

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 subtle 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 that,

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.

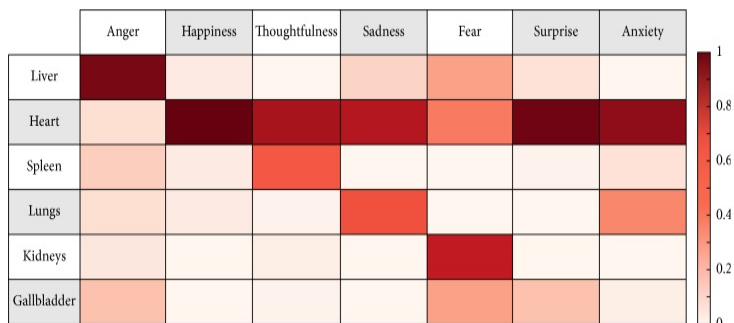
So, the risk you run in allowing your mind to remain restless is a poor mental state that traffics in lack of well-being, poor health and disease!

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.*

The Body Is The Temple

With regard to the energetic component, my spiritual Guru taught me that *the body is the temple in which God resides*. Everything I offer connected to vibrant health is offered with this understanding. And who wants to dwell in a broke, filthy (as in diseased) temple? For me and so many

others whom I have helped, this understanding has helped me to honor my body in the greatest of ways, as a gift or blessing of Grace – and to remember that the gift of this body, this nest, is not given us forever – *that we have a finite period of time in which to honor this vehicle that we reside in, to make the best use of our time here.*

Therefore, it certainly pays for us to remember an irrefutable fact that I posited in the opening of this work: **We live on a rock that hangs in a void of space, spinning on an axis in an orbit around a fire ball!** This dwelling place that we call Earth is actually defined by a sacred law that no one here established and that no one here can change. And everything connected to that law, including the configuration of our “nest” or “temple,” has an order to it that is subject to a higher principle or energy.

I'm choosing my words carefully here because there is a tendency today, particularly amongst the masses in the West, to refute yoga science or any other science that does not have, as its basis, American science, a.k.a. Yankee ingenuity.

Particularly where vibrant health is concerned, when examining how our cells function, the science is very clear. There are some 47 trillion cells in our bodies. And there are millions, if not billions of energetic exchanges taking place every moment, in and outside of our cells in tissue and organs. These energy exchanges are part of *signaling* that is constantly taking place by cells, as part of their epigenetic expression (Sheldrake, 2009 (7) – Lipton, 2015, (8), Sayerji, (9), Dotta et al., 2012, (10), Bókkon, et al., 2010, (11)). *Electrons* and *protons* are coupling and uncoupling, for example, at a phenomenal pace. **In others words, energy transmission, transducing and transformation is occurring constantly.**

The New Science – Stem Cell Biology

In Chapter 1, I began sharing some of the breakthroughs in the new science of stem cell biology that are extremely relevant to how our cells actually function and regenerate.

Cellular biologist Bruce Lipton, at the cutting edge of the science of epigenetics, began cloning stem cells to study their function closely. He placed identical stem cells divided into three petri dishes. He then added three different culture mediums. Culture mediums are mostly comprised of blood. So, the stem cells were identical but the culture mediums different in types and strains of blood.

From the stem cells in the first dish grew muscle cells. From the second grew cells that form bone. From the third, cells that produce fat. So, why the difference if the stem cell was identical in all three petri dishes? Because their immediate environment was different for all three. Further research showed that it is the environment of those stem cells that determined the genetic makeup of the cells produced from these mother cells.

It is a scientific fact that biological organisms adapt their biology to fit into their cellular environment or community. According to Bruce Lipton, among a good number of other stem cell biologists, cells read the environment and adjust their genetics and activity to conform to that environment. In other words, *the chemical composition of the culture medium (the blood, etc.) determines the fate of the cells!*

The Nervous System and Its Impact On Cells

Cells require the receipt of signaling impulses (epigenetic communication), data from the nervous system in

order to continually adapt in a way that keeps your body functioning optimally. Our nervous systems are interpretive, based on what we *superimpose* – our *perceptions* of what is taking place in our mundane lives – and not necessarily what is actually taking place.

An example would be that you are driving along on a single-lane road and the car ahead of you suddenly comes to an abrupt stop and won't move. You're in a hurry. Your first impulse might be to get angry, start honking your horn and may even be to start yelling at the driver. What you didn't see is the baby deer crossing the road in front of that car stopped in front of you. You superimposed that the driver was being negligent in some way when this was not the case. The driver just didn't want to hit the deer.

There are many examples like this in daily, mundane life. The point here is that your impulse to anger causes signaling to take place that downgrades the ability of your stem cells to replace the billions of cells that have to be regenerated each day. Now one instance such as this, occasionally, will not have any significant impact. However, if you add the daily and even hourly stresses of modern life, hosted by a restless mind and no emotional resilience, now the attack on optimal stem cell function begins to have a definite impact on healthy cell growth.

The Mind and The Blood

Your mind controls the chemistry of your blood and the rest of the cellular environment in which stem cells, for example, operate. Based on the perceptions, understandings that your mind reaches for, your brain translates those understandings into energetic/chemical signals that are sent through the nervous system. The mind interprets your inner and outer environment and the brain translates that

superimposition or perception into the chemistry of your blood. This, in turn, determines the genetics of your cells. We're all in this same boat.

The chemistry of the blood forms the culture medium in which stem cells are engaged in the job of producing billions of new cells each and every day. This includes the release of organisms like hormones and immune system macrophages that will either support healthy cell growth or inhibit it and, worse yet, attack the body's own healthy tissues and organs (autoimmune syndrome).

The Fight or Flight Example

There is another point to keep in mind regarding adequate cell regeneration. Our bodies have a limited amount of available energy with which to support all our bodily functions. This is why, for example, we need the down time of deep sleep at the end of each and every day. This makes the maximum amount of energy available to our cells for healing and repair that is a natural part of daily cellular function.

So, to further illustrate the above points, consider the following scenario: You are suffering from a serious bacterial infection. One day, as you are walking along a city street at dusk, someone comes up to you from behind and threatens to shoot you if you don't hand over your money. Out of the corner of your eye, you observe that the perp either does not have a gun or has not yet drawn it. You are frightened and your first thought is to run like mad, before the perp pulls his weapon. Now, in this scenario, where do you want the available energy of your cells to be distributed? To the bacterial infection or to your legs and lungs so that you can get the hell out of there!? Of course, you want 100 percent of

the available cellular energy in that moment to be dedicated to your running away.

Here's the point. When you are frightened, the superimposition, the projection of something you fear, magnified by the restless mind, causes the brain to translate that perception into signaling that causes the release of stress hormones and inflammatory agents. When you are in a state of fear, you take all the available energy to your cells to use for flight/flight responses. This shuts down the healthy growth of cells and inhibits the function of the immune system. When the fight/flight is over then you feel tired for a time.

What happens on the cellular level is that your blood chemistry will redirect the energy of all your activity from growth to protection. And these two cannot exist at the same time. In this fight/flight example, if the cells are in "protection mode," this destroys healthy blood chemistry – the growth medium that our stem cells function in.

Our ancestors engaged the flight-or-flight impulse when running from tigers or snakes. But this situation did not occur on a regular basis, so the consequence of the release of stress hormones and inflammatory agents, etc. had little, overall impact on healthy cell growth. Today we find that most people are driven by fear that promotes the stresses of anxiety, worry, doubt, anger, greed that leads to corruption, depression and all the rest. In fact, today, so many are driven by fear 24/7.

Stress, Emotional Trauma and the Doctor's Appointment

Voluntary visits to the doctor are another example of stress-driven, fear-based perceptions that shut down cell growth. Most people who are diagnosed with chronic health conditions and diseases have gone to get a diagnosis from a

doctor due to stress/fear over symptoms they are suffering from. In our experience of thirty-plus years of serving clients, in our initial total well-being assessment, we find that people tend to wait until symptoms get bad enough to disrupt their normal daily functioning. They don't realize that when symptoms start to show, they have actually been sick for months or years. However, it is fear, stress and anxiety that drive them to the doctor's visit.

This is an example of the fact that people today are perceiving life in a stressful, fear-based way that is causing them to be sick. Every day you have to replace billions of cells. Your body has to grow these cells every day. Therefore, you cannot afford to shut down this growth. Yet, this is actually what is taking place for the majority of the population suffering from stress, emotional trauma and the mix of daily fear, doubt, worry, frustration, anxiety, sarcasm, cynicism, depression that are the underpinnings of a restless mind. In other words, these form the foundation for a poor mental state that produces the emotional roller coaster that shuts down stem cell function.

Remember that there is a finite amount of energy available to the body with which to perform all its functions optimally. If you need to replace some 50 billion cells each day and much of the available energy necessary for that process is being siphoned off to the useless qualities produced by the old tapes of the restless mind, that growth is going to be inhibited. If this happens regularly, your community of cells will begin to support down regulated growth, illness, and disease, long term. And this is the profile of so many today.

Your Inner State Is Your Fate

The above examples are just two of many. The point to remember is that your brain converts your thoughts into

chemistry that impacts the chemistry of your blood. And changes in blood chemistry cause changes in the culture medium, *the community* that stem cells operate in. This determines the fate of your cells. So, *the fate of your cells is largely dependent on your inner state* – meaning whether or not you can harness The Spiritual Power, increase your mental state, attain emotional resilience and make the lifestyle changes necessary for vibrant health.

So, it is relevant to look at qualities – thinking and behaviors - connected to Kedarji’s 4 Pillars of Total Well-Being; *The Spiritual Power, Improved Mental State, Emotional Resilience* and their impact on *Vibrant Health*.

In the yoga science of the East (not Hatha yoga postures, but the science of yoga, also known as Siddha science), tendencies are recognized within our being that represent both weaknesses and strengths. These tendencies are innate. However, in yoga science, we understand these tendencies to be innate *in order to make us stronger*. The weaknesses in particular are there to drive us back to Oneness with the energy substratum also referred to in quantum physics – what we experience as The Spiritual Power, a.k.a the quantum field.

The point here is that we *welcome* these innate weaknesses and examine them *without judgment*, for judgment is fear-based and shuts down growth, all the way down to our cells. Instead, a scientific approach is engaged whereby the *risk ratio* of what occurs when we fight and judge these innate weaknesses and when, instead, we welcome them as messengers of growth, is assessed. This happens through dispassionate observation of how each impacts well-being. This approach enables us to turn the weaknesses that cause the restless mind to superimpose growth-inhibiting perceptions into strengths that promote growth and healthy cellular regeneration.

For the sake of making easy examples, I'm going to group some of the innate weaknesses I've just mentioned into three categories of thinking/behaviors:

1. The notion that you are just the mind, body and senses and nothing more.
2. The notion that you are different and separate from other people, places and things.
3. The notion that you must possess people, places and things in some way, in order to be happy and healthy.

How/why are these three relevant to healthy cell growth and optimal bodily function for vibrant health?

Examples

1. *The notion that you are just the mind, body and senses and nothing more.* At the Bhakta School of Transformation, in our more than thirty years of case studies, surveys and research, we have found the following: That this notion sets up the false belief that you have little or no ability to direct the mind, heal the body and master the senses. We find that most people are operating on “old tapes” that define them as being slaves of the restless mind, that the body and genes (genetic inheritance) dictate their well-being or lack thereof, and that the senses have complete power over their life experience.

At the Bhakta School of Transformation, we have polled many people, for example, and found that people generally believe that quality of life is supposed to decline over 40 years of age. In fact, most of the over-40 crowd, we find, has resigned themselves to the notion that getting fat and sick is an inevitable part of aging, that disease is also inevitable with

age. They expect and prepare for long-term illness, living on pharmaceutical medications, extended doctors visits and expensive surgeries. **In other words, this first category of weakness promotes fear, doubt, worry and anxiety as people superimpose that they will have to stay on the medical treadmill for the rest of their lives.**

So, in this example, the restless mind magnifies this perception and the brain translates it into fight/flight responses - fear and anger-based signals that create the chemistry (starting in the blood) that *inhibits* stem cell function. The daily manifestation of the billions of required healthy cells is *stunted and down regulated, or shut down altogether.*

Victim or Victor?

This innate weakness, if not arrested, sets you up to be the victim, at the constant mercy of your present inner and outer environment or company. *This is a position of weakness.* Engaging proved methods for permanently eradicating the weakness that this perception produces places you at the center of improving and maintaining your well-being. *This is a position of strength.*

Remember what I shared earlier in this chapter: Due to the exponential increase in the stresses and trauma produced by the modern lifestyle of today, in order to maintain optimal well-being and vibrant health, our cells have to be able to adapt. *So, the key is adaptability.* Your community of cells has to adapt due to the changing inner and outer environment that includes exposure to toxins and other environmental stresses of all kinds.

