

HOW TO LIVE STRONG AND BE HAPPY

*Learn the Daily Rituals of the Most Spiritually Powerful,
Happiest and Healthiest People on the Planet.*

By Kedarji

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Preface

We live on a rock that hangs in a void of space, spinning on an axis in an orbit around a fireball! And there is an order to it all that no nation, no standing army, no president, no dictator and no sovereign wealth trust can influence or change. It is a higher order, a greater law. Wherever there is law, there is a lawgiver. Now, let that fact sink in for a moment.

As human beings, as spiritual entities, and as a species we are evolving in every way. We are evolving back into That Supreme Being that is embodied in the energy substratum of everything and everyone.

It is a fact that, in any evolutionary process, *only the species that adapts will survive*. Therefore, the key to our survival, growth and freedom is in our ability to adapt.

We cannot move toward the fulfillment of any potentiality that is not *already inherent* in our existence, no more than a caterpillar can decide to, one day, become a frog rather than a butterfly.

So our ability to adapt must be based on this *inherent potentiality*. My *Ecology of Well-Being* I express here, along with my 4 Pillars of Total Well-Being that are the essential nature of that ecology of well-being, is founded on the journey to well-being that *naturally evolves to the realization of its fullest potential*, by way of this inherent potentiality.

The ancient wisdom of many sages of yoga science has already proved this. Modern science is now beginning to make this same proof also.

-Kedarji

Introduction

THE BAD NEWS

The well-being and health of the masses in our global society is at a critical point. People are getting sicker, and at earlier and earlier ages. Many are angry, frightened and confused. Overwhelmed with sarcasm and anxiety, people are gravitating more and more to that which they believe will deliver instant gratification and constant stimulation. This has resulted in a lack of spiritual awareness that has caused a restless mind and a ticket on to the roller coaster of emotions. Inner peace, joy and unconditional love have become passing glimpses.

At the same time, and largely due to the state described above, cancer, heart disease, diabetes, obesity, autoimmune conditions, thyroiditis, autism, dementia and Alzheimer's are all on the rise.

So many people are on a "fruit cocktail" of pharmaceutical medications. And the amount these people take each day is increasing to an average of three-five different prescription drugs. Also increasing is the number of children under age 16 who have a list of prescribed medications for chronic health conditions and disease - challenges we rarely saw a few decades ago. Food allergies, chronic asthma, ADD, anxiety disorders, autism and obesity are now found in younger and younger populations.

According to the American Cancer Society, estimated numbers of new cancer cases in 2019 are 1,762,450 diagnosed and 606,880 cancer deaths (in the US alone). Globally, the numbers are far worse. By 2040, the global

burden is expected to grow to 27.5 million new cancer cases and 16.3 million cancer deaths per year. That's one in every two adults! And, according to the National Cancer Institute, cancer has become the number one killer of children as the leading cause of death beyond infancy.

30.3 million Americans—nearly one in ten—have diabetes. 84.1 million American adults—approximately one in three—have prediabetes. Over half of newly diagnosed diabetes cases were in adults 45-64 years old. As many as two out of five Americans are expected to develop type 2 diabetes in their lifetime. All the studies recently published predict that, by 2020, one in three people on the planet will contract type 2 diabetes, and that 80 percent of the population is already pre-diabetic (type 1.5 diabetes) and insulin and carb resistant (advanced metabolic disorder) – much of it due to the population being overweight and obese.

The rate of obese American adults has continued to increase over the past decade according to researchers from the Centers for Disease Control and Prevention (CDC). As of 2018, the nation's obesity rate was approaching 40 percent of all Americans. That number is far higher globally, as many other countries have adopted the standard American diet.

Cardiovascular disease is the leading global cause of death, accounting for more than 17.6 million deaths per year in 2016, a number that is expected to grow to more than 23.6 million by 2030.

THE GOOD NEWS

As alarming as these facts are, the good news is any condition that mitigates against well-being on any level can be healed.

Most importantly, these conditions can be reversed and healed naturally and holistically, without costly medical interventions, pharmaceutical medications and invasive surgeries – REGARDLESS OF THE STAGE OR HOW THE DIS-EASE HAS PROGRESSED.

Lifestyle Is The Cure

To fully implement this good news, you will have to change your thinking and behavior where well-being is concerned. Well-being is a lifestyle choice.

It's a choice you can make. The choice to live strong and be happy. The choice to live in a state of love without distinctions that conquers all fear.

The choice to get off the medical treadmill and stay off the medical treadmill. The choice to rise above the duality of pleasure and pain to live in the palace of peace and joy that is your birthright. The choice to attain long-term, vibrant health, regardless of age.

If this sounds far-fetched or impossible, it's not. I know from my own experience and the many case studies that I have been privileged to manage on the part of students and clients.

Start Here

Stop waiting for symptoms of degraded well-being before acting. And discard the old, Newtonian, diagnose-and-treat model, forever. Instead, first understand that there is always a

root cause of any lack of well-being you may be experiencing, including chronic health conditions and disease.

So, your focus should be getting to, reversing and healing that root cause. Doing so, I refer to as *lifestyle of healing and well-being* that places YOU at the center of improving and maintaining your well-being, both short and long term.

This is not magic. It's intelligence and the methods for doing so are readily available to you and have been for a long time.

The intention of this book is to get you started on a permanent trajectory to well-being in *all* the areas of your life. My 4 Pillars of Total Well-Being frame this offering. You will find these to be a tremendous aid in your journey to a happy, joyful and fearless life, full of love in its most useful form. These 4 Pillars are:

1. The Spiritual Power
2. Improved Mental State
3. Emotional Resilience
4. Vibrant Health

Understand What Healing Really Means

In more than thirty years of making this offering and closely monitoring its impact on the people embracing it, I can tell you that, at first, the majority of people have a skewed notion of what healing means. There is a stigma connected to the concept of healing that is only starting to change. The knee-jerk reaction usually is “I don't need healing. I don't need to

be fixed. Healing is for people who are really sick or mentally ill.”

For some, the idea of healing even conjures up images of snake oil salesmen, witchcraft, wannabe Shamans with plant potions to drink, and Santaristas who want you to drag yourself on hands and knees, with stones tied to your extremities, while drinking chicken blood. Unfortunately, many people still don't get that a lifestyle that contributes to decreased well-being causes the development of more serious consequences *over an extended period of time*. And that healing really means understanding that lifestyle is the cure and how to begin your journey to healing.

Lifestyle Disease

For example, stress can and does lead to cancer. However, this typically happens over a period of fifteen-thirty years - the time it takes for cancer cells to grow to the point where they can even be detected on tests. People diagnosed with diabetes have been insulin resistant for ten-fifteen years before diabetes (actually a symptom of insulin resistance and poor metabolism) is detected. People diagnosed with bipolar disease have exhibited signs of its development for many years before it becomes a symptom that can be diagnosed for treatment.

So, the same people who say today that they don't need healing or the lifestyle change that supports healing and well-being, are the same people who should prepare to be stuck on the medical treadmill later in life – with the common and unfounded excuse, “Well, it's age. I'm over 40 now and I

have my parents' poor genes." Or, as a friend, who had a heart attack at 51 and is now on a cocktail of big pharma drugs recently told me, "What!? Dude, I'm healthy. I made it to 51 before having to get on a lot of meds."

