.

When an electron absorbs or emits energy, it does not glide smoothly but suddenly leaps from one energy level to another. This jump is accompanied by light—what we call photons. And these photons are the messengers of creation, carrying information and energy across the universe.

Every ray of sunlight, every twinkle of a star, and every color in a rainbow arises from electrons making quantum transitions between energy levels. In stars and atoms, multiple energy levels exist, and the timing and path of each transition are probabilistic, giving photons a spectrum of colors and intensities—a whisper of the quantum world. In contrast, engineered systems like LED bulbs force electrons to drop across a single fixed energy gap, producing light of a steady wavelength and color. Whether probabilistic or fixed, each photon is still born from the same quantum rules, linking the microscopic choices of particles to the vast tapestry of creation.

Energy Levels and the Symphony of Life

If spin brought individuality and momentum brought direction, then **energy levels bring structure**. Consider the orchestra of life. Proteins fold into shapes, DNA forms a double helix, water forms crystals of ice—all because electrons collapse into specific energy levels, giving atoms predictable bonds and patterns. Had these collapses gone differently, perhaps the chemistry of life would not exist. Imagine a universe where electrons never settled into stable shells—there would be no stable atoms, only chaos. Imagine a universe where energy gaps were wider or narrower—water might not exist, oxygen might not bind, and life as we know it could not breathe. Even sunlight would fail to power biology, because the energy of its photons would not match the molecular energy gaps needed for processes like photosynthesis or vision.

Thus, energy levels are not random—they are the stage upon which life performs.

Chakras as Quantum Energy Levels of Consciousness

If we dwell on the chakra–energy level analogy again, we find that in both the quantum world and the human subtle body, energy shows a natural tendency to move in waves. Just as quantum energy in bound systems oscillates as standing waves with crests and troughs, fitting only discrete levels, while free waves spread continuously yet obey the same quantum laws, Kundalini energy too bound in muladhar-sahasrar axis undulates like standing wave from left to right and back, as if sahasrar and muladhar are its two nodes where wave returns back and forth in a closed loop, energizing the chakras as it rises from Mooladhara to Sahasrara and back again going repeating the pendulum like movements. Movement of both is snake-like. It appears snake like when different chakras act as different nodes. standing wave from one node to next node is one loop or half of the full curvature of snake, the second standing wave from next to further next chakra is second loop or second half of snake's full one curvature and likewise. It is just intertwined play of ida nd pingla. Similarly, serpent nature of standing electron wave is more visible in p-wave, when two loops of stnding waves join together. Though Kundalini is one serpent power, it expresses itself through two oscillating currents—Ida and Pingala—which spiral around the central Sushumna like twin serpents around a staff, much like the caduceus symbol. Each chakra can be seen as a different energy level, much like the quantized states of an atom, where energy is not continuous but arranged in distinct steps that require a "jump" for transition. Just as electron-energy manifests as different characters of the atom at different levels, prana-energy manifests as different characters of the human being at different chakras. In physics, energy levels are measured in electron volts, and the electron's presence within each level forms a standing

wave enveloping nucleus—a probability pattern revealing where it is most likely to exist. In yoga, these same principles appear as vibrational centers of prana and consciousness. Means any centre from muladhar to sahasrar may be activated as per probability wave distribution and favoring the points where amplitude of oscillations is high. Both show the same profound truth: energy moves in oscillations, rising and falling, before settling into harmonious unity of sushumna as collapsed particle.

It is truly experiential. When the brain is tired from work, it actually receives energy from the base in a wave-like fashion. Sometimes this energy moves alternately along the left and right sides, directly merging at the Ajna Chakra and energizing it. At other times, it rises only up to the Heart Chakra and merges there. There is no fixed rule that it must always ascend step by step through each chakra from bottom to top, although mostly it tends to do so.

A Universe Sculpted by Choices

Think of the entire cosmos as a vast painting. Spin provides the brush strokes, momentum provides the direction, but energy levels provide the **colors**. Each collapse decides which hue appears, how bright it is, and how it blends with others. Together, they form the masterpiece of stars, galaxies, and living beings. The amazing part is that all this structure comes from simple binary choices at the quantum level—**this energy rung or that one, up or down, here or there.** Multiply these micro-choices over cosmic time, and you get the grand, diversified creation we live in.

Quantum Collapse – The Engine of Creation

At this point, we can see a deeper pattern. Spin, momentum, position, and energy levels are all qualities waiting to be decided.

But nothing is determined until a collapse occurs. Quantum collapse is like the beating heart of the cosmos. It pumps out choices, moment by moment, and each choice builds on the last, driving forward the story of creation.

If there were no collapse, the universe would remain a haze of probabilities, a dream never waking. But collapse turns possibility into reality. It is the **engine of creation**, transforming silence into song, emptiness into form, and potential into life.
So when you feel the warmth of sunlight, sip a glass of water, or look at the colors of a flower—remember that all of it is born from the humble but profound act of quantum collapse at the level of energy. Without those invisible decisions, the visible world would never exist.

Chapter 16a: The Flow of Momentum

This chapter opens a rare window where the mysteries of the quantum world mirror the journey of human existence. Just as an electron can be spread out like a single thread flowing smoothly in one direction, or gathered like a ball of thread pointing in many directions at once, so too does human life shift between being widely open and singularly focused. The dance between position and momentum, localization and freedom, becomes not only a law of physics but also a profound analogy for consciousness itself. Here, the quantum principle transforms into a stable pillar of *Quantum Darshan*—showing how the unseen play of momentum shapes both particles and people in their search for truth.

In the everyday world, a water wave carries momentum because countless molecules move together, each adding its tiny push. But in the quantum world, the wonder is that even a single particle behaves like a wave. Its ripples are not built from many particles, but from many possibilities of one particle, spread out until observation pins it down. The form of this wave itself encodes momentum: when the ripples are spread far apart, with more space between them, the wavelength is long and the momentum is gentle; when the ripples are tightly packed, the wavelength is short and the momentum is strong. And when many ripples of different spacing mingle together, the momentum becomes uncertain and spread into countless options. Just as the ocean's ripples can rock a ship, the unseen quantum wave carries the full push and direction of a single particle—an awe-striking truth where matter and motion flow as one. Think of it like a **festival crowd**. When everyone is packed tightly in one corner, you know where they are, but you cannot guess which way each will rush — momentum is uncertain. When the same crowd moves as a **procession down one road**, their positions are spread out, but their direction is obvious — momentum is clear. Or like a

thread: stretched straight, it points firmly in one direction, but coiled into a ball, it points everywhere at once. And most strikingly, like water: when left to flow, a river runs smooth and straight — momentum clear, position vague. But press your finger sharply into it, and instantly whirlpools arise — the flow coils round and round, revealing many hidden directions. In the same way, when a particle is forced into one place, its wave curls into a whirl of momenta. Even the **human mind** follows this rhythm. When it flows freely on one thought like on meditation image, its direction is steady and momentum clear. But when forced into a single point of obsession, thoughts scatter in all directions at once. Thus, the particle does not switch between “wave” and “particle.” It is always one reality, but its manifestation shifts with the balance between position and momentum. This is the mysterious dance — the very flow of momentum.

In the quantum world, momentum is never just one thing. Just as a particle’s spin can be many states at once until observed, momentum too exists as a wave of possibilities. Just clarifying, spin before measurement is a mix of up and down (shown as a tilt), but when measured it always collapses to fully up or fully down. Regarding momentum, a particle carries not a single direction but a cloud of potential directions. Only when it interacts — when it collides or is measured — does that cloud collapse into a definite movement.

We usually don’t say that momentum itself gives rise to matter or particle from energy, because momentum is only one aspect of the wave. When a quantum particle is localized in space, the wavefunction is concentrated at certain spots. This localization can only happen when many different momentum components superpose together—so a sharp position always comes at the cost of mixed directions. Conversely, when a particle is completely delocalized, like a plane wave stretched across space, it is not manifested at any one place, and its momentum becomes sharp

and single. This trade-off between position and momentum is the essence of the uncertainty principle.

A simple analogy is a thread: a single long stretched thread runs neatly in one direction, like a delocalized wave with one fixed momentum. But if you roll the same thread into a ball, it points in many directions at once, just as a localized particle requires many momenta. Similarly, a human being, localized in his body and ego, has countless directions of thoughts and choices—no one can predict when he will turn over. But a sage, whose consciousness is unlocalized and expanded, flows in one single direction of fixed morals and ethics.

In the language of physics, the electron never collapses into the nucleus, though drawn by its powerful attraction. The uncertainty principle guards it—when confined too closely, its momentum becomes wildly uncertain, granting it the energy to escape that fatal embrace. In the language of spirit, the same truth shines: the soul, pressed into the narrow prison of ego, cannot vanish into nothingness. As it approaches that dark zero, the mind grows chaotic, restless, and unpredictable, until the deeper essence breaks free. Just as quantum law protects the electron, the divine play of consciousness protects the soul from eternal bondage.

A good example of quantum localisation is the electron as a standing wave inside the atom. Between the imaginary walls of the atomic potential, nodes and antinodes arise, showing that waves in opposite directions coexist. Because the electron is bound by the nucleus through Coulomb attraction, its wave does not point in just two directions but spreads into a cloud of countless directions. This makes the electron a superposition of many momenta, with probability thick in some regions and thin in others, like a cloud dense here and faint there.

In the same way, the human mind does not only swing in the straight line of yes or no. It also feels pulls from many centers. At the very base lies **muladhara**, the root, where instincts of survival and grounding take hold. From here rises **svadhisthana**, the center of passions and desires, carrying the waters of creativity, pleasure, and romance. Above it shines **manipura**, the fiery seat of willpower, ambition, and the drive to shape one's path. Higher still, at the heart, rests **anahata**, where love and compassion blossom, where emotions soften into care and empathy. From the throat flows **vishuddha**, the power of speech and expression, where words carry both truth and deception, shaping destinies like ripples on water. At the brow glows **ajna**, the eye of vision and clarity, where intellect refines into insight and direction. Finally, at the crown unfolds **sahasrara**, the thousand-petaled lotus, where ignorance melts into pure awareness, and consciousness stretches beyond body and mind toward the infinite. Just as the atomic electron is a cloud of probabilities, the human mind is a cloud of tendencies.

An atom and a human are similar—both are made of waves and held in shape by forces, both are clouds of many possibilities, and both reveal the same principle of **quantum darshan**—that reality manifests as a dance of localization and delocalization, of multiplicity and oneness.

A particle is the actual excitation of a quantum field, the fundamental spark that exists independently of how it appears. This excitation is real and does not depend on whether its wave is spread out or concentrated. What superposition of momenta does is shape the particle's **appearance**: when many momentum components combine, the particle seems bundled and localized, like a small dot in space; when momentum is sharp and singular, the particle appears as a smooth, delocalized wave, stretching across regions. In the same way, a human being is the true essence of consciousness, ever-present and whole, regardless of how thoughts or desires seem to fluctuate. When consciousness localizes in the body and ego, it flows in many directions—toward

intellect, speech, emotion, instincts, passions, and even ignorance—much like the superposition of many momenta creating a particle-like cloud. But when consciousness delocalizes, like a sage absorbed in truth, it flows steadily in one direction, unaffected by distractions, just as a wave with a single momentum spreads evenly without forming a concentrated dot. Thus, physics distinguishes between the particle itself and the way it manifests, and quantum darshan mirrors this distinction by showing the difference between pure being and the multiple forms in which that being expresses itself.

Momentum: The Hidden Sculptor of Electron Orbitals

Electrons in atoms are not tiny balls orbiting the nucleus but standing waves governed by quantum mechanics. Their behavior is determined by both position and momentum, which are intimately connected: a sharply localized electron requires a wide range of momentum components, while a well-defined momentum corresponds to a delocalized spatial distribution. The familiar orbitals—s, p, d, and f—emerge as the visible patterns resulting from the superposition of momentum states in three-dimensional space. Where momentum components cancel, nodes appear; where they reinforce, the probability of finding an electron is high.

Momentum plays a central role in shaping orbital forms. In s-orbitals, momentum is distributed evenly in all directions, producing a spherical cloud that may slightly overlap the nucleus. In p-orbitals, momentum flows along opposite directions, creating dumbbell-shaped regions and vanishing at the center due to angular nodes. In d- and f-orbitals, momentum organizes into increasingly complex patterns, forming clover-like or intricate shapes. In each case, the spatial arrangement of electrons reflects the underlying balance of momentum, constrained by the nucleus' potential energy.

A human analogy makes this clearer. Imagine a bonfire at the center of a field, representing the nucleus, with people arranging themselves around it. Their seating is not random but reflects tendencies—some drawn closer, others pushed farther away—until a stable pattern emerges. In s-like behavior, people spread evenly in all directions, reflecting balanced momentum. In p-like behavior, they sit opposite each other, leaving gaps in between. In d-like patterns, groups form lobes, much like intersecting momentum flows. What governs these patterns is not mere position but the “push and pull” of movement—just as momentum sculpts electron orbitals.

This physical principle mirrors human life. Just as a quantum state is infinite and wave-like in its true nature but becomes localized into particle-like form through interactions, so too is the human soul infinite by essence yet localized into worldly roles through social interactions and duties. The key insight is that localization does not erase the underlying reality. An electron may appear particle-like, yet its momentum-based wave nature continues to govern its behavior. Similarly, a human being may act within roles and responsibilities, yet can remain inwardly free and egoless through awareness—what may be called “quantum darshan.

Thus, momentum is more than a physical quantity; it is the hidden architect that bridges infinite possibility with localized reality. In atoms, it gives rise to orbitals, nodes, and the structure of matter. In life, it offers a metaphor for how the infinite can remain untouched even while appearing in finite forms. Matter and consciousness alike are shaped by this subtle law: structure emerges not from rigidity but from the balanced interplay of hidden momentum.

From Infinite Wave to Localized Self: A Quantum Analogy

For matter seen as particles, momentum is mass multiplied by velocity, giving speed and direction. For waves, momentum is expressed differently: it is linked to wavelength by the relation p=ℏkp = \hbar kp=ℏk. A shorter wavelength corresponds to higher momentum, a longer wavelength to lower momentum. In this sense, momentum does not push a single point forward but shapes how the entire wave extends and propagates. A single traveling wave is like a calm, steady thought flowing endlessly in one direction—peaceful, unbroken, extending into infinite consciousness. A standing wave is like a thought that keeps reflecting back on itself, creating rhythmic patterns of clarity and pause, much like a mantra echoing in the mind. But when many thought-waves of different kinds arise together, rushing in various directions, they interfere with one another: sometimes aligning to produce bright flashes of awareness and insight, and sometimes canceling to leave dark patches of confusion or ignorance. Just as an electron wave interferes only with another electron wave and not with a proton wave, in the mind too, one type of thought mostly interferes with its own kind—peace reinforcing peace, desire clashing with desire, fear amplifying fear—while different categories of thoughts usually pass by without strongly disturbing one another. In the same way that a localized electron wave emerges from the interference of many momentum components, the mind's sharp moments of awareness appear as temporary luminous blobs born from the interplay of many thought-waves converging at once.

The arrangement of electron orbitals may be compared to a bonfire gathering. No single person's movement defines the whole crowd, yet patterns of sitting, shifting, and adjusting ripple through the circle. The arrangement around the fire is not set by one individual's speed or direction, but by the combined

tendencies of all—much as a wave's momentum is not a single push but the harmony of many components.

A whirlpool offers another image of the same principle. Its spirals are not caused by one drop of water but by countless flows of momentum combining, cancelling, and reinforcing each other until a stable pattern forms. In orbitals, the interference of momentum components works in the same way: some directions cancel to form nodes, others add up to create lobes of high probability. What emerges is not random motion but a structured, wave-shaped pattern, sculpted by momentum.

The same can be seen in the human mind. Thoughts arise from many subtle impulses—memories, desires, and impressions—that move in different directions like wave components. When these mental momenta conflict, they cancel out into silence; when they align, they create strong patterns of thought or emotion. Just as atomic orbitals emerge from the balance of momenta, the structure of the mind emerges from the balance of inner currents. A calm and egoless awareness, like quantum darshan, allows one to remain infinite and unbound even while these patterns form, much as the electron remains a wave even when appearing particle-like.

Thus, whether seen in the crowd around a fire, the swirl of a whirlpool, or the patterns of the mind, the lesson is the same: momentum is the hidden architect, silently shaping both matter and consciousness.

Momentum of Union: From Manifestation to Dissolution

In the quantum wave, the peaks are not points of highest energy but of highest probability, special zones where existence is most

likely to show itself. Energy belongs to the whole standing wave, shared between stillness and motion, but probability gathers in the crests as if the cosmos were leaning toward manifestation there. Yet one wave alone does not guarantee appearance; true manifestation arises when waves of the same kind meet in harmony, their crests merging, amplitudes rising, and probability surging until the particle is found. This is constructive interference —the cosmic embrace of Shiva and Shakti, not two separate substances but two polarities of one wave, consciousness and power, motion and stillness, whose union gives birth to the manifest world. It is as if one human alone can experience the world, but the experience becomes extraordinary, vivid, and far more joyful when two or more human beings share it together in sympathetic coherence, each energising the other's awareness. In the same way, a single wave can manifest the world at its peaks, but this is nothing compared to the towering peaks that arise when many waves merge in harmony. Just as a thought is potentiated by the same kind of thought from others, and not by unrelated thoughts, so too an electron wave is potentiated only by another electron wave, not by a photon wave. When crest meets trough, however, the wave cancels, probability vanishes, and manifestation dissolves. This destructive interference is not mere negation but a deeper kind of union. In tantra, it unfolds in two phases: first, the mental energy released by dissolution is gathered and delivered wholly to a single meditation image. Like a secret momentum shift, the scattered forces of desire collapse into one direction, awakening the image into living presence aka kundalini awakening and producing self-realisation that burns away the final traces of craving for the world. Only then, in the second phase, is the yogi free to dissolve completely. With no momentum pulling outward, the cancellation of crest and trough becomes total absorption, the wave rests in silence, and the yogi merges into the void of Samadhi. This rhythm of creation and dissolution can also be glimpsed in human life. I heard of two students, one boy and one girl, bound in intense friendship. They

studied, grew, and rose together, step by step, reinforcing each other without leaps and bounds—like two waves in perfect constructive interference. Yet when their bond deepened into total merging, they no longer remained as individuals in the world. Their togetherness became so absolute that they dissolved into silence, cut off from outward play, like crest and trough folding into stillness. First, their friendship amplified life; then, their union carried them beyond it. However, it was a premature union and not of much use. Thus, the wave reveals both arcs of cosmic psychology. Constructive interference is the rising momentum of manifestation, the creative embrace where resonance swells into being. Destructive interference is the withdrawing momentum of dissolution: first conserving energy into awakening, then releasing it into pure stillness. In this rhythm we see the eternal play of Shiva and Shakti, of probability rising into form and dissolving back into the void, the very dance of momentum through which the cosmos breathes. It simply means that married life is not only for dissolution, as many think, but also for rising to the peak through constructive interference.

Chapter 16b- Quantum Interference and Electron Localization

An electron in an atom behaves as a wave, continuously reflected by the nucleus, forming a **standing wave** at discrete wavelengths—these are the atomic orbitals where it can exist stably. When the electron absorbs a photon, it gains energy, which increases its momentum and shortens its wavelength. This new wavelength can no longer fit the lower orbital's standing-wave pattern, creating destructive interference there. The electron can only stabilize in a **higher orbital** whose standing-wave pattern matches its new wavelength, allowing constructive interference. Analogously, it is like a person trying to focus: when their energy or attention increases, they cannot remain in a previous state of

focus; they must adjust to a new pattern that accommodates the added intensity, or else their focus scatters. In this way, discrete atomic energy levels naturally emerge from the wave-like momentum of the electron, and photon absorption “lifts” the electron precisely to the next allowed standing wave.

Harmony in Motion: How Electrons and Minds Find Their Balance

Just as momentum gives matter its speed and direction, the Pauli exclusion principle shapes the organization of electrons in an atom. No two electrons with the same spin can occupy the same orbital—much like in a harmonious family life, where two members of the same kind cannot occupy the same niche; balance requires diversity. One electron must be “male” and the other “female,” complementing each other, creating stability and order. Similarly, a doctor’s mind thrives on a delicate balance of opposing thoughts: one aims to benefit the patient through proper treatment, while the other ensures the doctor receives fair compensation. If only one thought dominates—pure altruism without reward, or pure self-interest without care—the system fails. When both coexist in harmony, like opposite spins in an orbital, the doctor can act effectively, grow in skill, and sustain the practice. In both the quantum world and human endeavors, stability and progress emerge from the interplay of opposites, each finding its rightful place in the dance of balance and cooperation.

Human as Mirror of All Worlds: From Atoms to Cosmos and Brahma

Actually, human beings give experience to the world. Whatever is happening in the quantum world, the micro world, and the macro world is experienced by the human being. But how? Humans never directly see the quantum world, nor the macro world extended into infinite space. They only observe the limited world

of friends, family, social connections, and job. Yet, in truth, every world is covered within this. All other worlds are only photocopies of this limited world—some reduced in size down to the quantum level, and some enlarged to the scale of endless space and cosmos. All these worlds are reflected in human thoughts, emotions, and behaviour. So it is not hard to conclude that the human being is everywhere: in every quantum particle, in every piece of matter, and in every space. Keeping this in mind, a person naturally becomes detached and non-dual like those. This is like the repeated scriptural sayings that Brahma learned the art of living from Narayana, many great rishis and kings learned the art of living from Brahma, and from King Janak his people learned the art of living from him. It is a tradition. Brahma means the world we live in. So, when we count ourselves equal to all matter, we are in fact counting ourselves equal to Brahma. This is direct learning, but we can also learn from a Vedic priest, who through Sanatan rituals shows that he is equating himself with Brahma. That is the indirect method, and it is also very effective. Probably I received this learning from my Dada Guru, in whose company I grew, who was a great Sanatan Purohit and expert in gods and nature-worship rituals.

The tendency of humans and atoms is the same. The atom has made eyes; humans have made cameras and televisions. The atom has made feet and plain areas to walk; humans have covered feet with shoes and created roads and automobiles for travel. The atom made protective skin over the body; humans have added extra protection by building houses. Whatever work we compare, the patterns are similar. Then where lies the difference? The difference is only in the style of doing and living. The atom is egoless, peaceful, orderly nondual, and detached—whereas humans are quite the opposite. Yet, when one keeps in mind the similarity between the two, it becomes easier to imbibe the very character of the atom itself.

Actually, nature looks beautiful because it is created by the orderly activities of atoms. Among them we feel our own orderly social life. And through this recognition we attain detachment and non-duality like them. That is why we feel peace in naturally flowing, orderly, and beautiful picturesque sceneries, which appear to be made by the intelligent design of the cosmos.

No one is truly illiterate or ignorant in this world. Everyone, in their own way, understands their body and mind at least in a gross sense. This is the most visible reflection of the cosmos, whether we look through the lens of the quantum world or space science. **Quantum Darshan** reveals this truth and, by doing so, sows the seeds of love, sympathy, and cooperation among human beings. Once we see this, no one — not even the smallest creature — can be considered ignorant, for all are moving along the same life pattern and deserve to be treated as equal to ourselves. What may seem like utopia — equality between every living and non-living being — is in fact real and possible. A stone is carrying out the same quantum processing that a quantum computer performs. A mosquito lives the same fundamental lifestyle as Brahma himself. Indeed, what Brahma does, the quantum world is also doing silently within even a stationary stone, as revealed by **Quantum Darshan**. It reveals that all matter, living or non-living, follows the same fundamental laws — superposition, uncertainty, interactions and collapse including every quantum and cosmic phenomena as revealed above — even if we cannot perceive them directly.
Then a logical question arise, why study quantum science and space science if everything already reflects in human behavior? Primarily, it is to provide scientific authenticity for the principles of non-duality and detachment to non-believers, superficial believers, or insincere believers, since genuine believers are already guided in a practical way by the true teachings of the

scriptures on these fundamental spiritual truths. Even after so much effort to uncover the deep, hidden secrets of the quantum world and the vast cosmos, if no insightful philosophies like **Sharirvigyan Darshan** or **Quantum Darshan** emerge, then we are only grasping the tip of the iceberg in terms of real understanding and benefits.

The First Currents

Imagine a blank canvas covered with countless tiny droplets of paint, each one holding the potential to flow in any direction. Left untouched, the canvas seems empty, as if nothing is happening. But the slightest nudge—a tilt, a breeze, a brushstroke—sets the droplets in motion. They merge, spread, and create patterns, slowly forming a vibrant painting full of movement and life.

In the same way, the first tiny differences in momentum among quantum particles created the first cosmic currents. Some moved faster, some slower. Some turned left, others right. These slight variations created uneven patches in the early universe — places where particles crowded together, and places where they spread apart.

Those uneven patches were the womb of galaxies. Without them, matter would have been evenly smeared across the universe, like a thin mist with no stars, no planets, no life.

A Small Push, a Big Destiny

To understand momentum’s power, think of a football match. A player gives the ball just a little extra push, and that small change decides whether the ball hits the goalpost or scores the winning shot. Momentum changes work like that. A tiny nudge in one direction at the beginning can lead to entirely different outcomes later.

In the quantum world, such nudges multiplied billions of times, across billions of particles. The universe was like a grand game, with each tiny push shaping the larger play. Out of these minute movements came the vast rivers of matter that flowed into galaxies, the clusters of stars, and finally, the planets that hold life.

Indian Darshana View: The Flow of Gati

In Indian thought, momentum finds its echo in the idea of **gati** — movement, flow, the ceaseless dance of prakriti. The Bhagavad Gita reminds us that all beings are helplessly driven by their nature, their guna. In the same way, all particles are carried forward by their inherent momentum.
A small shift in **guna** can change a person's destiny; a small shift in **momentum** can change the destiny of a universe. **Rajas** pushes, **Tamas** resists, **Sattva** balances—and between them the world flows. Momentum is the hidden driver that turns possibility into pattern. Movement in the direction of **Sattva** leads toward the divine, in the direction of **Rajas** creates restlessness, and in the direction of **Tamas** leads to inertia or darkness. Yet, the **superposition of movement in all three directions** and choosing a single direction at a time according to the need and situation at that time produces a balanced, complete human being. Similarly, the **superposition of particles in all directions** but choosing one as per requirement allows the world to remain balanced, harmonious, and ever-growing.