Cells can only adapt for continued growth if you adapt. And it is not possible to adapt operating from a place of weakness. You can only adapt from a position of strength. This is why these false notions should be welcomed as tools of transformation to *build* strength and adaptability.

2. *The notion that you are different and separate from other people, places and things.* In our research and case studies we find that this notion creates a sense of isolation in people that often manifests prejudices like racism, fascism, the desire to control others for personal gain and the willingness to harm others. The truth is we are neither greater or lesser than anyone or anything else. We are all equally great, fashioned out of an immense and timeless power that makes each of us energetic beings. We each have the same ability, if cultivated, to harness the energy substratum of everything to live strong and be happy in a state of optimal well-being. Our cells are nothing other than energy, force field vortices. Communities of cells are force field waves manifesting growth or destruction, based on the mind's tendencies.

In this example, the distinctions and perceived differences that come with isolating yourself, looking down on others, wanting to manipulate outcomes to make others lower and yourself higher, etc. – all of these are fear-based behaviors that cause the contraction of anger, frustration, anxiety, greed leading to corruption, sarcasm and cynicism. Again, these superimpositions are translated by the brain into signaling and chemistry that is growth-inhibiting at the cellular level.

**Remember that the human body has a finite amount of available energy with which to produce daily healing, regeneration and vibrant health. Engaging in the thinking

and behaviors dictated by the above example uses up a lot of that available energy, making a lot less of it available to your stem cells.

3. The notion that you must possess people, places and things in some way, in order to be happy and healthy.

Again, in my experience both running my healing and well-being company and serving as a spiritual leader to many of my students, the repeated observation is that this notion has its foundation in a strong sense of lack and limitation (You may be starting to see that these three innate tendencies are inter-connected.)

You may have heard this term “rat race.” Most people find it distasteful and yet they are fully engaged in the rat race of acquiring more things, possessing people that they can call “mine,” and associating their identities with places of interest, or even dirt (meaning land) that they kill for.

In the practice of yoga science, we seek, find and experience that we are so much greater than we think we are. For example, many of my students experience, in a lasting way, that peace, happiness, love and strength are innate, inner or spiritual principles that manifest well-being in every way.

The notion that you must possess people, places and things in some way, in order to be happy and healthy gives rise to so many expectations of outcomes. If your expectations are met or exceeded, you call that happiness. If they are not met, you are disappointed, sad, depressed and even angry, therefore unhappy. This cycle actually fuels your restless mind and gives rise to emotional instability and trauma, *as in riding the emotional roller coaster.*

Consider this analogy. Electrical experts and engineers in the U.S. are keenly aware of a public health issue known as dirty electricity. Dirty electricity is stray voltage transients that increase EMR (electro-magnetic radiation) coming off of electric wiring into buildings and homes. This increase is harmful and, in many cases, shown to cause cancer.

The stray voltage transients are microbursts of energy that occur as electric current is being changed (for example, from D/C to A/C and back again) as the current is being delivered to electric outlets, etc. This causes a non-linear, uneven “roller coaster” of current that produces this bursting stray voltage – like a spike that keeps on coming (a topic for another book). These erratic bursts of stray voltage from uneven, unsteady current are dangerous to our health. Every day in America, we are exposed to dirty electricity, to one degree or another, due to how the electric grids in the U.S. are built.

The analogy: Riding the emotional roller coaster (emotional swings), along with the disappointment, sadness, depression, anger and unhappiness connected to the great expectations created by the restless mind – these are just like those stray voltage transients and the resulting increase in harmful EMR.

In this example, the restless mind, borne of a poor mental state, causes the brain to translate its poor perceptions into signaling that manifests deficient blood chemistry. The resulting communities that stem cells function in then begin to progress to tumor stem cells and macrophages (the most powerful immune system cell) that create communities of cells that nurture disease. This progression also increases the amount of free radicals in the blood.

I've just given you examples of how three innate tendencies of weakness (inner demons) can and do wreak havoc on your cells.

Does It Have to Be This Way?

What if you could live in a state where your mind does not superimpose false perceptions of what is taking place and instead perceives only joy and peace upon contact with people, places and things? What if you could live in a state where your brain only sends signals to your nervous system that support growth, vitality and well-being at the cellular level? Is this possible?

YES! In my own experience, some of which I shared with you in Chapter 1, and in the monitoring and case studies I have supervised in my work (<https://bhaktaschool.org/health-and-well-being-ohio/>), with the right methods, all three of the innate weaknesses I have just offered as examples can be eradicated permanently. This requires a lifestyle change that is led in the early stages and lovingly nurtured over time. Lifestyle is the cure and this is why I have framed such a lifestyle change in my 4 Pillars of Total Well-Being.

Adaptability and Our Cells

I've just given you several examples of how the ability of our cells to adapt and grow optimally is impacted by a poor mental state fueled by a restless mind and lack of emotional resilience – both of which occur due to the inability to harness The Spiritual Power. These are the first three pillars that determine the quality of the fourth, vibrant health.

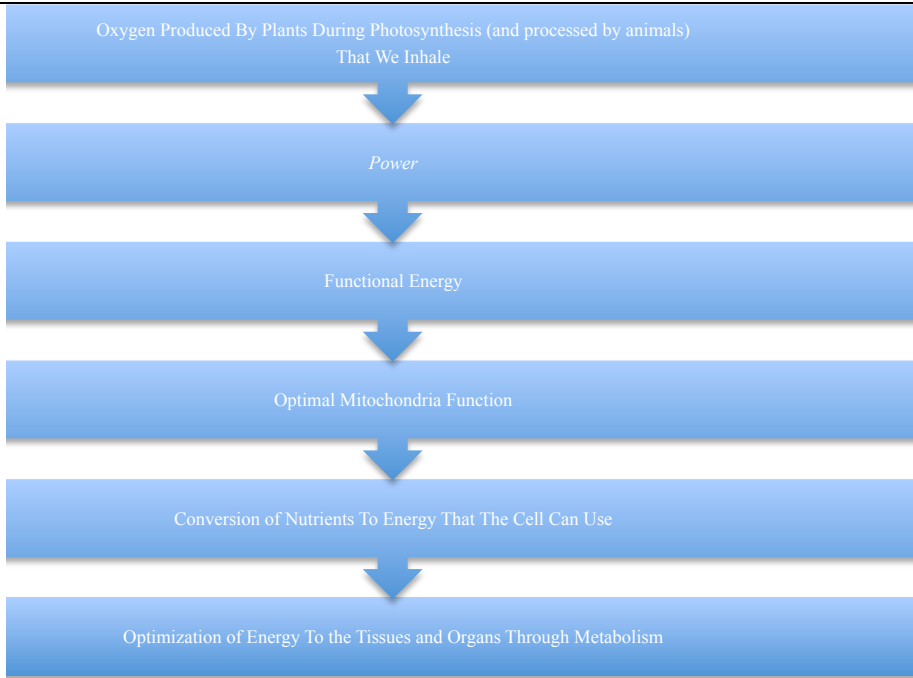
I'm going to give you some additional examples of this fact now. This will be followed by the more obvious and equally important elements of real food, exercise, restful sleep and avoidance of toxins and toxic environments.

The Air We Breathe

Here is where I would again interject an utterance of one of the sages of my spiritual heritage (lineage), in order to support my foundational premise that The Spiritual Power (the first of the 4 Pillars of Total Well-Being) is at the core of even our cellular function. But, before I do, let me offer another example in the accepted science of it that will make the spiritual point.

The physical body, in order to function at all, let alone optimally, *requires a power source at the cellular level.* Our cells need power *first*, which they use to then act on the nutrients we feed them, to convert those nutrients to the energy our bodies need – without which our bodies could not function.

At the heart of this need on the part of our cells is the necessity to engage the following conversion cycle:



The key is optimal *cellular respiration* within the mitochondria, cytoplasm and cytosol of the cell. Cellular respiration is a set of metabolic reactions and processes that take place inside the cell to convert biochemical energy from nutrients into ATP, after which waste is released and dispensed with.

So, we have the cell burners, the *mitochondria* that, in the third step above, when functioning optimally, produce 36-38 ATP (adenosine triphosphate – a cellular chemical needed for cells to function properly to support vibrant health) molecules per cycle, from each glucose molecule. This ensures that the cell is respiring optimally. It occurs as part of *glycolysis* (breakdown of glucose) through OxPhos (oxidative phosphorylation).

In other words, cellular respiration is a process whereby, in OxPhos (as opposed to substrate-level phosphorylation using aerobic or anaerobic fermentation – *The Warburg Effect*) (Seyfried, 2012, (12)), energetic transmissions are taking place within the Mitochondria that produce chemical reactions involving electrons, protons and proteins.

Simple, non-technical analogy: Each of our cells has burning torches that require oxygen as fuel to convert nutrients into energy. If the fuel going to the torch is not the right mix, the entire torch gets scorched or incinerated. If the fuel is the right mix, the torch can burn properly for a very long time.

Get on the Right Shuttle

In this process, cofactors/coenzymes such as NAD (nicotinamide adenine dinucleotide is a cofactor found in all living cells) is converted to NADP and NADPH. These are best understood as “shuttles” for transporting electrons, oxygen, hydrogen and carbon dioxide from the cytoplasm into the mitochondria. This dynamic, energetic process also initiates homeostasis, of which things like the Krebs cycle (also known as the TCA or citric acid cycle) are a part (Doerr et al, 2014, (13), Krulwich, 2011, plus rap tune video!(14)).

When a cell (and specifically the mitochondria) is not respiring properly through OxPhos, it executes a process of reliance on *energy transduction through unhealthy means*. This happens by way of the cell that is not respiring properly attempting to stay alive by a process of fermentation (with or without oxygen) to produce ATP. However, this reliance on fermentation (due to lack of proper respiration) creates an environment within the cell that produces ROS.

What Is ROS?

ROS are reactive oxygen species that are carcinogens and mutations that damage the mitochondria, while also producing a mutation of the cell leading to dysregulated cell growth, by way of hybridization with macrophages. Once the cell is mutated, it is now capable of bypassing the immune system's signal for apoptosis (cell death of unhealthy cells) and begins to develop communities of these rogue cells. This is the basis for all chronic health conditions, as well as, metastatic cancer by way of the stimulation of malignant cells. I share this so that you understand what can and does happen when optimal cellular respiration is degraded.

Simple, non-technical analogy: If you pour gasoline all over you car, rather than putting the right amount in the gas tank without over-filling it, your car will burn when your intention was to fuel the car in order to drive it. This cell degradation mentioned above is like that.

Where's the Power?

So, where does the power come from on which the mitochondria act? The lung function of pulling in oxygen is required for the mitochondria to burn sugar (glucose) and remove CO₂ (carbon dioxide), after breaking down the glucose. The mitochondria in our cells can't burn glucose well without the oxygen that the lungs provide.

The point here is there is an exact Science to the function of our cells. If you reread the above chart, you'll notice that everything starts with *inhalation*, the air we breathe that has been produced by the Calvin cycle (Koning, 1994, (15)) in plants, due to photosynthesis.

The Calvin cycle has four main components: carbon fixation, reduction phase, carbohydrate formation, and regeneration phase. Energy to fuel chemical reactions in this sugar-generating process is provided by ATP and NADPH, chemical compounds that contain the energy plants have captured from sunlight. Plants release this energy into the air we breathe. That air is captured by our lungs to provide the ingredient necessary (oxygen) to support OxPhos in the mitochondria, for proper cell respiration.

Indeed, the function of our cells is *light-dependent*, relying on the plant photosynthesis of light for oxygen. Without our inhalation (and subsequent exhalation even on the part of plants and animals), our cells could not function at all.

Simple, non-technical analogy: To quote the song written by Bill Withers, *Lean On Me*, as the song says: “We all need somebody (or something) to lean on.” Meaning that there is no body, no cellular community without an outside agent or power that makes the body and its function possible. Namely, the power of light from the sun that is a manifestation outside our full comprehension and control – unless we are able to see it for what it is, the energy substratum of everything.

Let There Be Light

Not only is the physical body light-dependent, but science has now proved that our bodies, in particular, our cells are also comprised of light. This scientific breakthrough comes about through the study of *biophotons*.

The science of quantum physics, for example, states we are more than the atoms and molecules that make up our bodies and our cells are actually comprised of Light. The

human body emits, communicates with, and is made from light! Biophotons are emitted by our cells in a pulse or beat pattern.

According to the research, they exhibit patterns that are fundamental to the epigenetic expression of our cells. Considering that the human body is light-dependent, relying on the air produced from the photosynthesis in plants that forms our food (food as condensed sunlight), it should be no surprise that our cells transmit light.