Healing Is For Everyone

Actually, healing is for everyone. In today's world, there are so many factors that we are exposed to in our environment, every day, that work to downgrade our well-being. Then there is the stress of modern life, the attempts to keep up with the rat race of pursuing comfort, security and reward and the compulsive embracing of convenience and "progress" by any means necessary – the means by which often involves factors that are not good for our health and well-being.

Instead, it's much more useful to understand that healing means embracing lifestyle as the cure for impaired well-being on all levels and optimizing that lifestyle, *holistically*, in order to live strong and be happy. The more resilient you are, the steadier and more peaceful your inner state is, regardless of who or what comes and goes in your life, regardless of circumstances – the more you can live in a state of being happy for no good reason – *this is what healing means*. From the viewpoint of this understanding, *everyone needs healing*.

In this regard, it is useful to remember that all lack of well-being, all disease, all illness is an invitation to wellness!

Lifestyle is the cure. As you read these pages and begin to apply what is offered here, I believe you will find that, as you age, your best years are ahead of you and not behind you. If you

focus on improving your well-being moment-to-moment, the future will take care of itself. *So, the time is now.*

CHAPTER 1

My Story

I was hustled into a cubicle in the emergency room. The nurse took a blood glucose measurement and said, “Jesus! You’re like the walking dead! How did you get here again?” My blood glucose level was 675 mg/dl (Normal fasting blood level is under 99.)

I had just walked two miles from my doctor’s office to the emergency room. He had taken a urine sample after I filed a complaint with him and said, “You can’t go home. I’m going to give you a note and you have to go directly to the NYU Medical Center emergency room. Your urine is brown and is testing high for diabetes.”

As if that were not enough, I had taken the subway to the doctor’s office because my wife of that time had my car. When I checked my pockets for tokens, not only was I out, but I had left cash and credit cards at home. So, I walked to the emergency room thinking all the way, “What the hell is Manny talking about that I have diabetes!? I’m young (I was 44 at the time.) I can’t be sick with diabetes. That’s for old people!”

Well, I was wrong. After taking my fasting blood glucose measurement, a barrage of blood tests were done for my liver, kidneys, pancreas and bladder. My AST and ALT readings (standard measurements for proteins and enzymes in the liver) came back at 475 and 600, respectively. Normal levels are under twenty!

At that point, several doctors came in and out and I was told that they had to keep me in the emergency room for twenty four – forty eight hours to see if the measures they were taking would stabilize my blood sugar, while they ran some more tests. I was placed on an insulin drip and some saline solution and given round-the-clock meds.

With my blood glucose back within normal range after about thirty-five hours, I was pronounced fit enough to be released. Before release, there was a meeting with a team of doctors in which they told me the following:

- I was suffering from pancreatic “poop out,” meaning my pancreas had stopped making insulin – a condition from which it was unlikely that I could be cured. And that I would have to inject exogenous insulin for the rest of my life.
- That I was being referred to a liver specialist because the medical team felt I would need an immediate liver transplant, due to liver disease.
- One of my kidneys had stopped functioning and would need to be removed.

“Great! Anything else?” I thought out loud. “Yes, there’s more,” they replied. I was then given a bunch of charts and lists and told that I would never again be able to eat fruit of any kind, that I needed to eat mostly meat and refrain from eating very many vegetables, and that I must stay away from all sugar, salt and bread. Interestingly enough, there was no mention of chocolate, candy, soda, water, dairy or any environmental/food toxins. Nor was fasting or exercise discussed.

The conversation ended with the medical team telling me that I should expect to be on diabetes medications for the rest of my life, that I should also expect that these meds would cause excessive weight gain and other complications that would then be treated with a list of other meds, the list for which was also in my folder. With that, I was released back into the “custody” of my internist.

The Liver Specialist

As if that weren't enough, my PCP (primary care physician) insisted that I was an alcoholic, due to my very high liver enzyme numbers. He continued to interrogate me about this, even though I had not taken a drink in many years and told him so.

When I had my appointment with the liver specialist, he insisted the same thing! As our conversation unfolded, the specialist told me he had already placed my name on a list for a liver donor and that I would need a liver transplant to stay alive. When I told him that I wanted to research and think about his diagnosis, his reply was that I was out of time and would be foolish to wait while I researched his diagnosis for treatment!

The next morning, I got a call from my PCP telling me to make an appointment to meet with a medical team of doctors at NYU Medical Center, to discuss my treatment. He also said he would be present, along with two of the doctors who had seen me in the emergency room.

The Final “Pow-Wow” With My Medical Team

I have nothing against doctors and know great physicians who are scientists committed to preventative medicine and addressing the root cause of all disease with lifestyle medicine. However, I did not know of such doctors at this time, and even today, they appear to be too few and far between.

The meeting started with a review by the doctors of what in the folder I had been given when I was discharged. “You will never be able to eat these foods again.” Grains, all bread, most veggies, all fruit, legumes, nuts and beans - out! Then there as a review of the several prescriptions for me to

fill. The discussion then turned to the liver transplant. I was told that I was risking serious illness and untimely death if I did not agree to the transplant.

I was also pressured to agree to have the kidney that had stopped functioning surgically removed. They also wanted me to see an ophthalmologist over concerns that neuropathy may have permanently damaged my eyes. (My vision had been blurred for several weeks before my trip to the emergency room.)

Then I got a new bit of exceptional news. I was told that it was likely that I had prostate cancer due to PSA measurements that were very high (in the steady range of 4-6 NG/ML, with a history of prostate cancer in the family). I underwent subsequent biopsies of my prostate, which were all negative. Even so, the strong recommendation persisted that I should have my prostate removed as well.

Advanced Medical Treatment and Reversal?

Throughout this entire discussion, I was hoping that my doctors were going to offer me insight into the underlying cause of my illness, with recommendations for getting off the medical treadmill, once the urgency of my short-term diagnosis and symptoms had been addressed. I had brought a list of questions to this meeting, pertaining to both underlying causes and reversal/cure, for which I got almost no answers. And the answers I did get were fear-based regurgitations of what I heard in the hospital.

In fact, I was so dissatisfied with responses to some very simple questions about my condition that I walked away from my medical team and decided to get the answers I needed by engaging in my own healing and long-term well-being.

Years Earlier

As I headed into my teen years, I was pretty healthy and very, very active. I was an athlete. I planned to enter the Olympics for speed skating, the mile run, and the marathon. At one point, I was training for those events. I was a martial artist at the time and I was heavily into Karate. Later, I was trained in Taekwondo and Kung Fu. As I was mastering these, I contracted pneumonia in my left lung. I have no idea how I got it, but I was very, very sick and almost died. It took quite a while for the pneumonia to heal.

Then, at the urging of my mother who was very concerned about the amounts of processed sugars I was consuming, I began to seek out a change in lifestyle that included a change in what I put in my mouth. At that time, I was drinking two to three milk shakes a day. Eating a pint of ice cream a day. I would start my morning with steak and pasta for breakfast. For lunch, I would have chicken with rice – and maybe, once in a while, some veggies. For dinner, I loved to have two bacon Swiss cheeseburgers with onion rings. I loaded up on the onion rings and French fries. Essentially that was my diet seven days a week. Not a great meal plan, for sure.

When my mother began urging me to make a change, she handed me a book by Bill Dufty and Gloria Swanson known as *Sugar Blues*. Neither authors are alive now but both were alive then. Gloria Swanson was a very famous movie actress who went into the field of holistic healing. Her partner was Bill Dufty. After reading this book, I was so, so inspired. Then my mom turned me on to a few other books that were about a very new movement in the West known as *Macrobiotics*. I was so excited and got involved right away. Then I started reading and studying and doing a lot of research on Oriental Medicine.