From Fluctuations to Galaxies

Modern cosmology tells us something remarkable: the universe today, with its starry skies and living worlds, is a magnified version of the tiniest quantum fluctuations of momentum in the very beginning.

Those tiny differences, amplified over time by gravity, created the “cosmic web.” Imagine stretching a net across the universe, with knots where galaxies form and empty spaces between them. That cosmic net was woven by momentum changes in the earliest moments.

Without these variations, we would see no clusters of stars, no Milky Way, no Earth, no us. Momentum changes are the fingerprints of creation on the fabric of space.

Layman’s Metaphor: The River

Picture a mountain stream. At first, water drips quietly from melting snow. One drop goes left, another right. These tiny shifts decide where the stream will carve its path. Soon rivulets join, currents grow, and a mighty river flows down to the valley, nourishing fields and villages.

In the same way, momentum changes in the earliest particles were like those first drops. A particle leaned slightly this way, another that way. These small differences grew into vast flows of matter, carving out the rivers of stars and planets that fill the universe.

A simple change of flow in one particle became a cascade, and from that cascade, entire galaxies were born.

The Dance of Interactions

Momentum also governs how particles meet each other. Two particles rushing straight at each other may collide and create new forms. If their momentum differs only slightly, they may miss, glide, or scatter. Thus, the angle and force of momentum are like the steps of a dance, deciding whether the meeting gives rise to creation or separation.

Think of a crowded marketplace. People walk in all directions. A small change in someone's step can lead to bumping into another, a conversation, maybe even a lifelong bond. In the same way, momentum directs the encounters of particles, and from those encounters new structures are born.

Momentum as Karma

If spin is the hidden poet of the cosmos, momentum is its karmic force. Once set in motion, it carries forward until acted upon. Just as karma propels a being through cycles of birth and rebirth, momentum propels particles through endless interactions.

The rishis said: *"As you sow, so shall you reap."* In physics we say: *"Momentum is conserved."* Both mean the same at heart: what is set in motion continues, weaving consequences through time.

Chance and Necessity

But why do particles change their momentum? Sometimes it is through collisions, sometimes through interactions with fields, sometimes through quantum uncertainty itself.

Science calls it probability. Darshana calls it play, or lila. In both cases, what begins as a slight uncertainty blossoms into rich variety. Without these uncertainties, the universe would be a dead, uniform block. With them, creation dances with diversity.

The One Flowing into Many

Seen deeply, momentum is nothing but the One flowing into the Many. At the root, there is stillness, the Brahman beyond movement. But when Brahman expresses as prakriti, motion begins. That first motion is momentum — the drive to expand, to scatter, to gather, to become.

Thus, momentum is not only a physical property; it is also a symbol. It is the cosmic urge to create, the primal breath of the universe.

Closing Reflection

So the next time you watch a river bend, or a gust of wind shift a leaf, remember: these are echoes of the earliest quantum pushes. The diversity of creation — galaxies, stars, life — was not written in stone from the beginning. It was written in the small, delicate changes of momentum, multiplied across the endless ocean of particles.

Momentum is the gentle nudge that became the grand design. It is the current that carried the universe from silence into song.

Closing Verse (Mantra-style)

From the smallest push, the vastest flow.
From the tiniest drift, the grandest design.
Momentum is the river of becoming,
Carving galaxies, cradling life.
O flowing current, O cosmic breath —
You are the motion that became creation.

Chapter 17: The Spin of Creation

In the beginning, there was nothing that our senses could recognize — no sound, no form, no time. It was a vast stillness, like a deep breath before the first word is spoken. Out of that stillness, the first particles of creation arose. They were not yet bound by fixed qualities. They existed in a subtle condition the sages of modern science call *superposition* — a state where a particle holds the potential for different outcomes, as if it could be this or that, but not yet forced to reveal which one. Only through interaction or observation does one definite reality emerge. Many people misunderstand superposition as if a particle is literally doing opposite things at once, like spinning both up and down or moving in two directions simultaneously. In reality, superposition means the particle exists in a state that carries the potential for different outcomes — mathematically expressed as a combination of options. For example, in terms of momentum, a particle may be in a superposition of “moving left” and “moving right.” It is not actually traveling in both directions in the classical sense; rather, it holds amplitudes for either possibility. When a measurement is made, or when the particle interacts with its environment, the superposition collapses, and one definite outcome is realized.

A close human analogy is the state of mind before making an important decision. Suppose you are choosing between two job offers. Until you decide, both options are active in your thoughts — you are simultaneously considering the advantages of this or that. But the moment you commit (or circumstances force you), only one choice becomes real, while the other vanishes. Similarly, in quantum mechanics, the system “chooses” one definite outcome out of its superposed possibilities when interaction occurs.

Among the many secret features these first particles carried, there was something very subtle called **spin**. Now, when we say “spin,” you may imagine a ball spinning like a top, but that is not what it means here. Spin in the quantum world is not a physical spinning, but rather a kind of inner orientation — an invisible arrow that can point “up” or “down,” “this way” or “that way.” It is a hidden direction, a secret signature of the particle.
Think of it like a coin spinning in the air. Before it lands, it is constantly changing orientation, carrying the potential for heads or tails, but not fixed as either. In the same way, a quantum particle in the beginning carried all possible spins within itself, holding the potential for different outcomes. Only when it interacted with other particles or its environment did it “choose” one orientation. A human analogy would be a mind weighing an important decision: before committing, all options coexist in potential, constantly shifting in consideration. That choice — so small, so silent — became a turning point in the unfolding of creation.

The First Tilt

Imagine the whole universe as a great blank canvas. Now, each particle that comes into being must place a tiny brushstroke on this canvas. The direction of its spin is like the angle of that stroke. A single stroke may not matter, but when countless strokes are placed side by side, the picture begins to emerge.

Some particles tilted their spin upward, others downward. Some aligned together, creating harmony and resonance. Others opposed each other, creating contrast and tension. These small differences became the foundation of diversity. Out of these delicate patterns, the great structures of the universe slowly took shape.

A human analogy would be the choices we make in our daily lives. Each decision — however small — is like a brushstroke on the canvas of our existence. Some choices align with each other, bringing coherence and flow; others clash, creating challenge and growth. Over time, the accumulation of these tiny decisions shapes the unique landscape of our character and destiny.

It is astonishing that the universe, with its galaxies, stars, planets, and living beings, began not from thunder or explosion alone, but also from such subtle tilts — from hidden arrows within invisible particles, much like the quiet decisions that quietly shape a life.

A Cosmic Coin Toss

Let us bring it closer to daily life. Suppose you flip a coin. If it lands heads, you walk to the river. If it lands tails, you walk to the forest. A small outcome decides a big difference in your day. Now imagine this happening not just once, but trillions upon trillions of times, with every particle in the early universe making its own “coin toss” of spin. The sum of those endless little decisions decided the destiny of stars, the clustering of galaxies, and even the chemistry that makes up our bodies.

The creation we see around us — the blue sky, the flowing rivers, the green forests — is nothing but the grand result of countless tiny choices at the level of quantum spin.

The Indian Darshana Parallel

The ancient rishis had their own way of describing this subtle truth. They spoke not of spin, but of **gunas** — the three basic tendencies of nature:

- **Sattva**: the quality of clarity, balance, light.
- **Rajas**: the quality of movement, energy, passion.
- **Tamas**: the quality of rest, inertia, darkness.

Just as the balance of sattva, rajas, and tamas in prakriti shapes the flavor of experience, the universe too began with subtle biases at the quantum level. Each particle's spin could exist in **superposition**, a combination of up and down, representing the potential for different outcomes. A "tilt" in this context does not mean the spin is physically angled; rather, it reflects a slight preference in the probabilities — a small bias toward one outcome over another. Over countless interactions, even these tiny tilts influenced how particles aligned, combined, and formed larger structures.
Similarly, in the human mind, a small tilt in the balance of the gunas can shift thoughts, decisions, and actions. A slight increase in sattva might bring calm reflection, a subtle rise in rajas might spark restlessness or drive, while a small surge of tamas could induce inertia or heaviness. Just as a tiny quantum bias can cascade into the architecture of matter, a small change in guna balance can cascade into patterns of behavior and experience. In both nature and mind, the smallest asymmetries — these invisible tilts — can quietly guide the unfolding of complex patterns, shaping the cosmos outside and the inner world within.

Thus, both modern science and ancient darshana point to the same mystery: that subtle, invisible orientations are not small — they are the hidden steering wheels of creation.

From Spin to Structure

But how does a simple quantum "choice" of spin create the vastness we see today? Here's one way to imagine it. Each particle carried a spin, existing in superposition — a subtle combination of up and down — with tiny biases in that potential. As particles interacted, these spins influenced how atoms formed and how magnetic properties emerged in certain materials. Clouds of gas and dust, shaped partly by these local magnetic effects, coalesced under gravity to become stars. Within stars, nuclear fusion

produced heavier elements, scattered into space by supernovae. From these elements, planets formed, and eventually, life arose. In this way, even the smallest quantum tilts in spin contributed to the grand architecture of the cosmos.

At every stage, the hidden fingerprints of spin are carried forward. Without spin, atoms would not bond properly. Without bonding, there would be no chemistry. Without chemistry, there would be no life. That means the difference between you and a stone, between a tree and a star, begins with the simplest decision of spin.

A Layman's Metaphor: The Dance

Picture the universe as a grand dance hall, where countless dancers — electrons, stars, and beings — spin in their own rhythms. Some spin clockwise, some anticlockwise; when they align, harmony flows, and when they oppose, sparks arise, giving birth to new patterns. Science sees this as particles in superposition, collapsing into outcomes governed by probability and natural laws. Indian philosophy sees the same dance not as cold chance or rigid mechanics, but as **Līlā**, the divine play: the cosmos unfolds through **Ṛta**, the order sustaining it, **Karma**, the unfolding of cause and effect, and **Līlā**, the joyful creativity within that order. A star forms when gas clouds obey gravity and thermodynamics (Ṛta), compress and ignite fusion (Karma), yet shine uniquely with color, size, and lifespan (Līlā). Similarly, human life mirrors this cosmic dance: the body and mind maintain rhythms (Ṛta), choices create consequences (Karma), and within this structure, consciousness expresses freedom, joy, and creativity (Līlā). From quantum particles to galaxies to hearts and minds, the universe is a continuous dance — an endless, playful, yet orderly creation, where each move, each collapse, each heartbeat, is a note in the music of existence.

Spin as the Hidden Poet

If we look deeply, spin is like the secret poet of the cosmos. It does not shout or roar like gravity or thunder. It whispers quietly within each particle. Yet its whisper is strong enough to script galaxies and breathe life into matter.

It reminds us of the Upanishadic saying: *"Anor aniyan, mahato mahiyan"* — "That which is smaller than the smallest, is also greater than the greatest." Spin is smaller than the smallest, yet it directs the unfolding of the greatest.

The Mystery of Choice

Now comes the most mysterious question: do particles really *choose* their spin, or is it destiny written in probability? Science tells us that until we measure, the spin is undecided. It is both up and down, existing in potential. But the moment of interaction forces it into one.

Indian philosophy might see this not as mechanical randomness, but as **Lila** — the divine play as told above. The cosmos is not bound to rigid law alone, nor to absolute chance, but to a creative play where possibilities bloom into realities. Each spin collapse is a note struck in the great music of existence.

In quantum mechanics, the probability pattern arises from the wavefunction, where a higher amplitude corresponds to a greater likelihood of observing a particular spin. This strict probabilistic law may be seen as *Rhit*, the cosmic order. When measurement collapses the wavefunction and a definite spin is acquired, that realization can be regarded as *Karma*, the action that manifests. Yet, even when a spin state has lower amplitude and thus lower probability, it can still be realized—this freedom within law reflects *Leela*, the divine play through which the universe unfolds. The human mind also behave like a quantum particle in a superposition of spin, holding two opposite possibilities at once.

For example, a boy may think of a girl he never interacts with and simultaneously "spin" between believing he loves her and he does not. When he is with one group of friends, his mental state collapses like a particle's spin measurement, resulting in "I don't love her." With another group, the collapse leads to "I do love her." Interaction acts like observation in quantum physics, forcing a definite outcome. Even if his friends only watch silently, he still has to choose, because remaining in both states makes him look odd, as if he doesn't belong to the same world as others. The world expects clear and definite outcomes, not a blur of possibilities.

Importantly, the belief itself is selected naturally by the environment—he does not need to apply mental force. For instance, in the group of introverted friends, the belief "I do not love her" arises automatically, aligning with the group's dynamics, because it allows the group to function smoothly. Similarly, the belief "I do love her" fits better with extroverted friends, so in that context, it naturally emerges. This is like a hidden societal pressure: just as a particle's spin depends on its environment, the mind's belief collapses into the option that best complements its social surroundings, supporting the orderly growth of creation.

Even the "opposite spin" can be chosen if it serves the group. If an introverted group needs a push of extroversion to grow, the double-minded boy may naturally select "I do love her," even though the group values the opposite belief. We can call this now as the selection of a low-probability outcome a movement away from rigid law into the divine play of *Leela*. Just as a quantum choice happens automatically without conscious effort, human choices can also emerge spontaneously. Consciousness, experienced as ego, is merely an extra layer added by the mind and is unnecessary for the process itself instead it is harmful and shrinks down the vast self.

In human analogy, this can be further understood as follows: suppose an office opens at 10 a.m. sharp, and an employee usually arrives at this time. This regularity represents *Rhit* or rigid law—the employee has the highest probability of reaching at 10 a.m. However, the employee may also arrive earlier, later, or even take a day or more off, though the probability of these outcomes is lower. The further the departure from the usual time, the lower the probability, yet such variations can occur at any moment. This unpredictability is *Leela* or divine play, where nothing is absolutely rigid but is shaped by circumstances. Reaching the office at a time determined by circumstances is *Karma*, which naturally results in *Phala*. Spending more time in the office means more Karma leading to greater Phala, while spending less time means less Karma and thus less Phala.

The above example solves the puzzle of conscious observation very well and also suggests that every particle in the cosmos possesses consciousness—pure consciousness. When a particle is in a superposition of qualities and interacts with other particles, those other particles, in a sense, “observe” it, causing it to collapse into an outcome that favors them as well as the entire creation. Just as the conscious observation of the boy by the people around him fixes his mindset to one option, the conscious observation of a particle by other particles fixes its character in a way best suited to the conditions. But what is the level of consciousness of those observing particles? It cannot vary like that of living beings, because the inert world does not possess ego—let alone the changing levels of ego seen in living beings. Since only ego diminishes consciousness, this itself proves that the inert world abides in supreme consciousness, or pure awareness. In this manner, there remains no doubt that human behavior reflects the behavior of the external, so-called inert world. This demonstrates that everything is conscious, although the level of consciousness may differ. Even each level of consciousness exists elusively, not truly on its own, but appearing like a bubble in water within a single grand super-consciousness—omnipresent and called God.

Many people argue that quantum decisions are non-conscious, while human decisions are conscious, and therefore refuse to see a similarity. But why not consider that the ultimate void present everywhere is the soul of everything, in a way experiencing all events and outcomes? Suppose this consciousness is completely free of ego and exists as pure awareness. It is like the extreme state of a karma-yogi living in the world, whose ego is dissolved to a minimum. Such a being experiences all choices and selections but perceives no difference between experiences—he is fully nondual. Now, consider God as the ultimate form of this being, who even does not experience anything at all but remains in waveless, pure consciousness forever. His existence in pure consciousness is sufficient to account for experiencing everything, yet he does not experience it in the ordinary, ocean-wave like way. Instead, he remains as the ever-waveless, undisturbed ocean of consciousness itself. Viewed through this lens, there is no difference between human, world, and God. This is ultimate nonduality, described as the highest truth in Vedanta.

Since the substance of an idol—stone, metal, or clay—represents the world of inert matter, and the super-consciousness of God is invoked into it by priests through the spiritual ritual of **prana pratishtha**, it is natural to believe that this God is the experiencer and controller of every material change, from the minutest quantum fluctuation to the vastest cosmic event throughout his cosmic body. That is why it is said that God sees everything, and not even a leaf moves without His will. In fact, this God is the same observer for quantum collapses throughout the entire cosmos, just as a human being acts as the observer of a quantum particle in the double-slit experiment causing it to collapse from superposition of outcomes to definite outcome. Just as the human soul experiences and governs its limited body—even not physical body directly but only negligible portion of the brain called mind—the supreme soul pervades and governs every particle, in a measure equivalent to the entirety of creation. By recognizing

human-like consciousness in every inert particle—either through observing orderly and beautiful nature or doing idol worship—we are naturally led to the experience of **quantum darshan**. Moreover, observing physical similarities between the human body and inert particles through modern quantum science further reinforces this belief, making the understanding of quantum darshan full in entirity.
Why not then consider everything in the cosmos as part of God's cosmic body? Just as the human body eats, drinks, and excretes, similar basic patterns of "life" can be observed in every inert particle—from electrons to atoms, stars, galaxies, and even beyond, if we consider the multiverse. For example, in the quantum world, an electron absorbing a photon is like eating or drinking. It is even comparable to inhaling air, through which prana-energy rises and the seminal essence is lifted. These intakes allow the particle to grow. Similarly, when an electron emits energy or releases electrons, it can be compared to exhaling air, through which prana-energy descends, and the seminal essence is carried down and even lost to the environment. Bodily excretions such as defecating, urinating, and sweating, which reduce size or energy, are all like outflows and opposites to intakes.

Electron taking energy from outside with food air water etc and conserving it without releasing out jumps to higher orbital of higher awareness and loosing energy through seminal discharge to outside force it to lower chakras of low energy status. It cannot even be called low-energy chakras or high-energy chakras, because the sum total of energy is always equal. It is only the orientation of energy that differs. In the lower chakras, energy is oriented towards blind worldly activities marked by ignorance, duality, and attachment. In the upper chakras, energy is oriented towards awakened worldly activities marked by self-awareness, non-duality, and detachment. The tilt of energy is like the tilt of spin—either upward or downward. If the probability of energy

tilting upward is increased through good company, yoga, and meditation, then the likelihood of energy rising to the upper chakras becomes greater. However, environmental impacts—such as a sudden fight-or-flight situation in self-defense or an overload of work—can also push the energy into the low-probability domain of the lower chakras. This is the same divine play that can never be fixed or rigid. On the other hand, if the probability of energy settling in the lower chakras is higher due to overburden, stress, bad company, addiction, tamasic food, or excessive sexual conduct, then through Tantric support the energy may suddenly shift into the low-probability domain of the upper chakras. Truly, life is another name for probability.

Quantum Spin and the Livingness of Existence

In a way, sound is nothing mystical—it is the forward push of atoms and molecules of air. It is actually quantum particle in this sense. What we perceive as sound is actually the blow of those atoms and molecules upon the eardrum. In truth, it is their *touch* that we feel. When we place ourselves within sound, we recognize that it is not something immaterial, but a direct contact with atoms and molecules fully like us as revealed by quantum darshan.

In the same way, smell is the touch of quantum particles of a substance inside the nose. Sight is the touch of photons on the retina of the eye. Taste is the intimate embrace of food molecules with the tongue. And touch itself is the meeting of surfaces at the atomic level. Thus, all our senses—hearing, smelling, seeing, tasting, touching—are nothing but the *embrace of atoms*. On this foundation, we can apply **Quantum Darshan**, which reveals that we are not separate from what we sense; the experiencer and the experienced are one. Just as Patanjali Yoga teaches that in Samadhi the experiencer and the experienced become one, the same truth also holds at the physical level—where every sensory

experience is nothing but the meeting and unity of atoms, particles, body and consciousness.
Actually, the fundamental essence of life is *choice and decision*, which are exhibited everywhere—from the behavior of a quantum particle to the dynamics of the endless cosmos. Therefore, everything is alive, and we are not different things but the same reality expressed everywhere.
Here the role of **spin** becomes crucial. In the quantum world, particles always carry spin—an intrinsic quality that represents direction, orientation, and the potential for alignment or disorder. When spins are scattered, disorder reigns. But when they align, order emerges, creating magnetism, coherence, and harmony. Human life reflects the same law: when our thoughts, desires, and choices are scattered, ego and duality arise. When they align through nonduality and detachment, great harmony and strength appear, producing bliss and higher states of consciousness.
In meditation on the breath, we feel the constant touch of air molecules in the nostrils and the subtle movements of the body, which are nothing but the embrace of atoms. With steady attention, the **Quantum Darshan–mediated benefit** arises—the emergence of nonduality, calmness, and bliss. Similarly, constant gazing (**trataka**) at a flame, a brick, or any steady object directs energy to higher centers, awakening nonduality and detachment —the very qualities of higher chakras. This occurs due to the **Quantum Darshan effect** produced by the atoms of the observed material. The higher chakras resonate with this aligned order, just as coherent spin systems in physics generate powers such as magnetism, laser emission, and more. Magnetism or personal attractiveness naturally arises when one abides in higher chakras, suggesting the presence of aligned spin–type coherence in higher states of consciousness.
Natural forces—air, water, fire, sun, mountains—were personified into idols not merely for devotion, but to make inert matter attractive to the mind, to fix attention easily and for prolonged periods. The hidden science behind spiritual progress with this is

none other than **Quantum Darshan**, working through the alignment of inner and outer spins.
Even the act of looking at beautiful or beautified nature for long with interest and getting a type of spiritual upliftment with this works on the same principle: when the mind's spins align with the ordered beauty of nature, nonduality and calmness arise, uplifting the spirit.

This also explains why living, human-like machines fascinate us so much. It is not merely because they share our workload, but because they manifest **Quantum Darshan in visible form**—clusters of quantum particles performing work in an intelligent, lifelike manner. If it were only about reducing effort, ordinary labor would have been equally fascinating. But it is not. Human labor often appears binding and mechanical, whereas machines embody the detached, efficient, and nondual qualities of aligned spin systems in nature.
Only rare human workers bring the same nonduality and detachment into their work. When they do, they naturally radiate all other divine and humane qualities, and achieve far greater progress than ordinary workers. That is why they are so highly valued and sought after.

I even remember one such worker in my own family, kept by my ancestors long ago. He had no ego, no duality, no attachment. He worked with machine-like discipline—untiring, precise, and dedicated—yet carried the added human gifts of politeness, sincerity, loyalty, and a smiling, happy presence. He was like a perfectly aligned spin system in human form—disciplined, calm, and full of energy, but also radiating warmth and harmony. His very life became a living demonstration of Quantum Darshan in action, where detachment and nonduality did not diminish human warmth, but actually enhanced it.

Thus, **Quantum Darshan of spin teaches us that spiritual progress, humane work culture, and even joy in daily life all emerge from the same principle: alignment, nonduality, and detachment**. The alignment of quantum spins in nature and the alignment of human qualities in life are one and the same reality, manifesting everywhere from the smallest particle to the boundless cosmos.

Disburdening the Mind: Lessons from Quantum Spin Alignment

Quantum processing in the inert world is not less or slower than that of the human mind, but often greater in many places and at many times. Despite this, only humans require repeated rest. This is because humans consciously experience all these processes. They become burdened by the binding and blinding effects of ego and may even go mad.
Here, the situation is very similar to quantum spin systems. When spins are disordered or decoherent, energy scatters and the system becomes unstable. The human mind, when caught in ego and scattered thoughts, experiences the same disorder. **That is why humans need to be disburdened of this scattered spin-like state.**
For this, they require philosophical thinking and practices such as Sharirvigyan Darshan, Quantum Darshan, idol worship, visiting temples, yoga, and meditation. This is only possible when they temporarily disengage themselves from work, which gives them enough time and energy for such practices. This refreshes them and makes them ready for the next bout of work.
In this way, just as aligned spins radiate new powers in physics Like ferromagnetism, superconductivity, nuclear magnetic resonance (NMR) or MRI, lasers (photon spin coherence), Bose–Einstein condensates, etc., aligned human consciousness—freed from ego—radiates new energy, clarity, and strength for life.

The One Becoming the Many

From this understanding arises a beautiful vision: the universe did not need a loud command to begin. It began quietly, through the simplest of gestures — a tilt, a turn, a hidden arrow of spin. From that silent whisper, the cosmos unfolded into diversity.

It is as if the One wished to become the Many. To do this, it did not split violently but simply inclined itself in tiny ways, here up, there down. Those inclinations multiplied, interacted, and blossomed into the vastness we now see.

Closing Reflection

So when you look at the sky at night, filled with stars, remember: their brilliance was born of the tiniest tilts of unseen particles. When you look at your own hand, made of living cells, know that the bonds of those cells depend on the same quantum spins.

Spin is the secret reminder that the smallest things hold the greatest powers. In the delicate play of orientations, creation found its diversity. And in every up and down of spin, the cosmic story continues to be written.

Closing Verse (Mantra-style)

From the subtle, the gross is born.
From the unseen, the seen arises.
From a hidden tilt, a universe blossoms.
O silent spin, O cosmic poet —
You are the whisper that became creation.

Chapter 18: The Polarity of Creation – How Quantum Charge Weaves the Web of Attraction and Repulsion

If spin is like the dance step of particles and momentum is their direction of travel, then **charge** is their invisible magnet, deciding who hugs, who runs away, and who stands apart.
It is one of the most magical qualities of quantum particles because it sets the stage for the **push and pull of the universe**.
Without charge, everything would simply sit in one bland soup.
With charge, sparks fly, patterns form, and structures are born.

Charge: The Invisible Tug-of-War

Every fundamental particle comes with its charge already written into its identity.

- **Electrons** always carry a **negative charge**.
- **Protons** always carry a **positive charge**.
- **Neutrons** carry **no charge** and act as mediators.
  This is not something they decide later, nor is it chosen during wave collapse. It is an **inborn property**, as fixed as your fingerprint. The moment a particle comes into existence, its charge is already determined.
  And this little detail is what decides the destiny of matter.

- Negative electrons are forever pulled toward positive protons.
- Protons seek electrons to balance themselves.
- Neutrons stand in between, stabilizing the fragile harmony of the atomic world.
  These rules are simple, yet when repeated trillions upon trillions of times, they give rise to **chemistry, biology, and even thought**.
  Your heartbeat, for example, is nothing but a grand orchestra of ions—charged particles—rushing in and out of cells in rhythmic waves.

Attraction Builds, Repulsion Shapes

Creation is not only about joining things together—it is also about keeping them apart in balance.