Why can't we see this light shooting out of our cells and body? These biophotons, known as UPEs (ultraweak photon emissions), are emitted in particles of light/waves that are 1,000 times less visible than what our naked eyes can see. They are 380-780 nanometers in size and are only detectable by very sensitive instruments. (Herbert Schwabl, Herbert Klima., 2005, (16)) (Hugo J Niggli, Salvatore Tudisco, Giuseppe Privitera, Lee Ann Applegate, Agata Scordino, Franco Musumeci., 2005, (17) – also see GreenMedInfo.com). Nevertheless, biophoton emissions are connected to energy metabolism and oxidative stress in human tissue and cells. This means that our cells, DNA and mitochondria use biophotons in the process of cell signaling, including *storing the memory of epigenetic expression between cells.*

Faster Than a Chemical Reaction

This signaling transfer is much faster than chemical diffusion. According to a 2010 study, “Cell to cell communication by biophotons has been demonstrated in plants, bacteria, animal neutrophil granulocytes and kidney cells.” (Masaki Kobayashi, Daisuke Kikuchi, Hitoshi Okamura., 2009, (18)). Some researchers have demonstrated

that “...different spectral light stimulation (infrared, red, yellow, blue, green and white) at one end of the spinal sensory or motor nerve roots resulted in a significant increase in the biophotonic activity at the other end.” This finding suggests that “...light stimulation can generate biophotons that conduct along the neural fibers, probably as neural communication signals.”

So, biophotons are photons (light particles) that are generated within the body, and these can also be measured as they emanate from the skin. The subtle, scientific instruments used to measure these light particles were first developed by German researchers. Today, the Chiren is, perhaps, the most sophisticated instrument for assessment and treatment with biophotons.

http://www.biophotonsessions.com/Biophoton_Sessions_Chiren.aspx

It uses fiber-optic technology to conduct biophotons to and from the body and it was developed by Johan Boswinkel. This instrument is also being used to treat patients with chronic health conditions. This approach is part of an *emerging science known as cellular medicine*.

With the biofeedback system of the Chiren, the quality of the light in the body is continually improved. A visual display allows patients to see the immediate effects during treatment and adjust their state of relaxation at the same time. In the 1970s, pioneering German physicist Fritz-Albert Popp developed a method to observe biophotons and began systematic experiments on a fundamental level, which inspired Boswinkel’s research on the practical applications of this discovery beginning in the 1980s. Boswinkel made the critical observation that the patterns of coherent and chaotic biophotons displayed by individual cells matched the patterns of electrical resistance at acupuncture points, as described by

Dr. Reinhard Voll, the German founder of electroacupuncture, in the 1940s.

By way of instruments designed to test the hypotheses set forth by oriental medicine on which acupuncture is founded, Voll proved a foundational premise of oriental medicine (which has its basis in directing energy to improve cellular respiration): that each acupuncture point corresponds to a different organ. Therefore, Boswinkel developed a device that determines where biophotons in the body are disturbed based on the electrical response at acupuncture points on the hands and feet. Since that time, other photomultiplier devices and ultra low noise CCD cameras have been developed to measure and replicate biophoton activity. A photomultiplier is a device that converts incident photons into an electrical signal.

Simple, non-technical analogy: Light that is transmitted inside your body and your cells can be directed to improve cellular signaling (the epigenetic expression of your cells) and increase OxPhos, healthy cellular respiration. This light can also stimulate stem cell growth in tissue and organs. In other words, we are energetic beings and our bodies respond to the energy substratum that the force that has manifested our cells – in this example by light.

The Circadian Output

The human body's metabolism changes in a circadian fashion, in what is likened to a rhythmic cycle occurring every twenty-four hours. Circadian rhythm is defined as a biological process recurring naturally on a twenty-four-hour cycle, even in the absence of light fluctuations. When measuring these rhythms, it is observed that they are beat patterns that correspond to fluctuations in biophoton emissions. For

example, research has mapped out distinct anatomical locations within the body where biophoton emissions are stronger and weaker, depending on the time of the day within this circadian output. So, biophoton emissions are transmitted in a rhythm, like a pulse or beat pattern!

Researchers have concluded that the spectral data suggest that [biophoton] measurements might well provide quantitative data on the individual pattern of peroxidative and anti-oxidative processes in vivo. *These processes are part of cellular respiration in the Mitochondria* (see Chapter 2) and *cell methylation involved in DNA repair*.

In other words, the transmission of light inside and outside our cells is an inherent part of whether there is optimal cellular respiration or not, and whether or not the daily damage to cellular DNA is adequately repaired. Furthermore, this light has a frequency or vibration to it indicative of the energy force field waves assessed in quantum physics as being the under-pinning of the quantum field – the energy substratum of everything or highest power – what I refer to as The Spiritual Power.

The Effect of Meditation and Food on Biophoton Output

According to Greenmedinfo.com, two areas of biophoton research focus on methods that lower the level of free radical reactions occurring in the body, in order to prevent free radical damage. Research has found an oxidative stress-mediated difference in biophoton emission among meditators versus non-meditators. Those who meditate regularly tend to have lower ultra-weak photon emission (UPE, biophoton emission), *resulting in a lower level of free radical reactions*.

In one clinical study involving practitioners of transcendental meditation (TM) researchers found: The lowest UPE intensities were observed in two subjects who regularly meditate. Spectral analysis of human UPE has suggested that ultra-weak emission is probably, at least in part, a reflection of free radical reactions in a living system. It has been documented that various physiologic and biochemical shifts follow the long-term practice of meditation and it is inferred that meditation may impact free radical activity. (Eduard P A Van Wijk, Heike Koch, Saskia Bosman, Roeland Van Wijk., 2006, (19)).

The other example involving food are tests done on herbs like rhodiola and other foods high in anti-oxidants. These are foods that are also known to reduce stress. These foods have been tested clinically and shown to reduce the level of biophotons emitted in human beings. In research conducted on rhodiola, for example, a study published in 2009 in the journal *Phytotherapeutic Research* found that those who took the herb for 1 week had a significant decrease in photon emission in comparison with the placebo group. (F W G Schutgens, P Neogi, E P A van Wijk, R van Wijk, G Wikman, F A C Wiegant., 2009, (20)).

Some Takeaway Points

BIG TAKEAWAY POINT: Modern science, particularly the science aimed at measuring energy transmission inside and outside of cells, continues to substantiate what the sages of steady wisdom of spiritual lineages have been stating for millennia; we are all energetic beings with the same energy substratum I speak about in Chapters 1 and 2 as the core, the foundation of life and well-being – The Spiritual Power. The science engaged in the

study of biophotons is yet another means to substantiate this fact.

ANOTHER BIG TAKEAWAY POINT: No person or entity on this Earth plane has the power to create the air we breathe, without which our cells cannot function. Further, there is a power behind that light that emanates from the sun, that causes the photosynthesis in plants to occur, thereby providing our cells with the power they need to initiate and maintain their optimal function.

Indeed, this is a spiritual power, part of that energy substratum I spoke of earlier that sets the stage for a sacred law here. Again, we don't need to argue over labels. Whether we call it nature, a higher Power or sacred law, it is an *energy*, an *independent force* that is a supreme intelligence. We cannot add to it or take anything away from it but *can* harness it for our well-being.

So, even our human cells need a power source *and the energy substratum, that highest power, is that source*. Having stated a little of the widely accepted biological science that clearly hinges upon *the unseen* (the air we breathe), now I will share additional support of my hypothesis, from the perspective of the spiritual leaders of my lineage. In Chapter 4, I will also show how the above factors into an ancient aspect of yoga science, *Pranayama*.

Ancient Wisdom for Vibrant Health

We are, even at the core of our physical bodies, energetic beings. Everything we rely on for life has an energetic substratum and we all need *power* to function here. It is said in science that a good hypothesis is one that can explain most of the observations associated with any phenomenon. If the hypothesis cannot be rejected or

disproved, and is supported by a broad range of experimental and experiential observations, then it becomes a theory and even a guiding principle.

So, the sages of steady wisdom who have led so many spiritually have also spoken at great length about the energy substratum that supports all of life in form here. For example, in the Shaiva Agamas (sacred texts of my spiritual heritage) there are many utterances of the sages of my lineage, referencing this energy substratum. One of them is taken from the Spanda Karikas and states the following:

Yataḥ karaṇâ-vargo 'yaṁ vimūḍho 'mūḍhavat
svayam/

Sahântareṇa cakreṇa pravṛtti-sthiti-saṁhṛtîḥ// 6

Labhate tatprayatnena parīkṣyaṁ tattvam ādarāt/
Yataḥ svatantratā tasya sarvatreyam akṛtrimā// 7

“The Spanda Principle prevails everywhere with total freedom and independence. This total freedom and independence causes the group of senses, though insentient and without power, to act as a sentient force by merging with objects, taking pleasure in their sustenance, and by withdrawing those very objects. For this reason, Spanda (the energy substratum of all things) should be examined with great care and reverence.” (Ksemaraja/Singh, et al., 2001, (21)).

And from the commentary on the opening invocation that defines *Spanda*; “Spanda, Vibration of Divine Consciousness or the ceaseless pulse of Divine Consciousness; the slight or subtle movement of Divine Consciousness that is the foundation for the gross manifestation of the elements inside and out; the

Wheel of Energies that ceaselessly manifests, sustains and withdraws (recycles) this entire Universe.” (Ksemaraja/Singh, et al., 2001, (22))

In Shaivism (not the Shaivism as defined by Google and Wikipedia, but the Shaivism handed down in the oral tradition of the enlightened masters), which is a very exact spiritual science based on a centuries-old examination of the energy substratum, there are many references to this Spanda as being a highest power. These references include that this power emanates first as *light* and then as sound, to then manifest, for example, the sensory function of inhalation by which our cells are powered – a *light-dependent* process, as I stated above from biology 101!

In so many of these same Shaiva Agamas, there are utterances about Prakasha, the *light* of Divine Consciousness or Shakti (the energy substratum), and how this light then produces sound, connected to the two aspects of this energy substratum previously discussed in Chapter 2. So, this light that we know is the power source for the Calvin cycle (photosynthesis in plants) that provides us with the oxygen (air) that we inhale to produce the power our cells need to function, *is an important, scientific recognition to be aware of*. It is the foundation for the hypothesis I present here regarding the first pillar of Spiritual Power being completely active and applicable at the cellular level.

Indeed, proponents of Western/American Science will find (and have found) their treatises not unlike the yoga science of my spiritual lineage. I think you will see that the two are also in support of each other *where vibrant health is concerned*.

Modern Wisdom For Vibrant Health

The dawn of quantum physics, and its branch of science known as quantum mechanics, has gone a very long way to debunking the old Newtonian theory of matter and life, on which until fairly recently, even medical science in the West has been based. In my view, this began with the theories put forth by Albert Einstein that are now widely accepted as underlying, guiding principles of all of science, along with the philosophy of science. Quantum physics actually “fills in the blanks” of what science misses *when only focusing on the material and ignoring the unseen, energy substratum that produces the material manifestation.*

It all began with Einstein's theory of relativity and his hypothesis, based on $E=MC$ squared (matter multiplied by the speed of light, squared). This hypothesis, coupled with his theory of relativity, is now the basis for quantum physics, and its branch of quantum mechanics that is charged with analyzing the physics at the level of specific phenomenon.

To simplify, over a period of many years, the science of quantum physics has presented some startling discoveries that set in motion other now widely accepted sciences such as *Epigenetics* (it means “control above genetics”), the growing body of work coming out of the *Human Genome Project*, the ENCODE Project (Encyclopedia of DNA Elements), among others. And don't forget that the application of quantum mechanics is directly responsible for the development of computers, TVs, CAT scans, cell phones, laser technology and rocket ships. Most importantly, in the context of the activity of our cells, quantum physics offers us the following, valuable principles (now proved, in my view):

- The notion of atoms being the smallest particle in the universe (Newtonian theory on which standard

science and medicine is based) has been scientifically debunked by the discovery that the atom itself is made up of even smaller, subatomic elements.

- Atoms emit various energies such as x-rays and radioactivity.
- Atoms and their respective molecules are actually made up of vortices of energy. This fact has caused physicists to abandon the Newtonian theory of a universe that is only material, because they have come to realize matter as an illusion, now recognizing that everything in the universe is made out of energy.
- These atoms (molecules), when observed closely with today's subtler, scientific instruments, are seen to be like spinning tops that *radiate* their own identifying energy patterns.
- Every material structure has an *energy* that is the *substratum* of its compound makeup.
- These energy vortices are known as quarks and photons and they comprise *the energy substratum*, the *energy signature* of all atoms. In other words, they are the very structure of all atoms (molecules).
- Matter can, simultaneously, be defined as a solid particle and an immaterial, force field wave.
- Atoms and their subatomic particles are made out of invisible energy.
- Therefore, quantum physics puts forth the very viable premise that, as physicists focus on the structure of atoms, as the surface of that structure comes nearer (under a microscope, for example), what is observed is a physical void. *The atom has no physical structure.*
- Atoms are the building blocks of everything in our material existence, including our bodies.
- The movement of protein molecules at the cellular level comprises how the body is sustained. The laws of

quantum physics, not Newtonian laws, explain a molecule's life-generating movements.