New Lifestyle

That led me to an entirely new lifestyle. In my late teens, going into my early 20s, I became completely macrobiotic. Michio Kushi, who became my mentor in Oriental Medicine and holistic nutrition (as well as the Healing Arts), was in New York City at the time. He and his wife, Aveline, had just purchased some property and a mansion in Brookline, Massachusetts. This is where they established the Kushi Institute.

Michio opened the Kushi Institute under the direction his own mentor, George Oshawa, who had come here from Japan to introduce Macrobiotics to America, along with acupuncture and acupressure. George Oshawa and his wife had just returned to Japan and Michio was left to grow this very new and fresh movement in alternative medicine, what I now refer to as a *Lifetime Holistic Healing and Well-Being*. The Kushi Institute curriculum included intensive study in holistic nutrition, what was then known as *Macrobiotics*.

What Is Macrobiotics?

Simply put, Macrobiotics is a pure vegan, a.k.a. Whole Food Plant-Based food plan that emphasizes more cooked food than raw food. Pure Macrobiotics is a 100 percent WFPB diet. It emphasizes nutrient-dense foods that are low in calorie density, combined in a balance of mostly seasonal veggies (emphasis on high in fiber), whole, intact grains in moderation, fruits, some beans and legumes, sea vegetables and nuts/seeds in moderation. I went on a Macrobiotic meal plan right away. I started with Michio

Kushi's two-week brown rice fast, which did wonders for my health.

During this time, I was very healthy. I lived in the Kushi Institute, engaged in the full curriculum of study on a daily basis - Oriental Medicine, hands on healing with his wife Aveline, and Holistic Nutrition. In this way, I mentored under Michio for three-and-a-half years. That period was a great time in my life. I had learned Zen meditation, I was digging down into all the aspects of the Buddhist approach to spirituality. Michio also taught me Shintoism. I was fully engaged in this wonderful new lifestyle that was all about spirituality, well-being, and healthy living.

My Poor Habits Came Looking for Me

In my late 20s to early 30s a lot of things changed. I had been training to become an Olympic speed skater. My coach demanded that I change my meal plans to conform to what he felt I needed to bulk up. I was no longer eating WFPB. Then marriage happened and there was also a huge career shift for me that began to take up all of my time.

Essentially, I abandoned the wonderful lifestyle that had healed me. Now, why did I do that? First and foremost, even though I was healthier physically, my mental state was still poor. Secondly, I lacked emotional resilience. Even though I had a spiritual practice, my mind was very, very restless. I had a lot of understandings and notions in my head that were self-defeating or self-destructive. I rode the emotional roller coaster like a mad man!

Due to that fact, I stopped nurturing the wonderful choices I had made that led me into holistic nutrition, Oriental Medicine and Macrobiotics. Even though I had a holistic well-being practice that was overseen by Michio Kushi in the

first two years, and even though I was coaching others and healing others of debilitating diseases - when it came to my own self-care, I was gravitating away from everything I had been taught.

My Decline

To make a long story short, in my 30s, my health started to decline. I developed several chronic health conditions. At the same time, I gravitated back to *SAD* - the standard American diet of lots of meat, dairy, fast foods, lots of processed food fragments, processed sugar, fruit juices and soda, greasy French fries and candy, etc. As a result, I gradually got sicker without realizing it. If you are not aware, by the time we start to experience symptoms of chronic health conditions, we are already sick and have been sick for as much as ten to fifteen, sometimes twenty years.

So, I was doing ridiculous stuff that I knew better than to do. Drinking processed fruit juices by the gallon every day, for example. I was eating all kinds of exotic, meat-filled dishes. Very, very spicy. I raised my processed sugar intake to the point where my family used to joke with me; “Why don’t you have some coffee with your sugar.” I was drinking three-four cups of coffee a day, packed with sugar and half and half. Forget about water, I stopped drinking water all together – a really bad idea.

It all caught up with me on that fateful day in the NYU Medical Center emergency room. That was a major turning point in which I was jolted from my ignorant sleep.

It Didn't Take Long

Gratefully, I had the previous training to begin my journey to reverse and cure every single one of the illnesses I was diagnosed with! This is why I had the confidence to walk away from the medical team that didn't have the answers I needed. I was informed – more informed and educated than the doctors who were treating me. And this is one of the greatest challenges being faced today with respect to public well-being and health – people are not informed. They just don't know the many options they have for improving and maintaining well-being, holistically.

My first step was to examine how I took such a wrong turn in abandoning what I had been taught in all the years of my training in holistic lifestyle medicine and well-being. What would cause me to risk so much for so little?

Harnessing The Spiritual Power

It was my spiritual journey that began around this same time that provided the answer to that question. You see, I was so conditioned in behaviors that do not support well-being. I was so attached to good news about my bad habits. So, even though I had been taught the methods to prevent the illness and disease that I then succumbed to, I did the very things I had told myself I would never do, ever again! Why? I lacked power – the power source that destroys bad habits and enables the growth of the most useful ones – *The Spiritual Power*.

My journey to cure myself of chronic health conditions and disease came by way of this Spiritual Power. I gained access to it in following the instruction and methods of my spiritual leader for total well-being – the very same

methods I am elucidating here. Again, these methods are based on my *Ecology of Well-Being* approach, utilizing 4 Pillars of Total Well-Being to manifest that on all levels. They are:

1. The Spiritual Power
2. Improved Mental State
3. Emotional Resilience
4. Vibrant Health

The last three are dependent on the first because we need a power source to invoke lasting change *that is lasting, by way of being sustainable*. And so it was, by the power and leadership of my spiritual mentor, that I healed myself of all the above-stated illnesses, without any medications or surgeries!

How long did it take? *Eighteen months to completely heal and another year for sustainability to take hold.*

Stroke of Luck or Genius?

I'm not a genius and luck had nothing to do with it. Grace certainly was the primary element, but to mine that Grace, *science connected to effort had to be applied*. If I can do it, anyone can do it. The great news is the science is now readily available and the Grace and science necessary to harvest Kedarji's Ecology of Well-Being is what I now share with all those interested in healing and long-term well-being.

CHAPTER 2
**The Energy Substratum and
Kedarji's 4 Pillars of Total Well-Being, Part 1**

Ecology

I call this offering *The Ecology of Well-Being*. The dictionary defines “ecology” in the following way:

- the set of relationships existing between organisms and their environment
- the set of relationships existing between any complex system and its surroundings or environment

Environment can also be understood as any force that acts on or shapes the existence of a person, place or thing. This would include the inner and outer company we keep *and the inner environment dictated by our mental and emotional states* – what we refer to in yoga science as *the subtile body* that houses all the impressions, the ‘tapes’ from our present and past lives – what modern psychology refers to as the subconscious mind.

Environment can also be understood as the extra cellular matrices that cells form in the process of building connective tissue around organs and muscle, as it is a scientific fact that our cells form “communities” in which constant communication via energetic exchanges is taking place every second. These energetic exchanges are also known as cell *signaling*.

Often, when we think of the word “ecology,” we think of places like the Amazon rainforest. In fact, more than 90 percent of all our pharmaceutical drugs and the base for most of our vitamins come from nutrients and chemicals mined in the world’s tropical rainforests. These rainforests

contain a vast, magical and complex ecology known as *the biosphere*.