Think about the architecture of a house: bricks hold together by mortar, but spaces are left open for doors and windows. Without gaps, there would be no air, no light, no movement. Similarly, in the cosmic design, **attraction builds molecules and stars, while repulsion prevents them from collapsing into a meaningless lump.**

When electrons (negative) dance around nuclei (positive), they do not crash into each other. Instead, their mutual repulsion and attraction create a **delicate balance of orbits**. This balance later gave birth to the **periodic table of elements**, the grammar of all matter.

With just this push and pull, the universe writes its story.

The Cosmic Magnetism of Design

Picture the first moments after the Big Bang. Particles were buzzing like tiny fireflies in a stormy night sky. They did not need to "decide" their charge—it was already **built-in**.

Electrons carried negativity, protons carried positivity, neutrons stayed neutral. And out of this fixed polarity, a grand web of relationships emerged:

- Electrons found protons → **atoms were born**.
- Atoms joined → **molecules appeared**.
- Molecules combined → **chemistry awakened**.
- Chemistry blossomed → **biology emerged**.
- Out of biology came thought, culture, poetry, and the very question: *"How did all this begin?"*

  All this because polarity was written into the very fabric of particles.

Creation as a Game of Loves and Distances

If spin is the rhythm and momentum is the direction, then **charge is the love and dislike of the universe.**
It decides not only who pairs with whom but also who must keep their distance. Without it, everything would collapse into a single, undifferentiated lump of energy. With it, the universe blossoms into complexity.

Think of magnets scattered on a table. Some snap together with a click, some stubbornly refuse to touch, and some lie unaffected. Watch long enough, and they arrange into little clusters and chains.

Now stretch this imagination to the cosmic stage—the same principle plays out at unimaginable scales.

The Subtle Spiritual Mirror

In Indian Darshana, charge and polarity echo in the eternal dance of **Shiva and Shakti, Purusha and Prakriti, masculine and feminine**.
It is the cosmic principle that says: without the pull of opposites, nothing stirs. And without the balance of repulsion, nothing lasts.

The universe itself is woven from this **dance of duality—union and separation, attraction and balance.**

Quantum Collapse – The Director, Not the Creator of Charge

If charge is inborn, what then is the role of **quantum collapse**? Collapse does not assign charge—it simply decides **where and how a charged particle shows up** in space-time. The electron is always negative, but collapse decides whether it appears here or there, inside this atom or that one.

In this way, collapse is like the **director of the play**, while charge is the **personality of the actors**. The script is written, but collapse chooses which stage to light up at each moment.
Without collapse, all charges would remain as shadows of probability. With collapse, they take concrete form, shaping stars, rivers, flowers, and even the thoughts dancing in your mind as you read this line.

To clarify further, every object in nature carries a silent signature called charge. Unlike spin or position, which may remain hidden in superposition until observed, charge is not undecided—a particle is born positive, negative, or neutral. Yet the way these charges interact—the attraction, repulsion, or balance—first exists as a cloud of superposed possibilities, collapsing into one outcome only when interaction takes place. This superposed possibility does not concern the form of the charge, but rather its location — whether it will be near an opposite charge for attraction or near a like charge for repulsion. Human thought offers a parallel: our likes and dislikes are embedded in our nature, but how we finally respond—whether with connection, avoidance, or neutrality—remains suspended in the field of thought until a decision collapses it into action. The form of liking, like quantum charge, will not change — only the way it is placed or handled, whether positively or negatively. Moreover, Man can keep away from an attractive thing, and similarly a quantum particle can collapse to a position away from an opposite charge. Therefore, even in the presence of opposite charges, attraction may not occur—showing that collapse provides the final decision. In this way, Sharirvigyan Darshan mirrors quantum reality: polarity is the inner law, collapse the outer choice of interaction. At the quantum level, a positive charge naturally seeks a negative, while negatives repel each other, not as personal decisions but as eternal laws of nature. Yet the exact form of their meeting—the orbit, the bond, the release of energy—remains in superposition until collapse selects one reality. This dual dance of polarity and

collapse builds the architecture of existence, just as the human mind holds both affection and aversion but must choose one at each moment, giving rise to the ongoing play of life and cosmos.

Thus, polarity is not just a scientific detail—it is the very heartbeat of diversity. Every attraction and every repulsion, from the bonding of hydrogen and oxygen into water to the neurons firing in love or anger, owes its existence to this fixed, inborn quality of charge.

From Quantum Charges to Conscious Waves

Just as quantum charges weave a web of attraction and repulsion at the microscopic level, human consciousness and social interactions operate according to remarkably similar principles. The subtle energies within us — our pranic waves, the oscillations of thought, and the flow of awareness — mirror the quantum fields. In this section, we extend the analogy from **physical charges to the waves of consciousness that guide greetings, choices, and interactions**, showing how coherence, decoherence, and probability manifest in everyday life.

Coherence and Decoherence in Social Interaction

Consider Smith entering a group where he is welcomed with warmth and sympathy. Surrounded by acceptance, he feels no need to select a specific form of greeting. Instead, he smiles or nods, embracing everyone in his heart through that simple gesture. In this state, Smith exists in a superposition of greetings: his smile carries within it the essence of all possible salutations without collapsing into any one of them. However good greeting words are socially more accepted than countless mental options. The best way is to use an appropriate greeting outwardly, while

inwardly holding countless positive greetings in superposition within the mind — along with a gentle smile.

When Smith enters a group that feels attuned to him, it is like a particle in the double-slit experiment left unobserved: his inner wave holds many greeting possibilities in superposition, resonating with itself, and the outcome can spread into a rich interference of options. A high amplitude of *Namaste* can be overlapped by a low amplitude of *Good afternoon*, creating a combined amplitude higher than either of them individually. If the group carries only a mild expectation, it resembles a particle observed at one slit: the superposition collapses into a single path, yet the wave nature remains, producing a broad diffraction pattern—Smith still has time and space to choose among several fitting greetings. But if the group immediately sees him as a stranger or outsider, the collapse happens at once, like a quantum particle generated and spotted instantly and strongly without traveling as a wave of possibility; no spread or exploration is allowed, and he is forced into a hurried, often unfit greeting. In the same way, society shapes human potential: where love, harmony, and sympathy prevail, people remain coherent, with freedom to explore widely like a full wave of possibilities; where only mild expectations exist, their freedom is narrowed but not lost; and where rejection or alienation dominates, their options collapse before they even begin, leaving them confined to hurried and limited choices. Where Smith's inner wavefront aligns with the collective energy of the group, that is a state of **coherenc**. His expression is unbounded, free, and fully resonant with the surrounding field. However, as soon as the group begins to expect a definite word, gesture, or confirmation, this anticipation acts like a **measurement in quantum physics**. Just as a particle's superposition collapses upon observation, Smith's openness is now constrained into a particular outcome. He must choose one greeting — "Namaste," "Good Afternoon," or another.

While being in coherence with the group members, the amplitude of the energy wave is reinforced constructively, and the prana rises in the spine as high as possible, resulting in a greater probability of selecting an advanced form of greeting. Even a single greeting-character contains different sub-characters, each with its own independent probability distribution along the spinal wave. For example, expressions like *"Namo Namah"* or *"Shat Shat Naman"* have higher probability in the upper-chakra zone, while *"Good Afternoon"* is more likely in the mid-chakra zone, and simple expressions like *"Hello"* or *"Hi"* are more probable in the lower-chakra zone. Thus, when the energy wave peaks in the upper chakras, refined and reverential greetings such as *"Namo Namah"* naturally arise. When the amplitude centers around the mid-chakras, formal greetings like *"Good Afternoon"* are more probable. And when the amplitude peaks only in the lower chakras, casual greetings such as *"Hello"* or *"Hi"* appear, often without much enthusiasm. Actually, these expressions are simply placement-based names given to the single greeting-character. When the greeting arises in the Sahasrāra zone, it is expressed as *"Namo Namah."* When it arises in the mid-chakra zone, it takes the form of *"Good Afternoon,"* while in the lower-chakra zone it appears as *"Hello"* or *"Hi."* The greeting is only an example to illustrate the parallel between quantum probability and mental probability.

In quantum mechanics, energy and probability are distinct: a particle's energy is tied to the wavelength or frequency of its wave, while probability is tied to the amplitude of its wavefunction. Yet in the pranic analogy, these two aspects converge into one. As the pranic wave swings with greater amplitude through the chakras, it not only carries more energy but also increases the probability of higher expressions manifesting. In lived experience, this is why when prāṇa surges upward, one feels both heightened vitality and a stronger tendency to express elevated greetings or actions — such as *Namo Namah* instead of a casual *Hi*. Thus, while physics

separates energy and probability, in the pranic field amplitude embodies both at once, blending intensity and likelihood into a single force of expression.
When meeting a best friend in a truly heartfelt way, no words are needed — only joy, a smile, and simple, casual talk flow naturally. There's no need for formal or honouring words like aap; instead, spontaneous words like tu arise effortlessly. It feels as if all positive emotions rush together toward the friend, and trying to confine them into a specific, polished gesture or phrase feels limiting — it breaks the charm. In the same way, showing particular formal greetings or forced emotions toward close family members feels unnecessary and even a bit artificial. Some children are especially sensitive to this — they sense the disturbance when love is expressed in rigid, social ways. They respond best to an atmosphere of natural love, care, and harmony, without expectations of formal gestures. Yet, when among outsiders, they naturally follow social norms as needed.

This pattern mirrors quantum mechanics, where a particle's wavefunction spreads its probability across multiple energy states. Just as higher-energy states carry greater amplitude and thus greater likelihood of expression when the system is energized, the upper chakras resonate with more refined greetings when pranic energy rises to their level. Mid-level amplitudes correspond to more ordinary states of expression, while lower amplitudes give rise to simple, minimal outcomes. In both cases—whether quantum states or human greetings—the probability of expression depends on where the wave peaks, with energy amplitude guiding the most likely manifestation. However, frequency or energy of pranic wave can be higher or lower at any amplitude or chakra height. On its peak being at Swadhishthan Chakra, it can be rapidly or slowly oscillating between Muladhar and Swadhishthan. If rapidly oscillating, energy will be higher, and the expression on Swadhishthan will be highly probable with

stronger intensity; but if slowly oscillating, probability will be still higher, though intensity of expression will be low.

Through its cascade of interactions, the quantum essence unfolds into multiplicity, shaping particles, matter, life, and ultimately the networks of human society. In every system, from the tiniest particle to the human body and beyond, the same principle applies: potential exists in coherence, yet interaction brings specificity. In this light, consider Smith in a group—when the environment is open and accepting, his gestures reflect the full spectrum of possibility. Suppose in that moment, Smith enters decoherence. The infinite field of possibilities reduces to a single, observable expression shaped by the environment. Human interactions mirror the dance of quantum particles: when harmony and resonance prevail, we live in the openness of superposition, embodying many possibilities at once; when external expectations arise, our potential collapses into defined roles and responses. Just as the quantum essence organizes particles into order, so too do our lives unfold between coherence and collapse, freedom and necessity—a ceaseless play of unity expressing itself in multiplicity.

Quantum Darshan in Everyday Greetings

As we were exploring the psychology of greetings through the lens of quantum principles, we see that even simple salutations unfold from a field of infinite possibilities. When we say “Good Afternoon,” “Namaste,” “Ram Ram Ji,” or “Radhe Radhe, hello, hi or simply welcoming smile with gesture” it may appear as if we consciously choose the words. In reality, beneath the surface exists a spectrum of potential greetings, each carrying its own likelihood, of course zero or minimal likelihood for unwelcoming or unsocial words, much like a quantum particle in superposition. These possibilities resonate along the inner spectrum of energy, from heart to head, awaiting expression.

Some expressions naturally rise to the forefront. A heartfelt “Shat Shat Naman” flows effortlessly, while “Koti Koti Naman” may appear slightly less frequently. Other greetings emerge occasionally, and offensive expressions remain absent, their probability effectively zero. this is because they often lies on darkness of muladhara that has zero wave amplitude thus having zero probability.

This unfolding is not guided by deliberate choice. Just as a quantum particle collapses into a definite state upon interacting with its environment, the social and energetic field around us channels the greeting into a single expression. What we call “I” choosing is, in truth, the dance of possibilities responding to context. Even in these small gestures, we participate in the universal play — a microcosm of the same coherence and decoherence that flows from the primordial quantum essence to the vast networks of life, matter, and consciousness.

The ego, or the sense of “I,” is ultimately an illusion; humans do not truly act as independent agents. Just as a quantum particle has no self and collapses into a specific outcome according to the influence of external interactions, human actions and responses arise according to external stimuli, internal conditioning, and momentary context. The feeling of “I am doing this” is therefore false and constructed, not the ultimate truth. Yet the experience of ego naturally arises, and sensing it is not wrong. It can be used temporarily as a practical tool to navigate worldly life — for decision-making, responsibility, and action — but it should never be mistaken for the final reality. Awareness of this allows one to live effectively in the world while recognizing that the ego is provisional and not the true self. It also doesn’t mean abstaining from work. Ego cannot be neutralised in the absence of action. There is no benefit in suppressing the ego through inaction; the real benefit lies in neutralising the ego that arises during action. Moreover, One might misunderstand it as acting foolishly — no,

no, a big no. It simply means acting with perfect norms, yet without ego.

In reality, all other living characters, expressions, and human interactions follow the same thumb rule — their form of expression depends on the energetic placement within the human system, just as quantum outcomes depend on the probability distribution of the wavefunction.

Character Waves and Chakra Energy

As we touched this earlier, human behavior can be understood as **character wave**, the oscillations of pranic energy across the body's chakras. We cannot even call it a character wave, but simply a wave, because all characters lie upon this single pranic wave, just as all the qualities of a quantum particle remain on a single quantum wave without disturbing one another. When prana swings from Mulādhāra (root) to Sahasrāra (crown), the amplitude is maximal. Such full-body waves generate peak joy and awareness, making corresponding actions highly probable. Consider a greeting again. If Smith's inner prana tends to rise fully to Sahasrāra while contemplating or simply thinking of expressing "Namaste or even better form like namaskar," causing awareness and joy to touch peak, then this greeting is most likely to be expressed. If he is in a low-energy or depressed state, the pranic oscillation may reach only the navel chakra, then he will be bypassing higher-amplitude options and favoring a lower-energy greeting, like "Good Afternoon." This means that in this case while thinking about 'Namaste' and other greeting options, he may inwardly dismiss them and instead choose the lower-energy option of saying 'Good Afternoon.'

In this framework, **the wavefront of character is the pranic oscillation**, and options that generate maximal swings, joy, or resonance and even more stability and balance are naturally

favored. This phenomenon can be explained in terms of resonance or constructive interference. Every greeting word carries its own vibrational signature or frequency. When a person chooses a greeting word that aligns with the current vibrational frequency of their chakra, the two waves — the individual's chakra frequency and the word's vibrational frequency — resonate. This resonance creates constructive interference, which amplifies the combined vibration and elevates the awareness at that chakra to a higher state. If the oscillation reaches up to Sahasrāra as top possible amplitude of the character-wave, then outward expression from Sahasrāra is the most probable. This effect is best achieved when the chosen greeting word's vibrational frequency aligns with the frequency of the Sahasrara Chakra. In such a case, the resonance between the two produces a highly coherent and powerful wavefront. The resulting constructive interference amplifies the energy to a level comparable to, or harmonized with, the Sahasrara's own subtle vibration — leading to an experience of heightened awareness and unity. Expressions from lower chakras can also arise; this is the play of probability, much like quantum probability. A person most often selects expressions that resonate with his highest active energy level, as these reflect his inner worth to the world. Words carrying such high-frequency vibrations include *"Namaste," "Namaskar," "Namo Namah,"* and *"Shat Shat Naman."* At times, however, one may overlook the higher energy and express from a lower chakra, feeling slightly out of tune—as if something within is being concealed from society. Lower-amplitude expressions occur less frequently and depend on mood, context, and coherence with surrounding energy fields. In a low mood or while interacting with people of lesser or decohered energy, one may naturally adopt a low-energy expression; yet the probability of this remains low, since such choices demand conscious effort. By contrast, expressions that harmonize with one's prevailing energy level arise spontaneously and effortlessly. Thus, the amplitude of pranic energy mirrors quantum probability—the greater the

amplitude, the higher the likelihood of an action or expression manifesting.
In quantum mechanics too, when a particle ends up in a low-probability state, the reason is usually linked to its interaction with other particles or the environment. Strong, resonant interactions tend to channel the particle into its most probable states, much like a person naturally expressing from his highest energy level. However, external disturbances, weak couplings, or unfamiliar contexts can nudge the particle into less likely outcomes. This is similar to how a person, when in a bad mood or among unsympathetic people, may deliberately adopt a lower-amplitude expression. In both cases, the system does not act in isolation—the surrounding conditions shape whether the natural, high-amplitude expression unfolds or whether a rarer, lower-probability path is taken.

If someone's energy is rising from Mūlādhāra to Sahasrāra and he accompanies a person whose energy is falling from Sahasrāra to Mūlādhāra, it is like the crest of a wave meeting the trough, where energies neutralize or cancel each other and grounding occurs, making the probability of life expressions almost zero so that he becomes neither this way nor that but neutral. When two rising energies meet, resonance happens and both rise further, which is the effect of good company, while two falling energies meeting create an even deeper trough than normal. Actually, it is like a basic line further sinking deep, not amplitude growing in the trough, as happens in tantric union. Unlike quantum mechanics, where crest and trough amplitudes are symmetrical and there is no positive or negative amplitude, in the human body the base chakra can be seen as the zero line, for there the probability of lively expressions is zero, a state of ignorance-filled darkness with no minus amplitude below it. In Tantric union, however, the partner completes the wave below the baseline, making the wave full, so that both amplitude peaks enhance each other and the energetic expression of characters is doubled.

If we take the Mulādhāra as the baseline of the wave, then the male spine rising toward Sahasrāra can be seen as the crest of positive amplitude. His tantric consort, by contrast, embodies the complementary trough of negative amplitude, extending her energy below the baseline and reaching her own Sahasrāra as the opposite crest. When united, the two together complete the full span of the wave, doubling the amplitude of living expression. This mirrors the tantric truth that Śiva and Śakti are not separate but two poles of the same oscillation, their union giving rise to the fullness of life and consciousness. A clear quantum counterpart exists here: just as a wave requires both crest and trough to exist, and just as two wavefunctions can merge in superposition or entanglement to form a richer and more powerful reality, so too does the union of the tantric pair generate constructive resonance. In this way, pranic union mirrors quantum interference, where two halves converge into a single, luminous wholeness.

Dhyana, Shabd Brahm, and Quantum Consciousness

Meditation on **Shabd Brahm**, the primordial sound, manifests the same quantum-like principles. Sound, as an atomic or quantum essence, awakens awareness and reveals the nondual Brahman. When the mind engages with **Shabd Brahm**, the sound reveals our complete identity, expressing the **nonduality** between the self and quantum particles — for sound itself is the movement of those particles, reflecting the unity of consciousness and matter.

Just as a quantum particle exists in pure potential until observed, the essence of a human being is also a wave of possibility. The pranic energy oscillating from Mūlādhāra to Sahasrāra mirrors the amplitude of a quantum particle's wave. When the full wave spans all chakras and oscillating at maximum speed, it represents maximal probability distribution of living potential, energy and awareness, while different points along the oscillation correspond

to specific chakras. Outer forms, identities, and ego are only transient coverings — beneath them lies a common wave-like essence, reminding us that separation is superficial. In this sense, a quantum particle is, in essence, the entire human body expressed in its most fundamental form.

Law, Karma, and Human Responsibility

Some argue that inhumanity is excusable because circumstances compel action. But it is not true. While natural phenomena — floods, storms, quantum particles — are fully egoless and unbound by karma-phala, so their apparent inhuman karmas are excusable, humans remain subject to moral consequences. Actions within humanity can be understood in context, as both humans and quantum particles are egoless by nature and compelled by circumstances to perform **karmas and thoughts** — yet **inhumanity** breaks this natural harmony and slows spiritual progress. This is because a human can never become fully egoless while working; it is a fixed rule. Nature operates with impersonal law, but humans carry **karma and responsibility**, ensuring that choices aligned with dharma are bound by ethical consequence.

Pranic Wave Collapse and Experiential Settlement

As we were discussing, the settlement of experience depends not only on the amplitude of the pranic wave but also on the type and strength of interaction. Just as a quantum wavefunction appears to collapse through interaction with a measuring device or its environment, pranic waves converge into an experiential center according to the context of life. Other interactions also influence this convergence, and the manner of collapse or decoherence varies depending on the nature and strength of these interactions. While the peak amplitude of energy may reach Sahasrāra, an emotional impact—such as fear, attachment, or joy

—can cause the wave to collapse most often at Anāhata (heart), because the nature of the interaction biases the collapse toward that chakra. However, if Sahasrāra is active, the experience is not confined to Anāhata alone; it can be simultaneously felt at both Sahasrāra and Anāhata, reflecting the full span of the wave. In other words, the peak of pranic energy at Sahasrāra amplifies awareness of the emotion, while the heart provides its experiential "seat." Similarly, in quantum mechanics, a particle may have maximal amplitude in one state, yet upon measurement it can collapse into another state if the measurement operator couples preferentially to it, while residual amplitudes in other states can continue to influence the system what comes next. The peak amplitude indicates maximal potential, but the locus of settlement is determined by the type and strength of coupling with the environment. In both realms, randomness arises naturally from the complexity and coupling of the system: minor deviations and less probable outcomes remain possible, while the peak of probability guides the most likely expression. Thus, human experience, like quantum behavior, unfolds in a structured yet non-deterministic manner, where potential, interaction, and overlapping amplitudes together shape the final expression.

- **Divine or transcendental interactions:** Collapse at Sahasrāra, manifesting as peak illumination.
- **Fear or survival situations:** Collapse at Anāhata, generating heart-centered fight-or-flight responses.
- **Oral or expressive interactions:** Collapse at Viśuddhi, producing speech.
- **Intellectual interactions:** Collapse at Ājñā, revealing thought and insight.
- **Digestive or sustenance-related interactions:** Collapse at Maṇipūra.
- **Sexual interactions:** Collapse at Svādhiṣṭhāna.

- **Inertia or ignorance:** Collapse at Mulādhāra, the unconscious base.
  Even as collapse occurs at lower centers, **Sahasrāra remains the site of highest probability** if energy-wave amplitude is peaking at it, just as quantum mechanics allows multiple outcomes but favors certain states under strong coupling. The chakra system is a **living probability distribution**, with the crown chakra as its luminous attractor.
  The **wave analogy** is complete:
- In quantum mechanics, the particle's wavefunction oscillates, forming crests and troughs, with every point contributing to probability.
- In yoga, the pranic wave spans the chakras; the highest expressions are visible, yet the lower chakras silently support every experience.
- The crown chakra reveals consciousness's brilliance, while Mulādhāra provides foundational support — unseen, but indispensable.

Unified Field of Potential

Human consciousness, social interactions, and the quantum realm share a common principle: **a unified field of potential that unfolds through probability**. Coherence allows freedom and superposition; decoherence collapses possibilities into expression. Pranic waves, chakra energy, and quantum wavefunctions are parallel manifestations of this field.
In every greeting, thought, or action, the universe orchestrates its spontaneous play. Understanding this principle allows us to navigate life with clarity, awareness, and resonance, harmonizing our inner waves with the cosmic field. **This same underlying intelligence is reflected in the natural world, where every form and pattern reveals a subtle orchestration beyond mere chance.**

Nature looks beautiful because there seems to be hidden intelligence in it. If we observe every aspect deeply, a grand intelligent design emerges: why is the mountain on this side, why this height, why this type of soil, why does the water channel flow this way? Does this not prove that nature, guided by quantum particles, works tirelessly in the growth of humanity, remaining engaged in the interactive world and learning from challenges just like a moral human being?

The Quantum Essence and the Probabilistic Dance of Life

The dual forces of **attraction and repulsion** govern the very fabric of the universe, orchestrating the dance of matter and energy. From the alignment of atoms in a crystal to the balance of social interactions, polarity creates order while allowing diversity to emerge. Within this field of polarity, a single **primordial quantum essence** holds the potential for everything that unfolds in creation. In the earliest moments of the universe, this unified field—the undivided source—underwent a cascade of transformations, giving rise to the multitude of quantum fields we now recognize: electrons, photons, quarks, and more. Each field is an expression of that original essence, just as every particle is a ripple or excitation within it. Through countless interactions and recombinations, these fields produced the fundamental particles that eventually built the complex structures of matter, life, and consciousness.

In the physical, inanimate world, quantum interactions exist everywhere, but they are relatively sparse and simple. Particles follow probabilistic laws, yet the complexity of their interactions remains limited by physical constraints. It is in the **biological world** that quantum principles expand to remarkable complexity. Life harnesses these interactions, amplifying them through networks of molecules, cells, and organs, producing behaviors and structures that mirror the subtle dynamics of human social interactions. The probabilistic flexibility of quantum processes, when embedded in living systems, reaches its peak—coordinating

cooperation, communication, learning, and adaptation in ways that reflect the rich interplay of society itself.
In this sense, the **organization of the human body** mirrors human social structures as described in the modern Sharirvigyan darshan. Cells specialize like individuals, organs cooperate like communities, and the entire organism functions as a harmonious society. Just as the quantum essence gives rise to particles that interact and form networks under the polarity of forces, so does nature orchestrate the emergence of life and social systems. The human body, like the universe, is a living network of interactions, bound by underlying rules yet expressing flexible outcomes.
Even when a quantum particle appears still—bound in a rock or floating in vacuum—it is not inert. Its stability is rooted in the **fixed laws of physics**, yet its behavior remains **probabilistic**, shifting with interactions, environment, and circumstances. Rigidity at the law level coexists with adaptive, responsive behavior at the level of manifestation. In this way, the particle is dynamically poised, ready to respond to the world, much like a yogi in *nirvikalpa samādhi*: outwardly still and absorbed, yet fully capable of action when the conditions arise.
Scriptural stories, such as Brahmā producing the Prajāpatis who then filled the world with progeny, can be seen as allegories of this very process. The single quantum essence, like Brahmā, unfolds into multiplicity, cascading into ever-diverse forms, yet remaining rooted in the undivided source. In every interaction, from the smallest particle to the largest organism, the intelligence of this quantum essence guides organization, growth, and learning—revealing the hidden design and harmony of nature.