- These material substances appear “out of thin air,” a way of saying that they appear out of the energy vortices, knowledge of which is supported by quantum physics and quantum mechanics. (Lipton, 2015, (23), Pagels, 1982, (24), Hackermueller, 2003, (25), Chapman, 1995, (26) Henry, 2005 (27))

All of the above applies to every cell in the human body, as all our cells are comprised of atoms. So, we have to start here in coming to a basic understanding of our cells. Because, with respect to vibrant health, **the cell is the single most important ‘player’ in the phenomenon known as the human body. And, if you don’t fix the cell, you’ll never get well and stay well.** For these reasons, it’s important to have a basic understanding of the energy substratum of our cells.

The sages of my spiritual lineage all speak of a highest power or energy, sometimes referred to as Shakti or Spanda or Divine Conscious Energy or energy substratum of everything. In their utterances, *they refer to this energy as being the power beyond all other powers*, on which our perception and experience of power (energy) in the mundane sense is based (Ksemaraja/Vasuguptacharya/Singh et al., 2001, (28)). Further, they state that this power or highest energy is both the cause and the effect, being the substratum of all mundane life in this place.

This is not unlike the theories, principles and evidence-based research coming out of the cutting-edge sciences I have mentioned above. Even the newer sciences connected to cellular and molecular biology, stem cell research and the holistic treatment of cancer, heart disease, diabetes and obesity, *using food as medicine*, are in alignment with the principle of an energy substratum, as stated above.

My own spiritual leader once said that modern science would, one day, catch up to and support the findings of ancient sages of yoga science. I see this manifesting in so many ways today, as I will further elucidate in this book.

What About Improved Mental State and Our Cells?

All living organisms must receive and interpret environmental signals to stay alive. In this regard, the survival and health of our cells is directly related to the speed and efficiency of signaling or signal transfer. This signaling involves foundational, biological processes that must take place efficiently at the cellular level. These processes include things like the exchange of electrons and protons (ETC – electron transport chain), synthesis of proteins, production of sufficient ATP (see Chapter 2), optimal mitochondrial respiration, apoptosis (cell death of unhealthy cells), autophagy (the recycling of cells scheduled for apoptosis for reusable parts of the cell and to release the rest as waste) and a host of other functions to build healthy molecules within the body.

As stated in Chapter 2, in the dark matter of our DNA (the non-encoding RNA) there is also signaling taking place between integral membrane proteins (effector and receptor proteins), the cytosol and organelles in the cytoplasm of the cell. As we know from the science of epigenetics, this signaling is impacted by the environmental signaling mentioned in the previous paragraph. This environmental signaling includes:

- Stress
- A restless mind

- Emotional imbalances connected to stress and other factors, due to lack of emotional resilience
- Environmental toxins that we insemminate such as industrial cleaning chemicals, home cleaning solvents, EMF or electro-magnetic radiation in our environment, etc.
- Food toxins (of which there are many in the standard American diet)
- Exposure to GMO foods
- Lack of restful sleep
- Extended use of over-the-counter medications
- The side effects and carcinogenic components of many pharmaceutical drugs

This is a partial list and any one of these or combination of these impacts signaling at the cellular level, to degrade that signaling. You'll notice that a restless mind is on the above list, as well as stress. A restless mind breeds stress and things connected to stress like anxiety, doubt, fear, frustration, worry, cynicism, sarcasm, anger and depression. So, without an improved mental state that first arrests the restless mind, cell signaling is degraded and important cellular functions like cellular respiration and apoptosis are downregulated. There is, in fact, a delicate ecology to cell signaling that can be nurtured, by way of optimal signaling both inside and outside the cell.

What About Emotional Resilience and Our Cells?

When we ride the emotional roller coaster, we increase stress exponentially. Today, medical science has placed stress very high up on the list of causes of chronic health conditions and disease. It is also a major factor in

upregulating oncogenes and tumors. This is due to the direct impact lack of emotional resilience has on cell signaling. For example, in Oriental medicine, Ayurveda, Eastern and Asian medicine, anger has been recognized for centuries as having the ability to cause cancer. Again, this is due to the direct impact that stress has on cell signaling when you lack Emotional Resilience.

So, what has been stated in the previous section also applies here. Now, let's take a look at what can happen when all 4 Pillars of Total Well-Being are properly applied for long-term well-being and vibrant health.

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CHAPTER 5

What Our Case Studies, Surveys and Testimonials Reveal About the Bhakta School of Transformation Healing Modality

I want to begin this chapter by sharing with you information about the Bhakta School of Transformation proprietary healing modality. We at BST beta tested this modality for three years before rolling it out as part of the BST offering. We now certify Ecology of Well-being practitioners in it.

Relief of Symptoms of Chronic Illness

Our trained, certified holistic well-being practitioners also offer a holistic healing modality that I developed. This new modality relieves symptoms of chronic health conditions. Equally important, using it has also healed illnesses. Specifically, the purpose of offering this healing modality is to provide holistic symptom relief with a minimum of (or no) medical intervention while, at the same time, coaching in a holistic lifestyle of natural healing. This is offered *to address the root cause of the illness or chronic health condition*. In this way, at BST we support and nurture your journey to get well and stay well on all levels.

The Bhakta School of Transformation healing modality can be used with any delivery system (energy healing/energy medicine, medical treatment of any kind, acupressure, acupuncture, therapeutic massage, Reiki, etc.) that a practitioner is already trained in. Again, this proprietary healing modality is offered to relieve symptoms of chronic health conditions. This is done to give clients the comfort and time needed to apply the holistic lifestyle of

natural healing embodied in Kedarji's 4 Pillars of Total Well-Being.

Proprietary, Evidence-Based Healing Approach

At the heart of our revitalizing healing modality is our proprietary vibrational healing technique that accelerates healing. The Bhakta School of Transformation healing modality is based on many years of research and success in relieving symptoms of illness, fatigue and chronic health issues. Additionally, this allows the space to, simultaneously, focus on the client's overall well-being, to attain a *vibrant health lifestyle*. To be clear, our approach to healing and well-being utilizing this healing modality is not meant as a replacement for medical treatment. If the client is currently receiving medical treatment, application of this modality will support that treatment and even reduce or eliminate the medical side-effects.

Three, Sample Case Studies

Below is information for three, sample case studies where the clients were offered the BST healing modality regularly each month (two-three times each month) over a period of six-twelve months. The subjects were closely monitored. The certified Ecology of Well-being practitioner using the modality on these clients was supervised by me.

Subject #1

Caucasian female. Age 33.

Subject #1 came to us suffering extended symptoms of obesity and neuropathy. She also had suffered blood clots in both her lungs, the symptoms of which she continued to

experience after treatment. Other pre-existing conditions included muscle spasms/stiffness and issues with immobility in the hips and back, poor diet, overwhelming stress, narcolepsy and a possible diagnosis from her doctor of ADD.

In her first session, this subject was given dietary coaching for whole food plant-based meal plans, methods for making her mind quiet in under three minutes to relieve her stress, and direct application of the Bhakta School of Transformation healing modality to address the above symptoms.

After the session, she expressed how much calmer and more relaxed she felt.

- The subject noticed a major difference, pre-session vs. post-session.
- She said the pain in her calf and knee that was bothering her in the days before her first session was much improved.
- The subject expressed that, as a result of this session, her mobility had increased and stiffness in her limbs reduced.
- She appeared to the practitioner to be brighter and lighter, and expressed that she felt at peace.

After this subject's second session of same application, the subject reported the following:

- She was very relaxed.
- She experienced a complete release of physical and emotional tension.
- Her body felt lighter, with increased mobility.
- All the pain in her back and legs disappeared.
- Her neuropathy symptoms vanished.

- Her emotions subsided into a state of peace.

After this subject's third and fourth sessions of same application, the subject reports the following:

- She has been able to stop taking prescribed medications after beginning these healing sessions.
- Her lungs no longer require medical treatment or medications for the incident in which she was initially treated for blood clots in her lungs.
- She experienced a complete release of physical and emotional tension.
- She feels much more energized and relaxed on a regular basis.

After this subject's fifth session of same application, the subject reports the following:

- She is eating 3 regular meals as recommended whereas her eating was very erratic beforehand.
- As a result of the instruction she has been given in these sessions for exercise, her level of physical activity has increased.
- She is feeling much more energetic and experiencing more happiness and peace on a regular basis.
- She feels much more energized and relaxed on a regular basis, as her chronic fatigue has dissipated.

After this subject's sixth session of same application, the subject reports the following:

- All of her symptoms for which she requested healing sessions have improved or been completely healed.

- She feels much more energized and relaxed on a regular basis.

As a result of several, subsequent sessions, the subject reports that her overall symptomology has gradually improved. She has begun implementing the dietary recommendations, with favorable results and saw her doctor and got a reduction in her meds.

She also reports the following:

- Her experience of peace and happiness is much improved.
- Her lungs have stopped bothering her and there is no more pain.
- She feels more relaxed and energized on a consistent basis.
- She is off all her narcolepsy meds, which are no longer required due to her healing.

Subject #2

Caucasian female. Age 63.

Subject #2 came to us suffering from extended pain and immobility due to a herniated disc, acid reflux disease, sleep apnea, inability to lose necessary weight, no motivation to exercise, depression and low self-esteem. The subject also complained of not getting successful treatment from doctors and psychotherapists.

After the first session, the subject reported:

- Felt relaxed and energized.

- Symptoms of depression disappeared. She described this as feeling that a huge weight had been lifted from her.
- Complete relief of back pain, along with increased mobility.

The subject was given dietary coaching for whole food plant-based meal plans, including an elimination diet for detox.

After this subject's second session of same application, the subject reported the following:

- Improvement in her acid reflux condition.
- She had not experienced depression since her first session, and reported an even greater improvement after this session.
- Her mind was now calm. The restlessness was dissipating and she is able to work at her job without experiencing the stress she had previously.
- Her symptoms of sleep apnea had improved.
- Symptoms of shooting nerve pain had all but disappeared.
- Consistent headaches had stopped.

After this subject's third session of same application, the subject reported the following:

- Improvement in her acid reflux condition.
- She had not experienced depression since her first session, and reported an even greater improvement after this session.
- The stress she experienced at her job had stopped.
- Her symptoms of sleep apnea had improved even more.

- Symptoms of shooting nerve pain were gone.
- No more headaches.

After this subject's fourth session of same application, the subject reported the following:

- Continued improvement in her acid reflux condition.
- She had not experienced depression since her first session, and reported an even greater improvement after this session.
- She experienced feeling refreshed and relaxed on a more consistent basis, as a result of these sessions.
- Her symptoms of sleep apnea continued to improve.

Subsequent monitoring showed continued improvement of all symptoms and her overall chronic health condition, with sustained benefit.

Subject #3

Caucasian female. Age 77.

Subject #3 came to us suffering from osteoporosis, lumbar stenosis, biforaminal disc bulge, fatigue, poor blood flow due to vascular insufficiency, macular degeneration.

After the first session, this subject reported:

- The pain in her lumbar region vanished and she reported no discomfort whatsoever.
- Increased mobility.
- A sense of deep and profound peace.
- Body and mind completely relaxed.

After this subject's second session of same application, the subject reported the following:

- Significant increase in pain relief in her back, spine and legs.
- Reported continuing to feel amazing, overall.

After this subject's third session of same application, the subject reported the following:

- The ongoing discomfort she complained about had stopped.
- The specific breathing techniques (Pranayam) she was taught in these sessions had caused her to be much calmer, at peace and free from pain.

After this subject's fourth session of same application, the subject reported the following:

- She was steadily feeling more relaxed and rejuvenated on a daily basis.
- The specific breathing techniques she was taught in these sessions continued to cause her to experience more calm, feeling at peace and free from pain.

After this subject's fifth session of same application, the subject reported the following:

- She is noticed a steady, overall improvement in her health and well-being since she had begun these sessions.
- Her back pain had been completely alleviated as a result of these sessions, and she reported having more mobility in her back and legs.

This subject continued to improve, with sustainable symptom relief and reversal of her chronic disorders.

These three excerpts from our case study archive are indicative of the benefits Bhakta School of Transformation students/clients experience when exposed to our vibrational healing modality. Moreover, it is our observation that this modality opens energetic pathways in all of the meridians of the body, while improving cell signaling.

CHAPTER 6

Results of The Total Well-Being Challenge

Having gone through a major health crisis involving diabetes and obesity, and having cured myself of both, I now dedicate a significant amount of my time to showing others how I did it – *holistically and without medical intervention and pharmaceutical medications*. Likewise, the fact that this was accomplished by successfully addressing the underlying causes of those diseases is very significant. For, I did so *with food as medicine and a complete lifestyle change*. Indeed, this is of profound importance to what I share in this chapter.