The biosphere, when left alone to operate naturally, relies on a subtle and perfect balance of all its component energies in order to continue to produce the wonders of the world that also include much of our natural and synthetic medicines.

So, when we think of “ecology,” *delicate, harmonious balance* is what comes to mind. Kedarji’s Ecology of Well-Being that I speak of implies that a delicate, harmonious balance must be struck in our beings, *and maintained*, for us to get well and stay well. So, connected to our well-being, each of us also has an ecology or ecological makeup with communities of billions of cells. And this delicate, harmonious balance to be struck is vital, right down to the cellular level.

You see, when you look at your body in a mirror, what’s there in the mirror is a housing, so to speak, - *a cover or costume within which are the communities of cells that give life to the body*. **These cells are the living components of the frame we are in.** The frame is just the housing, the temple as it were, for these communities of billions of cells. This is an important fact, supported by the new, biological science coming out of the growing body of stem cell research. More about the relevance of this for well-being shortly.

4 Pillars to Well-Being

To provide a simple structure for doing so, I have created Kedarji’s 4 Pillars of Total Well-Being. In this and other chapters, I will elucidate how each of these 4 Pillars are active, relevant and impactful for improved well-being and vibrant health, all the way down to our cells.

To repeat, these 4 Pillars are:

1. The Spiritual Power
2. Improved Mental State
3. Emotional Resilience
4. Vibrant Health

In yoga science, there is the consistent examination what we refer to as the *two aspects* of the one divine conscious energy or energy substratum. These are known as the *transcendental* aspect and the *immanent* (worldly) aspect, the immanent being an expression of the transcendental. In other words, everything here in form has these two aspects at play in the myriad expressions that comprise life – *all the way down to our cells*.

Prior to breakthroughs in the science of Quantum Physics, the now outdated Newtonian model of matter and the universe had us believing that the atom is the smallest particle of material existence. Thanks to Quantum Physics and Quantum Mechanics, we now know that atoms contain subatomic particles that are actually the smallest material particles in the Universe.

And even that statement becomes a dubious when closely examining what such particles are actually made of (invisible energy)! (Lipton, 2015, (1)) Upon close, scientific examination, we know that atoms comprising molecules are actually like wobbly, spinning tops radiating their own identifying energy patterns (Howell, 2017, (2)). This means that *every material structure* has an *energy signature* that is *the substratum* of its compound makeup! These energy signatures are also known as energy vortices, and these vortices are quarks and photons that makeup the structure of all atoms.

(**Endnotes for this chapter appear at the end of Chapter 4, Part 3)

Ultimate Power Source

So, modern science has confirmed that there is, in fact, an energy substratum of all things, right down to the molecular structure of our cells. However, this fact has been known and applied in the East and Asia for centuries. In both the societies and spiritual paths originating in these places, *energy* is honored as the principal/primary factor in well-being, including vibrant health!

We say this energy substratum is spiritual. Why not? It would have to be. In my experience it is because these energy exchanges are happening in an orderly fashion with their own power source. Just like this rock that we live on, that hangs in a void of space, spinning on an axis, in an orbit around a fireball – and in an orderly fashion, 365 days a year, twenty-four hours a day. Who decided that? Who or what? Who decided that females will bear children rather than males? Who decided that we would have two eyes, two ears, two hands, two legs, rather one hand or four heads!?

So there is an order here. We can't argue about that. So why label it in any other way except to recognize it as an order – as in a *higher order or sacred law* that has an energy base?

I like to think of this as the *ultimate power source*, and the *science* of how that power source is *expressed*. So, there is this Ultimate Reality and the Science of how it expresses itself *as our existence here*. Physicists and other scientists will find this to be in alignment with their own findings, with respect to examination and application of Einstein's theory of relativity (now qualified as his theory of special relativity) and $E=MC$ squared. Scientist Buckminster Fuller's work also supports this principle. Quantum Physics is also considered to be the philosophy of the science that is specifically examined and expressed in Quantum Mechanics (considered

to be a branch of or contained in Quantum Physics).

So, to further understand the impact of these 4 Pillars on total well-being, I group these pillars in the following manner.

1. The transcendental or ultimate power source = The Spiritual Power, Pillar 1.
2. The immanent or science of how that power source is expressed (in human beings) = Improved Mental State, Increased Emotional Resilience, Vibrant Health (Pillars 2, 3, and 4).

Further, as you may be getting by now, “*how expressed*” is the understanding that is vital here – because it is the key to observing and understanding how each of these 4 Pillars is expressed, even at the cellular level. And, how you *choose* to express the energy substratum, meaning how you choose to direct that ultimate power source, will determine whether or not you attain an improved mental state, emotional resilience and vibrant health.

Joy and Matter

This raises another understanding: You are responsible for how the first aspect is expressed as the second in your existence here, all the way down to how your cells are communicating (epigenetic expression).

Then there is another matter to address. If not stored under optimal conditions, milk spoils very fast. A gold bracelet that is mixed with silver or bronze is no longer pure gold and its value is greatly reduced. A silk garment mixed

with cotton or, worse yet, polyester, is considered a useless knock off. In each of these examples, the worth or power of a thing has been skewed or tainted by the way in which choices were made in how they are *expressed*. By this I mean that a gold bracelet is, essentially, just gold. A carton of milk is just baby calf growth formula that has been processed and packed. Silk is still, essentially, the eggs of the mulberry silkworm, albeit altered.

Similarly, if your expression of the energy substratum, that ultimate power source, is tainted, your mental state, emotional resilience and vibrant health are degraded. In other words, *you* have the power to decide how that ultimate reality is expressed in your existence here, thereby impacting the expression of the last three pillars.

Raw energy, in the hands of someone who doesn't know how to properly use it, can result in fatality. So, I focus on helping people to use the ultimate energy, spiritual power, to enhance the immanent (the other three pillars), in way that that enables them to *harness* this energy *optimally*.

It can further be understood in the following way: **joy and matter are connected** – *meaning that any thing material can be impacted and improved by the experience of joy that breeds peace and content*. This joy is an inner state that calms the restless mind, opening the floodgates to spontaneous inspiration. Writers do their best work when its quiet and they experience an environment of peace and calm that is conducive to an inner experience of joy and inspiration.

Inventors and cutting-edge scientists and innovators report that, often, they get their best ideas when they are not focused on manifesting an idea itself, but rather focused on nothing apparent (allowing joy to arise spontaneously due to a quiet mind). When I attended master classes in music conservatory, great, world-renown artists like Itzak Perlman, Isaac Stern, Max Roach and Dizzy Gillespie each told me that

their best performance occurred when they got out of their own way and allowed an unseen power to take control of their hands and minds, giving way to a state of Joy!

So, another way to understand the grouping of the 4 Pillars that I mention above, is to recognize the relationship between joy and matter – a relationship that you can begin to experience more fully within your own being, with the right methods for doing so. As expressed earlier in this chapter and in other chapters to come, you will also see that modern physics supports the interconnectedness of Joy and Matter. Of course, we also see this in Nature – that there is a higher power in the orderliness of nature that is joyous to behold, and that surely must have at its foundation Love and Joy.

Grouping the 4 Pillars of Total Well-Being in the context of these two aspects will help you to embrace and seek to nurture spiritual power, without succumbing to fears of the unknown or ridiculous notions heaped upon you by popular culture or people who are frightened by what they don't understand.