Humans, too, operate under **fixed laws or disciplines**: to act within the boundaries of humanity, to work as if worshipping, to learn from mistakes, and to cooperate with society. Yet within these boundaries, human actions are **probabilistic and flexible**, shaped by circumstances, environment, and internal disposition. While the framework is fixed, the specific choices cannot be

predetermined, much like a quantum particle governed by immutable laws but expressing outcomes probabilistically.
As we discussed earlier, nature appears beautiful because there seems to be a hidden intelligence within it. When we observe every aspect deeply—the position of a mountain, its height, the type of soil, or the course of a river—a grand intelligent design emerges. Does this not suggest that nature, guided by quantum particles, works tirelessly for the growth of humanity, remaining engaged in the interactive world and learning from its challenges? Even in stillness, it is poised, dynamic, and full of potential, reminding us that creation itself is a living, learning, and evolving quantum play.

Thus, the **polarity of attraction and repulsion**, combined with the probabilistic flexibility of the quantum essence, underlies not only the physical universe but the moral, social, and conscious worlds as well. Every action, every interaction, every oscillation of energy is guided by these intertwined principles—fixed in law, yet fluid in expression—a cosmic dance of order and freedom.

Chapter 19 – Parity: The Tilt of Creation

At the very start, the universe was almost perfectly balanced — like a mirror showing the same picture on both sides. It simply means, In the beginning, the universe was perfectly symmetric—there was no left-right distinction between object and image, no real-virtual difference between the two, and although charges, forces etc. were opposite, they were exactly equal, creating a state of complete balance. Every particle, every force, every tiny action had an equal and opposite twin. If the universe had stayed this way, nothing would have moved. Nothing would have changed. Nothing would have existed as we know it.

But the universe didn't stay perfectly balanced. It **tilted**. Even a tiny tilt was enough to start everything moving and changing. This small imbalance is seen in two important ways in science:

1. **Parity asymmetry** – Some forces in nature, like the weak nuclear force, do not treat left and right the same. Tiny differences here meant that the universe could have direction, that one side could behave differently from the other. The weak nuclear force is the only one that prefers one "handed" direction over the other, breaking the mirror symmetry of nature. This tiny one-sidedness preferred reactions that allowed matter to win slightly over antimatter after the Big Bang, making the very existence of stars, worlds, and life possible. Likewise inside the body, If prana flowed perfectly symmetrically in the Sushumna, meaning equal left and right, equal up and down, there would be no directional impulse —no manifestation of individual experience, no creation of worlds —just pure nonduality, just as perfect parity symmetry would prevent matter from winning over antimatter, leaving the universe empty. This imbalance in the magnitude of prana drives specific emotions and actions. When the upward-moving prana is dominant, a person becomes more spiritually oriented; when the

downward prana is stronger, one is more physically inclined. Similarly, greater prana flow in the left channel (Ida Nadi) makes a person more feminine, while dominance in the right channel (Pingala Nadi) makes one more masculine. When prana becomes equal in all directions, the opposing currents neutralize each other, leading to breathlessness in *Kevala Kumbhaka* or *Nirvikalpa Samadhi*—a thoughtless pre-creative state, just like the stage preceding the beginning of creation.

2. **Matter-antimatter imbalance** – At the beginning, matter and antimatter were almost equal. But there was a tiny excess of matter. This small difference is why stars, planets, and life exist at all. Without it, everything would have destroyed itself in a flash of energy. Likewise inside the body, at the very beginning, the potentials for stillness and manifestation were almost equal: the upward and downward currents in the Sushumna flowed symmetrically, just as matter and antimatter existed in nearly equal amounts. Then a tiny excess of upward flow appeared, creating just enough imbalance to spark individual experience—thoughts, sensations, and life—allowing consciousness to unfold into worlds, while a small excess of matter over antimatter allowed stars, planets, and life to exist. Without this slight tilt, everything would remain in perfect nonduality, like a universe where matter and antimatter annihilate each other completely, or a Sushumna where energy flows perfectly symmetrically, producing no manifestation at all.
   Let us rewrite this in further detail. At the very beginning, the universe was almost perfectly balanced, like a mirror reflecting an object — left and right were opposite in appearance but equal and followed the same rules. Although they appear slightly unequal—differing only in direction—they remain identical in their underlying laws and reactions. In other words, both have been said equal with respect to rules obeyed, not appearance. This is called symmetry: even if something looks reversed, its behavior is still predictable and is equal to parent form. But if the universe had stayed perfectly symmetric meaning if particles and

their mirror images were equal in number, nothing would have moved or changed. Everything would have cancelled out with its mirror image. Matter and antimatter would have destroyed each other, forces would have canceled out, and creation could not have begun. Treat antimatter as mirror image of matter. A tiny **tilt** — a small breaking of symmetry of number or force — changed everything. Weak forces began to treat left and right differently, a scientifically proven effect called **parity violation**, and some reactions slightly favored matter over antimatter — a phenomenon known as **CP violation** or charge-pairity violation. Matter and antimatter always have opposite charges. Matter is what makes up the universe — electrons, protons, and neutrons — while antimatter is their "mirror opposite," like positrons and antiprotons. Normally, when matter and antimatter meet, they annihilate each other, producing energy. But in **experimental particle decays**, there is a slightly higher probability for matter to form than antimatter. Though these differences are extremely tiny, they **pile up repeatedly** in the early universe, eventually creating a small excess of matter that formed all the stars, planets, and life we see today. Even at the quantum level, particles exist in multiple possibilities, and one outcome becomes real when measured — this is called **quantum collapse**. Together, these scientifically proven effects explain **how the universe tilted**, giving direction to galaxies, allowing stars to burn, molecules to have "handedness," and life to grow. Symmetry alone is stillness, like calm water; breaking symmetry is motion, like a river flowing. Creation began with this first **tilt**, the subtle imbalance that turned potential into reality, stillness into movement, and possibility into the living, evolving universe we see today. Yet at the deepest level, **why nature has these rules — why left differs from right, or matter slightly outweighs antimatter — remains one of the greatest mysteries of existence.** The same mystery extends to the body as well: why Ida differs from Pingala, or why the upward surge of energy outweighs the downward flow, remains one of the greatest

mysteries of existence. Philosophically, it may be regarded as the growth-oriented wish of the Almighty Supreme.
If we dissect it further, in the universe, symmetry is subtle and sometimes broken. **Parity (P) violation** shows that nature is not perfectly left-right symmetric — the weak force “prefers” one handedness. **Charge (C) violation** reveals that swapping particles with their antiparticles (means replacing particles with their antiparticles or in other words charged particle made oppositely charged antiparticle) does not always produce identical behavior and weak nuclear force does not affect them equally. **CP violation** goes deeper: even after combining a mirror flip with a particle-antiparticle swap means after directional swap and trying to correct it with charge swap, a tiny asymmetry still remains. While P and C can be violated independently, Parity violation (P) was already known in the weak force — it treats left and right differently. When scientists combined parity violation with charge conjugation (C), which swaps particles with antiparticles, they expected the two violations to cancel out. But experiments showed that even this combined symmetry (CP) is slightly violated — meaning a small imbalance still remains. In other words, CP violation means that an imbalance — arising from the combined effects of charge violation and parity violation — still remains, although it is reduced after attempting to correct the parity violation through particle swapping. This tiny leftover asymmetry is crucial, as it helps explain why matter dominates over antimatter in the universe, showing that the cosmos itself carries an inherent, subtle bias at the most fundamental level. In yogic terms, If the asymmetry between the upward and downward prana is balanced by shifting the flow between Ida and Pingala, a subtle imbalance still remains — and this residual asymmetry gives rise to thoughts.
In yoga and the human body, symmetry too is subtle and often incomplete. The two sides of the body — ida and pingala, lunar and solar currents — represent the left-right (P) aspect of our internal energy field. Perfect balance between them creates

stillness; imbalance generates movement and evolution. The charge (C) aspect parallels the polarity of emotion and intention — attraction and aversion, desire and renunciation — our human version of positive and negative charge. Yoga gradually harmonizes these forces, yet even after deep purification, a faint residue of imbalance often remains — the yogic equivalent of **CP violation**. This subtle leftover tendency — neither purely active nor passive, neither fully detached nor fully engaged — becomes the creative bias that sustains individual existence, just as cosmic CP violation sustains matter itself. Without that faint asymmetry, neither the universe nor the yogi would manifest as a living, evolving expression. Hence, the aim is not to erase all imbalance, but to realize its sacred role — the gentle imperfection that allows consciousness to experience itself as creation.
In another analogy, In the beginning, both the universe and a perfectly still mind were in flawless balance—no left or right, no real or virtual, just pure symmetry. Yet, tiny biases—like subtle impulses in meditation or CP violation in particles—created small differences. Normally, perfect balance would erase them, but a slight openness lets them persist, seeding growth: in the cosmos, it became stars and galaxies; in the mind, it becomes evolving awareness. From the subtlest imperfection, the greatest creations arise.

Think of a **pot of water**. If the pot is perfectly still, the water stays still. Tilt it just a little, and the water flows. That's what happened with the universe — it leaned slightly, and the flow of galaxies, stars, and life began.
In Indian philosophy, this is like **Shiva and Shakti**. Shiva is stillness, perfect balance. Shakti is movement, the first tilt, the first action that starts creation. Without Shakti, the universe would remain frozen and silent.
Even at the tiniest level, in the world of quantum particles, things can exist in many possibilities at once. When a particle is measured or interacts with something, one possibility becomes

real — this is called **quantum collapse**. By itself, quantum collapse doesn't create the universe's tilt, but it shows how possibilities become reality. The real tilt comes from nature's small preferences — like the slight favoring of matter over antimatter.

In the human field of consciousness, countless thoughts, emotions, and intentions also exist in superposition — potential realities waiting to be chosen. The moment awareness focuses on one thought or emotion, that possibility collapses into experience — just like a quantum event manifesting from probability. Meditation trains this awareness to become a silent observer, reducing unnecessary collapses caused by mental restlessness. Yet, even in deep stillness, the mind retains its subtle bias — its own version of nature's tilt — a gentle preference shaped by tendencies (*vasanas*) and latent impressions (*samskaras*). The subtle bias within consciousness sustains individuality, propelling life's continuity from moment to moment. Yoga doesn't erase this bias but purifies it until the remaining preference aligns with truth itself. Then, consciousness begins to choose effortlessly — not from ego, but as pure intelligence expressing harmony. What once was mental decision becomes spontaneous movement, free of tension or motive. Every action, word, or thought arises as if the universe itself is flowing through the individual. This is **quantum darshan** — the direct seeing where observer and observed merge, and infinite potentials collapse into form by the silent will of Truth. Life then unfolds naturally, every moment luminous, precise, and whole — not chosen by someone, but happening through the still radiance of awareness itself.

Because of these tiny tilts, the universe works the way it does:

- Galaxies spin in certain directions. This is reflection of directional preference of quantum world.
- Stars burn matter, not antimatter. This is like life shines with ascending energy in spine.

- Life uses molecules with a preferred “hand” (left-handed or right-handed). Amino acids of proteins, the main building blocks of body have left handed twists.
- Time moves forward, never backward. On paper or equation, it can move backward but in reality, time always moves forward. Without these tiny imbalances, nothing would grow, nothing would change, nothing would exist. Symmetry is like calm, still water. Asymmetry is like a river flowing toward the sea. Symmetry is silence; asymmetry is life itself.

  Everything we see — from the tiniest particle to the largest galaxy — began with a **tiny tilt**, the first small imbalance that made the universe start moving, growing, and creating.
  Similarly, within the human being, perfect balance is pure stillness — *samadhi*, where all dualities dissolve into calm symmetry. Yet life as we know it arises from tiny tilts within that stillness — the pull of desire, the urge to breathe, the impulse to move, to love, to seek. Just as the cosmos began from a minute asymmetry, the human journey unfolds from the faint imbalance between rest and expression, awareness and activity, Shiva and Shakti. Too much symmetry and one dissolves into stillness; too much asymmetry and one is lost in turbulence. Yoga is the art of keeping this sacred tilt alive — not erasing it, but refining it until it flows in harmony with the universal rhythm. In that subtle dance between silence and movement, the yogi mirrors the cosmos: still at the center, yet ever-creating at the edge.

Chapter 20: The Place of Creation

At the dawn of the universe, there was no here or there. The first particles were not settled in any fixed place. They existed as clouds of possibility, spread like mist across the vastness. To ask "where" they were was meaningless, because they were *everywhere and nowhere at once*.
This is the strange nature of quantum position. A particle before collapse is not a dot on a map but a haze of probabilities. Only when it interacts, only when it "decides," does it appear at a particular spot. In that instant, a position is chosen, and the many vanish into the one.

The First Footsteps

Imagine a great empty field covered in soft dew. Countless birds hover above, each uncertain where to land. Suddenly, one descends on a blade of grass. Another chooses a twig. Another settles by the riverbank. Slowly, the field fills with definite presences.

In the same way, the first particles collapsed into positions. One appeared here, another there. What was once a uniform mist became a patterned arrangement. The seeds of galaxies were scattered across space like stars across the night sky.

It seems similar to bird instinct—when one bird settles somewhere, others also follow and occupy the surrounding spots, rather than choosing isolated places. In the same way, quantum particles may also seek different forms of "social security" such as protection, interaction, cooperation, division of labour, and many other collective behaviors. In this sense, they appear almost living, depending on how they express their liveliness through different modes. One thing is certain: they are not bound by the strict patterns that define life in the conventional biological sense.

Perhaps the yogic principles of detachment and non-duality partially emerged by observing such natural phenomena, which were worshipped in Vedic culture.

Those choices — small, random, delicate — shaped everything that followed. A particle a little closer here made matter gather. A particle a little farther there left emptiness behind. Out of those uneven gatherings grew stars, planets, and the stage on which life would walk.

The Cosmic Mosaic

Think of making a mosaic. You have colored stones spread loosely in a basket. Where you place each stone decides the picture that emerges. A stone here may form the curve of a flower. A stone there may form the outline of a face. The picture is nothing but the sum of all placements.

Creation too is such a mosaic. Quantum particles, by collapsing into specific positions, drew the outlines of the universe. One placement led to density, another to emptiness, another to symmetry, another to asymmetry. Together, they painted the grand design of existence.

The Indian Darshana Parallel

In Indian thought, space is not a void but a living principle — **Akasha**. It is the first element, the womb in which all other elements arise. Yet Akasha is not filled until particles take their positions. Only then does space find its rhythm, its structure, its meaning.
Just as the choice of **deśa** (place) in yoga influences how smoothly the mind becomes quiet, the location of a quantum event determines where a particle finally appears, yet both operate on entirely different planes. In **dhyāna**, the mind returns to the

original **Ākāśa**, the silent field of pure awareness, where no physical settling occurs; there is only dissolution into stillness. In contrast, the settling of a particle during quantum collapse is a material process within space-time, governed by physical conditions rather than consciousness. The analogy works only in a metaphorical sense: a supportive sacred space like temple helps the mind stabilise, just as certain dense regions of the cosmos allow matter to gather, while vast empty stretches remain like neutral spaces where nothing settles. This comparison highlights a resemblance in behaviour without confusing their foundations — one belongs to inner consciousness, the other to outer matter. A temple is a concentrated field of pure consciousness, and therefore it naturally attracts the minds of meditators to merge with it. Similarly, a dense region of space is a concentrated field of particles, and it attracts the surrounding quantum waves to collapse into particles and join that cluster.

Chance or Play?

Science tells us that the particle “chooses” its place according to probability. Where the wave is stronger, the chance of collapse is greater. To the human mind, this looks like chance.

But Indian darshana reminds us: what seems random is also play — *Lila*. Each collapse is like a dancer choosing a step, not planned, not rigid, but part of a spontaneous unfolding. Out of those steps, the dance of the cosmos arises.
In cosmic psychology, quantum collapse can be seen as the mind of the universe choosing a definite experience from infinite possibilities. Each quantum quality—such as spin, charge, or position—unfolds on the same single probability wave, unaffected by the outcomes of the each others. The higher the amplitude of the probability wave, the stronger its pull on creation’s attention —like a thought or desire that repeats until it manifests. Collapse then is not random chaos, but a weighted selection, where the

cosmos tends toward the possibilities most charged with energy, while still allowing even faint possibilities to occasionally become reality.

Layman's Metaphor: Children in a Park

Picture a park where children are playing hide and seek. Before they run, you do not know where each will hide. Every bush, every tree, every bench is a possibility. But as the game begins, each child chooses a spot. One hides behind the slide, another under the tree, another by the fountain. Suddenly, the empty park is filled with presence, pattern, and life. The fun of the game comes from their choices. The universe too was like that park. Particles chose their hiding spots, and from those choices, the drama of galaxies and stars began.

If we look a little deeper, a child chooses the hiding spot that appears most strongly in his mind. This means his inner energy-wave rises higher toward the brain when he imagines that particular place. If he suddenly notices another, safer spot, the energy-wave remains the same, but the thought related to the previous choice sinks towards the muladhara chakra—a site of lower amplitude—while the new thought for the newer hiding place rises to the sahasrara chakra, a site of peak amplitude of the energy-wave. Because he has no time to analyse further, he quickly collapses into that choice.

The same play of rising and falling of every choice or expression on the amplitudes of the kundalini energy-wave operates in every living organism, much like in a quantum particle. Time also becomes a factor in determining the collapse, for if the time available is short, the best possible outcome that may be available later might not be selected.

A man who craves one motorcycle today may crave a different model tomorrow. When this happens, the thought of buying the earlier model sinks into the darkness of the Mūlādhāra, while the thought of buying the new model rises and shines in the brain. Yet exceptional circumstances—such as a low budget, an unwillingness to borrow money, or emotional or cultural factors—may still force him to buy the earlier, less-preferred model, because that thought is not fully in the zero-amplitude region of the Mūlādhāra. However, he will never buy a scooty if he naturally dislikes it, because the thought of buying it sits in the true zero-amplitude region of the Mūlādhāra, which corresponds to zero probability.

A similar situation can occur in quantum events, where the wave may collapse in a lower-amplitude region due to environmental interactions. Although the probability of this remains low, it never collapses into a zero-amplitude region, because the probability of finding a particle there is exactly zero.

It is like the spin character of a quantum particle with two outcomes: spin-up and spin-down. Suppose spin-up corresponds to the peak amplitude-height and spin-down to a mid-height of amplitude, while the “no-spin” or “both-spin” state corresponds to zero amplitude-height—something known to be impossible. Here, spin-up is like the new motorcycle model, spin-down is like the older model, and the scooty corresponds to the impossible “both-spin or no-spin” situation.

Similarly, a quantum state such as momentum can have many possible outcomes spread across the wave at various amplitude-heights: the highest amplitude level giving the highest probability, the lowest amplitude level giving the lowest probability, and intermediate level heights giving intermediate probabilities. The same dynamic operates in the human mind when many options are present.

A highly attractive motorcycle model may occupy one's heart; another, slightly lower in preference, may focus energy on the navel chakra; a still lower option may settle around the Svādhiṣṭhāna chakra; and a problematic choice may rest in the Mūlādhāra. This means thoughts corresponding to each motorcycle model settle in a particular chakra after being analysed by the mind. The top model may focus energy on the Ājñā or Sahasrāra chakras. That is why there is a common Hindi saying for something deeply liked: "sīr chaṛhkar bolī hai"—it has risen to the head. It has the highest probability of being expressed or chosen. But it is also a famous saying that Hearth speaks more truth.

Dull localisations in the lower chakras are easy to ignore, but the shining leaps of energy in the higher chakras are hard to overlook. This is māyā—the illusion or attraction created by this shining and joyous thrill. If studied deeply, it may reveal profound psychological secrets about how humans behave and how they are propelled by the subconscious and by external environments.

Seeing this, the similarity between the living world and the quantum world appears astonishing and almost complete. The only major difference is that the quantum world is fully detached, non-dual, and completely unaffected and unbound — unlike the living world. If that is so, is it possible for human beings to share even a small portion of that freedom while still living? Perhaps nature worship and its personification in the Vedas were developed for this very purpose.

A yogi's mind being like an innocent child is attuned to the **cosmic mind** because of his detached and nondual attitude. It functions like a **quantum probability wave**, naturally tending to choose the most **uplifting and harmonious outcome** for expression — just as a quantum wave has the highest probability of collapsing into a particle at the **peak of its amplitude**. This is because they

have no bias toward any particular outcome. However, even if they must maintain a bias in order to run the world, it is not a real bias, because their attitude remains detached and nondual. That is why most of a yogi's decisions appear wise and beneficial to all. However, there remains a negligible chance of a lower or less ideal decision, much like the faint probability of a quantum wave collapsing at a lower amplitude — but such instances are rare and cause little harm.

Position as the Seed of Diversity

Why is position so important? Because where something is decides what it can become. A seed in dry soil may wither. The same seed in fertile earth may grow into a tree.

So too with particles. A proton alone in emptiness is only a proton. A proton near an electron can become hydrogen. Many hydrogen atoms close together can become a star. Thus, the placement of each particle set the chain of possibilities that would follow. Similarly, a man digging alone, away from a group of people who are also digging, cannot complete a well on his own within a practical period of time.

One choice of position led to emptiness. Another led to clustering. From clustering came stars, from stars came elements, and from elements came us.

Humans also share the same tendency. They prefer to build homes and settle in already existing colonies or villages rather than in empty forests. As a result, these colonies grow increasingly populated, interactive and vibrant — just as stars cluster together, leaving the vast empty spaces of the cosmos untouched.

Quantum Collapse as the Engine of Creation

Here lies the heart of the mystery: **creation is nothing but collapse**. Before collapse, everything is a possibility. After collapse, something is real. Without collapse, the universe would remain a silent fog of probabilities, never stepping into form. Collapse is the invisible engine that drives becoming. Each time a particle “decides” — to be here, to be there, to be this, not that — the world gains a new detail. Collapse is the moment when the unmanifest takes birth.

The rishis said, *“From the unmanifest, the manifest arises.”* Physics calls it collapse. Unmanifest means everything is there in superposition, not manifested in any outcome. Darshana calls it creation. Both point to the same truth: the world exists because probabilities bow down into realities.
In the same way, the **soul** decides where and in what form to express itself in a new birth, according to its hidden mental waves — the **subconscious imprints**. This corresponds to the **peak of amplitude**, meaning the **peak of experience**. The form with which this peak of experience aligns determines the soul’s next birth — some become human, others take form as animals, birds, and so on — together filling the Earth to enable the **interactive and harmonious living** of all creatures with one another and with nature.

Closing Reflection

So when you walk across the earth, remember: every grain of soil beneath your feet is there because a particle long ago chose that place. Every star shining in the sky is there because ancient collapses scattered matter into its seat.

Position is not a trivial thing. It is the silent artist, arranging particles like beads on a cosmic thread. Without those choices of

“where,” there would be no “what,” no galaxies, no rivers, no bodies, no breath.

Closing Verse (Mantra-style)

From the cloud of maybes, a single point arises.
From the unseen spread, a place is chosen.
Position is the brushstroke of the cosmos,
Painting stars, weaving bodies, grounding life.
O choosy collapse, O silent hand —
You are the engine that made creation real.

chapter 21- Entanglement: The Hidden Thread of Unity

Imagine a universe where nothing is separate—not even for a moment. A universe where every particle, every star, and every human heart is silently connected through an invisible thread. This hidden thread is quantum entanglement, and it may be the most profound clue we have to understanding the unity of existence. What begins in physics soon expands into life, society, consciousness—and even spirituality.

If spin is the rhythm of creation, position is its stage, energy is its fuel, charge is its attraction and repulsion, and mass is its weight, then **entanglement is the invisible thread that binds everything together.**
Entanglement is one of the most mysterious qualities of quantum particles. It means that two or more particles, once connected, remain linked even if they fly apart across the universe. What happens to one immediately affects the other, as though an unseen string ties their destinies together.

To understand it in simple terms, imagine two lamps that were once lit from the same spark. No matter how far you take them—one on a mountain, another deep in a valley—their glow flickers in harmony. When one shifts, the other responds. This is how entanglement works. It defies distance and time, whispering that unity never truly breaks, even when diversity blooms everywhere.

Unity Beneath Diversity

Creation looks like diversity to our eyes: stars, rivers, animals, trees, and people. Everything seems separate. Yet entanglement suggests there is a deep **oneness running beneath this seeming separation.** Like a spider’s web, invisible yet holding all

its strands, entanglement ensures that the cosmos is not a scattered puzzle but a woven tapestry.
Why not call entanglement an analogy to human society, where each member interacts with all the members to live and earn livelihood together? With this cooperation both manufacture various structures and machineries in a similar way. One insight emerges from here. Take an example: quantum particles make human eyes; humans make cameras. Both are similar, so the maker of both also proves similar. It also means both work in a cooperative society through similar 5 work senses, feel through 5 feeling senses, think with mind, decide with intellect, and have all bhavas, emotions, rasas, and arishadvargas. Simply, the qualities we see in humans are reflections of deeper cosmic principles already present at the fundamental level.

When the first quantum particles emerged, they did not float around in isolation. They carried within themselves silent connections with others. Because all are the children of single mother space. Each collapse of entangled particles did not just decide the fate of one—it shaped the destiny of both and probably even all to more or less extent, simultaneously, no matter how far apart they were. This synchronicity became the secret glue of creation.

Human’s married and family life can be understood through an analogy with quantum entanglement: just as one particle can be maximally entangled with only one partner and only partially with others, a husband is maximally entangled with his wife and indirectly with their children through her, while maintaining partial entanglements with society. Multipartite quantum entanglement fully resembles the family unit, where husband, wife, and children form a shared web of connections. If a person had a deep love affair before marriage, he became maximally entangled with that lover, and therefore cannot form maximal entanglement with his wife but only a partial one, exactly

reflecting the monogamy and distribution rules of quantum entanglement. That is why purity is preferred for marriage, and society considers this a valid reason. If someone is accused of loving another partner, he or she is maligned and dishonoured. Similarly, In school and college life, students who get into romantic or sexual relationships with someone of the opposite sex tend to show less bonding with other classmates. This simply means that quantum particles behave very similarly to human beings in terms of family and social relationships, symbolically proving non-duality at all levels.

In Indian Darshana, this resonates with the idea of **Advaita**—the non-duality of existence. Just as the children of a mother are indirectly entangled with each other through their one shared mother, in the same way all quantum particles — or everything in existence — is entangled to some degree through the one shared mother: space itself. It is a reverse analogy, but it explains the idea clearly.

The Choosy Collapses of Entanglement

So how does entanglement guide creation? It does so through its choosy collapses.