The Total Well-Being Challenge

In March 2018, the Bhakta School of Transformation launched its first *Total Well-Being Challenge*. The aim of this project was to test the application of Kedarji's Ecology of Well-Being and 4 Pillars of Total Well-Being. Additionally, the point was to do so in an environment in which clients could receive leadership, coaching and hands-on support/nurturing of these over an extended period of time.

Also, it was important to accomplish this in a way that their progress could be monitored. So, we decided on ninety days to be able to produce beneficial results. In addition, we wanted enough time to offer the support participants would need in order to begin to adopt the holistic lifestyle of natural healing taught, for the long term.

The 2018 Total Well-Being Challenge took place over the course of ninety days (three consecutive months). Six group sessions were offered to the participants, totaling about forty hours of education/group coaching. In addition, each participant engaged in weekly, private sessions with a certified Ecology of Well-Being practitioner. In these private sessions,

each received additional coaching and support for applying what was taught in the group sessions, along with additional help offered based on individual need.

Lab Tests

I and several certified Ecology of Well-Being practitioners have extensive training in reading and interpreting lab tests (I studied with Dr. Alan Hopkins for this training.) This allows for a process of helping our clients read their own labs to have more intelligent discussions with their doctors and other caregivers about what the test results could mean. The greatest part of this is that, when he/she has even a basic knowledge of how to read/interpret the lab work, the client is empowered to take even more responsibility for getting well and staying well. We have found this to be an advantage in working with clients, and also an advantage in how they work with their doctors. After all, an educated patient will always do far better than one who is not.

While working with us, we encourage clients to stay in touch with their PCP in order to get input and support for their progress here. In some cases, their doctors are supportive of their participation here, in other cases not. All this to say that, as a part of the process of being closely monitored during the Total Well-Being Challenge, we required participants to get tests done at the start of the Challenge.

These are blood tests that are repeated again at the end of the 90 days. Additionally, this provided us with a clear “before” and “after” look to ascertain actual progress. Based on the weekly, private sessions during the Challenge, we discovered that most participants had additional health

concerns or chronic health conditions for which they needed to be tested. These tests were also ordered and adjustments made, based on those test results.

Three Life-Saving Pieces of Equipment

In addition, we required every participant to purchase three pieces of equipment that we feel every person should have in his/her health and well-being tool kit: a glucometer, a blood pressure machine and a digital weight scale. Our medical associates showed participants how to use a glucometer and the blood pressure equipment. Participants were required to use this equipment to take their own readings on a daily and weekly basis. BMI (body mass index) and BMR (basal metabolic rate) were also measured on a weekly basis. In addition, at the beginning and end of the Total Well-Being Challenge, we conducted weigh-ins during the group sessions.

This information is shared so that you understand the detail with which participants were monitored, connected to the goals of reversing insulin resistance, diabetes, obesity and related chronic health conditions.

In 2018, seven people took up the challenge. They were coached in the practical application of Kedarji's 4 Pillars of Total Well-Being to their chronic health conditions of obesity, diabetes, insulin resistance, leaky gut and metabolic syndrome. The goal was to increase The Spiritual Power, attain an Improved Mental State, and attain Emotional Resilience while, at the same time, reversing obesity, diabetes, advanced metabolic syndrome, chronic fatigue and vitamin deficiencies. The results were dramatic and life transforming!

Each person experienced:

- A quantum leap in the attainment of The Spiritual Power
- A vastly Improved Mental State
- Improved Emotional Resilience
- Experienced a quantum leap for increased, vibrant, health and healing

Here are some of the vital stats, reflecting the results attained in the three months of the Challenge:

Deana T.

- Weight Loss: 31 pounds
- Healed of Type 2 Diabetes
- Lowered HA1C to Normal Range
- Reversed Insulin Resistance
- Reduced Blood Pressure to Healthy Range
- Lowered Liver AST & ALT by 33 Points to Healthy Range
- Reduced Overall Blood Cholesterol by 26 Points
- Lowered LDL Cholesterol by 23 Points
- Increased HDL Cholesterol by 3 Points
- Lowered Triglycerides by 33 Points
- Healed of Food Cravings
- Increased Daily Energy

Jamie W.

- Weight Loss: 35 pounds
- Healed of Obesity
- Reversed Advanced Metabolic Syndrome
- Reversed Insulin Resistance

- Lowered Hemoglobin A1C to 4.8
- Reduced Overall Blood Cholesterol By 41 Points
- Lowered LDL Cholesterol by 18 Points
- Lowered Blood Pressure to Healthy Range
- Increased Daily Energy

Ben T.

- Weight Loss: 51 pounds
- Reversed Insulin Resistance
- Lowered Hemoglobin A1C to 4.6
- Lowered Blood Pressure to Healthy Range
- Reduced LDL Cholesterol by 12 Points
- Lowered Overall Blood Cholesterol by 18 Points

David G.

- Weight Loss: 25 pounds
- Reduced Blood Pressure Meds by 2,120 Mg Per Day
- Lowered HA1C
- Reversed Insulin Resistance
- Lowered Triglycerides by 23 Points
- Lowered Fasting Insulin by 7 Points
- Increased Daily Energy
- Reduced Seasonal Allergies

Rekhini S.

- Weight Loss: 34 pounds
- Cured Obesity
- Reversed Insulin Resistance
- Reduced HA1C to 4.8
- Lowered Overall Blood Cholesterol to 159
- Increased HDL (good) Cholesterol by 6 points
- Lowered LDL (bad) Cholesterol by 6 points
- Reduced Triglycerides by 18 points
- Lowered Blood Pressure to Healthy Range

Kambra M.

- Weight Loss: 21 pounds
- Reversed Insulin Resistance
- Increased Daily Energy
- Lowered Blood Pressure to Healthy Range
- Reduced Hemoglobin A1C to 5.0
- Lowered LDL Cholesterol by 18 Points
- Lowered Overall Blood Cholesterol by 25 Points

Amanda H.

- Weight Loss: 25 pounds
- Reversed Insulin Resistance
- Reduced HA1C to 4.5
- Lowered Overall Blood Cholesterol
- Lowered Triglycerides by 9 points

Does It Really Work and Is It Sustainable?

Does the Bhakta School of Transformation Total Well-Being Challenge work *and is it sustainable*? Two years later, post-challenge, where are the 2018 participants at? I'll let them tell you themselves.

Deana T.

My name is Deana and I live in northeast Ohio. I lead a pretty full life. I am a wife and mother of three. I love to travel and explore our world. I also enjoy the performing arts and golf. Recently I have picked up gardening and enjoy growing my own fruits and veggies. I also spend a good amount of time volunteering for several not-for-profit organizations.

I have always been drawn to health and healing, and as a result, for the past twelve years have worked as a holistic

healing practitioner.

Prior to the Total Well-Being Challenge, I did a lot of eating on the run, or late at night after seeing clients and watching my kids play sports. There wasn't much time to exercise or pay attention to stress levels or cultivating inner peace. Also, I didn't have a complete understanding of well-being. So my health began to decline and I packed on the weight. My stress level was extremely high.

As a holistic healing practitioner, that was not a very good example to set for my clients. I never really sat down and contemplated what health and wellness is. At that time, I thought that if I was not experiencing any symptoms of illness or disease, then I must be healthy. I didn't know I was a ticking time bomb! I was actually very sick. My blood sugar levels were creeping into the diabetic range and I suffered from insulin resistance and advanced metabolic syndrome.

Since participating in the Total Well-Being Challenge, I understand that wellness is a lifestyle, and that it is beyond just considering the physical body alone. Well-being is equal attention to spiritual power, improved mental state, emotional resilience and vibrant health. I was missing this vital understanding. I am actually seeing just how true this is in my life. When my stress level is high and I don't take the time to focus on improving this through the methods taught in the Total Well-Being Challenge, I reach for comfort foods. When one thing is out of balance, it makes reaching for old, bad habits easy.

Giving myself the gift of participating in the Total Well-Being Challenge changed my life for the better. I have learned so

much about how everything from the food I eat to the environment I am in, affects my well-being. I have learned how to take control of my health and make the changes needed. This has been empowering and inspiring.

Since the end of the Total Well-Being Challenge, I have been having continued success with my health and well-being. On so many levels, I am not the same person I once was. When I look back at photos of me from a year ago, I am so sad for that person. How could I neglect my health and well-being in that way. Now I use those images as a reminder to never go back to that way of life and lifestyle. And I got rid of all my fat clothes to make sure of that!

I went from a size 16 to an 8. From wearing an XL to a small. I have never been a small in my life. People who haven't seen me in a while hardly recognize me. The change is that dramatic. I have been told I look 10 years younger!

I got down to 135 pounds just a few weeks after the challenge ended. This made my total weight loss following the methods learned in the program forty-three pounds. I have been able to sustain the weight loss easier than I expected to. I added in working out with a personal trainer three times a week and I am seeing muscles that I didn't know I had! My next goal is to get to 125 and really tone up.

I am experiencing continued improvement to my blood sugar levels and HA1C. My last round of blood work showed my HA1c at 5.1. I had ended the Challenge with my HA1c at 5.4. My fasting bloods are now consistently in the 85-95 range, post Challenge, compared to before the Challenge where they were bouncing between 95-105.

My improved well-being is not just about the physical side of what I learned in the Total Well-Being Challenge. I feel better and more at peace with myself and life, in general. I have worked with Kedarji's 4 Pillars of Total Well-Being, as shared in the program, and totally recognize and fully acknowledge that the success I experienced in the Total Well-Being Challenge was possible only through also cultivating spiritual power. This connection to spiritual power gave me what I needed to make it through tough times where I wanted to break down and quit. This power is beyond will power and much more effective at giving me that inner strength.

Some real challenges hit during the holiday season. I indulged in Christmas cookies and party food. I immediately felt the difference in my energy and the way my body responded to this food. I experienced an immediate bloating and gained five pounds. One thing that I know for sure that kept this gain to a minimum was that I continued to work out during this time.

Another thing that was different here was that I didn't beat myself up for eating this food. Prior to the Total Well-Being Challenge this is a cycle that I would repeat with other "diet" plans. I would indulge, gain, feel guilty and quit. This time I didn't quit. I refocused. I saw it as a direct experience of knowing for sure that this lifestyle change is the best choice for my health and well-being. I can say without a doubt that sugar and excess fat causes fatigue, headaches, constipation, low energy, poor concentration and so much more. Making the shift back to whole foods, plant based after the holidays, I feel like my old "new" self again.

Jamie W.

A little about me: I live in central Texas, just north of Austin. I work for an agency that addresses child abuse and neglect. In my free time, I love camping, going to local festivals, and walking to the lake with a book.

Wow! It's been almost a year since the Total Well-Being Challenge began! Can you believe it? Since it ended last June, I continued eating almost completely the same way I was taught in the Challenge (I allowed for some cheats here and there!) and lost additional weight, for a grand total of 50 pounds. I dropped that weight in a six-month period. I went from a pant size 16 to a size 8/10. I am so grateful for all the education and support the Total Well-Being Challenge provided, and seeing how I needed to apply Kedarji's 4 Pillars of Total Well-Being for my overall health and well-being.

As of today, I DID gain a chunk of holiday weight back (although, it's not nearly where I was a year ago. My "holiday" pant size is a 10/12.) BUT, I went back to Kedarji's 4 Pillars and a 100 percent WFPB diet with intermittent fasting, and lost six of those pounds in a week. Still my favorite reminder is that as long as I eat "to the left of the red line," (volumetrics and calorie density that we were taught in the Total Well-Being Challenge) I can eat as many non-starchy vegetables as I like. I can eat massive volumes of food (yay for us volume eaters!), rarely be hungry and still lose weight and have great blood sugar levels!

Before the Total Well-Being Challenge, I would have said that "well-being" was simply the absence of illness. Now, I see that there is such a greater mind-body-spirit connection behind the method. It's about feeling vibrant from the inside, out!

Ben T.

I live in South Florida, working at my day job for a large international company. My work is on software security, software design, and cryptography. I also work with the federal government and other industry groups regarding software standards. When off work I enjoy reading, admiring SoFlo's beautiful weather, and sometimes go camping or hiking.

I have become convinced that well-being, while apparently affected by body weight and age, is not any of those things. To me well-being is a vibrancy of spirit that naturally comes from making the right choices and constantly reaching for the highest aspects of life.

Needless to say, I have achieved and experienced well-being, turning my life around in so many physical, mental, emotional, and spiritual ways by following this program – even when I do so poorly. It's not a magic bullet that solved all my health problems immediately. Because there is work on my part, and I have more to do. The support of people in this group has been phenomenal, and I've enjoyed watching the profound changes in myself and in them.

As they say, "time stops for no person." It seems like just yesterday that I took the Total Well-Being Challenge, yet almost a year has passed. I was asked to anchor myself in the lifestyle medicine put forth by Soma Essential Healing &

Well-Being, and to watch what happened next. I was also asked to think particularly about improving my mental state.