Pillar 1: The Spiritual Power

In examining this energy substratum of all sentient and insentient things, we don't need to argue about the labels of God, Yahweh, Spirit, Islam, Shakti, Shiva, Christianity and so on. Labels are there to get and keep our attention long enough to engage the methods for understanding and experiencing *That* which is beyond all labels – *That* which gives power to all labels. Part of increasing spiritual power is getting past being stuck on these labels, getting past seeing differences and distinctions caused by attachment to labels. The labels are simply indicators of something greater than,

when experienced, allows us to discard the fear created by the perceived differences in them.

At the core of it, regardless of what the label is, the one thing that we can all agree on, the one thing that medical doctors can agree on, that scientists, spiritualists, meditation masters and spiritual leaders can agree on – we can all agree on one thing: That there is, indeed, an energy substratum to our existence here. This is irrefutable. Why is this irrefutable?

Because we live on a rock that hangs in a void of space with nothing material with which to support its hanging there, a rock that is spinning on an axis in an orbit around a fireball! And no nation, no government, no sovereign wealth trust, no army, no wealthy individual or corporate conglomerate, no drug cartel or organized crime entity and no government any where can change this fact or exert any influence over it whatsoever!

This brings us to another irrefutable fact connected to The Spiritual Power. There is an order here in this realm, on this planet in which we live that is dictated *by force of law*. The sun rises and sets. The moon waxes and wanes. Weather patterns and seasons come and go. Trees, grass, flowers grow like clockwork in seasons, rivers run and oceans rise and fall, often in predictable ways. This signals the fact that there is an order to these cycles, along with the birth and death and rebirth of all things here that is dictated by this law. I call it sacred law. And, in the words of the great Mahatma Gandhi, where there is *law*, there is always a *lawgiver*.

At the very least, considering the energy substratum as a spiritual power allows for the examination of this hypothesis, connected to the other three pillars – and in such a way that we can test and embrace the understanding and experience of an ultimate power source *that can be harnessed for well-being*. In this approach that I offer, there are proved methods that are taught for either proving or disproving this

hypothesis for yourself, in the laboratory of your own existence. This is an important point because facts can be argued, interpreted and reinterpreted, *but you can't argue with direct experience.*

What You Risk If You Don't Harness The Spiritual Power

I have just discussed the energy substratum and how we need a power source for the function of everything. And I've also stated why you should access the purest, highest power – *because it is inexhaustible!* It is this kind of power that is required to convert old, bad habits into new and more useful habits that will support your journey to well-being and vibrant health.

We are all creatures of habit. *And the truth is that most people love good news about their bad habits!* Are you like this? I was. I only raise this point because we all know how hard it is to break bad habits, even when well-intentioned thinking is expressed. With the increased ability to harness The Spiritual Power, discarding useless habits for more useful, liberating ones is easy and, over time, effortless. Why?

To begin with, a restless mind can only produce habits that have their foundation in fear, doubt, worry, frustration, anxiety, sarcasm, cynicism, depression, anger and....well, you get my point. Therefore, particularly where well-being is concerned, nothing useful comes from a restless mind.

To make the restless mind quiet on a lasting basis, *without reaching for recreational drugs and other devices that are limited and are not without side effects that are harmful,* you need The Spiritual Power! The great thing about The Spiritual Power is that you already possess this treasure. You

only need to be taught the methods that will secure your complete access to it, permanently.

In fact, we are all energetic beings (Nityananda, 2007, (3), Lamb, 2013, (4), Lipton, 2015, (5)) who operate on this spiritual power. We search for it outside, like an ignorant person who lives by a river or stream yet searches for water in a desert! Merging in The Spiritual Power, your treasure, *is your birthright*. It does not have to be sought after in caves, castles, money or relationships. It is there and has always been right there inside you. You just need to stop concealing it from yourself.

Once recognized and fully realized, this power source transforms the restless mind into a sharp, golden wonder, upon which well-being *beyond your expectations* can be enjoyed. The connection between a calm, silent mind and even the function of our cells will be made later in this chapter. With the harnessing of this Spiritual Power and the most effective methods for doing so, you are carried beyond the mind and beyond the senses to a sacred space of Joy, Peace and Inspiration! That's the easy part to discarding old, useless habits, along with your attachment to wanting good news about your bad habits.

The risk you run in not acquiring the means to harness The spiritual Power permanently is that you will never be fully able to improve your mental state.

Pillar 2: Improved Mental State

Witness Consciousness or the state of the Observer. This is an experience in which you are able to watch your thoughts, emotions, notions, etc. come and go *passively, without judgment* and without any reaction or response that allows the energy of egoism to arise. It is a state in which, from that witness to your mind, you are able to observe that

source from which all thoughts rise, are sustained and withdrawn. In Quantum Physics, this same source is called *the quantum field* or *energy field*.

As part of helping people to improve their mental state, I lead people in a practice I call *Witness Consciousness Centering*. In the many years I have offered this meditation method, our case studies show that the majority of people who practice the method as instructed, even on the very first attempt, experience a silent mind in less than three minutes.

The purpose of practicing *Witness Consciousness Centering* is to begin the important process of *remembrance*, as you go about your daily activities. The great beings tell us that remembrance means resolving one's identity crisis by identifying with the Self, with our true nature, in every movement of thought, emotions, notions, etc. in our Consciousness. Again, I refer to this true nature as *the energy substratum* of all things. At our core, we are energetic beings, inhabiting a human form, just for a short while. Without that energy, that highest power, the body dies. Therefore, the body is actually inert, with no agency of its own. It is that energy that gives the body its life and luster.

Why do you need to be reminded of this? Because you have forgotten who you really are. Through so many karmas (mental conditioning) of so many past lives and the present life, you have developed the false notion that you are just a person, a mere individual, that you are the body with an exclusive personality, that you are small, ordinary or delightfully weird. Without remembering who you really are, without being reminded that you are, in essence, that highest power, there is no hope for permanent spiritual transformation or long-term well-being. Finding true peace and happiness then becomes a fading dream, mostly due to the raging river of worldly distractions that produce so much

stress, emotional trauma, anxiety, frustration, anger, worry, depression, cynicism, sarcasm and so on.

What to do? The first step in addressing a poor mental state is to understand the witness to your mind. For example, you know when you are thinking but *how do you know you are thinking?* How do you know you have slept? How do you know you have dreamt? You know because there is a higher power, a power that I refer to as the Knower, the Witness, the Shiva-Shakti power or Supreme Principle. There is no point in arguing about the labels. There are as many labels for grapes as there are languages on the planet.

We're still talking about the same grape! Likewise, this highest power is that which even gives us the power to perceive differences and distinctions in this way. This witness is beyond the mind and beyond the senses. *That* is what observes these changing states of experience. That witness is who we really are.

Reaching for this Witness Consciousness state, with practice and the Grace and leadership of a really good spiritual master, leads to your awareness merging in the experience of the Witness. It is through the experience of this Observer, this state of *witnessing awareness* that you are able to watch where your mind goes. You are able to observe all of the manifestations of the restless mind. And this is the first step in reigning in the wandering, restless mind, *in order to improve your mental state.*

To begin to understand and to experience this state of witnessing awareness, it is necessary to hold and to contemplate the fundamental instruction of this approach. This instruction is framed in the utterances of the sages of steady wisdom who tell us, *See God in each other.* The Self (that energy substratum) exists equally in all. In order to practice and perfect Witness Consciousness Centering, we begin by holding this highest understanding.