When two entangled particles exist in superposition, each remains a cloud of possibilities until one collapses into a definite state, instantly shaping the state of the other. This is not merely a passive reaction but a creative choice of nature. In a deeper sense, all particles arise from the same shared space — the single ‘mother’ of creation — and therefore carry faint traces of connection with all others, just as children remain indirectly linked through their mother. Although modern physics shows that strong entanglement fades through decoherence, the underlying unity of space and quantum fields suggests a subtle background interconnectedness. Every collapse, every quantum decision,

participates in shaping the unfolding cosmos, reflecting the profound non-duality behind the dance of forms.

This is also evident from the fact that every event in the body and even cosmos is connected to the past, future, and even processes occurring elsewhere in nature. For example, when strong stomach acid enters the mouth during vomiting, there is an immediate profuse flow of saliva to neutralize it; otherwise, the acid would dissolve the teeth. This hints at entanglement occurring even at the macroscopic level.

If two entangled particles must always be opposite in spin, when one chooses “up,” the other instantly becomes “down.” If one locks into a position, the other aligns correspondingly. It is similar to the case of two people arguing: when one becomes angry, the other calms down to maintain harmony. In the same way, married life works better when one partner embodies a more masculine energy and the other a more feminine energy. This coordination echoes everywhere in creation. It is as though nature whispers, “Even in difference, remain one.”

Through countless such coordinated and harmonical collapses, the universe maintains order — galaxies stay together instead of flying into chaos, atoms form stable molecules, and even human hearts feel subtle connections across distances. Entanglement is not just a physical phenomenon; it is the universe’s way of reminding us that, beneath everything, we are all connected.

Entanglement and Living Beings

Look at how life mirrors this principle. A mother feels the cry of her child even from miles away. Twins often sense each other’s moods without speaking. Friends think of calling each other at the same moment. Science may call this coincidence, but at its root

lies the same mysterious entanglement that connects all existence.

Just as quantum particles collapse together, our lives, too, are woven in collapses of destiny. The choices of one being ripple through the web, shaping the path of another. Entanglement makes the cosmos less like a machine of cold parts and more like a living organism, breathing in unity.

In simple forest tribes or small rural communities, people often feel more emotionally connected, because their lives are quieter, slower, and less filled with distractions. In crowded metro societies, this emotional ‘coherence’ breaks down due to noise, stress, and constant mental clutter — very similar to how quantum entanglement disappears in particles when they interact too much with their environment. This is the social equivalent of decoherence. Yet even in big cities, a faint sense of connection still persists — between family members, close friends, or even strangers who suddenly understand each other without words. This lingering human coherence suggests that, just as some emotional entanglement survives in complex societies, a very tiny trace of quantum entanglement might also persist in complex and noisy natural objects. It would not be strong or useful like laboratory entanglement, but the fact that coherence never becomes zero hints at an underlying unity that never fully breaks.

Entanglement as the Harmony of Creation

Imagine a grand orchestra. Each instrument is unique, playing its own notes, yet all are tuned to a single rhythm, otherwise the music would be noise. Entanglement is that hidden rhythm. It ensures that even when the violin sings differently from the drum, both remain part of the same symphony.

Without entanglement, the world would splinter into lifeless fragments, like scattered beads without a thread. But because of it, the beads form a necklace—diverse in form, united in purpose.

Quantum Collapse: The Engine of Creation

At the heart of it all is quantum collapse. Creation is not a pre-written script. It is a live performance, each moment born afresh when a particle chooses one possibility out of many. Collapse is the great chooser, the silent decision-maker.

Entanglement adds depth to this act. One collapse does not happen alone—it carries others along, weaving a larger order. It is like dominoes falling in patterns, not randomly, but in carefully chosen designs that give rise to galaxies, stars, life, and consciousness.

Collapse is the **engine** that keeps creation moving, while entanglement ensures that the engine's many parts remain in harmony. Together, they make sure the universe is not just a collection of accidents, but a living, breathing dance of unity and diversity.

Closing Thought

Entanglement teaches us that separation is only skin-deep. Beneath the surface, all existence remains connected. Every particle, every being, every star is part of a silent unity. When quantum particles collapse, they do not just create diversity—they reveal that this diversity never left its unity.

In this light, entanglement is not only a scientific puzzle but also a spiritual reminder: **we are many, yet one; different, yet inseparably bound.** Creation thrives on this truth, and collapse is the way it continuously paints the picture of unity within diversity.

Chapter 22 – Superposition and Collapse: The Dance of Choice and Becoming

Creation is not a frozen script, but a living play of possibilities. At the quantum level, reality does not exist as fixed entities waiting to be discovered—it exists as superpositions, states of “may be,” “could be,” “shall be.” A particle before observation is not one thing or another; it is many things at once, carrying the fragrance of infinite futures. But when collapse happens—when an act of choice arises out of the silent field—one possibility is plucked from the garden of infinity and becomes the reality of this moment. Thus, **superposition is the womb of creation, and collapse is its birth.**

Imagine a child standing in front of a shelf of storybooks at night. Before choosing, every book is a possible story for the night — all the adventures, mysteries, and fantasies are equally open. It’s like a whole library of possible nights even though the child will read only one. But the moment the child picks a book, that story becomes the night’s reality, and all the other stories fade back into the shelf. This is exactly how superposition and collapse work: many possibilities exist at first, and one becomes real when the choice is made.

The sages of India intuited this mystery long before the equations of quantum mechanics. In the Upanishads, Brahman is described as “neither this nor that, yet also this and that”—a description that mirrors the quantum superposition. It is the realm where all attributes are held simultaneously, but none is bound. Collapse then is like the act of *Ishvara Sankalpa*—the divine will choosing to manifest a particular form from the unbounded potential of Brahman. Every event, every form, every particle we see is thus a frozen decision within this eternal game of becoming. That is why

the Upanishads declare eko'ham bahu syām—"I am One, and I shall become many"—the divine will at the beginning of creation. Why not see this cosmic will as the very first collapse of pure potential into actuality, taking the form of fundamental fields and particles with specific properties such as form, charge, position, spin, and momentum?

Superposition: The Silent Ocean of Possibility

Imagine standing at the ocean early in the morning. The water is very calm, but that calmness is full of hidden possibilities—waves could rise in any direction at any moment. This is like **superposition**, where many outcomes exist together before anything is measured. In this "possibility state," an electron is not spinning clockwise or counterclockwise—it is in a special quantum state that contains **both possibilities at once**, just like the calm sea contains all the potential waves before any one wave actually forms. Nothing is fixed yet; everything is only potential, waiting for one specific outcome to appear when observed.
In Sankhya, Prakriti before disturbance is completely calm — the three gunas are balanced, nothing has taken form, and nothing has begun. It is a state of pure potential. This is just like **superposition** in quantum physics, where all possibilities exist together but none is chosen yet. It's called Prakriti in samyavastha or equilibrium. Prakriti waits for the presence of Purusha before anything moves or evolves. In the same way, a quantum state waits for measurement or interaction before one outcome becomes real. The moment Purusha's attention falls on Prakriti is like the moment of **collapse** in quantum mechanics — the instant where potential becomes creation, and one definite reality appears. It's called kshobha or disturbance in Prakriti. Why not call underlying fields as prakriti in samyavastha and particles born from them as kshobha in prakriti.
Prakriti is like sugar syrup. Within it, the sugar particle in it represents sattva; its dispersed presence throughout the syrup

represents rajo guna through constant but unnoticeable movement; and its dissolution, where the particle no longer exists in solid form, represents tamo guna or destruction of particle form. Means in mool prakriti, all the three gunas remain in unchanging amount equally dispersed everywhere. It's samyavastha. But when sugar particle is separated back from syrup through crystallization etc., then sattva guna varies at different locations as sugar particle has more concentrated sattva than rest of the sugar syrup. Similarly rajoguna also varies as sugar particles shows more concentrated motion than rest of the sugar solution on heating. With this tamoguna also varies for destruction or dissolution back of sugar particles contains more concentrated tamoguna or destruction than the uniform tamoguna in rest of the sugar syrup. If we replace the sugar particle with a quantum particle, the sugar syrup becomes the quantum field. The formation of a particle then expresses sattva as form, rajo guna as motion, and tamo guna as the particle's eventual changing form, destruction or dissolution back into the field. It proves the same quantum fields were experienced by ancient sages with inner eyes which scientists are discovering as quantum fields through physical experiments. Brahma can be called as cosmic quantum field and soul as individualised quantum field as it has individual's hidden impressions made from its countless lifetimes. Soul reborns again and again from this individualised quantum field. Liberation is like dissolving of even this field back into pure void space that's nothing at all and is the background of grand quantum field aka prakriti. It's only practically possible through nirvikalp samadhi, the top achievement of yoga.

There must exist a grand, all-encompassing quantum field from which every known quantum field arises. Science has not yet detected it, but logic strongly points toward its existence, because everything in nature moves toward unification. Just as diverse particles emerge from individual fields, all fields themselves must

emerge from a deeper, singular foundation. In philosophical terms, this is the modern reflection of Prakriti—one source field from which all forms arise and into which they dissolve. Although string theory and few other scientific theories are speculating it.

Collapse: The Birth of Form

Collapse is not destruction; it is birth. When superposition resolves, a particular outcome is chosen and becomes the world. It is like the sculptor striking a block of marble: infinite shapes are hidden within, but one form emerges. Collapse is the act of manifestation, the narrowing of infinity into one thread of reality.

The *Nyaya Darshana* speaks of *pramana*, valid means of knowledge, where perception crystallizes the uncertain into the certain. Collapse is a cosmic *pramana*—it validates one outcome as the "real." But this validation does not cancel the unseen others; they remain as shadows, as unseen branches in the cosmic tree, perhaps flowering in parallel universes.
Thus, every collapse is like an act of cosmic decision-making. The world is not predetermined; it is continuously deciding itself into being.

Choice as the Engine of Creation

Why is collapse so central to creation? Because collapse is the very engine of becoming. Without collapse, everything would remain an undifferentiated soup of potentials—silent, formless, directionless. Superposition is the clay, but collapse is the potter's hand.

The *Yoga Darshana* explains creation as a process of *sankalpa-shakti*, the power of intention, arising from consciousness. The yogi is taught that by stilling the modifications of mind (*chitta vritti nirodha*), one returns to the ocean of possibility; but by focusing

thought and intention, one collapses possibility into reality. In this sense, collapse is not only physical but also experiential. Each thought we entertain collapses infinite ideas into one lived reality. In human life, collapse appears as choice. At every moment, we hover in superposition: Shall I act or refrain? Shall I love or withdraw? Shall I see the divine in the other, or reduce them to an object? Each decision collapses countless options into one stream of destiny. Thus, collapse is the bridge between freedom and form.

Quantum Collapse and Indian Metaphysics

In Vedanta, the play of Maya is described as veiling (*avarana*) and projection (*vikṣepa*). Superposition mirrors the veiling: the true state of things remains hidden, undefined, unmanifest. Superposition also veils the self luminous soul when it's ready to collapse. Actually soul doesn't collapse and can never collapse as it has nothing inside. It is perfect zero. It's a perfect void. When soul of Brahma takes the form of prakriti, then it becomes full of all potentials. Although basic supreme soul remains fully void as such always. It means the soul of Brahma needs to become veiled to entertain the Collapse. Veiled means there is everything or every outcome in prakriti or bound soul in hidden or veiled or potential form without anything yet expressed through collapse. Collapse mirrors projection: a specific form is projected into consciousness of Brahma or human whatever level. What is hidden becomes revealed, what is possible becomes actual. The cycle repeats endlessly, each collapse weaving the fabric of the manifest.
The Bhagavad Gita proclaims: *"I am the gambling of the gambler, the chance among things."* This chance, this sudden crystallization of one possibility among many, is none other than collapse. It shows that creation is not mechanical necessity alone—it is also play (*lila*), spontaneity, surprise. The universe evolves not by rigid design, but by the freedom of collapse.

Collapse as Sacred Fire

Consider collapse as *Agni*, the sacred fire. In the Vedic sacrifice, offerings are placed into fire, and fire transforms them into smoke and flame that rise to the heavens. In the same way, the infinite offerings of potential are cast into the fire of collapse. From that fire arises one reality, glowing with form and direction. Every collapse is thus a yajna, a cosmic sacrifice where possibilities are consumed to give birth to actuality.
This yajna continues ceaselessly: electrons choosing orbits, galaxies forming shapes, cells dividing, humans making decisions. All are flames of the same sacred fire.

The Pulse of Becoming

Superposition and collapse together form the pulse of becoming —the systole and diastole of the cosmic heart. Superposition is expansion into infinity, collapse is contraction into form. Together they beat, again and again, generating time, space, and history.

The *Kashmir Shaiva* philosophers described creation as the pulsation (*spanda*) of Shiva's consciousness—an eternal throb between stillness and manifestation. Modern physics echoes this ancient intuition: reality is not a frozen block but a dynamic dance of probabilities collapsing into certainties.

Collapse and Evolution of Complexity

Each collapse does not occur in isolation; it feeds into the next. A particle's collapse shapes its neighbor's potential, like ripples overlapping in a pond. Over time, these ripples build into patterns, and patterns into structures. From hydrogen atoms to stars, from DNA to consciousness, the universe evolves because collapses accumulate into order.

In this sense, collapse is not merely local but evolutionary. The cosmos learns from each decision. Diversity emerges because collapses never follow a single path but branch into endless variations. Unity emerges because all collapses occur within the same underlying field. Creation is thus diversity in unity, and unity in diversity.

Collapse as the Mirror of the Self

Collapse is not just a physical event—it mirrors the movement of the Self. The Self is simply that which chooses, that which says, “I am this.” Means it ignores all of its hidden potentials and selects only a single outcome to identify with. In deep meditation, when thoughts fade, we rest in a state like superposition—pure being, without any identity. But the moment a thought appears, a collapse happens: the mind claims, “I am this body, this person, this story.” In this way, life becomes a continuous series of collapses happening on the still, silent ocean of superposition.

The *Advaita Vedanta* reminds us that behind all collapses, the Witness remains untouched—the pure consciousness that neither chooses nor becomes, but allows all choices and becomings to appear. To know that Witness is liberation, the transcendence of collapse itself. Probably it is this very same detachment and non-duality by whatever means, out of which quantum darshan can be a good one.

Quantum Collapse: The Engine of Creation

If we look at the grand picture, superposition provides the infinite palette, collapse paints the stroke. Together, they are the engine of creation. Without superposition, no possibility; without collapse, no actuality. Creation is thus not a single event but a continuous unfolding, driven by the rhythm of superposition and collapse.

This engine powers not only physics but life, mind, and spirit. Every breath is a collapse of air into lungs, every word a collapse of thought into sound, every act a collapse of freedom into destiny. The universe is not a machine, but a living story—authored moment by moment by the choices of collapse.

Copenhagen interpretation says the collapse is real and that no outcome is determined in advance—and many experiments support this. I also appreciate pilot-wave theory, where a particle is guided by a wave. It fits experimental results quite well. However, it claims that every outcome is already determined, which aligns with Indian philosophy that says everything is predetermined—even the movement of a leaf—and that humans are merely puppets.

If we think logically, when the probability distribution already tells us where a particle is most likely to be found, then perhaps the exact position is also predetermined; we simply do not know it yet.

Many-worlds theory is philosophically remarkable as well. In it, there is no collapse of superposition into a single outcome. Instead, every outcome manifests in parallel worlds. This resembles the human mind: one person may perceive a tree as tall, another as short; one may see it as more green, another as less green. A single object gives rise to multiple subjective outcomes. Many-worlds, in a sense, implies many minds—because the world is nowhere but within the mind.

Yet, among all interpretations, the Copenhagen interpretation—superposition and collapse—fits experimental observations most directly. That seems to be how nature operates everywhere. It is a kind of Darwinian quantum evolution: the peak of the amplitude is the most likely outcome, and nature consistently evolves toward it.

De Broglie was right: everything has a wave nature, whether electron, photon, atom, molecule, mountain, planet, or galaxy. Development occurs through survival of the fittest, and the "fittest" option is simply the option with the highest amplitude. This reveals a deep non-duality, where everything—physical or mental—operates through similar underlying patterns.

At the foundation of reality lies the **pure quantum world**, an impersonal field that performs the entire cosmic play without any capacity to feel. It creates, transforms, and dissolves everything effortlessly, yet it remains completely non-experiential, untouched by emotion or awareness. From this arises the **quantum-human**, a subtler layer where *feeling and experience do appear*, but with complete detachment and nondual clarity. The quantum-human experiences all sensations, thoughts, and perceptions generated by brain-wave dynamics, yet never mistakes them as "mine," and therefore remains inwardly free. The mistake happens at the level of the **macro-human soul**, the ego-sense, which identifies with these brain-wave activities and assumes, "These thoughts are mine, these feelings are mine, this world is mine." This misidentification creates duality, attachment, and ignorance. The quantum-human represents the **middle path**—a state in which a social human aka macro human being can still feel, relate, think, and live, but without falling into attachment and ignorance. Unlike the purely non-feeling quantum world, which no embodied person can emulate while living, the quantum-human offers a balanced model: fully feeling, fully aware, yet inwardly liberated. This is the practical ideal that **Quantum Darshan** points toward—living in society while maintaining the detachment and freedom that arise from understanding the deepest quantum game.
In nutshell, the main point of the story is that mystics discovered the ultimate truth and perfect peace by practicing seeing everything in the world as equal to themselves this way or that way that I also feel—meaning the inner working of everything is

similar to that of a human being. Experience has already revealed this, and science will also reveal it fully one day. The division between living and non-living is superficial; at a deeper level, the functioning of all things is astonishingly similar. Call it the collapse of potential thoughts into specific thought or thoughts into a decision or something else—experience can never be denied simply because science has not yet fully explained it. Experience reigns higher than science. First comes experience; science only later affirms it so that even laypeople and non-believers can understand and believe it.

Conclusion

Superposition is the silence of infinite potential; collapse is the voice that speaks one possibility into being. Together, they form the essence of creation: freedom held in balance, then released into form. The Indian darshanas recognized this in their own tongues: as Purusha's glance upon Prakriti, as the projection of Maya, as the pulse of spanda, as the divine will of Ishvara. Modern physics recognizes it as the quantum wave collapsing into measurement. Both are describing the same mystery: **reality is not found—it is chosen, moment by moment.**
Creation, then, is not behind us as a past event, but within us as an ongoing act. With every collapse, the universe is reborn.

Chapter 23: The Atom Is You – A New Way to See Yourself

From the great canvas of cosmos where stars swirl like sparks scattered in infinite space, the journey once again narrows its focus, drawing the gaze back toward the human form. The previous exploration had revealed how the same rhythm that patterns galaxies also structures the body, how the vast universal flow reflects itself in the miniature figure of flesh and bone. It was a movement outward, tracing the human outline until it dissolved into the map of stars. Now the path turns inward with equal wonder, asking with trembling curiosity: if the cosmos is within the body, what lies within the very atom that builds this body?

The human body is not merely made of atoms; it is the dance of atoms. There is no gap where something called “body” exists apart from them. The eyes that watch, the hands that move, the thoughts that arise, all are formations of vibrating atomic fields. To say “my body” is already a step too far, for what ownership can be claimed over trillions of particles borrowed from earth, water, air, and fire? Atoms flow through food, through breath, through the touch of the environment. They do not belong to an individual; they simply assemble for a while in the pattern that is recognized as a person.

Ego, however, is clever. It rushes forward like a signature stamped on a moving river, claiming that this function of walking, this act of speaking, this thought of dreaming, is mine. Yet in truth it never possessed the materials of its claim. The muscles are shaped by proteins from food that grew in distant fields, the thoughts are stirred by impressions absorbed from a world stretching beyond sight, the very breath is gifted freely by trees and winds that circle the planet. Ego is like a shadow insisting it owns the sun.

Think of your true self like the sun—always shining, always there. Your ego is like a shadow—always around you, moving with you. The shadow never really controls the sun, but it can't help acting like it does. In the same way, your thoughts, your roles, and your "I am this" ideas feel important, but they aren't who you truly are. They only reflect the real you. No matter how much the ego claims or worries, the true self stays free, untouched, and shining on its own.

Consider the simple atom. It seems so small that the mind struggles to picture it, yet it is a kingdom of vastness in itself. Within it, electrons spin in mysterious clouds, protons and neutrons huddle in a vibrant heart, and within that heart quarks shimmer like restless sparks. Each layer recedes into deeper mysteries, like a hall of mirrors extending without end. The more science peers into the atom, the less substance it finds, until matter itself dissolves into probabilities, vibrations, and wave-like dances of energy. Thus the atom is not a hard grain but an event, not a brick of reality but a doorway into uncertainty. It's more like a little event or a happening—always moving, always changing. You can't pin it down completely, and it behaves in ways that are a bit unpredictable. So instead of thinking of atoms as fixed building blocks, think of them as tiny sparks of activity that make up the world around us.

Now pause for a moment and realize: the body is nothing but the collective appearance of these doorways. What is called "flesh" is a swarm of events, what is called "thought" is a ripple of atomic processes, what is called "emotion" is an orchestration of subtle biochemical storms. To identify with them as a permanent self (mind-body sense of self) is like mistaking a rainbow for a solid bridge. The rainbow glows, astonishes, and vanishes—yet no one can catch it. The self too appears as a dazzling formation, radiant yet elusive, made of atoms that do not stay in one place, do not belong to one being, and do not even truly exist as solid matter.

If the body is made of atoms, and those atoms also make up the world, then the ego is only a claim over what was never truly ours. It is like writing your name in sand while the waves keep washing the shore. With every breath, atoms flow out into the air; with every meal, atoms flow in from the earth. Each day, billions of particles leave the body and billions more enter, so the boundary called “me” is never fixed. A person is more like a whirlpool in a river—shaped for a time, distinct to the eye, yet made only of water that flows in and out. What we call “me” is never separate from the stream it belongs to, but part of the river’s continuous, unbroken flow.

Yet there is an even deeper turning in this inquiry. For just as the body is not separate from atoms, and atoms are not separate from the universe, so too the person is not truly separate from awareness itself. While accepting the physical unity between body and world, how can we deny their mental or spiritual unity as well?This is the final and most delicate insight of *Sharirvigyan Darshan*, leading us to the ultimate non-physical through the doorway of the physical. Atoms appear, bodies appear, worlds appear, but they all rise within a field of witnessing or silent and pure awareness that itself cannot be touched, weighed, or measured. Awareness does not belong to atoms any more than the sky belongs to clouds. Clouds drift and scatter, yet the sky is not reduced or enhanced by their passing. In the same way, awareness remains open, untouched, while atoms whirl and assemble into the temporary form of a body.
This recognition overturns every ordinary assumption. When the body is mistaken as self, life becomes heavy with fear and desire. Fear arises because what is owned can be lost, and desire arises because what is lacking seems to complete the self. But when it is seen that the body is only an arrangement of atoms, the grip loosens. There is no need to clutch at what was never owned. The hands may still work, the heart may still love, but the compulsion to control lessens, replaced by a spacious ease. Even death itself

begins to appear in new light—not as the end of a self but as the recycling of atoms into new patterns, like clay reshaped into new vessels. This means we need not meditate separately on the pure self; simply seeing the body as a temporary arrangement of atoms is enough to bring the pure self into view. This contemplation looks similar to that experiential facet of *Sharirvigyan Darshan*, where body cells are seen as complete human beings in every aspect—a contemplation that led the author to a Kundalini awakening and a glimpse of self-realization. Science too whispers of this mystery, though in different words. It tells that energy cannot be destroyed, only transformed. The carbon of the body once burned in stars, the oxygen once flowed through ancient forests, the water once traveled in rivers older than mountains. At death, these elements scatter once more into the world, ready for new cycles. Awareness, however, is not part of this cycle of matter. It does not scatter or rearrange, because it is not made of atoms. It is the stage upon which the atomic drama unfolds.

This is the new way to see oneself: not as a solid individual enclosed within skin, not as a fixed identity defined by thought, but as the open awareness within which atoms gather and dissolve. The “I” that ordinarily feels so heavy is only an appearance, like an add on to pure awareness or like moving and chaotic reflections upon clean and still water. To recognize this is not to deny the body but to appreciate it more deeply, as one appreciates a song without claiming ownership of each note.

Mystics of many traditions hinted at this long before modern physics unfolded its revelations. They spoke of the world as maya, as dreamlike appearance, as shimmering play. Now science confirms that matter is not solid but probability, not substance but energy. Means, matter is not truly solid but energy shaped as a cloud of probabilities, where particles can be in many possible states at once. Only when observed or interacted with do these

probabilities collapse into a single definite event we call “reality.” The mystic gaze and the scientific gaze meet at the threshold of the atom, both astonished at the emptiness and wonder that lie within.

This insight does not remove life’s responsibilities or dissolve the needs of the world. Rather, it lends them a gentler context. Work is still done, relationships are still cherished, struggles still appear. But underneath, there grows a subtle knowing that no function is truly “mine.” All our actions come from the whole, shaped by atoms and situations. They appear in pure awareness for a moment and then fade back into it. Ego may still claim them out of habit, but the claim no longer deceives as it once did.

To live with this understanding is to live like a wave that knows it is ocean. The wave rises, dances, and falls, yet never ceases to be ocean in essence. In the same way, the human being may rise in laughter, fall in grief, shine in love, tremble in fear, yet beneath every form lies the same undivided pure awareness. Atoms may assemble into different names and faces, but awareness remains one, endless, without division.

Thus the atom becomes not merely a scientific curiosity but a spiritual mirror. It teaches that the smallest unit of matter is already a gateway into infinity. It makes us see that nothing is really ours to hold on to, because everything is always changing and flowing. Behind all this change there is a quiet awareness that never changes. When we realize this, we find a freedom that nothing in life can shake, because it rests on what is permanent, not on what is temporary.

Our journey can move outward, studying the body and the cosmos, and inward, exploring atoms and finally the awareness that observes them. At first we see only the physical world—our body and the stars—but the real adventure leads us back to the

center of our own consciousness. When this is seen, life appears as a play of light and energy, like atoms glowing as tiny fireflies or conscious beings within pure awareness. In that vision, we no longer feel the need to possess or control anything, but instead feel deeply connected, belonging to the whole.