What can I say? Gone are the days when I had difficulties pulling on my socks! From the first day of the Challenge, I saw results. Until I started the Total Well-Being Challenge I

had never measured my blood pressure, blood sugar or eaten real food. Once I started to measure, I saw positive changes in my blood sugar, heart health, physical well-being, and how I felt inside, as a result of following what I've been taught. I also experienced a connection that threads between spiritual power, my view of the world, how I react to situations, and – of course – my physical health. Needless to say the pounds simply dropped away, and with that, my poor health. During the Challenge I lost slightly over 50 lbs. of weight.

Based upon measurements, I saw exactly how my daily choices affected my mental state, emotions, and physical health. I experienced how the time spent in garnering spiritual power affects everything else, like a master switch that makes the trains run on time.

Since the Total Well-Being Challenge completed, I've gone through gaining a little weight back and then losing it again. I still see how my choices affect the results, having learned how to lose that weight and live properly. Gone is the idea that physical age is a primary determinant factor for weight, physical health or my inner state.

It's become obvious that the area I was asked to delve into, how to improve my mental state, is the key for my taking advantage of all the rest. I feel like a completely different person today than I did when I started the Challenge. I have a buoyancy of being, where I don't feel sluggish physically or lethargic mentally. And, even though my mental state still needs some improving, I now have the methods and the courage to make that my focus in this year.

The Bhakta School of Transformation has literally changed my life! Every one of my coworkers and my manager noticed the changes and mentioned something to me. Even my boss's

boss commented several times on his observations: my physical appearance, how I now carry myself at work, and the continuance of those changes over time. Thank you for this opportunity and all the blessings I have received.

David G.

About me: I am a computer programmer working in Western Pennsylvania. When I'm not coding, meditating, studying with my spiritual teacher, or going to martial arts, I like to read/watch sci-fi, and spoil my cats.

I am like the black sheep of the Bhakta School of Transformation Support Group. As such, I am also the exception that proves the rule. Last year I participated in the three-month Total Well-Being Challenge. During that time, I lost twenty-five - thirty pounds, and I was able to cut most of my blood pressure medications in half. My allergies improved, and I had more energy. All this with very little exercise, as at the time I was recovering from a broken foot and limited in my exercise options.

Apparently, I needed the support and structure of the three-month Total Well-Being Challenge because a few months after the challenge completed, I gradually slipped back into my former pattern of eating, which had been a mostly meat-centered, ketogenic diet. I convinced myself I needed to do this because my blood sugar still trended high, especially when I ate grains. It is a tribute to how tricky the ego can be that, along with my old patterns, habits, and tendencies, I discarded the entire program, seizing any opportunity to revert to old bad habits, rather than simply limiting my grain intake and working with a Ecology of Well-Being practitioner to fine-tune my meal plan and lifestyle to accommodate the peculiarities of my metabolism.

While the ketogenic diet kept my blood sugar stable in the short term, it did nothing for the rest of me. My blood pressure increased, I gained weight, and I gradually once again found myself in deteriorating health.

With the New Year upon us, I am again dedicated to a whole foods, plant-based meal plan, and this time I am adding in the other three pillars of

Kedarji's 4 Pillars of Total Well-Being. Performing my daily spiritual practice as instructed is making this a wholly different experience from the first time around. And getting to the dojo two - three times a week is providing the physical exercise I was unable to incorporate the last time around.

In the three weeks since I have been eating a whole foods, plant-based diet, exercising, and meditating, here is what has happened:

- I have lost eight pounds and my energy has increased.
- I have been able to reduce one of my blood pressure medications by 80 percent!
- And, my blood sugar remains stable, with less of an uptick (now and then) – much better than the last time around.

I am working with a certified Ecology of Well-Being practitioner to fine-tune the plan and monitor my progress, and I look forward to sustaining the same kinds of total well-being transformation that I have observed in the others who participated in the 2018 Challenge.

Rekhini S.

I live in the Youngstown, Ohio region. I am a former medical assistant and am exploring options for a more holistic

employment in the medical field. Some of my interests are research, music, singing, and chanting. Also, because of the Total Well-Being Challenge, I now enjoy going to the gym multiple times a week.

Before the Challenge, well-being to me was something that I could not imagine. I would think of well-being as eating healthy while adding junk food when a craving hit. Then going to the gym to burn it off, in an attempt to keep a fit physique.

What well-being means to me now is incredibly different. With the Total Well-Being Challenge, I have experienced that this is an all-encompassing approach. Starting with access to my inner strength that is developing as a result of my participation in The Total Well-Being Challenge, which is now flowed to all other aspects of my life.

It is amazing how quickly times flies! One year since The Total Well-Being Challenge, no way! There is a lot that I learned, but also A LOT since the Challenge ended. For example, I learned that, even in the most extreme of financial circumstances, I *can* eat healthy foods. The saying “You are what you eat” is applicable to my circumstance. I struggled with holiday goodies that I know are not good for me, on top of significant hormone fluctuation from discontinuing a medication that was doing more harm than good.

Needless to say, I did gain a little weight back, about ten pounds. I contemplated my own actions in gaining weight, and how to apply Kedarji’s 4 Pillars of Total Well-Being to get back on track. I got off the holiday binge and got back to eating healthier by making better food choices.

Another healthy change that I have made is a gym membership. And I quit smoking! I go to the gym almost daily and the children come as well. Smoking was one of my biggest changes. I smoked on and off, for over twenty years. It is exhilarating to have stopped! I can breathe now. I didn't realize how cigarette smoke and the smell of cigarettes had blunted my ability to smell and taste, and how cigarette smoke clings so deeply to fabrics, until I got my sense of taste and smell back by quitting. I crave a cigarette here and there and, to overcome it, I tap into my Spiritual Power. Nipping the craving in the bud as quick as possible.

This experience has been a blessing for myself and my children. The kids are quite satisfied that I have quit smoking. But, they also express that they now want to eat healthier as well. I am grateful for this experience and the beneficial changes I have been able to make in every aspect of my life! I encourage everyone to join me and the others who have completed the Total Well-Being Challenge. There is an abundance of support here to make the changes necessary for vibrant well-being, inside and out!

Kambra M.

I live in Pittsburgh and I work in the fields of media relations and development (fundraising), within excellent academic medical and research centers. When I look back over the past year, I am in awe about how much the Total Well-Being Challenge has changed my life for the better. The Total Well-Being Challenge is about learning the purest, highest level of understandings about health and well-being, and it is about being surrounded by an absolutely amazing support system. What Grace!

Throughout my life, I was always thin. When I was very young, I was so skinny that I could literally eat anything I

wanted—including half of a Sara Lee coffee cake in one sitting—and I never gained an ounce.

So when I got to “a certain age”—and early menopause—I started to gain weight here and there, and for the first time in my life, I wasn’t able to lose it very easily. I thought it was just part of getting older. Plus, because I had been healthy and athletic in my youth, and because I have gained a lot of knowledge from many years of working in my chosen fields, I believed my health was good and that I would always have access to great medical care if I needed it, especially in my hometown of Pittsburgh.

But one year ago, I had no idea that I had serious health issues looming on the horizon. I had no idea what it meant to eat a whole-foods, plant-based diet. And I had no idea that adopting a total well-being lifestyle could be so sustainable when I follow the instruction and leadership offered through the Bhakta School of Transformation. Through the Total Well-Being Challenge, I lost more than twenty-five pounds, my cholesterol has dropped significantly to really healthy levels, my blood sugar levels and blood pressure dropped as well, my insulin resistance reversed, and I feel much better equipped to deal with life’s challenges.

Now, I feel like I am in a much better place to make useful choices, not only for my physical health, but also for my emotional and mental well-being. And this is all due to learning how to focus on the common thread that fundamentally weaves through all of these aspects: which is that of nurturing a consistent daily spiritual practice. This is the difference that has made the difference for me, and this is why I stand by The Total Well-Being Challenge approach.

Because now, as never before, I am learning how to take that step back and observe where my mind goes, and how my thoughts affect how I feel, and then how that affects my actions and what situations I find myself in. And then, I can act accordingly and make better choices instead of reacting according to old habits.

For me, a perfect example of this is the winter holiday season. In years past, I could not keep my hands out of the cookie jar or chocolate box. I had intense cravings for sweets that preoccupied my thoughts all the time. And in recent years, I also felt very tired after every meal, as if I needed to take a nap, because unbeknownst to me, I was developing insulin resistance and carb intolerance.

But during the winter holiday season this year, I did not experience any of that. I could take a little bit of dessert, but I did not want more than that. I actually experienced that I wanted more veggies instead—which is unheard of for me! So this year was the first year that cravings for unhealthy foods did not “rule” me at the holidays. I wasn’t constantly looking for the next “chocolate fix.” Instead, I felt content after meals, and more relaxed overall...less restless...as a result. And instead of feeling sleepy after meals, I felt a normal level of energy. So grateful!!!

This “new” lifestyle is still very much a work in progress for me, and I am continuing to see room for improvement, especially with rotating my meal plans so that I don’t get stuck eating the same things all the time. Getting regular exercise also has been a challenge for me, even though I always enjoy getting outside. I am sure there are other things that I just haven’t realized yet, regarding where I can improve. But overall, I still see a BIG difference in my total well-being compared to last year.

Before the Total Well-Being Challenge, I thought “well-being” meant being physically fit. After the Total Well-Being Challenge, I now understand that true well-being is about having a strong daily spiritual practice that helps me improve my mental state, become more emotionally resilient, and that synergy is what leads me to experience truly vibrant health. Since I am taking better care of myself now, I am able to cope with stress much better. And now, even when I have something like the flu, I can experience “the best flu I ever had” because instead of trying to plow through it, I actually stop, take the time to rest and get better, and then I may only feel sick for a week instead of four to six weeks.

It is also such a blessing to feel energetic enough to get back to enjoying my hobbies of long walks and jogging in nature, traveling, spending quality time with family and friends, and enjoying spontaneous “foodie” outings...although now, those outings involve local vegan restaurants instead of other fare. So, I hold the intention to continue the practices of this approach in order to enjoy even more peace and vitality in the years to come. And I encourage everyone to join our group!!

The Total Well-Being Challenge is not about forging ahead alone on your own individual path. Instead, the Total Well-Being Challenge is about remembering that everything you need for true well-being is already within you, and you just have to stop concealing that fact from yourself. And did I tell you that the Total Well-Being Challenge is also about learning the purest, highest level of understandings about health and well-being, and it is about being surrounded by an absolutely amazing support system!? What Grace!

Thank you so much, Bhakta School of Transformation!!

Amanda H.

A little about me: I live in Boardman, Ohio. I work for a marketing company that specializes in brand marketing. In my free time, I enjoy anything that lets me express my inspiration: drawing, painting, anything artistic – and I love gardening!

I learned so much during the Total Well-Being Challenge. With the changes that I made to my lifestyle and habits, I was able to drop twenty-five pounds during the Challenge. Unfortunately, I began to make excuses, telling myself that I could “cheat” here and there... but here and there turned into more and more. Before I knew it, I was making excuses and skipping out on my spiritual practices, as well. I began shifting from an improved mental state to one of being critical and judgmental of myself. As my spiritual practice declined, so did my mental state, as well as my emotional resilience, and eventually my health.

I realized just how important spiritual power is for the other three pillars of total well-being, and how quickly and easily it is to get off track. But, with everything I learned and all the tools I now have, I know it’s just as easy to get back on track again, which is exactly what I’m doing!

I have a public health background, so I know that well-being is much more than just the absence of disease. After my direct experiences with Soma Essential Healing & Wellness, I know that true wellness can only flourish when all 4 Pillars of Total Well-Being are strong – with spiritual power being the foundation and the glue that holds the other pillars together. I couldn’t attain wellness on my own (evident by thirty-plus years of trying and failing) – but I can now, with the knowledge, tools and support that I’ve gained here,

especially when I stand on Kedarji's 4 Pillars of Total Well-Being.

You can view video testimonials offered by Total Well-Being Challenge graduates here:

<https://bhaktaschool.org/health-and-well-being-ohio/>

You can view information about our next Total Well-Being Challenge here:

<https://bhaktaschool.org/holistic-health-well-being-ohio/>

CHAPTER 7
The Maharudra Awakening Process
Case Studies, Surveys and Testimonials

What if you had one, simple twenty-minute practice to energize your being and jump start your day, while making your mind quiet, healing your body, emotions and biology!?! Well, it's here!

Maharudra – The great force that destroys useless tendencies and eradicates all impurities.

Awakening – A movement of energy that purifies and invigorates.

The Maharudra Awakening[®] is a special approach to the ancient healing power of Prana (life force) that is directed throughout the body and subtle energy centers with specific breathing patterns, certain movements (mudras) and one-pointedness on witnessing awareness.

Witnessing awareness is an experience and state derived from practicing a unique meditation method that I teach, known as *Witness Consciousness Centering*. This method provides an experiential proof of the energy substratum that is beyond both the mind and the senses. It is a sacred space from which you can become the witness to your mind to observe the movement of this highest Energy or Shakti, passively.