In fact, your perfection is already with you. The great travesty is that you forget who you really are. You lose awareness of this highest power or energy substratum, the awareness of your own Divinity. You lose this awareness by concealing from yourself the fact that you are that spiritual power inherent in the energy substratum of your being. This is how the mental state becomes degraded. So, using methods to regain the experience of this spiritual power, to remember the experience of it by accessing it again and again is how you will improve your mental state.

STOP HERE FOR A MOMENT AND TAKE A DEEP BREATH.

It is recommended that you use the following link to experience the practice of some centering methods that will help you prove the import of what I've stated here to yourself. <https://bhaktaschool.org/witness-consciousness-centering.html>.

What You Risk If You Don't Improve Your Mental State

Every well-being mechanism in your being that this energy substratum has provided, for both your joy and your enjoyment of life is compromised by a poor mental state. And a poor mental state is your creation. Therefore, you are responsible for improving it. This can be easily accomplished with the right, proved methods for doing so on a lasting basis. As I stated previously, a mind that is the embodiment of fear, anxiety, worry, doubt, anger, cynicism, sarcasm, lack of gratitude and contentment *cannot produce anything useful where well-being is concerned*. On the other hand, a quiet, calm and content mind, with the right spiritual practice, can become a superconductor for the power of the Ultimate Reality, inspiration, spontaneity and love and, ultimately, freedom.

- The mind loves the places it frequents the most.
- Whatever the mind meditates on regularly, it becomes.
- You become what you obey.

These three utterances of the sages of my lineage embody the risk you run in allowing your mind to wander into and relish in (by way of attachment) fear, anxiety, worry, doubt, anger, cynicism, sarcasm, lack of gratitude and content. **Once you become these, well-being is destroyed and health severely diminished.**

In fact, the connection between a poor mental state and chronic health conditions and pathways to disease is well-documented. For example, within the membrane of each of our cells, there is the nucleus of the cell itself. There is also the nucleus of the mitochondria, the “cell burners” within each and every cell that convert nutrients into the energy and signaling processes that keep our bodies healthy. *These are separate nuclei that interact with each other.*

Due to the excellent work of Dr. Bruce Lipton and his medical team, a discovery was made that has changed our knowledge and understanding of what impacts cellular health. The science of this is known as *Epigenetics*, a science that has proved that cells change, grow and mutate based on communication (epigenetic expression) that is taking place both inside the cell membrane and between cells in extra-cellular matrices (in connective tissue and organs). *This epigenetic expression can be altered in many ways, without changing the underlying DNA coding.* **This means that, in fact, disease-causing genes can be switched off and health-promoting genes switched on, regardless of inherited genetic predisposition** (genetic inheritance only represents only about 1-3 percent of all disease causes).

Within the non-encoding RNA, contained in the “dark matter” of each cell nucleus, there are integral

membrane proteins (IMPs). These are divided into *effector proteins* and *receptor proteins* (Lipton 2015, (6)). These two proteins talk to (signal) each other on a constant basis. *And here's the connection to poor mental state.* The receptor proteins' ability to properly signal to keep the cell functioning properly *is directly impacted by signals they receive from outside the cell (the mind and the brain, for example) and outside the body (environmental factors).* This is how medical science now knows and acknowledges, for example, that stress kills. In fact, *stress* and the emotional trauma to our cells that comes from it, is now considered to be *one of the leading causes of chronic health conditions and diseases such as heart disease, diabetes, stroke and cancer.*

There are many other examples of factors that change receptor protein signaling, including food toxins and environmental toxins.

There is only one way to reduce stress and that is to engage time-honored, proved methods for calming the restless mind and turning it within and upward to the power source – *The Spiritual Power.* These are methods that include true meditation, kirtan chanting and contemplation of the highest.

So, the risk you run in allowing your mind to remain restless is a poor mental state that traffics in lack of well-being, poor health and disease!

CHAPTER 3
**The Energy Substratum and
Kedarji's 4 Pillars of Total Well-Being, Part 2**

Pillar 3: Emotional Resilience

Then there's the third pillar of *Emotional Resilience*. Emotional Resilience simply means this: We want to be able to express our humanity *in a way that promotes well-being all the time*. Here, we believe that we should enjoy life, but there's a lot that gets in the way of enjoying life. And one of the things that gets in the way of enjoying life is *riding the emotional roller coaster*. Being dragged back and forth, from one emotion to another, to another. This makes you a slave to your emotions and this is not useful for your well-being. This does not produce happiness and contentment.

In fact, as we know from medical science and all other forms of science, riding the emotional roller coaster is detrimental to your health and well-being. For example, stress has now been moved up on the list of chronic health conditions that can cause cancer. In addition, stress can cause a host of other diseases. Just stress alone can do this, due to the way stress has been shown to increase insulin resistance and disrupt cell signaling pathways. *Therefore, stress is a toxin*. When we become slaves to our emotions, we place ourselves under a great deal of stress. Below is a relevant chart fashioned on the new science of stem cell biology (cellular medicine). It will give you an indication of how certain emotions impact certain organs, from 0-1, with 0 having the least impact on degrading organ health and 1 having the most.



How is this relevant to cellular function? Our bodies destroy billions of cells each day (apoptosis) as a normal process of regeneration. In order to continue functioning, these billions of cells have to be replaced each and every day. This is the job of our stem cells. Stem cells are embryonic cells. These stem cells manifest the billions of replacement cells each and every day that the body needs to function optimally. As another example, the cells lining the intestinal wall are completely replaced every three days by stem cells in our gut.

These stem cells operate at the command of signals they get from the brain. The brain processes the mind’s interpretation of both our inner environment and our outer environment. This interpretation is made up of the perceptions that the mind creates about everything it comes into contact with.

The mind is the ruler of the brain. The brain takes these perceptions of the mind and translates them into chemical/biological signals that are sent down the nervous system. It is these signals that stem cells act on, either to produce the constant growth of healthy cells and immune system strength necessary to sustain our bodies or to shut down that growth and immune system function. When we choose to engage emotional contraction and trauma, rather

than increasing emotional resilience, we surrender to living in a state of fear. The brain then translates this fear into signals that result in downregulated cell growth and immunity (Lipton 2015, (6), Seyfried 2012, (12)). What I have just shared is supported by the new science that has its foundation in stem cell research and therapy. More detail about this later in this chapter.

On the other hand, Emotional Resilience allows us the freedom to express our humanity - to express our emotions, *but from a place of sheer delight*, connected to the first pillar of The Spiritual Power. That's why we need that power. That power frees us from the prison of emotional enslavement so that we are able to express our emotions, *without becoming entangled in them*. To be able to express our humanity without becoming slaves to our emotions, what's wrong with that? We all want that.

This is Emotional Resilience and it is a state. Now, having said that, it's not possible to attain Emotional Resilience without first improving your mental state. Because if you have a lousy mental state, you cannot attain a state of emotional resilience. These two work synergistically, in conjunction with Spiritual Power.

Again, an improved mental state is reliant on The Spiritual Power as is Emotional Resilience. Without an improved mental state you cannot attain lasting emotional resilience. Instead, you remain a slave to your emotions. And that really has the effect of degrading your well-being. So, how do you increase your emotional resilience?

It's important for each of us to examine where we get our *understandings* from. It's important because understandings always dictate our feelings. These understandings are synonymous with the "downloaded old tapes" or "emotional baggage" spoken about in fields like psychology. How we are vibrating, from moment-to-

moment, is dictated by the feeling we experience in that moment. Our vibration immediately begins to attract to us the people, places and things that will reinforce that vibration. This causes us to hold other understandings (that will dictate other feelings) that will keep us wedded to whatever state we find ourselves in, *by way of the understandings we have been holding*, and the subsequent feelings and vibration that manifest out of those understandings.