Chapter 24: When the Atom Dissolves the Ego

The exploration that began with matter and moved towards the self now reaches another doorway. Matter has been seen not as something separate but as a reflection of the self. The body has been observed not as a lifeless machine but as a field of consciousness woven through atoms, molecules, tissues, and energies. Now comes the most delicate and mysterious turn in this journey, where the very atom itself reveals the illusion of doership and quietly melts the ego away.

Every atom is endlessly active. Within it, protons and neutrons are bound in ceaseless dance, while electrons whirl around with unimaginable speed. Yet in all this activity, never does an atom declare, “I am the doer.” There is no self-assertion in its functioning. It simply acts because action is woven into its nature. The atom never claims ownership of creation, and yet without it, nothing can move. In this silent humility of the atom lies a mirror for the human being. The body, built of countless atoms, also functions in the same way. Breath rises and falls, blood circulates, thoughts appear and fade, but nowhere within does the body say, “I am the thinker.” Thoughts are not manufactured by the body; they are ripples in the vast lake of mind.

Ancient wisdom had already noticed this truth. In the Gita it is said that the gunas act upon the gunas. Forces of nature act upon forces of nature. Fire burns because it is the nature of fire to burn, wind blows because it is the nature of wind to move. Likewise, actions emerge from the body and mind because it is their nature to act. The witnessing consciousness remains untouched. The illusion of ego is nothing but the mind’s mistaken identification with this flow of actions. Ego believes, “I am doing,” whereas in

truth action is happening through the gunas, just as rain falls or a flower blossoms.

Science, too, has begun to echo the same insight in its own language. Physics shows that before any particle is observed, it exists in superposition, holding many possibilities together. Only in the moment of observation does one outcome collapse into being. In the same way, before a thought arises, the mind is filled with infinite possibilities. Each thought is like a quantum collapse, a crystallization from the field of potential into the world of form. Prior to thought, there is only a vast dark stillness, a zero point where every possibility cancels itself by its opposite, leaving nothing but unexpressed energy. This state of unmanifest mind is experienced in meditation as a deep darkness, an ocean without ripples.

When one emerges from samadhi, there is often no immediate storm of thoughts. First, the still energy is felt, like a dark silence holding everything within it. Only afterwards does the chain of thoughts begin to rise, one by one, each collapse giving birth to the next. Ancient yogic language called this process vyutthana, the return of the mind from samadhi. The modern physicist calls it the movement from superposition to collapse. The meaning is the same: from pure potential arises form, from silence arises sound, from stillness arises motion.

During meditation, scattered traces of thoughts may appear like clouds on a clear sky. The seeker need not fight them. Simply allowing them to pass keeps the mind open to the vast akarnava, the boundless ocean beyond. Sometimes a gentle mental chanting of akarnava itself helps link the mind with this endlessness. And when thoughts grow heavy, the ancient method of neti neti offers a simple key. Neti means “not this.” At intervals, when a thought appears, it is quietly dissolved by remembering, “not this, not this.” The thought fades back into the void. Yet even

this practice must remain subtle, for if repeated without pause, it turns mechanical and loses its power. Used occasionally, it creates sudden dips into stillness, where breath slows and relaxation deepens.

In deeper meditation, when the awareness is extended to the entire sitting body, something extraordinary is noticed. The body itself becomes a gateway to the cosmos. Every chakra within the body is a hidden archive of universal patterns. Within the heart lie echoes of cosmic emotions, within the throat the seeds of all expression, within the brow the visions of countless worlds. When the whole body is kept in gentle notice, the entire cosmos hidden within begins to open. Thoughts connected with the universe itself may arise, only to dissolve in the same silence.

Yet sometimes meditation feels blocked. Energy stuck at certain chakras creates a sensation of suffocation or heaviness. Breath automatically begins to focus on that region as if the body is trying to heal itself. This is not for oxygen but for prana, the subtle energy required by that chakra. Until these blockages are released, meditation remains shallow. Breathlessness is the sign of release. When, after working through the chakras, breath is naturally held at the end of inhalation or exhalation, a depth opens where suffocation disappears. The once-blocked chakra now feels free, or at least so subtle in its lack that it cannot stop the energy from rising. From this breathless stillness, meditation enters its deepest flow.

Actually, after mastering prāṇa through repeated yoga practice, one can hold the breath at will and focus on an energy-deficient chakra. That chakra then feels “hungry” for breath, producing a sharp, suffocating sensation. In reality, it is not hunger for air; it is hunger for prāṇa. When attention is placed on that sensation, the energy in the suṣumṇā naturally floods that chakra and satisfies it, even while the breath remains stopped or nearly absent. When

all the chakras become fully nourished with prāṇa, a breathless and deeply satisfied state appears, which is wonderful and naturally leads to a mindless dhyāna-like stillness.

Seen in this light, the discoveries of Sanatan Dharma appear less as religious imagination and more as profound quantum insights in disguise. The sages saw that everything in existence is conscious in its own way, and thus they worshipped every element as divine. Stones, rivers, trees, animals, all were held as manifestations of the same conscious field. Idols and mandalas were not superstitions but symbolic mirrors to the cosmic order hidden within the atom and within the self. Today, quantum scientists too are beginning to wonder if consciousness itself plays a role in the collapse of possibilities into one outcome. The ancient and the modern are slowly meeting on the same ground.

Science shows the structure. Biology reveals the process. Matter, in its endless forms, presents the illusion of separation. But Sharirvigyan Darshan, the direct seeing of the body as a field of consciousness, dissolves ego through pure vision. In this vision, it becomes clear that the self is not an atom, not a cell, not a body. The self is the field in which all these arise and into which they dissolve. Ego may pretend to be the doer, but the atom has no such illusion. Ego may take ownership of thought, but thought itself is only a quantum ripple arising from silence.

The final freedom is nothing dramatic. It is the melting of ego, the end of false ownership. When this happens, silence itself shines forth, not as something achieved but as something that was always there. The self remains, untouched, unbroken, ever luminous. The journey through atoms, body, mind, and cosmos ends where it began, in the pure witnessing that needs no name.

Thus the story comes full circle. The human being entered the investigation thinking of himself as a separate doer and knower.

He examined matter, cells, energies, and mind. He discovered that the atom does not claim doership, the body does not think, the mind does not own thoughts. The gunas act upon the gunas, and he is only the witness. In that recognition, the atom dissolved the ego. The silence behind all action became visible. That silence is the self, radiant and free.

And here ends the adventure of Sharirvigyan Darshan as Quantum Darshan, not in noise but in a quiet flowering. When the atom is seen as innocent of doership, the ego cannot survive. When the body is seen as a field of energies, the mind cannot cling. When thought is seen as a ripple in the quantum ocean, the self shines as the boundless sky. This is the final realization, simple and astonishing: the self was never hidden, only the illusion of doership covered it. With its melting, the journey finds its destination, and the seeker finds himself where he always was —free, silent, eternal.

Chapter 25: A Simple Understanding of How We Create Our Inner World

Modern physics and Vedanta both tell us that the world we experience is not exactly the world that exists outside. Quantum physics says things exist in many possible states until interaction selects one. Vedanta says the universe created by Ishvara is one, but the world each person lives in is different. This difference comes from how our own mind and energy process the same situation.

Every moment, our mind goes through three steps. First, the subconscious picks one emotional possibility out of many. A single scene can hold fear, love, disgust, calmness, or joy. Which one we feel depends on our past experiences, tendencies, guna balance, energy flow, and the dominant chakra. This selection happens instantly and quietly. Next, the mind turns that selected possibility into an actual emotion—fear becomes anxiety, anger becomes heat, love becomes warmth, and peace becomes stillness. Finally, our intellect interprets that emotion and forms meaning, stories, and opinions. This is how our personal world is created.

Chakras play a big role in this process. Lower chakras make us collapse experiences into fear, desire, or anger. Middle chakras make us collapse experiences into love, empathy, and understanding. Higher chakras make the collapse lighter, calmer, and more detached. When the energy reaches Ajna or Sahasrara, emotional reactions become very subtle, and the person begins to witness thoughts and feelings without getting pulled into them.

Kundalini movement changes the collapse even more. When energy is low, the collapse is emotional and reactive. When energy rises to the heart and throat, collapse becomes

meaningful and refined. When energy reaches the higher centers, collapse becomes quiet and almost neutral. In deep meditation or samadhi, collapse becomes extremely weak or stops completely. There is no emotional or mental coloring—only pure awareness remains.

Quantum physics supports this kind of idea at a physical level. A particle stays in many possible forms until interaction fixes it. But this does not mean we create the entire universe by observing it. Ishvara creates the physical universe. We only create our personal experience of it. Things happen outside, but our inner world forms through emotional and mental collapse inside us.

As we grow spiritually or through meditation, this collapse becomes less noisy and more peaceful. The mind reacts less. Interpretation becomes minimal. Awareness becomes clearer. In the highest state, there is no collapse at all—no emotion, no story, no reaction—only pure consciousness aware of itself.

In simple words:
We do not create the outer universe, but we continuously create the inner universe we live in.
The more balanced our energy and mind become, the more peaceful and clear this inner universe becomes, until finally it dissolves into pure awareness in samadhi.

How Balanced Chakra Energy Stops Emotional Overreaction and Leads Toward Samadhi

In everyday life, we react emotionally because one part of our inner system becomes stronger than the others. If lower chakras become active, we react with fear, anger, or hurt. If middle chakras dominate, we respond with empathy or emotional softness. If upper chakras dominate, we remain calm, clear, and unaffected. But through practices like chakra meditation, pranayama, and other yogic methods, our energy gradually spreads evenly across all chakras. When this balance happens,

something very interesting occurs: no single emotional pattern becomes dominant. All emotional possibilities arise together, and because they appear at the same time, they naturally cancel each other out.

When chakra energy becomes balanced, cancellation does not mean we stop feeling emotions. In fact, we feel **all** emotional responses more clearly, but none of them overpower us. The emotions rise naturally, but because opposite tendencies appear together, they quickly neutralize each other. This creates a healthy inner balance where we remain aware of every emotion without getting trapped in any one of them. Yoga does not make us dull or detached from life; instead, it **expands our capacity to experience**. We sense fear, love, anger, compassion, clarity, and calmness all at once, but they do not disturb our inner state. This expanded emotional umbrella allows us to enjoy the world more deeply while staying free from entanglement. In this sense, yoga helps us live fully, feel everything, respond intelligently, and yet remain centered and unaffected. This natural neutrality is what gradually leads toward inner peace and eventually toward samadhi.
This means the mind does not fall into one fixed reaction. It doesn’t collapse into only fear, only anger, only love, or only logic. Instead, all these tendencies stay balanced. This creates an inner state where emotional reactions lose their force, and the mind remains steady and neutral. In this balanced condition, awareness becomes spacious and calm because nothing inside pulls the mind strongly in any direction. This is why the experience begins to feel like samadhi—quiet, open, and free from emotional disturbance.

For example, if someone insults us, an unbalanced system reacts from whichever chakra is strongest at that moment. Lower chakras produce hurt or anger. Middle chakras produce understanding or softness. Upper chakras produce calm

detachment. But if all chakras are balanced, the lower and middle reactions rise together and neutralize each other. What remains is the clarity and calmness of the higher centers. The result is that the person does not feel shaken, and the mind stays peaceful.

In simple terms, **balanced chakra energy prevents the mind from collapsing into one emotional pattern**, and when no single collapse is favored, the mind naturally becomes still. This stillness is the doorway to samadhi. When the mind does not cling to any specific reaction or outcome, inner freedom appears on its own. This is the essence of why balanced energy leads to calmness, clarity, and eventually glimpses of real samadhi.

Chapter 26: The Cosmic Connection: Sāṅkhya and Quantum Physics

The universe begins from a quiet background that holds all possibilities but expresses none. Sāṅkhya calls this *Prakṛti*, and quantum physics describes it as the undifferentiated quantum field—the vacuum that contains every potential pattern of behaviour. In this original state, nothing is separate. There is no world, no mind, no matter, and no individuality. Only a field of pure potential waiting to move. Alongside this stands *Puruṣa*, the silent witnessing awareness, comparable to the observer in quantum theory. It does not act, but without it, potentials do not become definite.

When the still Prakṛti undergoes the slightest disturbance, the first form of order appears. This is *Mahat* or *Buddhi*. In ancient terms, it is the dawning of cosmic intelligence. In quantum terms, it is the first symmetry-breaking where the basic behaviours of reality appear—attraction, repulsion, oscillation, motion, and balance. This is the beginning of structured behaviour in the universe. Nothing is individual yet, but the field is no longer completely still.

Prakṛti is not a physical point before the Big Bang; it is the totally unmanifest potential where nothing is expressed — no space, no time, no particles, no fields, no laws, no symmetry. When this perfect sameness of guṇas is minutely disturbed, the first expression that appears is Mahat, which is pure cosmic order: the universe's first structured state, like the perfectly symmetric, massless pre–Higgs early universe where all forces are unified and no individuality exists. Mahat is not particles — it is the first "law-framework" that makes particles possible, just like the unified electroweak field before symmetry breaking. When this initial order further differentiates (Ahaṅkāra), symmetry breaks — exactly like the Higgs field choosing a non-zero value — and now distinct behaviours arise. Actually, with the rapid expansion of the

universe after the Big Bang, rapid cooling occurs, and the Higgs field condenses just as water freezes when it becomes cold. Some quantum fields interact strongly with this condensed Higgs field and gain mass (like W and Z bosons), and some remain massless (like the photon). This is the stage where individuality begins. From here, subtle qualities (tanmātras) and then space, forces, energies, and finally particles and matter (mahābhūtas) emerge.
In essence: **Prakṛti is pure unmanifest potential; Mahat is the first perfectly symmetric order; Ahaṅkāra is the symmetry-breaking that creates separateness; and all matter arises only afterward.**
From this early order, a definite identity emerges. This is *Ahaṅkāra*, the principle that creates "this" and "not this." Quantum analogies are direct: symmetry breaking, origin of differentiation or duality, wavefunction collapse, decoherence, and the emergence of particles from a spread-out field. Ahaṅkāra is not psychological ego; it is cosmic individuality. It is the moment when a section of the universal field becomes a distinct centre of activity.
Once individuality forms, three streams unfold from Ahaṅkāra. The first is *Manas*, the coordinating mind. It is not intellect; it is simple internal movement—attention, comparison, and the handling of impressions. This matches quantum oscillations, phase changes, and internal state-shifts. In Sāṅkhya, Manas is the most basic layer of mind—not intellect and not identity—but the simple internal mechanism that receives sensory impressions, shifts attention, compares possibilities, doubts, and coordinates information between the senses and Buddhi. It is fundamentally a movement, a flickering, undecided mental activity. This function matches quantum behavior at the structural level: quantum systems constantly oscillate between possible states, their phases keep changing, and their internal configurations shift rapidly before any measurement stabilizes them. Just as a quantum state exists in superposition, oscillating between alternatives until a collapse fixes it, Manas keeps flickering among impressions

without final judgment, leaving decisive understanding to Buddhi. Thus, Manas corresponds to the mind's continuous, oscillatory, pre-decisional activity, analogous to the quantum field's continuous state-shifts, fluctuations, and oscillations.
The second stream is the rise of the five *Jñānendriyas*, the cosmic capacities to receive information: vibration (hearing), force-contact (touch), light-form (sight), bonding-pattern (taste), and density-pattern (smell). These correspond to the five primary types of information present in the quantum world.
In simple quantum terms: **hearing** is like receiving tiny packets of vibration (phonons) — imagine little ripple-packets that travel through a material and make nearby atoms briefly ring; **touch** is like feeling invisible pushes and pulls (electromagnetic interactions) — like two magnets sensing a push before they meet; **sight** is like catching tiny packets of light (photons) that carry color and direction, so when they hit an atom they change its state and deliver a visual signal; **taste** is like two electron-wave patterns meeting and either harmonizing or clashing — if the electron clouds match in shape and energy they bond (a "pleasant" fit like tasty or sweet dish), if not they repel like repelling bitter poison; and Smell is like tiny quantum particles (molecules) floating around. When they hit another particle, they transfer a little bit of their vibration energy. The receiving particle changes its state because of this small energy transfer. That state-change is the "smell" signal.
The third stream is the rise of the five *Karmendriyas*, the capacities for action: emission, grasping interaction, motion, release, and replication. *An excited electron dropping to a lower level and* ***emitting a photon*** *is like doing work or loosing body-matter and hence getting exhausted by it.* Just like the body emits actions outward, the atom releases light outward. *An electron* ***absorbing*** *a photon and catching its energy* is the quantum version of "grasping" or eating an incoming impulse to grow. A quantum particle **tunneling** through a barrier is the complex motion or movement exhibited by it. In quantum terms, release is like an

atom that briefly holds extra energy and then lets it go as a photon. It is like emission karma. The energy is kept for a moment in an excited state, and when the atom settles back down, the photon escapes into space as its excreta—just as the human system releases what it no longer needs. In the quantum vacuum, energy constantly blossoms into pairs of virtual particles that appear, duplicate themselves for a fleeting moment, and vanish again. This spontaneous sprouting of particle pairs is a far cleaner parallel to replication—something arising from a source, dividing into two, and then returning—mirroring the creative, generative aspect of the Karmendriya. Every physical system from particles to organisms expresses these five modes in some form.

After these capacities arise, the universe expresses five *Tanmātras* —subtle patterns that underlie all experience. These are not physical; they are the core behavioural signatures of reality: oscillation (śabda), interaction (sparśa), electromagnetic form (rūpa), cohesion (rasa), and density (gandha). In modern understanding, they resemble fundamental field-patterns that guide how matter and energy will behave. They are the bridge between pure subtlety and gross manifestation.

When a child first experiences the world, each sense reveals a subtle behaviour of reality: sound shows that space exists for vibration to travel; touch shows invisible interaction like air, pressure, or warmth; sight shows form, light, and the fire-quality of brightness; taste shows cohesion and blending like water; smell shows density or solidness even before a shape is seen. These five Tanmātras—sound for oscillation, touch for interaction, rupa or form, rasa for cohesion, and smell for density—then generate the five elements: space, air, fire, water, and earth respectively. It means the child understands the character of the five basic elements of outside world by experiencing their five subtle essences, called Tanmātras. In the quantum world the same logic appears in subtler form: oscillation of a quantum field is the proof of space-time itself; interaction among fields is the microscopic version of touch and air; electromagnetic patterns carried by

photons create visibility, form, colour, and heat; cohesive forces in atoms and molecules create liquidity and blending; And the subtle drifting of tiny particles here and there gives a clue that, somewhere nearby, their gathering creates a dense form.

When these subtle patterns condense, the physical world appears as the five *Mahābhūtas*. Space (ākāśa) arises from vibration-patterns; motion or air (vāyu) from interaction-patterns; fire or energy (tejas) from EM-patterns; water or fluidity (apas) from cohesion-patterns; and earth or solidity (pṛthvī) from density-patterns. These five are not metaphors—they are the five classes of physical expression seen everywhere from subatomic behaviour to galaxies. The gross universe is simply the final stage of a flow that began much earlier with pure potential.
A human being grows by repeating the same sequence in miniature. At conception and birth, the individual begins as a packet of pure potential—its own Prakṛti, carrying tendencies, instincts, and latent qualities. When the first internal stirrings of awareness appear, they function as Mahat or Buddhi. As the infant's consciousness becomes clearer, a sense of "I" forms—Ahaṅkāra. This is the child realising it is separate from the surrounding world. Once individuality is set, Manas begins to operate with simple mental movements, while the five sensing capacities (jñānendriyas) gradually awaken and the five action capacities (karmendriyas) develop through natural growth.

As the newborn senses begin working, the subtle tanmātras are recognised one by one. Through vibration, the child perceives space element in which it travels; through touch, it perceives contact that's the pure quality of air element as it's invisible to other senses; through light, it perceives form element; through taste, it perceives bonding or liquidity or water element as everything in mouth become mixed with liquid saliva to be tasted; and through smell, it perceives the nature of solids or earth element because things when dried to solid form start emiting

odour. In this way, the gross world is built in the mind through the meeting of inner capacities with outer patterns. The world is not given first; it is assembled through the flow of tattvas. Many people think that the gross world formed first and that the subtle elements emerged from it. This leads to an indirect praising of the gross world, which results in attachment to it. In reality, the reverse is true: the gross emerges from the subtle elements. This understanding leads to an indirect praising of the subtle realm, helping one avoid attachment to the gross world and move toward the subtle realm, whose pinnacle is the soul itself. The subtle realm is the only true realm because it is always present, whether the gross world exists or not. The gross world, however, does not exist when only the subtle realm remains. Even when both appear together, the gross world has no independent identity; its identity lies hidden deep within the subtle realm upon which it is layered. We encounter this subtle realm during deep dhyāna.

Because the universe and the individual follow exactly the same developmental order—from silent potential to ordered vibration, individuality, mind, senses, subtle patterns, and finally the physical world—it becomes clear that they are not two. The human is the cosmos expressing itself on a small scale, and the cosmos is the human writ large. Since the cosmos is directly regulated by the quantum world, this also proves the fundamental sameness between the human being and the quantum entity once again verifying the validity of quantum darshan. This mirroring is the simplest proof of Advaita: one reality flowing through many forms. Quantum theory shows that the observer and the observed arise together; Sāṅkhya shows the same through the tattva sequence. Ishwar of sankhya is the same observer of quantum science causing quantum decoherenc and quantum collapse to build classical world as seen by us in gross form. Both point to a single underlying truth—that the separation between the universe and the individual is only apparent. At the

foundation, they arise from the same field and follow the same path of unfoldment.

All **bhāvas**, **emotions**, **rasas**, **ṣaḍ-doṣas**, and the countless subtle **feeling-patterns** are not inventions of the human organism. They are **primordial forces**, woven into the fabric of the cosmos from the very beginning. The human body does not create these states—it merely **experiences** and **expresses** the eternal patterns already present in the universal field. What we call “emotion” in a person is only the local manifestation of a **cosmic principle**. By understanding that all emotions, bhāvas, and inner movements are cosmic patterns rather than personal creations, one can cross the ego barrier more easily. When feelings are seen as impersonal forces passing through the body —not “mine” but expressions of the universe—attachment naturally dissolves. The individual realizes that if the cosmos holds these patterns without suffering or bondage, then there is no need to identify with them or be burdened by them. This shift in perspective brings effortless detachment, clarity, and inner freedom.

In the chapters ahead, we will reveal how these feeling-patterns exist in the **quantum substratum**, long before any biological or psychological form appears. The structures and behaviours found in the quantum world are the same structures that shape the **cosmos at every scale**, because the quantum layer is the **most fundamental building block of all existence**. By understanding the quantum patterns, we understand the cosmic patterns; by understanding the cosmic patterns, we understand ourselves in true way.

First, we will examine human mental functions aka gyanendriyas through the lens of the quantum world—beginning with the **Ṣaḍarivarga**, then exploring the ashta-**bhāvas**, and finally the shada-**rasas**. After this, we will analyse the bodily functions aka karmendriyas of the human organism at the same quantum depth. Earlier in this book, we gave a brief, atomic-level

explanation of these processes, but now we will unfold them directly at the level of **quantum behaviour** one by one in detail, using the electron and other fundamental entities as our reference point.

Chapter 27: kama or desire emotion in quantum world

The Core Idea

In human beings, **Kāma** (desire) is the emotional or energetic pull toward union, fulfillment, or creation.
In the **quantum world**, while we don't have "emotion" in the human sense,
we *do* find **analogous tendencies** — fundamental attractions and drives toward interaction, combination, or balance.
So, although electrons or photons don't *feel*, their behavior *symbolically* reflects the same universal principle that, in human consciousness, manifests as desire.

Quantum Analogies to Kāma

The attraction between an electron and a proton is the universe's simplest example of union. Just like the attraction between lovers or the complementary pull of Shiva and Shakti, opposite energies naturally move toward each other. In the quantum world, an electron can be seen as "desiring" the proton because opposite charges attract and try to become stable together. When the electron finally binds to the proton, it releases energy in the form of light, similar to a radiant release in human intimacy. This event becomes the universe's most basic act of union, where attraction creates balance, light, and the transformation of pure energy into the structured form of matter.

Quantum Entanglement

Just as two people can share a deep emotional or psychic connection, feeling each other's state even when far apart, the quantum world also shows a similar mysterious bond. When two particles interact and become entangled, they remain connected in such a way that any change in one instantly affects the other, no matter how distant they are. This strange link reflects a hidden oneness beneath apparent separation — a silent reminder that everything once united continues to long for unity. In human consciousness, this same tendency appears as love, attachment, or a subtle longing to remain connected with what we feel to be a part of us.

Quantum Entanglement and the Unity of All Beings: A Scientific Path Toward Understanding Soul and God

Experiments that violate Bell's inequality proved that the relationship between entangled particles is **not predetermined** by any hidden instructions, as Einstein once proposed. The two particles do not secretly decide in advance how they will behave in the future, nor any communication happens between them later on. In these experiments, the particles are probed in different ways—almost like questioning and counter-questioning them—to reveal whether they were "lying" with pre-decided answers. I myself became confused while trying to follow the detailed logic of the experimental tricks, and finally accepted the result without going deeper into the complex questioning pattern. The second key point is simple: **no information was allowed to pass between the two particles**, because in the experimental design they were separated in such a way that even light could not travel between them in time to coordinate their answers. Yet the particles still responded in a correlated manner. Since no signal can travel faster than light, their behaviour cannot be explained by communication. This means **non-locality**—or a kind of universal connectedness—wins. If so, then the particles in my body are, in principle, entangled with the particles in your body, and even with particles formed in the Big Bang, because all particles that ever interacted carry traces of that connection. Throughout the journey of countless births, everyone has lived in close proximity to everyone else. This means all beings are entangled with one another and, in a sense, fundamentally united. Once two entities interact, they remain entangled—strongly or faintly—forever. This implies that the whole cosmos is internally united. And perhaps, hidden within this unity, lie the foundations of soul and God.

Energy Transitions and Excitation

At first, the electron needs extra energy to move *away* from the proton. It absorbs a photon and escapes to a higher orbit, just as a person driven by a desire for independence gathers energy to break away from a relationship. But this separation is unstable. The electron cannot remain satisfied at a distance, just as a human cannot feel complete while roaming "alone in the jungles" without the cooperative support of a beloved companion.

Eventually, the electron naturally longs to return to its original stability. As it moves closer to the proton again, it releases the excess energy it no longer needs. This released energy appears as a photon — a flash of light — just as two lovers who reconcile radiate joy, harmony, and a shining life born from cooperation. In this way, the cycle of separation and reunion mirrors both physics and human love: the return to natural union brings light.