From the section on vibrant health in Chapter 2, you may remember the discussion about how our cells derive the energy they need to function from the air we breathe. And how the oxygen in that air is produced by the process of photosynthesis in plants. So, if the air we breathe feeds our physiology, biology, mental, emotional and even spiritual

states, it would stand to reason that the expansion of inhalation and exhalation is very good for our well-being. In fact, the methods of *Pranayam*, taught as part of the yoga science that includes true meditation, are a vital part in maintaining the 4 Pillars of Total Well-Being described in Chapter 2.

The Maharudra Awakening is a twenty-minute practice I developed that combines specific *Pranayams* (breathing patterns) with simple, powerful postures and movements. This method is a *restorative and regenerative process* that, among other things, supports increased cellular respiration, the backbone of vibrant health (see Chapter 2). It also delivers immediate physical and emotional stress relief and relief from symptoms of chronic illnesses. The Maharudra Awakening is also an effective means of physical, emotional and spiritual *rebalancing*. It was developed as part of the Bhakta School of Transformation healing modality.

In 2009, about ten years ago as of this writing, while offering meditation retreats that also addressed holistic well-being and healing, I began to formulate ways in which breathing patterns and control of the breath can be directed to quiet the mind and impact stress release and reverse emotional trauma and other imbalances, as well as chronic health symptoms. I combined these *Pranayams* with movement, physical postures and light exercise.

Our case studies on MA are very promising. For example, even medical science now recognizes the fact that stress is very high up on the list of factors that can cause chronic health conditions and major diseases such as cancer. This is so because, as discussed in Chapter 2, chronic stress alters and diminishes the signaling patterns/capacity, both inside cells and in extracellular matrices in tissue and organs.

Our case studies (which are still ongoing) reveal that one of the benefits of MA, when practiced daily, is that it relieves stress *for extended periods of time*. Our testing reveals that this is directly connected to increased OxPhos within the mitochondria of the cells. More testing and studying is required, but I am convinced that the science behind MA will be supported as a direct means of improving cellular health, as well as overall vitality and the nurturing of the 4 Pillars of Total Well-Being. There are three parts to the Science behind MA.

Part 1 of The Science Behind the Maharudra Awakening

I want to share with you more of the underlying science of this process because it has been designed with science in mind. Sometimes, in the field of the healing arts and also in the field of well-being, there are modalities that are introduced that don't have much science behind them. The science is shaky or the modality is based on psychobabble. This is not the case with *The Maharudra Awakening*®. For example, another benefit of regular practice of MA is an increase in stroke volume that improves cardiovascular health and overall circulation.

The human heart has two ventricles, known as left and right ventricles. Stroke volume can refer to both of the ventricles, but it usually refers to the left. So what happens is blood that no longer has much oxygen in it, returns to the heart through the right ventricle. Then that blood is pumped through the lungs to be oxygenated again and comes back down through the left ventricle of the heart. So, the left ventricle of the heart is responsible for getting that richly oxygenated blood back out into our cells, tissues and the organs - by way of pumping.

So, stroke volume is the measurement of how much blood per volume and per beat is pumped back out of the heart. We want that richly oxygenated blood fueling our tissues and organs. *The goal of cardiovascular health is to be able to increase stroke volume and to keep that stroke volume at a high level.* At the same time, we don't want the heart to have to work so hard to increase stroke volume. In fact, we want the heart's effort at pumping to decrease, while increasing the stroke volume. Increase stroke volume, reduce heart rate. That's part of the goal for cardiovascular health.

An example is athletes who train on a daily basis for years and years. For most athletics, endurance is an underlying necessity. For example, to be able to play basketball and run up and down that court for two hours straight without pooping out. To be able to run an Olympic marathon, to be able to sprint at a steady pace over a distance of a mile or increase speed as you jump hurdles.

These require the kind of endurance where your heart has to keep pumping richly oxygenated blood out into the cells, organs, and tissue. There is also the need to get that poorly oxygenated blood back into the heart and up into the lungs for more oxygen. This process has to take place as quickly as possible, and in a way that the heart does not have to work so hard.

Again, using professional athletes as an example, for most of them, their resting heart rates are down around 45 beats per minute, and even as low as 40. This is quite common. When they perform intense athletics, on average, their heartbeat gets up to 150, 200 beats or more per minute. But the moment they stop their routine, the heart rate comes down very, very quickly. **However, the stroke volume is maintained at a high level.** *And that's the point – increased stroke volume maintained at as low of a heart rate as possible.* It takes professional athletes years to get to that point. Of

course, that's one of their goals, because that's where the endurance comes from.

With the Maharudra Awakening process, you don't have to spend years to be able to attain this strength of your heart. The science behind MA, connected to the physical body, is to be able to increase stroke volume while reducing heart rate.

My Own Experience

Before I created MA, and before I began to practice it every day, my resting heart rate was always between seventy and eighty. This is pretty typical of most of the non-athletic population, particularly for people who are not engaged in regular, intense exercise. Before MA, when I went to the gym regularly, I would get my heart rate up quickly, sometimes to 180 or 200 when running sprints over a long distance.

At the height of my most strenuous routine my heart rate was at 200 beats per minute. When I finished my workout, it took about thirty - forty minutes for my heart beat to come down to my resting heart rate (at that time seventy - eighty). Now, after having practiced MA every single day, within a matter of weeks my resting heart rate decreased to forty-five – fifty-five beats per minute. Due to my continuing to practice MA every day, my resting heart rate remains in a range of forty-eight – fifty-five, dipping to forty-five when my workout is more intense over a period of several days. And, during my most intense routine at the gym, my heart rate averages about 145-150 (when running after weightlifting).

Then, within minutes of finishing this kind of routine, my heart rate drops considerably and is back to my resting heart rate in less than ten minutes. Stroke volume goes up, my heart rate goes down. Upon the greatest amount of

exertion, my heart rate is now fifty beats per minute slower than before my adopting the practice of MA. And, by comparison, my resting heart rate is, on average, twenty - thirty beats per minute less! The fact that stroke volume increases while the heart rate decreases is an observation also being made on the part of students who practice MA daily.

So through your practice of the Maharudra Awakening, your heart is going to get stronger. You'll be able to increase your stroke volume, while at the same time decrease your heart rate.

This is an *energetic phenomenon*, not a physical one. MA opens and increases energetic pathways within the subtlest part of the human physiology. These are energetic pathways that, when stimulated properly, open the meridians that are the channels that allow the energy substratum, that Highest Power, to flow freely to the cells, tissues and organs to promote healing. That's what the science behind MA accomplishes for you.

Part 2 of The Science Behind the Maharudra Awakening

The second part, connected to vibrant health, has to do with carbon dioxide. For example, we need a certain amount of CO₂ in our bodies and in our blood to maintain balanced PH levels. This begins with the PH levels in our intestines – the command center of the microbiome. The small intestine is particularly important in this regard. But we can't have too much carbon dioxide in the body, as that creates problems.

A lot of carbon dioxide that's in the blood is slated for waste and then has to be removed. One of the things that happens with carbon dioxide is that, in some of the processes at the cellular level, carbon dioxide produces bicarbonate. It also produces lactate that is then reduced to lactic acid. So, we

need some bicarbonate in the body, in the tissues, in the blood, to have a balanced PH in the small intestine.

If there is too much carbon dioxide in the blood, then the blood becomes overly acidic. This is due to excess lactate production that leads to excessive amounts of lactic acid in tissues and organs. It throws the PH off. For this reason, the lactic acid has to be removed from the body very, very quickly. If not and it's allowed to build up, which is the case for many people. That excess lactic acid leads to excess/chronic inflammation. Chronic inflammation in itself is a gateway disease to so many chronic health conditions.

So we want to get excess lactic acid out of the body very, very quickly. Too much carbon dioxide, too much bicarbonate, too much lactate, too much lactic acid. Not good. On the other hand, if there is not enough carbon dioxide, then the blood becomes too alkaline. This means there is not enough bicarbonate. That throws the PH out of balance in the other direction. Therefore, a delicate balance (as in ecology) is important.

The second part of the science connected to the Maharudra Awakening is that the specific postures and many of the movements, combined with the Pranayams, are specifically designed to remove excess carbon dioxide from your blood very quickly. Therefore, the practice of MA helps to remove lactic acid out of your blood, out of your tissues, quickly. This is what will happen as you practice MA on a daily basis. Over time, this becomes part of your detox process. That's part of the science of it, to detox your body.

As part of this same process, the other benefit is that of quickening the pace at which the deoxygenated blood returns into the right ventricle of the heart. If you look at the backs of your hands when you are doing anything strenuous, for example, you'll notice that the blood vessels are expanded. And if you look at the blood vessels on the backs of your

hands closely at the same time, you'll notice that the blood may appear to be blue from time to time. That's because the blood vessels on the backs of the hands funnel blood returning to the heart.

There's not a lot of oxygen in that blood. There's a lot of carbon dioxide in it, so that's what you're seeing in the blue color. We want that blood to get back through the right ventricle and back through the lungs as quickly as possible. In this way, the blood is re-oxygenated promptly. So, the second part of the science of MA is that it accomplishes this.

Part 3 of The Science Behind the Maharudra Awakening

The third part of the science has to do with the sections of the Maharudra Awakening® where there is cross-lateral movement. There are two places where you're instructed to perform specific cross-lateral movements, in combination with Pranayam. This is based on the evidence-based research of the benefits of movement where you cross the midline. When you do this in combination with Pranayam, what you're actually accomplishing is an increase in the communication between the left and the right brain. You're also increasing the optimal performance of your neurotransmitters and the way in which your brain cells are communicating with each other. This also improves signaling between your microbiome, your gut (the largest of the four immune systems in your body) and your brain. This optimization is vital for proper blood/brain barrier signaling.

Most people are predominantly left brained. That's where the logic, constant thinking and everything connected to the activity of our mundane lives is processed. We use the left brain to reduce everything to mechanics so that we're able to, instinctively as a reflex, do the things we need to do that

represent repetitive tasks for daily living - mundane activity. So, that's the left brain.

Then there is the right brain that typically is part of the function of increased intuition, increased creativity, inspiration, etc. The practice of MA as instructed, particularly in the sections where there is cross-lateral movement, increases right brain function. This also increases communication between the right and the left brain, by way of improving the signaling of cells between the two. This is a really great benefit because it causes the neurotransmitters to fire off in a much more optimal way. And the increased right brain activity really bodes very well for the activity of your overall existence. Brain cell signaling improves, gut cell signaling improves and communication between both sides of the brain is enhanced.

So, that's the third part of the underlying science of MA, connected to the physical body. This connection is important to understand in the context of the immanent aspect of the energy substratum that I speak about in Chapter 2.

Understanding and remembering the science behind the Maharudra Awakening process (the fact that there's actually a science to it), will not only encourage you to practice it on a regular basis, but it will really heighten your experience of what is taking place as you go through each of the steps.

The Maharudra Awakening® is taught in our Diabesity Challenge program and in weekend meditation retreats that I lead. You can view our vital statistics and testimonials for MA here:

<https://bhaktaschool.org/the-maharudra-awakening/>

CHAPTER 8
**Methods Connected to Each of the 4
Pillars of Total Well-Being
That You Can Start Using Today**

THE SPIRITUAL POWER

Don't stay married to beliefs. Spiritual Power and the direct experience of that power are beyond belief. This power can and is experienced by using centuries-old, time-honored methods for going beyond the mind and beyond the senses. If you've never employed such methods over an extended period of time, and with the proper leadership, then you don't know what you're missing and are not in a position to judge whether or not they work for you. I invite you to consider the following with an open mind and heart, with the attitude of a beginner.

Meditation

Meditation is a widely accepted practice in our society, promoted even in the medical field. Since there are so many of them, rather than create references here for studies on Meditation, just put "benefits of meditation" in any of the major search engines and you will find plenty of evidence-based research studies. So, the question is no longer "Why should I meditate?" but rather "What is the best approach to establishing a daily meditation practice?"

To answer that question it's important to understand the purpose of Meditation. That purpose is to access the Witness to your mind, that highest power or energy substratum that can be experienced *by going beyond your mind and beyond your senses*. You want to practice *true meditation*,

the goal of which is to silence the mind completely so that you can begin to experience the thought-free state on a regular basis, each and every day. This requires both the most useful methods and daily practice.

Today, there are many people who claim to teach meditation. However, most of them are teaching some form of “guided meditation,” another way of saying “guided imagery.” The guided imagery approach simply has you engaged in reverie by recalling pleasant images into your mind. The problem with this approach is that your mind remains active throughout, thereby defeating the purpose of meditating – which is to silence the mind in order to go beyond the mind and the senses to experience the witness to your mind. Instead, the meditation teacher talks you through a “meditation,” sometimes speaking for the entire time of the meditation period. Not good.