For this reason, if we want to change how we feel, we need to change our understanding. You can take from this that understandings are vital to whether or not you will experience your true nature *from the vantage point of the energy substratum of your being – the power source of your well-being*. The understandings you hold either keep you bound to lack, limitation and contraction, or they free you to experience the joy and peace of the true heart – from which you are able to invoke changes in your life that enhance your living, well-being and vibrant health, without compromising your Peace and your true worth – without compromising your human dignity that is the essence of the experience of The Spiritual Power.

Often, we tend to get the understandings that we fashion our lives after from embracing the popular and widely accepted notions about who we are, based on what society, the collective consciousness of the masses, husband, wife, friends, family members, lovers – based on what they all tell us. In other words, we're playing tapes fashioned by other people, place and things that have been deposited in the subtle body – many of which are not growth promoting but are growth inhibiting all the way down to our cells.

For example, if you believe yourself to be a “liberal,” you identify with what the liberals tell you. If you are a “conservative,” you fashion part of your identity after what the conservatives tell you. If you have a favorite celebrity, you

accept the ideas and notions that the celebrity has made popular. You may even believe that the roles celebrities play on the Internet, in movies, TV and other popular media have an important message for you.

You may believe that you are the body, just a person, just ordinary, an individual who has to make his/her life happen – you accept these things without even questioning them because these are the understandings you have been taught by the company you keep and the society and collective consciousness that you choose to embrace.

These understandings cause you to feel very passionate about those things that you have accepted, *often without questioning them*. As a result, you vibrate in a way that continues to attract the people, places and things to you that reinforce these understandings. In this way, you have created karmas for yourself that continue to dictate the mental conditioning that controls your life, including the cells in your body. And this is what has *downgraded* your emotional state.

Even when this is the case, many complain that spiritual paths and strong spiritual leaders are vehicles for brainwashing, and this is certainly and unfortunately true of some “spiritual masters.” But consider the fact that so many are already so thoroughly brainwashed by the understandings given them by society, collective consciousness and the company they keep. They question the existence of the Self, that highest power, yet they never question the understandings they have come to embrace, just because those understandings are popular and have been affirmed by the collective consciousness of the society in which they grew up. *For this reason, practicing the most useful methods for increasing Emotional Resilience is vital to well-being.*

More Examples – How A Downgraded Emotional State Works Against You

Some of the same psychologists who regurgitate the notions of popular culture and society for how to lead one’s life also sell themselves to the very companies who brainwash you into buying their products.

For example, if you’ve ever been inside a major advertising firm (I have) then you know what goes on there. Ad firms are brainwashing machines that, with the help of modern psychology (Sigmund Freud’s nephew, Edward Bernays, used his uncle’s approach to psychology to start the first and most popular PR and advertising firm here in America), have become very skilled at manipulating all areas of popular culture. They use the widely accepted understandings (formulated from subliminal programming, a.k.a. mind control) that societies embrace in order to walk around in your head to cause you to become attached to products and services that they want you to continue to buy.

This is accomplished by encouraging you toward senseless emotionality. And so many people accept this form of brainwashing. (This reminds me of a good example of what I’ve just stated, portrayed in a movie comedy entitled *How To Get Ahead In Advertising* – 1989, starring Richard E. Grant.) Ad firms have very strong PR (public relations) teams that have now become the “go to” for politicians and CEOs of major corporations, due to their skill at what I’ve mentioned above. **Perceptions are easily manipulated when Emotional Resilience is lacking.**

The entertainment industry is another great example. Due to the power of music, combined with popular perceptions, records, TV, movies and other media are absolutely designed to invoke emotions – with the intention of making those emotions *memorable*. **The challenge is that**

many of these induced emotions do not serve our well-being. For example, if you research the body of movies on Netflix or Amazon, you will notice that, as part of our popular culture and worldview, we are obsessed with crime, guns, drugs, sex, lies/deceit and revenge.

So much of what sells falls into these categories, reflecting the mental/emotional state of the masses. This is an indication of where so many are at with respect to the triggers they reach for which degrade their Emotional Resilience.

These are just some of many examples regarding how so many people formulate the understandings they reach for that dictate how they feel, often without even questioning those understandings. In this way, many do not even bother to examine the subtle yet profound impact the above has on their awareness.

However, there are societies on the planet where the popular understandings that are embraced, as part of the popular culture (or widely accepted notions of society) are quite different than in the West or Europe. For example, in Eastern India, the popular culture and societal norms embrace the understandings of yoga that allow people to perceive this world as an expression of the Divine. The culture there is imbued with the understandings that the ancient science of yoga provides.

This understanding is reflected in the popular culture of many regions in their society. Instead of growing up on portrayals of humankind, indicative of TV shows like *The Sopranos*, *Sex In the City* or *Breaking Bad*, they grow up on yoga for well-being of the whole being. It is this way in certain parts of Asia, as well. Unfortunately, the collective consciousness in some of these regions is moving toward contraction and a lower vibration, due to the fact that people there are following the example of greed and excess set here in

the West. *This is also due to a downgrade in their emotional state, as a result.*

Excess stimulation and instant gratification has become the hallmark of many societies. This impacts Emotional Resilience as well, by way of the understandings people reach for. In this way, even your notion of being independent, *or the notion of what it is to be independent*, is derived from the collective consciousness and popular media of the society that you embrace.

For example, you experience a song or musical tune as being “happy” or “sad,” *based on the understanding you hold about the tune and/or the lyrics*, and not necessarily the music or lyrics themselves. Furthermore, you may have accepted that understanding by way of other understandings that you are conditioned to reach for, or based on who or what you attract, by way of how you are vibrating. Regardless of the understanding, *your feeling about a person, place or thing is always due to the understandings your hold.*

Going back to the music example, music becomes popular and accepted with respect to its “emotional” content, due to the repetitiveness with which the music is heard. Stephen Sondheim (a partner of the great Leonard Bernstein), one of the greatest composers of musicals on the planet, once told me that a composer’s music becomes popular due to airtime, *and not necessarily because the music is even noteworthy.* Here he was referring to the necessity of getting one’s record played on the radio and in other popular media where people will become attached to a composition by the mere fact that they hear it a lot. The mind loves the places it frequents the most! This is important to understand with respect to increasing your Emotional Resilience.

Understandings Are the Parent of All Emotions

When your understanding of a person, place or thing changes, your feeling about that person immediately changes, and you vibrate in a different way as a result. For example, you fall in love with a person and believe that the person is your soulmate and that everything you believe you lack that person is going to complete for you or fulfill. Then, one day, that person does or says something that crosses you in a way that you feel is irreconcilable. So, you break up. The breakup was caused by the fact that your understanding of that person and your understanding of the relationship with that person changed. Therefore, your feeling changed. Someone you once loved and proclaimed as your soulmate is now dead to you – all due to the change in the understanding you chose to embrace.

Let me give some other examples that I believe you will easily be able to relate to:

Location. Maybe you've been living in a particular place for a long time or you live in a city or town that you grew up in. And maybe life wasn't so good for you as you were growing up in this location. Perhaps mistakes you made began to haunt you, or you had a series of bad relationships that caused your reputation to become tainted. Or maybe you've been unable to launch the career you want or find the husband or wife you're seeking in this location.