Symmetry Breaking (Birth of Diversity)

Just as humans feel a creative urge to express themselves and to emerge as individuals from pure unity, the universe too seems to have expressed a similar

impulse. In the quantum world, the very beginning of existence unfolded when the perfect symmetry of the early universe “broke,” and this breakdown produced particles, forces, and structure — in other words, existence itself. This act of differentiation can be seen as the cosmos’ own desire to manifest, as if creation itself were an expression of love, emerging from unity to reveal itself in countless forms.

Quantum Superposition (Potential Before Choice)

Before a desire takes shape within us, there is a silent moment filled with unmanifest potential — a state of uncertainty before we choose what to feel or do. In the quantum world, something similar happens: a particle exists in many possible states at once, holding the “potentialities of becoming,” until it is observed. Spiritually, this suggests that desire acts like observation; it collapses possibilities into a single experience. When consciousness pays attention, it “chooses” a reality, just as desire gives form to what was unmanifest. In this way, observation becomes a kind of divine **Kama** — the creative impulse that brings one possibility out of countless potentials into lived reality.

Quantum Decision-Making: How Human Choices Mirror Wave Interference and Collapse — A unique, Wonderful and Scientific Analogy

When a person with wide exposure and a large “mental wavelength” who has travelled the entire earth, considers two destinations such as Mumbai and Kolkata, his mind naturally spreads over both possibilities for he has already covered such places and now want to point out any uniqueness in either of the destinations to follow. These options act like two narrow slits through which his mental wave passes, producing an interference-like comparison that may reveal a third, more appealing destination through constructive overlap of thoughts. With a single option like Goa acting like a single slit, no comparison arises and his choice moves straight, though with a slight spread toward neighbouring places, much like diffraction. Little more spread because he already know this place and not heavily concentrated only on it. If his wavelength is small—say he has never travelled far enough—then even two options appear large enough for his mind to fit through separately, preventing any interference; he simply selects one without much deliberation. It is like the case when wavelenth of quantum wave is smaller than the size of slit and so it passes only through single slit. In case of double slit like scenerio, if someone suddenly asks him, “Where are you going?”, the questioning acts as a measurement that collapses his spread wave of choices into a single definite answer such as “Mumbai,” destroying interference on the spot. By this, being already fixed, he forgets to compare both places so he does not get new ideas about other places and go straight to Mumbai without showing interference of destinations. This is like quantum collapse. And if the environment disturbs him —through stress, urgency, or emotional noise—his mind loses the calm coherence

required to compare both cities equally. One option becomes more vivid while the other fades, producing a state of decoherence: the second choice still exists, but no longer aligns with the first, so no interference or superposed comparison can form. He naturally moves toward the option with the stronger inner amplitude of joy that aligns with the energy wave in back moving more towards topmost chakra, just as a quantum wave tends to settle into the most stable outcome shown by highest amplitude. In this way, human decision-making subtly mirrors the behaviour of quantum waves—sometimes spread, sometimes collapsed, sometimes coherent, and sometimes decohered by the world around them.

This analogy is a clear-cut example of how similar behavioural patterns repeat from the quantum level all the way to the grand cosmic level, showing no difference between the small and the large, the near and the far, the subtle and the gross, the living and the non-living, and the conscious and the non-conscious—perfectly aligning with the principle of nonduality. Every life activity seems to be already built into the quantum world; humans have merely made it experiential.

This excellent analogy further shows strongly that a human being is essentially a nondual quantum particle, and the world around him is likewise made of quantum particles. Realizing this can make a person detached, nondual, and egoless, just like a quantum particle. This mode of thinking is similar to the ancient practice of worshipping nature.

Philosophical Bridge

In **Tantra and Vedanta**, *Kāma* is not sin — it is the **creative pulse of Brahman**, the wish “Let me become many.”
In **Quantum field theory**, the same pulse appears as **fluctuation in the vacuum** — spontaneous emergence of particle–antiparticle pairs.
Both are the play (*Līlā*) of one unified field expressing its innate dynamism.

How Kāma Blocks Spiritual Progress: The Hidden Rebound Effect of Minimalism and Solitude

Kāma is the topmost hurdle in spiritual progress. Even the slightest trace of desire diverts attention away from spiritual practices. That is why, since ancient times, sages have advocated a life of minimalism, and even today this lifestyle is becoming increasingly popular. Great kings once renounced their kingdoms and sought solitude for the peace of the soul. I experienced a similar effect during my own lonely living far away from my ancestral home. However, this seems to be a rebound effect: if a person has long been surrounded by various forms of kāma, then shifting to solitude feels transformative. And if, during the rush of desires, one

maintains a nondual attitude supported by practices and philosophies like *Sharīravijñāna Darśana*, this transformation increases manyfold.
But when this rebound force is consumed and diminishes, the solitary life begins to feel normal again—almost like a lower state—with less spiritual momentum. It feels as if a new cycle begins. One day I even bought a simple halogen-based body warmer, and it immediately drifted my mind away from evening dhyāna. I could not enter deep meditation, nor could the breath become subtle or subdued on that day. This experience reminded me that even the smallest comfort can revive dormant desires, and true spiritual progress demands constant awareness of how subtle forms of kāma silently return; yet one must also remember that kāma is a necessary tool for basic body care and maintenance and even yoga too, so it needs to be purified—not suppressed or blocked.

Chapter 28: krodha or anger in quantum world as second basic emotion

Krodha, in its profoundest sense, is not merely an emotional eruption but a cosmic principle of resistance. Just as Kāma expresses itself as the drive toward union, Krodha emerges as the force that confronts, opposes, and fractures anything that obstructs the cosmic flow. In the language of physics, this duality is mirrored in the fundamental interactions that hold the universe together—attraction and repulsion. If Kāma corresponds to the gravitational and electromagnetic pull that binds particles, stars, and even living beings, then **Krodha can be seen as the repulsive quantum force that prevents collapse, preserves identity, and destroys what blocks equilibrium.** At the subatomic level, this resistance manifests in the Pauli Exclusion Principle, nuclear repulsion, and opposing spin states that forbid particles from occupying the same quantum space. Without such repulsive dynamics, matter would merge into a featureless mass and the cosmos would have no structure. **Thus, Krodha is not a negative force; it is the fierce protector of balance, the destroyer of excess, and the guardian that upholds individuality within the universal play.**

1. Electron–Electron Repulsion (Pauli Exclusion Principle)

In quantum physics, no two electrons can occupy the same quantum state or crowd too closely together. This resistance is not accidental but a fundamental expression of nature's law known as the **Pauli Exclusion Principle**, which manifests as a fierce repulsive force preserving individuality at the subatomic level. In human psychology, anger often arises in the same manner—not as blind aggression, but as a **boundary-restoring impulse** that protects one's identity, personal space, or energetic integrity. Just as electrons repel to prevent collapse of matter into a formless mass, anger emerges to prevent the collapse of the self into submissiveness, exploitation, or erasure. Thus, Kāma and Krodha play complementary roles: **Kāma seeks to unite what is separate, while Krodha separates what must remain distinct.** Love without boundaries dissolves into chaos, while anger without the memory of love becomes destructive. When understood together, they form a balanced polarity that sustains both cosmic order and psychological wholeness.

2. Matter–Antimatter Annihilation

In the quantum realm, when matter encounters its perfect opposite—antimatter—they do not merge, negotiate, or coexist. Instead, they annihilate one another in an instant, releasing a burst of pure energy in the form of gamma radiation. This dramatic event echoes a subtle inner phenomenon within human consciousness.

When opposing forces within us—such as ego and truth, desire and reality, or illusion and clarity—collide without harmony, the result is often an explosive surge of emotion, most commonly anger. Yet this anger is not merely destructive; it is a **radiant conversion of contradiction into awareness**, just as annihilation transforms dense particles into light. At its deepest core, anger becomes the soul's **rage for truth**, a force that burns away falsehood, hypocrisy, and self-deception. What seems violent on the surface is, in essence, an alchemical process: **a transformation of emotional density into pure insight**, much like matter turning into luminous energy.
When elders suddenly prohibit youngers from their actions they become angry as there wrong action collide with the right action. They think elders as source of anger and get annoyed with them. But when they are tactfully guided towards right action, still little anger is produced in them but it's gradual, controllable and its energy well transformed into right action. In former case they are scolded and prohibited from doing, not guiding them to right action. So their freed energy don't get channelised but becomes source of anger.

3. Quantum Fluctuation Instability

In the quantum vacuum, energy is never quiet. Even in what appears to be empty space, virtual particles constantly flash into existence and disappear again, creating a ceaseless turbulence. These fluctuations are normal, but when they grow too intense, they disrupt the stability of entire systems. This same principle operates in the human mind. When the **manas**, the subtle mental field, is stirred by unmet desires or unresolved needs, its energy begins to oscillate restlessly. If this inner fluctuation becomes excessive, it breaks through as irritation or anger. In essence, anger is the **restless vibration of energy trying to restore balance**, much like unstable quantum fluctuations seeking equilibrium. In yogic terms, such anger can be understood as **Kundalini striking against obstructions** in the nāḍīs, attempting to clear pathways for a smoother flow of consciousness.
Just as physics describes virtual particles as momentary fluctuations of a quantum field—not real objects popping in and out of existence—anger too is not a real entity inside the mind. It is simply a temporary disturbance in the mental field, a spike of energy created when desire, fear, or resistance disrupt inner equilibrium. Quantum fields ripple when pushed from balance, and the mind-field does exactly the same: a small fluctuation passes unnoticed, but a strong one rises as irritation and, if amplified, appears as anger. In both cases the "thing" is illusion; only a transient pattern exists. The moment the field regains stability, virtual particles disappear back into silence, and anger also dissolves into clarity—revealing that neither ever had solid, independent existence.

Quantum fluctuations and human anger share the same dual nature: both can create or destroy depending on their intensity. In physics, gentle quantum fluctuations seeded the early universe with tiny density variations that later grew

into galaxies—creation born from subtle disturbance. But when fluctuations become too strong, they destabilize fields, trigger phase transitions, and can tear apart atomic bonds, as seen in high-energy collisions or during cosmic inflation—destruction born from excess disturbance. The mind behaves the same way. Mild anger can be constructive; it breaks stagnation, energizes action, and helps correct injustice, just as small fluctuations help the universe reorganize into higher order. But intense, uncontrolled anger overwhelms the mental field, breaking relationships, clouding judgment, and damaging the body—just as large fluctuations can collapse stability in quantum systems. In both worlds, **small ripples generate growth, while violent waves shatter equilibrium**.

A quantum field trapped in a false vacuum and Kundalini caught in obstructed nāḍīs are reflections of the same cosmic principle: **energy becomes dangerous only when denied its path.** In physics, a field resting in an unstable valley looks calm on the surface, yet holds immense tension beneath; one strong fluctuation is enough to push it out, releasing a burst of energy powerful enough to reshape spacetime itself—as happened in the early universe, or as could occur in a hypothetical false vacuum decay. In the inner universe of the human being, Kundalini behaves no differently. When nāḍīs are open, the rising energy becomes insight, strength, and awakening. But when obstructions hold it down, the same force strikes repeatedly against the blocks, erupting as anger, frustration, or emotional upheaval. The danger never lies in the energy, whether cosmic or human; it lies in the confinement. When the pathway is clear, the energy transforms creation; when blocked, it becomes destruction. Thus, both cosmos and consciousness whisper the same truth: **unobstructed flow is harmony, trapped energy is turmoil.**

If the early universe had remained trapped or blocked forever in a false vacuum (vaccume with high potential energy like a water filled dam at a height), creation would never have unfolded. A false vacuum carries immense energy, yet its confinement blocks its transition to true vaccume (vaccume with lowest potential energy) needed for matter, atoms, and galaxies to arise, leaving the cosmos as an endlessly inflating but forever empty expanse—a reality suppressed before it can even begin. When the false vacuum transitions to a true vacuum, its excess potential energy is converted into the kinetic energy of quantum fields. This additional motion strengthens the fluctuations within the fields, and these amplified vibrations manifest as quantum particles. The same principle appears within the human being: when life-energy rises and meets a permanent obstruction in the nāḍīs, the resulting anger is not merely a burst of emotion but a sign of trapped potential that cannot evolve. If the blockage never clears, the energy remains frozen, unable to rise into clarity, creativity, or growth. Thus, whether in the vast universe or the inner world, **trapped energy does not destroy through violence but through suppression—by preventing higher states of reality from ever emerging.** in contrast, if nadis are open, the life energy rushes up and distributed to entire body in low energy form as basic energy form. The excess energy released then becomes available for transformative thoughts and

experiences that support growth. But if this surge of high energy remains permanently blocked in the inner channels, it merely expands the time-space of life without forming new ‘particles’ of experience. When such energy cannot express or transform, it often appears outwardly as anger.
I am writing from my own practical experience. There was a time when I used to be angry almost all the time, frustrated with everything and everyone, living in a constant off-mood filled with suppressed anger. In truth, it was not people who troubled me—my energy itself was suppressed, blocked like a dam. I was always in a fighting mode, not for attack but for defence as I had tolerated sudden attacks, and not like a classic wrestler, but like a puncher or knocker, and though I actually fought only two or three times, the aggression had become my inner habit. Because of this constant inner tension, my health began to suffer, and even the so-called “energy boosters” I used only harmed me in the long run. Then, by God’s grace, I met a tantric-type person—fully functional in worldly life yet inwardly deep—who taught me an intuitive, indirect tantric method of channeling energy upward through the backbone. It was more of a mental tantra than a physical one, yet with time it naturally benefited the body as well. When the obstruction in my Kundalini flow dissolved, my anger disappeared instantly. I could laugh, love, and feel intimacy again. That once-trapped energy transformed me, opening beautiful states of awakening and setting me on a path of continuous writing and book creation that still flows today.

Why hide anything from sincere readers? In truth, I simply surrendered to that long-suppressed romantic image — even went clean-shaven like a laughing Buddha in front of it. Lol. It laughed, I laughed, the world laughed, and eventually even life itself laughed. That very surrender opened the back channels on its own. I did no formal practice. The once-suppressed love awakened in the mind with the support of Mūlādhāra energy, rewiring and refreshing my brain enough to bring a complete transformation—rising happiness, renewed clarity, and a successful worldly life. In time, as life and inner maturity ripened, that same love-energy in the form of love-image naturally redirected itself toward the guru-image, deepening through yoga and tantric sādhanā and culminating in awakening.

True and False Vacuum of the Mind: A Scientific Analogy of Dhyāna and Cosmic Quantum States

In deep **Dhyāna**, two types of mental states are experienced. Both appear like a thoughtless vacuum. During the preparatory phase, the mind first passes through a dull, thick, unstable, and darker vacuum that can be called the **individualised false vacuum**. Its excess energy is dissipated in the form of fleeting thoughts, which are effortlessly witnessed due to slow and regulated observation of the breath. Because of this witnessing, these thoughts gradually dissolve, and the mind enters a peaceful, thin, blissful, lighter, and low-energy vacuum that appears

stable. This can be called the **individualised true vacuum**. It is possible that this true vacuum draws energy from deeper subconscious layers as the power of Dhyāna penetrates the mind over time.

After about an hour, this calm state again shifts into a heavy, agitated, and high-energy vacuum. This state feels unstable, and a desire to stop Dhyāna naturally arises. However, if one continues sitting, the mind releases its excess energy again through fleeting thoughts, just as the **cosmic false vacuum transforms into the cosmic true vacuum by releasing energy in the form of quantum particles through agitated quantum fields**. By allowing this process to continue without interference, the mind once again settles into the individualised true vacuum. This cycle of alternating states—false vacuum and true vacuum—can continue repeatedly, as long as one remains in Dhyāna.

I personally observed this during a seven-day **Bhāgavatam Katha Śravaṇam**. The daily Katha lasted for three hours, and I remained in Dhyāna throughout, witnessing these cycles, each phase lasting slightly less or more than an hour. Such a spiritual environment made it easier to sit effortlessly. In daily life, however, this atmosphere is not present, so after completing one full round in Dhyāna, I usually end the practice when the false vacuum returns due to lack of time and supportive surroundings.

Interestingly, ending Dhyāna while still in the false vacuum allows its excess energy to dissipate into **non-dual worldly activities**, which makes the next Dhyāna session begin with a faster transition to the true vacuum. If one maintains a non-dual attitude throughout the day, the arising thoughts in the false vacuum are naturally witnessed and dissolved, gradually bringing the mind back to the true vacuum.

However, if a person engages in worldly activities with **duality and attachment**, or without proper witnessing of fleeting thoughts, one remains stuck in the energetic false vacuum for a long time. In such a case, no spiritual growth occurs, and the energy remains stagnated at a high potential. Although the release of this stored energy into worldly pursuits can temporarily create a brief sense of peace, satisfaction, and fulfilment, the human mind soon fills this space again with physical and mental clutter, returning to the habitual false vacuum. Therefore, the **true vacuum must be sustained for a longer duration through spiritual behaviour**, otherwise the false vacuum becomes the default state of life.

Upon finishing the task, or during the next sitting, when the practitioner again begins Dhyāna, the light mental vacuum automatically returns for the first hour. This implies that the extra energy contained in the heavy mental vacuum was dissipated through worldly action when done in karmyoga style with the help of nondual darshan like sharirvigyan darshan or quantum darshan. This process resembles cosmic creation, where the false vacuum decays into the true vacuum, and the excess energy is used to produce the universe. The true vacuum is closer to God, the ultimate state of absolute stability. Thus, one may say that creation occurs through inspiration from God. Just as the energy of the mental false vacuum produces dualistic worldly actions, the energy of the cosmic false vacuum decays to

create diverse quantum particles by breaking the symmetry of quantum fields and forces.

These vacuums are actually quantum fields. They are never still and always remain in motion. Their lowest state of fluctuation is called the true vacuum, while a higher fluctuation state is called the false vacuum. This implies that the mind is also a quantum field—an inner or individualized quantum field—which never comes to rest, just as it has long been known in philosophy that manas is chanchal (restless).

A time comes in a yogi's life when even this true vacuum appears to dissolve into a fully motionless mind-field. This is the experience of the Self in its completeness, known as mature Nirvikalpa Samādhi. This experience suggests that there may also be a stage in cosmic devolution when even the last traces of quantum fields disappear. In this sense, the quantum fields dissolve into a baseless, infinite space —also referred to as God.

The same has been described in the Vedas by ancient seers, especially within Vedānta philosophy. Vedānta states that creation emerges again in the same—but reverse—order during cosmic evolution. First Prakṛti or Māyā arises within Paramātman, and from it the universe unfolds in an orderly manner. However, the Sāṅkhya school offers a more "modern" or so called scientific approach by proposing that Prakṛti, or the grand quantum field, is eternal like Puruṣa (Paramātman) and does not dissolve into it. Thus, Sāṅkhya recognizes two primordial eternal realities, while Vedānta accepts only Brahman as the sole eternal principle. However, the Vedānta explanation feels more authentic to me, because it mirrors the inner cosmos just as perfectly as the outer cosmos.

The ancient seers did not observe cosmic events through telescopes, they did not build particle accelerators, nor did they fill papers and books with mathematical formulas. They observed within themselves, and through that inner exploration, they inferred the laws governing the external cosmos.

4. Electrical Discharge (Lightning Analogy)

Lightning is born from imbalance. As electric charge builds up in storm clouds, the difference between cloud and ground becomes too great to contain, and the sky releases its tension in a sudden, blazing discharge that restores equilibrium. The same pattern unfolds within the human psyche. When emotional charge—frustration, desire, insecurity, or pressure—accumulates without release or grounding, it seeks a way out. If not guided, it discharges as anger, sharp words, or destructive behavior, just as lightning strikes indiscriminately. The spiritual lesson is simple: **unreleased energy leads to tension, and accumulated tension eventually explodes.** But when a person learns to ground awareness, to hold the charge with clarity instead of reaction, the same energy can be transformed rather

than discharged blindly. The yogi, therefore, does not waste the bolt outward; **he channels it upward**, turning raw emotional electricity into illumination.
Once, in a moment of anger toward someone close, I experimented with grounding this emotional charge instead of letting it explode outward. As soon as I drew the rising energy downward, it felt as though the fire in my head dropped into the chest, and the mind instantly became still—like a tense cloud suddenly releasing rain. Yet something remarkable happened: from the chest, the energy flowed into both arms, filling them with an unexpected surge of strength. The impulse to attack vanished, but **the vitality remained**, as if the body had been prepared for action without aggression. Had there been danger, that same force might have served as powerful self-defense, but since the mind was already calm, it simply settled into the muscles as pure potential. This experience revealed that anger is not merely destructive; **when grounded, it transforms into usable strength.** The energy does not disappear—it becomes power without violence, readiness without rage.

5. Entropy Increase and Chaotic Reordering

In quantum thermodynamics, every system naturally moves toward greater entropy—toward disorder—and when its balance is disturbed, chaos erupts not as a failure but as a route to a **new equilibrium**. Disorder becomes the catalyst for reorganization. The same principle operates within human emotion. Anger may appear destructive, yet it often shatters rigid patterns of stagnation, revealing truths we have ignored, confronting boundaries we have tolerated, or dismantling situations we have silently endured. In that sense, Krodha becomes **not merely a breakdown but a breakthrough**, a force that burns away what has become stale, false, or suffocating. Philosophically, this is **Shiva's Tāṇḍava** at work within the psyche—fierce, transformative, purifying. It is the universal law of **creative destruction**, through which new harmony arises only after the old has been consumed by the fire of change.
For example, when an electron rests quietly in its ground state, it is in a low-entropy, perfectly ordered condition. The moment a photon strikes it, this order is shattered—the electron absorbs the energy, jumps to an excited state, and enters a phase of instability and unpredictability. This brief chaotic state is entropy rising, just as anger breaks the rigid calmness of the mind and throws the inner system into disorder. But the chaos does not last; the electron soon releases the extra energy as a photon and settles into a new stable level. Although order returns, it is never the same as before—the system has emitted energy, interacted with its surroundings, and permanently increased the universe's entropy. This is the quantum picture of *creative destruction*: old order breaking, chaos rising, and a new equilibrium emerging, exactly like Krodha functioning as Shiva's tandava within the psyche. In this sense, entropy is not merely the spread of disorder; it is the universe's own method of development. What appears as chaos is often a necessary breaking of rigid patterns so that creation can continue in a new form. Just as Krodha functions in the psyche—disrupting the old order so a deeper

harmony can arise—entropy, too, serves as the silent architect of evolution, transformation, and renewal.

We often see people living in the same comfortable nest for years. After a while, they become stagnant and even feel it themselves. A desire to rise above that ground level arises—this is *kāma*. But when someone interferes with their upward movement, anger is produced within them. This anger is like an excited energy state: powerful, but impossible to sustain for long. Eventually, they compromise and settle at a middle level—slightly above their previous base state, yet below the unstable, excited level of *krodha*. This *krodha* is beneficial for their transformative development, provided it remains controlled and within human boundaries. Just as an electron does not harm its environment while undergoing its own 'krodha-like' excitation, but instead contributes to new formations and growth, a person must use anger constructively. Those who get carried away by the emotion and lose control may take harmful missteps—something that can be avoided through contemplation rooted in the quantum *darśana*.

In truth, anger often arrives like a friend to support one's upward movement, but many people misunderstand it—especially when its intensity feels uncomfortable. They see it as an enemy that has come to ruin their life, instead of recognising it as a force that needs tactful handling and redirection for growth. When they resist or suppress it, the pressure only builds instead of reducing. Just as a gun's barrel is damaged if the muzzle is blocked and the trigger is pressed, suppressed anger can harm the body and mind. What it really needs is redirection—transforming it into love, friendship, courage, or firm positive determination. Anger is a powerful form of energy that can accomplish great things when used wisely, but can cause harm when left uncontrolled. Inside a heater's element, electrons collide with atoms and push their electrons into excited states. The atoms do not resist this agitation; instead, they safely bring their electrons back down to the ground state of calmness by releasing the excess energy as photons, illuminating the world. In the same way, the excess energy of *krodha* should light up one's life with clarity and strength thus lighting the entire world, not create the darkness of inhumanity.

Deeper Understanding

Within the **cosmic cycle of forces**, three currents continuously sustain existence. **Kāma**, the impulse to create and unite, corresponds to Brahma, the generator of forms and relationships. **Krodha**, the force that breaks, resists, and destroys what obstructs harmony, reflects the fierce energy of Rudra, who dissolves what has outlived its purpose. Between them flows **Śama**, the quiet balance of peace and preservation, expressed as Vishnu, who maintains order and nurtures continuity.

Seen in this light, anger is not an impurity to be suppressed but **a sacred movement of Rudra** that rises only when dharma—or natural order—is disrupted. It is the impulse of the cosmos to correct imbalance. In quantum language, this same principle governs fields and forces: when energy accumulates unevenly, nature releases it to **restore equilibrium**. Thus, anger is not merely human

emotion—it is **a corrective discharge of imbalance**, a divine mechanism through which harmony is renewed.

Chapter 29: Quantum Darśan — When the Restless Vacuum Becomes the Universe and the Mind

1. Nothingness Is Never Truly Empty

We often imagine the universe beginning from absolute nothingness. But in science, “nothing” is never truly nothing. Even when space seems blank and silent, it silently vibrates with subtle energy, just like a quiet room that still contains faint echoes, hums, and air movement if we listen closely.

In physics, this restless background is called the **vacuum**. It is not dead space but a dynamic field filled with tiny fluctuations. Nature does not allow perfect stillness. Just like a calm ocean that always hides currents beneath its surface, the cosmic vacuum is a sea of invisible ripples. This restlessness is the root of creation.

2. The Vacuum as a Restless Ocean of Possibilities

Even when the ocean looks calm, beneath it are vibrations, pressures, and flows. Similarly, empty space is never truly empty—it is saturated with **quantum fluctuations**, gentle energetic waves that appear and disappear.
Nature forbids absolute zero movement. Just as the ocean can never freeze completely still, the vacuum cannot reach zero energy. This impossibility is not a flaw; it is the creative power of existence.

These vibrations are the **seeds of galaxies**, just as subtle thoughts are seeds of personality.

3. How Energy Hides Inside the Vacuum

Now imagine pushing a beach ball underwater. The harder you try to hold it still, the more energy it stores. The moment you release it, it explodes upward. Trying to force perfect stillness creates hidden energy.

The same happens in the vacuum. When space is pushed toward perfect equilibrium, it stores tension inside itself. This hidden tension is called **vacuum energy**.
Sometimes the vacuum holds so much suppressed energy that it becomes unstable. This unstable condition is called a **false vacuum**, similar to supercooled water that remains liquid below freezing temperature but holds immense latent energy, waiting to release the moment it is disturbed.
This false vacuum is the root of cosmic inflation.

4. The Sudden Birth of Inflation

When the false vacuum could no longer sustain its unstable stillness, it snapped into a more natural and stable state—just as supercooled water instantly freezes when triggered.

This cosmic “snap” released the stored tension in an explosive expansion of space itself. Like a balloon that suddenly finds a weak spot and expands violently in one direction, the universe expanded unimaginably fast.

This era is known as **cosmic inflation**.

5. When Tiny Ripples Become the Architecture of Creation

Before inflation, the vacuum contained tiny quantum ripples, quiet and harmless like small waves on a still lake. But the hurricane of inflation stretched those ripples into giant waves. These waves carried different energies in different regions, becoming the blueprint of the universe.

Just as waves crashing on a shoreline sculpt beaches and carve patterns in sand, the stretched fluctuations shaped the large-scale structure of the cosmos. When inflation ended and space cooled, these amplified ripples condensed into matter, stars, galaxies, and clusters. Galaxies are, therefore, frozen echoes of the universe’s earliest vibrations.

6. The Vacuum as the Womb of Matter and Mind

If the universe can create everything from a restless vacuum, then nothing about us—neither the body nor the mind—is separate from the cosmos.

Just as galaxies existed as hidden ripples inside the dark vacuum of the early universe, our thoughts, emotions, and personality patterns exist as subtle vibrations in consciousness before they take visible form.

The “empty” vacuum is a womb, not a void. Likewise, the silent mind in yoga is not dead space but **pregnant with awareness**. The potential for life, thought, identity, and creativity rests in an unseen background, just as the galaxy rests in the vacuum before appearing.

7. Yogic Analogy: The Mind as a False Vacuum

In human life, our mind is never truly empty, just like the cosmic vacuum is never still. It is quantum reality. Even when we sit silently, there are subtle thoughts and impressions (saṁskāras) vibrating beneath awareness like tiny ripples.

When we force absolute thoughtlessness, we create more inner resistance—just as forcing vacuum stillness stores energy. A meditator who tries too hard to be “calm” builds hidden stress, like the universe storing energy in its false vacuum. Just as the false vacuum of the early universe suddenly released its trapped energy and burst into cosmic inflation, the human mind can also explode into giant waves of disturbance when one enters deep meditation incorrectly or forcefully. If subtle inner impressions are suppressed rather than gently observed, they accumulate tension the way vacuum energy builds up in an unstable state, and when this tension finally releases, it may erupt as emotional breakdown, hallucination, confusion, ego-inflation, or even madness. Proper dhyāna does not push the mind into silence by force; it allows the mind to settle naturally into stillness. This is why Yogic texts emphasize correct practice, clear awareness, and the guidance of a knowledgeable teacher, so that suppressed thoughts do not become cosmic-scale “mental inflation” inside the practitioner. True meditation is a relaxed descent into natural clarity, not a violent attempt to shut down the mind.

A person who suppresses emotions may appear peaceful but is inwardly packed with unprocessed impulses, just like supercooled water that looks quiet but holds explosive potential. When the mind can no longer sustain this artificial silence, it either breaks down or breaks through—snapping into deeper relaxation, tears, creativity, or insight. This moment mirrors the false vacuum collapsing into the true vacuum, triggering cosmic inflation.

However, this inner “inflation” of the mind can become controlled, creative, and deeply transformative when it unfolds correctly through proper guidance and authentic practice. Just as cosmic inflation did not destroy the universe but shaped galaxies when its energy settled naturally, meditation can expand our inner impressions into wisdom, clarity, and creativity when the mind is not forced into silence but gently allowed to open. When thoughts are released consciously instead of being suppressed, they do not explode as madness; they blossom into insight. Proper dhyāna amplifies the mind’s subtle currents in a harmonious way, turning unconscious material into awareness, confusion into understanding, and latent potential into higher intelligence. In this way, deep meditation becomes not a breakdown, but a breakthrough—an orderly expansion of consciousness that reshapes one’s inner world just as the universe evolved through cosmic inflation into magnificent structure.

This natural control of the mind arises through non-dual darśanas such as **Śarīra-Vijñāna Darśan** and **Quantum Darśan**, where the mind is not treated as a personal burden but recognized as a universal activity present in every quantum expression of existence. When our thoughts are accepted as part of the same fluctuation that exists everywhere in the cosmos, they are no longer suppressed or resisted; they gently release themselves into the inner “true vacuum” of awareness,

little by little, without shock or force. In such non-dual vision, mental energy settles gradually, just as the universe relaxed out of inflation into stable structure. But when many thoughts are continuously suppressed through forced meditation or rigid control, their load keeps increasing like a building false vacuum, storing more and more tension until it bursts unpredictably as emotional breakdown, fear, ego-madness, or psychological collapse. This is the fundamental danger of suppression—its energy does not disappear; it accumulates. It is just like controlled energy release from aviation fuel that allows an airplane to fly steadily, whereas sudden, uncontrolled release of the same fuel causes explosion, fire, and destruction. In the same way, a mind guided by non-dual understanding evolves creatively, while a suppressed mind can erupt destructively.
Thus, just as the cosmic vacuum released its energy gradually to form stars and worlds, our emotional and psychological energy can also transform into clarity, awareness, and wisdom when it is allowed to release naturally instead of being forced down. When thoughts are accepted and observed without judgment, they dissolve into understanding the way cosmic tension dissolved into creation. But when the same inner energy is violently suppressed in the name of silence or control, it does not disappear—it becomes unstable, storing pressure like a false vacuum that can collapse without warning. Forced suppression may look peaceful on the surface, yet it hides dangerous intensity underneath, waiting to erupt as breakdown, confusion, fear, or madness. In the same way that gentle energy release builds galaxies while an uncontrolled explosion destroys, a relaxed, non-dual approach to the mind creates inner evolution, while forceful suppression risks psychological disaster. True meditation does not choke the mind; it liberates it.

8. The Subconscious and the Cosmic Blueprint

The tiny subconscious ripples within us, magnified during intense yoga, meditation, or life experiences, later shape our personality—similar to how quantum ripples stretched by inflation shaped galaxies.

Just as deep yoga expands old impressions and stabilizes them into clarity, the universe stretched fluctuations into cosmic structure and stabilized them into matter. Galaxies are the frozen patterns of primordial fluctuations; our personality and behavior are the frozen results of our subconscious vibrations.

Both journeys—the cosmic and the psychological—begin from restless “nothingness” that must release itself through creative expansion rather than forced silence.

9. Quantum Darśan — Consciousness as the Ground of All

The vacuum that generates the cosmos is not a dead backdrop; it is the field within which all possibilities exist, waiting to manifest. Yoga calls this ground **Brahman**, the silent witness behind all movement.
Quantum physics and yogic wisdom meet on the same foundation: everything in existence is a single reality expressing itself in different forms. What we call the universe is consciousness first becoming energy, that energy condensing into matter, and matter eventually organizing itself into life, brain, and mind. As awareness grows, the mind begins to recognize its source, and experience returns back into consciousness again. In this way, the same fundamental stillness expresses as vacuum, becomes the universe, evolves into living beings, and finally reflects back as thought and awareness. All forms are simply different stages of one reality unfolding and returning to itself.

Final Realization

Real stillness is not forced emptiness but natural settling.
The universe expanded to relieve its tension; awareness expands in meditation to relieve psychological tension. Creation—cosmic or personal—arises not from dead emptiness but from a fertile depth of subtle vibrations.

One-Line Essence

The cosmos and the mind both emerge from a restless emptiness that naturally transforms into creative expansion.

Chapter 30: Quantum Living: Why Half-Hearted Efforts Fail and Wholeness Creates Success

Modern physics tells us that everything in the universe is made of invisible fields. What we call a “particle” is not a tiny solid object; it is just a **vibration of a field**, a short-lived ripple in an ocean of energy. The electron is not a thing, it is a stable wave-form in the electron field. Light is not a beam of matter, but a vibration of the electromagnetic field. And amazingly, these vibrations cannot exist in fragments. They come only in exact units called **quanta**. There is no half-photon and no half-electron, just as there is no half-vibration that can sustain itself. That is why this discipline is known as quantum field science — because fields can exist only through complete quanta, never in fragments.

This is the great surprise: **quantization exists because waves must be complete to exist at all.** A quantum state must finish a perfect cycle of oscillation. If the vibration fails to return to its same phase after a full cycle, it collapses. It means that if a dancer who is facing the audience begins to spin, she must complete her rotation while facing the audience again. Only then is the turn complete. One full rotation is one quantum, two full rotations are two quanta, and so on. Physics does not allow a “partial vibration.” It is either fully there, or not there at all. A photon does not slowly fade into existence; it appears as a whole. It does not die slowly; it transfers all its energy instantly and vanishes. In between, there is no halfway existence. This is not a belief but a proven fact, confirmed in laboratories: only full, stable oscillations can sustain as particles. Half oscillations are mathematically impossible and physically unreal.

A bound electron in an atom obeys this rule strictly. It becomes a **standing wave**, like a perfectly fitted musical tone on a fixed string. Only certain wavelengths can fit without breaking phase. Therefore, only certain energies are allowed. These are called energy levels. But when the electron is free, travelling in open space, it becomes a **traveling wave**, so its energy is continuous; yet even then, it cannot exist as half an electron. The freedom changes the allowed energies, but not the wholeness of the particle itself. **The particle is always an indivisible quantum.**

Why does this indivisibility matter to our inner life? Because human consciousness behaves in a remarkably similar way. Yoga has always claimed that thoughts, emotions, and actions are not “things” that belong to us, but **temporary vibrations in the field of awareness.** Just as fields produce particles, consciousness produces ideas, feelings, dreams, desires, memories. They arise and fade like ripples. The thoughts are not “you.” The awareness that holds them is the true field.

Here we find a profound psychological parallel: just as a quantum vibration must be complete to exist, a human state must be **whole** to be psychologically valid and

spiritually fruitful. A half-hearted emotion is like a broken oscillation—it does not give joy, nor does it dissolve into peace. Half-love produces confusion, half-anger becomes suppressed bitterness, half-discipline becomes guilt, and half-detachment becomes escapism. Just as physics does not accept half-excitations, life does not reward half-living.
We see the same law everywhere. A building made half-heartedly collapses and wastes resources. A doctor treating patients with 50% commitment harms society. A worker doing 50% effort spoils the whole team's output. A half-truth is not truth, it is deception. Half-courage is cowardice. In relationships, a half-love does not spread happiness; it blocks the beauty of whole hearts and replaces genuine joy with emotional noise. Just as a broken wave interferes with real waves, half-hearted people disturb those who live fully.

Even spirituality suffers from this misunderstanding. Many seekers try to remain "detached" by suppressing emotions. They neither dive fully into life nor dissolve into awareness. They live in between, in a strange illusionic zone—neither in duality nor in non-duality. They do not experience the world, nor do they transcend it. It is like trying to be a half-photon: you cannot shine, you cannot disappear, you only distort. Real detachment, like real non-duality, exists **only after full engagement.** One who loves with totality can let love dissolve perfectly. One who works honestly can surrender fruits without difficulty. When a half-hearted action produces no real fruit, then what is there to surrender? In fact, it is like surrendering a bitter fruit, which can have the opposite effect. The Gita says the same: *karmany evādhikāras te mā phaleṣu kadācana mā karma-phala-hetur bhūr mā te saṅgo 'stv akarmaṇi.* The phrase *mā te saṅgo 'stv akarmaṇi* means: do not be workless, and do not be a half-hearted doer. One who feels deeply can let feelings pass through without residue. A whole wave can subside into the ocean; a broken wave keeps crashing.
This reveals the true spiritual law: **Non-duality requires full participation in duality first.** A yogi must live life fully, not superficially. This is why the Bhagavad Gita says, "Yoga is skill in action," not escape from action. Wholeness is not withdrawal; it is totality without ownership. The person who gives their whole heart to life, without clinging to outcomes, experiences the effortless freedom of the Self. Like a complete quantum vibration, they remain stable, powerful, and harmonious.
Thus, the universe teaches us a hidden message: **Only the Whole is Real.** In physics, only full quanta can exist. In psychology, only whole emotions transform. In work, only full effort succeeds. In love, only complete presence creates joy. In spirituality, only complete surrender gives freedom. Half-heartedness is a myth that belongs nowhere—not in science, not in society, not in consciousness.

A particle is whole. Awareness is whole. Life demands wholeness. And wholeness is not strain, it is sincerity. It is not force, it is fullness. The quantum of life invites us to live completely—not in fragments. Whatever you do, do it like a whole

photon: **shine fully, transfer fully, and rest fully.** That is both physics and liberation.

I lived with this wholeheartedness for a few years. During that time, I received spontaneous support from **Sharirvigyan Darshan**, which helped me maintain a **functional and active non-dual and detached attitude**, instead of becoming non-functional or passive. It helped me stay in complete contact with everything and everywhere, with reverence in every direction, as I could see myself in every particle, every thought, emotion, and personality.

I also received indirect support from **Vedic Karmakanda**, because it has been part of my home environment for generations, where **nature worship** was practiced through personified deities and devas present everywhere. Those years helped me immensely in my rapid physical and spiritual growth, and even in my awakening.

Today, the **Quantum Darshan** that is being expressed is not separate from those earlier mediums of meditation. It is the same principle appearing in a new form. **Quantum Darshan is eternal, just like the quantum field, and its base—pure background consciousness—is eternal. It keeps appearing and reappearing throughout the ages.**

Chapter 31: lobha third basic emotion in quantum world

In Tantra, the impulses of desire, anger, and greed are not treated as moral weaknesses. They are understood as natural forces through which energy moves in every individual and in the universe. **Kāma** becomes the drive to create, **Krodha** becomes the power to correct or change, and **Lobha** becomes the tendency to collect and protect what has been gained. Among these, **Lobha (greed)** is seen as the urge to expand and preserve energy. It is similar to how the universe gathers energy before releasing it. Therefore, instead of being condemned immediately, Lobha is first understood as an energetic movement of accumulation, which can later be refined into awareness, contentment, and responsible preservation.

LOBHA (Greed) — The Urge to Accumulate, Expand, and Hold Energy

Quantum Energy Quantization
In quantum physics, even an electron displays a tendency to accumulate energy. It usually remains in a stable, low-energy orbit, but when it absorbs additional energy, it holds that extra energy for a period of time before releasing it as light. This temporary hoarding is comparable to the human mind's habit of collecting and holding on to experiences, belongings, status, or recognition, often out of a fear of losing them. In this sense, **Lobha is understood as the inertia of energy**, a natural force that attempts to retain what has been gained. In an atom, such retention causes temporary instability; in human life, it manifests as anxiety, possessiveness, or the inability to let go. Greed, therefore, is not only a moral challenge but an energetic stage in which accumulation waits for maturity before it can release and transform.
If we have hoarded a lot, it is not easy to let it go at once, because those hoardings occupy space in our *mental well*. That space cannot be vacated immediately due to the fear that their removal will create a dark void inside. Over time, however, our experiences mature and our knowledge grows. This growing awareness begins to take their place and gradually pushes the old hoardings to the sides. When the pressure of knowledge and awareness becomes strong enough, it naturally replaces those hoardings in the mental well. Then, we become capable of letting them go physically as well.
Another option is to start hoarding *better-quality material*, which automatically displaces the old and outdated hoardings. However, this is only a temporary, makeshift solution. **Permanent de-hoarding is possible only through minimalism supported by knowledge and awareness.**

Gravitational Accretion (Star Formation)

In astrophysics, stars are born out of a gradual process of accumulation. Vast clouds of dust and gas pull surrounding matter toward themselves through gravity. As this mass grows, internal pressure and heat increase, and when the accumulation reaches a critical point, the cloud ignites to form a star. This natural process reflects the working of Lobha in human life. Greed begins by collecting wealth, power, information, or recognition, drawing more and more into the orbit of personal desire. With time, the pressure of what we possess often becomes unbearable, forcing either a collapse through dissatisfaction or a transformation into something creative and radiant. In this way, Lobha can be understood as the gravitational pull of the ego, which gathers energy around the idea of “me.” If the accumulated energy becomes refined rather than suffocating, it can ignite into insight and wisdom, just as a star is born from the intense accumulation of matter.

Quantum Vacuum Energy (Zero-Point Energy)

According to quantum physics, space is never truly empty. Even when matter and radiation are removed, the vacuum continues to hold an immense sea of fluctuating energy known as zero-point energy. This energy is never fully released and remains as a constant background activity of the universe. In human experience, the silent mind also contains subtle impulses and unexpressed desires. These latent tendencies, or vāsanās, continue to vibrate beneath the surface even when no visible craving is present. In this sense, Lobha can be understood as the quiet restlessness of existence itself—the tendency to hold potential, to preserve possibility before it becomes action. It is a kind of cosmic “memory,” a subtle stickiness by which consciousness continues to sustain creation, even in stillness.

Magnetic Saturation and Hysteresis

In physics, a magnetized material continues to hold magnetism even after the external magnetic field that created that alignment is removed. This phenomenon, known as magnetic hysteresis, shows how matter can retain a memory of its past orientation. A similar pattern can be seen in human behavior. Once greed has trained the mind to seek gain, the desire continues even when the actual need for acquisition has disappeared. The mind keeps pulling, not because something is necessary, but because it has been conditioned to accumulate. In spiritual terms, this clinging tendency, called āsakti, is like the residual magnetism of past impressions that continue to influence perception and action. Only deep awareness —developed through meditation and inner clarity—can dissolve this stored conditioning, similar to how demagnetization restores a material to a neutral, balanced state.

How Demagnetizing Memory Works: Love, Attachment, and the Science of Letting Go

The above Magnetic Saturation and Hysteresis can be understood through the analogy of a love relationship. When two people become deeply intimate, one partner is often emotionally stronger and more influential, while the other is more receptive. The weaker partner is like an iron rod, and the stronger partner is like a magnet. Even after separation, the iron continues to carry the magnetic alignment produced by the magnet. In the same way, the weaker partner continues to hold the impressions and memories of the stronger one long after the relationship ends.

To remove this magnetized memory from iron, we do not throw away the magnet itself. Instead, **the same magnet is used in a different way**—moved in zigzag motions, reversed in direction, assisted by heating, or by striking the iron. These methods disrupt the alignment and gradually demagnetize the iron. This offers a profound insight into human psychology as well.
When the mental image of a departed lover remains in someone's mind and keeps them emotionally aligned with that person, **the same image can be used to dissolve the attachment**—but only if approached differently. We do not remember the person with the same emotional immersion as before. Instead, the memory is allowed to fade by keeping less attention on it and more attention on worldly activities. This gradually breaks its alignment.
"Heating" the magnet-form image corresponds to energizing the mind through yoga or spiritual practice, which weakens emotional fixation. "Hammering" iron represents being engaged in demanding work, stress, responsibility, and worldly struggles, which shake up the mind enough to loosen attachments.

Yoga and samadhi go a step further. In deep meditation, the mental image is brightened to its fullest expression, but without clinging to its physical counterpart. The body of the lover is itself recognized as temporary and unreal with it; only the inner image is seen as its real projection in the mind. This dissolves the magnetism of emotional memory. In the highest samadhi, merging completely with the inner image leads to merging with the entire cosmos or God. Once the mind expands into the whole, no individual memory has the power to bind it anymore.

Interestingly, this is similar to the best demagnetization technique for iron: **the same magnet is moved rapidly over it in constantly changing directions, without touching it, and slowly withdrawn from a distance**. The mental image of the lover is also not physically touched; it is expressed fully within consciousness as savikalp samadhi and then released gradually towards nirvikalp samadhi of complete removal to avoid emotional shock or a sudden return of attachment.

Some replace the lover's image with a guru's image. This works even more effectively. A guru is like a stronger magnet that can remove previous emotional imprints from the disciple more quickly and clearly, when approached correctly through samadhi and awareness.

Black Holes — Ultimate Accumulators

In astrophysics, a black hole is a region of space where matter collapses inward under such intense gravity that it begins to consume everything around it. Nothing escapes its pull—not matter, not light, not even time. With every fragment of energy it absorbs, it becomes denser, darker, and more inwardly contracted. The same pattern appears in human consciousness when greed grows without wisdom. Instead of expanding life, greed becomes a collapse of awareness into a narrow sense of self, where nothing satisfies and everything is consumed without bringing fulfillment. At its extreme, Lobha does not create growth; it turns creation into contraction. Only when awareness penetrates this inward pull, like crossing an event horizon, does it recognize that what it was trying to acquire and defend was never separate—it was attempting to hoard its own self without knowing it.

Summary

Across different sciences, Lobha or greed appears as a natural tendency of accumulation. At the atomic level, an electron holds extra energy for some time before releasing it, just as the human mind clings to emotions or possessions out of insecurity. In the formation of stars, gravity gathers dust and gas into a growing mass, and this resembles the way people collect wealth, status, or power in an attempt to feel stronger. Even in the so-called empty vacuum of space, an underlying sea of energy remains, mirroring the subtle cravings and latent desires (vāsanās) that continue to exist even in a silent mind. Magnetic materials retain a memory of past alignment, just as the mind remains attached to earlier gains and continues to seek more, even when the need has passed. At the extreme, greed becomes like a black hole that keeps consuming without satisfaction, pulling everything into itself and losing its true nature in the process. Thus, whether subtle or intense, Lobha behaves like an energy that gathers, stores, and clings—until awareness transforms it.

Uncontrolled **Lobha (greed) is like a black hole.** It sees no limits and makes no distinction between good or bad, legitimate or illegitimate, rightful or wrongful, hoardable or non-hoardable. It simply hoards everything. It does not even spare light, believing that light too will serve its purpose someday. Such extreme attachment to hoarding turns it into a *black demon.* Its own being becomes clouded and darkened with impurities, entering a state of bondage from which liberation becomes extremely difficult.

It may take form again and again—like the unending cycle of birth and death of a bound soul. This is why ancient wisdom says: **unawareful hoarding leads to bondage of the soul and repeated return to the world through countless cycles of rebirth.**
On the other hand, a *star* hoards only as much as is necessary—just enough to shine and illuminate others. Most stars avoid excessive hoarding out of the inherent fear of becoming black holes. So, they remain alert, slim, and disciplined, using limited resources in their fullest service to humanity. Many even adopt a kind of cosmic minimalism, becoming small stars so that they never turn into the bound, trapped soul of a black hole.
At the time of their death, such stars return all their constituents to space with gratitude, so that other stars may grow. In this way, **they become free and liberated.**
The same pattern is seen in human beings.

Philosophical Synthesis

From a spiritual and cosmic perspective, the three primary impulses of human emotion are seen as movements of energy with universal functions. **Kāma**, or desire, directs energy outward toward connection and union, and this outward movement becomes the basis for creation itself, symbolically represented by Brahma and Shakti. **Krodha**, or anger, is an explosive surge of energy that seeks to correct, break, or remove what obstructs balance; this power of destruction and transformation is associated with the force of Rudra. **Lobha**, or greed, turns energy inward, gathering and preserving what has been acquired. This inward pull becomes the principle of preservation in the cosmos, represented by Vishnu. Thus, these three emotions are not merely personal weaknesses but three fundamental currents of energy—creating, destroying, and preserving—through which the universe maintains its balance.

Spiritual Transmutation of Lobha

Lobha, or the urge to accumulate, evolves through different stages as a person grows in awareness. In its most ignorant form, it expresses itself as the hoarding of wealth, objects, and power. This type of greed leads to stagnation, because the energy that should flow becomes trapped in possession. With awareness, Lobha becomes more refined. The urge to gather turns toward collecting knowledge, strength, and inner energy rather than external objects. This stage creates stability, because what is gathered nourishes growth instead of suffocating it. At its highest level, Lobha becomes a force that preserves truth, compassion, and wisdom. Instead of clinging to possessions, one protects values that sustain life. Here, accumulation transforms into responsibility: one gathers not for oneself, but for

the well-being of all. In this enlightened state, Lobha acts as dharmic protection, preserving what is good for the world rather than what merely benefits the ego.

Thus **Lobha** is not merely vice — it's **Vishnu's sustaining principle** when purified.
At its lower form, it hoards;
At its higher form, it **nurtures, protects, and sustains** what is sacred.

Quantum Nonduality: How Hoarding Turned Into Spiritual Growth

The quantum facts above perfectly reflect my life story. Quantum science is unburdening me in the form of *quantum darshan*. It is showing me a mirror of the past, present, and future. By exposing the past, it dissolves it peacefully. By revealing the present, it makes me nondual and detached, like a quantum particle. By indicating the future, it assures me of liberation, provided I follow its path.
I remember a time when I had become excessively possessive—thinking only about money. I even began demanding money, of course legitimately and rightfully. But whenever money comes in between, whether legitimate or illegitimate, it creates a rift in relationships—sometimes large, sometimes subtle, externally or internally. When I saw how futile this race for possession was, I stopped.

The habit of willful hoarding found no outer direction, so it turned inward. It began expressing itself as a hoarding of yoga, meditation, writing, blogging, and the pursuit of knowledge. Thus, a harsh physical habit eventually cleared the inner path for my growth.

Perhaps it happened so easily and quickly because I already had a nondual attitude during these hoardings, mainly supported by ancestral sanskaras and assisted by *Sharirvigyan Darshan*. In this state, everything felt equal to me. I saw hoarding knowledge as equal to hoarding material things.
Quantum science also says the same: everything is vibration and essentially equal, whether it appears hard and external or soft and internal within the mind. *Quantum darshan* shapes this understanding into a spiritual form of nonduality.
Had I not adopted a nondual attitude during this hoarding phase, I would have later considered knowledge to be inferior to material possessions, and the hoarding tendency would never have received a chance to express itself inwardly. In that case, it would have remained suffocated within me—either causing inner suffocation or eventually turning back towards material hoarding in another form.

So, in short, we can say that a nondual attitude, like the behavior of quantum particles, supports every aspect of life at every step.

Updated December 2025 – Now includes 31 chapters. This is a living manuscript. Each chapter unfolds as new insights arise. Future updates will be added seamlessly, reflecting the organic journey of realization.

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