One day, you decide you're going to move to a place you think will be better, or you just long for a change in surroundings, believing that this is the best way to leave your past behind you. So, you move to a different city or town and soon forget about your previous location. Your feeling about both the old and the new location is due to the understandings you hold about both.

Identity. Maybe you have been addicted to drugs or alcohol. One day you decide to get professional help for your addiction. Part of that professional help includes some kind of therapy, perhaps a 12-step program. As you are weaned off of your addiction and regain awareness of what it’s like to make choices that are not driven by your addiction, you start to realize that you are not the person you thought you were (Most addicts have this experience in rehab.) This realization came about due to the change in your understanding about you and your relationship to other people, places and things.

Labels for Sexual Preference. Perhaps you are “gay” or “straight.” One day, you decide that you are no longer “heterosexual” and you decide to become “gay” or vice versa. This decision was due to a change in your understanding. Understanding yourself to be an object of sexual desire, an object of attraction for others or just the body (that’s what this kind of objectification is about), you label yourself after the understanding of gender. Changing your sexual preference then is a matter of a change in your understanding – from one label as an object of attraction to another.

In each of the above examples, you can easily understand how a change in feeling and the subsequent change in behavior is due to a change in the understandings that are embraced. For this reason, the great beings tell us that understandings always dictate feelings. If you want to change your feeling, you have to change the understandings you reach for and embrace. For this reason, if permanent spiritual growth and well-being are the goals, the understandings you hold are vital.

In Kedarji’s Ecology of Well-Being, there are understandings that allow you to go beyond the mind and

beyond the senses to what is true, that abode of the heart where you embrace and acquire purer understandings of what actually is and what is actually taking place in the moment (from moment to moment), *based on the power that is easily experienced, when all thoughts subside.*

In yoga science, we treat understandings like a good scientist uses a hypothesis. The dictionary definition of “hypothesis” is (surprisingly) in perfect alignment with our Shakta approach and the understandings of the great mentors of my spiritual and well-being lineages. Here it is:

Hypothesis:

1. a proposition, or set of propositions, set forth as an explanation for the occurrence of some specified group of phenomena, either asserted merely as a provisional conjecture to guide investigation (working hypothesis) or accepted as highly probable in the light of established facts.
2. a proposition assumed as a premise in an argument.
3. the antecedent of a conditional proposition.

The arc of my approach to understandings is based on a group of hypotheses that, in yoga science, we refer to as better, more useful understandings – imparted to us by those sages of steady wisdom who have attained the full awareness of *That*, the highest power (the energy substratum). This is what we are seeking to attain in the fullness of our humanity. The Arc of this movement of the Divine Consciousness energy is:

1. Understandings always dictate your feelings.
2. How you are vibrating from moment-to-moment is dictated by the feeling you experience in that moment.

3. What you are putting out (projecting or superimposing into Consciousness) immediately begins to attract to you the people, places and things that will reinforce that vibration and cause you to hold other understandings (that will dictate other feelings) that will keep you wedded to whatever state you find yourself in - by way of the understandings you have been holding and the subsequent feelings and vibration that manifest out of those understandings.

So, in addressing and increasing Emotional Resilience (Pillar 3), there are methods that I teach for embracing and fully realizing both the principle of The Arc and the practice of it. To begin with, in this approach to yoga science, we treat every understanding as an hypothesis, the efficacy for well-being of which must be first proved or disproved in the laboratory of our own day-to-day existence. Knowing, from direct experience, the power of the practice of The Arc, understandings that don't support continued and permanent spiritual growth and well-being (as in total well-being) are discarded and replaced with those that do. *In this way, Emotional Resilience is attained and maintained.*

What You Risk If You Don't Increase Your Emotional Resilience

There is a lot of talk these days about wellness being, in part, dependent upon community and connectedness. Doctors, medical professionals and health and healing practitioners have all jumped on this bandwagon. However, the best way to connect with others is through inner strength – *the inner strength necessary to stand on your human dignity and command respect* **by way of knowing your true nature**

and adjusting your life accordingly. *Therefore, connectedness is not had through dependency.* It is reaped and enjoyed by way of inner strength and respect for human dignity.

This inner strength rises in volumes from increased Emotional Resilience and is what makes community and connectedness truly great. It allows you the ability to fully express your humanity, but, as a great being in my lineage of spiritual Gurus used to say, from the “upper story” of the serenity, peace and happiness of the inner Self.

On the other hand, if you lack emotional resilience, you become a slave to your emotions. That is to say that you ride the roller coaster of emotions, moving your emotional “baggage” from one shoulder to the other and back again – while you allow your ego to convince you that you don’t have any emotional baggage!

People who lack emotional resilience and suffer in this way have very restless minds. This is the hallmark of degraded emotional resilience – that it always leads to a poor mental state due to lack of the inner strength necessary to take on life’s challenges - and to thrive on such challenges in a way that they make you stronger, while increasing human dignity. Therefore, Emotional Resilience is necessary for an improved mental state that, in turn, relies on increased Spiritual Power. I think you see how Kedarji’s 4 Pillars of Total Well-Being are connected and integrated by necessity, based on The Spiritual Power.

Again, lack of emotional resilience also equals a poor mental state. When these two conditions begin to collaborate, the result is degraded well-being and poor health.

CHAPTER 4
**The Energy Substratum and
Kedarji's 4 Pillars of Total Well-Being, Part 3**

Pillar 4: Vibrant Health

The 4 Pillars of Total Well-Being that form the foundation of The Ecology of Well-Being *are also active at the cellular level*. In this section I will present hypotheses and active, dynamic principles of holistic lifestyle medicine and medical science that is based on the new physics (quantum physics) to support what has just been stated. That is that:

1. The Spiritual Power
2. Improved Mental State
3. Emotional Resilience
4. As well as, Vibrant Health

are active at the cellular level in a way that supports our application of all 4 Pillars to attaining vibrant health, as part of long-term, lasting well-being.

Years ago, I had the privilege of serving the community in which I lived during a severe outbreak of sickle cell anemia. One in every three people in the community had been diagnosed and was suffering from this disease. Local labs were inundated with testing requests and did not have enough pathologists to review the thousands of tests for which a diagnosis had to be formulated.

At the time, my mother was dating a pathologist from one of the local labs where these tests had to be reviewed. He actually lived up the block from us. Due to his workload, he recruited me to help him in the lab. He taught me how to find sickle cell under a microscope, so that he had help in

identifying in-vitro samples that required his attention for a diagnosis. So, for several months, I was afforded the experience of studying blood cells under a microscope to identify characteristics and patterns that might indicate the presence of sickle cell anemia. This turned out to be a magnificent experience for me in the universe of cellular biology – an experience that taught me a great deal about the magical world of our cells.

It is based on this experience, among many other similar experiences, that I share this with you now. Connected to vibrant health, it is most useful to think of our cells as *energy transformers*, **as powerful entities that transmit, transduce and transform energy**. In fact, energy transduction, the conveyance of energy from one donor electron, for example, to another (a receptor), changes that class of energy and the very structure of the molecule. This energy is part of a *power source* that must be made to *adapt* to support the function of our physical bodies. In this way, it's useful to think of our cells as our partners in supporting the body's energy needs, so that we can function optimally in the "nest" that we find ourselves in. **Most importantly, our cells are the most important component of the function of our bodies.** So, for vibrant health, it's urgent that we have a basic understanding of the function and makeup of our cells, *from both the energetic standpoint and the material standpoint.*

THIS ENDS THE EXCERPT OF THIS BOOK

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