So, you need methods for true meditation, in order to still your restless mind to cause it to dissolve. In Chapter 2, under “Improved Mental State,” I provided a link to our web site where you will find information and steps to begin practicing *Witness Consciousness Centering*, the entry point for mastering true meditation. You can start by following the directions to practice this method.

In addition, another method you can practice is the following:

1. Turn your cell phone off and do whatever else is necessary so that you are not interrupted.
2. Take a comfortable posture, either sitting in a comfortable position or in meditation asana (cross-legged). The most important part is that you take a comfortable posture so that your mind is not focused on any aches and pains in your body.

3. With your eyes closed, begin to take slow and steady breaths in and out. Breathe deeply and take your time.
4. Once you have done this for a few minutes, maintain the awareness of your breath and listen to the sound your breath makes.
5. Then, you will notice that there is a slight pause after you exhale, before you begin to inhale again, and another slight pause after you inhale, before you begin to exhale. We call this the space between the breaths.
6. Now, as you listen to the sound your breath makes, focus on those two spaces. Make them longer and allow your mind to drop into those spaces. Just relax and continue to do this, observing what takes place *passively*, with no reaction or response.
7. Make a note in a journal of what you observed and experienced. This part is very important because this practice is part of a science and you are testing these methods in the laboratory of your own existence. So, you should record the result just as a lab technician does. Then keep practicing this method a little each day.

This method is known as meditation on the breath. With practice, you will begin to observe that your mind gets quieter and quieter until it becomes still and dissolves. And don't worry about your mind dissolving in meditation. You will not lose your mind, and this practice will not make you dull or cause you to lose mental clarity. In fact, over time, you will find that it accomplishes the opposite – that your mental clarity will increase. Just as with your body, your mind also needs to rest and recharge. When you're done sitting in this way for Meditation, your mind will automatically refocus.

How long should you meditate? Start with thirty minutes each day, in one sitting, as instructed above or in Chapter 2. Meditate every day. This is important for increasing your direct experience of *That* Spiritual Power in a way that is permanent and transforming. Remember that we are all in the habit of looking outside, outside, all the time. We are used to concentrating on people, places and things “outside” ourselves.

So, be patient. Turning the mind within takes practice because we have developed a very strong habit of fueling the restless mind, thereby attaching ourselves to restlessness. So, it will take a little time to break this habit.

We offer a great deal of instruction and methods for meditating in several of our Bhakta School of Transformation programs. In addition, certified Ecology of Well-Being practitioners also teach these in private sessions. In addition, we have formed a collaboration with the *Bhakta School of Transformation* (bhaktaschool.org), a not-for-profit public charity that produces and manages programs designed to increase the experience of Spiritual Power on a lasting basis.

If you’d like more information about how you can establish a strong, daily meditation practice, contact us at info@bhaktaschool.org.

Chanting

Chanting, also known as Kirtan, combines the joy of song with the power of enlivened Mantras that have been proved effective over centuries of use in quieting the restless mind. Chanting brings the exalted state of rapture that leaves us in a state of ecstasy!

As with meditation, rather than create references here for studies on chanting, just put “benefits of chanting” in any of the major search engines and you will find plenty of

evidence-based research studies and articles. Chanting is another widely accepted practice for increasing Spiritual Power and the Bliss of the Self. As with Meditation, it has a host of side benefits like making the mind quiet and sharper at the same time, reducing stress, healing physical conditions, and making you whole.

It's good to chant for a minimum of fifteen minutes each day. As you practice chanting and experience its impact on you, you will understand the benefits of chanting a little each day. In the beginning, the best way to establish a daily chanting practice is to find a group or spiritual community where people chant together as a group, regularly. This kind of group participation makes it easier to be motivated to take up chanting regularly. Then you can begin chanting at home or in your office on a daily basis.

If you're not able to participate in group chanting programs, you can get chanting CDs and chant along with the CDs a little each day. The mantra you chant makes a difference. We encourage you to use the very powerful, enlivened Mantra of this age, *Om Namah Shivaya*. It means "I am the Self, the Highest." CDs of Om Namah Shivaya chants are very popular, so they are easy to find. You can also purchase chanting CDs or chants on MP3 as a download from our not-for-profit partner, The Bhakta School, by using this link to their online store. <https://bhaktaschool.org/online-store/>.

Meditation and chanting: These are two simple and powerful methods that you can begin to practice, today, that bring both immediate and long-term increases in the direct experience of The Spiritual Power, by way of increased spiritual awareness. These methods are time-honored, and they work. Start here:

- 30 minutes of meditation each day to start
- 15 minutes of chanting each day to start

IMPROVED MENTAL STATE

Understanding Your Mind

My spiritual leader and master used to say that the mind is a very strange place. In summer, it longs for winter and in winter it longs for summer. It is unhappy not only when it doesn't have anything, but even when it has everything. This is the nature of the restless mind. So, in order to improve your mental state, you really do have to understand what the mind is and where you allow it to wander.

The Mind Is Not the Brain

It is only possible to know what the mind is by going to that place beyond the mind and beyond the senses. This allows you to experience the Witness to your mind. Otherwise you will remain confused about what the mind really is.

In laboratory tests performed on mice, rats and other animals, the animals were taught how to run a maze, from beginning to end, until they could complete the maze perfectly, over and over again. Then a team of scientists had the brains of these animals removed. Although taking longer to complete, these same animals ran and completed the maze perfectly, even though they had no brain with which to do so.

Physicists have performed these kinds of tests in various ways to prove that *memory does not rest in the brain, but in the mind*. The brain is just a switching station for signals sent to it from elsewhere, a lump of flesh that simply processes energy and 'data.'

The great sages of my spiritual lineage tell us that the mind is an aspect of the Highest Power, Supreme Intelligence or the Self. It is a contracted form of that same energy of

Divine Consciousness that is responsible for sending the signals that the brain processes to operate the organs and limbs of the body. Quantum and bio physicists are now referring to this energy as the energy field or quantum field (of which the mind is a part) that is embodied in a higher Consciousness.

For centuries, this higher Consciousness has been also known as the Shiva-Shakti power or just Shakti. Although the same lab tests cannot be replicated on human beings (Who is going to allow their brain to be removed as a test?!), you can test the hypothesis that memory does not reside in the brain, but in the energy of the mind, in the laboratory of your own existence. You can do so by the direct experience of Witness Consciousness.

I began this discussion in Chapter 2 where I share the practice of *Witness Consciousness Centering*, a method for beginning to experience true meditation. You may want to review that section of the chapter now. The mind is an energy of that highest power, *a reflecting surface for the greatest awareness possible*. For this reason, our minds have great power. To further understand this, I repeat here something I shared earlier:

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

Indeed, our minds have the power to shape our individual worlds, worlds that we create and then reside in as the basis for who and what we experience, and how. Because this is the case, in order to harness the energy called “mind” in order to improve our mental state, we really need to experience the mind’s power source. Because, as I have been saying, everything in this world requires a power source. And

there is one power source that never loses power and has existed throughout eternity. You don't need a spaceship or a telescope to discover it.

This is why I emphasize meditation and chanting methods for going beyond the mind and the senses, to the Witness to your mind. Doing so for even thirty minutes each day is a very beneficial means of harnessing *That* power source that will ultimately enable you to improve your mental state. The goal of this improvement is to:

- Realize your oneness with that highest power.
- Begin to become established in a state of indescribable Joy that is not diminished by any change in your circumstances, or any change in your interaction with people, places and things.
- Develop the inner strength necessary to face any of your life's challenges with a smile on your face.
- Reside in a state of love, peace and content that is not connected to anything or anyone outside you.
- Realize and recognize the difference between satisfaction and happiness so that you remain happy for no good reason.

In considering these points, some people have said, "But then what happens to my intimate relationship?" "What about connection to my friends and family, what happens to those?"

Love is the highest spiritual principle, the most formidable power and the greatest weapon in the universe. To experience love as Love, and to experience it right where it is inside you, it has to be recognized as being without distinctions, unconditional and pure. Even when boundaries have to be drawn, this Love can easily be expressed when you experience it right where it is – in that sacred space that is beyond the mind and beyond the senses. *Becoming established*

in this Love makes you a better lover, the best love. It makes you a better friend, the best friend, a better companion.

There is so much strength in this Love when we refuse to taint it with attachment and the bartering of needs for wants that is so typically enacted in the name of “love.” This Love is supreme, it is divine, it is all there is. And you are this treasure of Love. Just as a person with cataracts experiences a huge improvement in vision when the cataracts are removed, in the same way, when the dross of the restless mind and the attachments that always bring suffering are removed, what is left is Love. And the improvement of our mental state depends on it.

Attainment of the Thoughtless State

Therefore, to reign in the restless mind is vital for our well-being. When tamed and made quiet, the mind itself leads us to the thought-free state beyond the mind and the senses. This state is actually the power that causes the mind to come into being, allows it to sustain thoughts for a period of time, and then withdraws those thoughts by way of dissolving the mind.

Don't worry. The thoughtless state is not one in which your mind gets dull. It's not an experience of degraded intelligence either. The thoughtless state gives you immediate access to the energy substratum of everything, that highest power from which your mind derives its power. The experience of the thought-free state, over time, makes your mind much sharper. And, you begin to also experience spontaneous inspiration flowing from this highest power. This is an experience of heightened intuition.

The palace of peace, that ocean of joy and love awaits you beyond your mind and beyond your senses. It is a power like no other.

EMOTIONAL RESILIENCE

The Principle and Practice of The Arc

In Chapter 2, I addressed the principle and practice of The Arc, connected to the fact that the understandings you reach for always dictate how you feel, along with the subsequent emotions you experience – thereby determining how you are vibrating, what you are projecting outwardly. Go back and reread that section now. After doing so, continue.

Now, ask yourself the following: Where have you gotten the majority of your understandings from up until now? Then review the list below and journal the answer, referencing this list that applies to you.

- From parents
- From friends
- From lovers, husband, wife
- From popular culture
- From bosses and work associates
- From other authority figures in your life
- From books, newspapers, magazines
- From movies and TV
- From peer pressure
- From the Internet (including Facebook, Twitter, Instagram and Pinterest)
- From your fears
- From your fantasies
- From outcomes of past situations

Now review your list and ask yourself the following, in each case: Have you accepted understandings connected to the sources on your list without questioning or examining them to determine whether or not they are useful for the greatest

experience of your well-being? If so, why continue to reach for and embrace them before doing so?

Again, our research shows that, from moment-to-moment, from day-to-day, how you feel, the emotions you reach for or find yourself immersed in, are a result of the understandings you hold. Understandings always dictate feelings. So, if you want to change the way you feel, you need to change the understandings you hold, moment-to-moment. This is a matter of what you reach for.

What if the understandings you embrace to navigate through your life were based on your direct experience of inner peace, that sacred space beyond your mind, beyond your senses that embodies joy, happiness and the inner strength necessary to take on life's challenges?

There is a place you can go to have this direct experience on a regular and even permanent basis. And getting there does not require money, permissions, visas, passports or even a great deal of effort. This place is so close to you. It is at hand by going beyond the mind and beyond the senses. I encourage you to use the methods shared in this book to get started.

VIBRANT HEALTH

I cannot emphasize enough the importance of understanding and engaging the first three of the 4 Pillars of Total Well-Being for maintaining vibrant health. To that end, as a reminder, let me repeat something I stated in the Introduction: 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. Accordingly, the

body is the temple in which that highest power, the Self, resides.

So many whom I have met and worked with, including doctors and health and well-being practitioners in this field, forget the above fact or don't consider its importance *in addressing the whole person* – which is the only way in which to treat the underlying causes that degrade vibrant health. *In most cases, to treat the underlying cause requires a lifestyle change that includes taking massive action in the early stages.*

How will such action be sustained over the long term without an improved mental state and emotional resilience, both of which are dependent on access to spiritual power for their sustenance? So, please remember the above facts and act accordingly with respect to cultivating your direct experience of the first three pillars.

Armed with the power of these first 3: The Spiritual Power, Improved Mental State, Emotional Resilience, integrating vibrant health into your life will come easily with the right support and your steady self-effort.

What I share in this chapter is backed by my own thirty-plus years of case studies and outcomes, one hundred-plus years of evidence-based research and science dating back to the early 1900s, and the clinical trials and evidence-based research of more than sixty doctors, researchers and practitioners whose work we follow closely here at the Bhakta School of Transformation. Here is a partial list of some of those who have contributed so much to the expansion of holistic lifestyle medicine across the globe.

Dr. T. Colin Campbell

Dr. Thomas Campbell

Dr. Marlene Merritt

Sayer Ji

Ty & Charlene Bollinger

Dr. Ritamarie Loscalzo
Dr. Daniel Pompa
Dr. Neal Barnard
Dr. Michael Klaper
Dr. Caldwell Esselstyn
Dr. Toni Bark
Dr. Thomas Seyfried
Dr. Bruce Lipton
Lynne McTaggart
Rupert Sheldrake
Dr. Dean Ornish
Dr. Jason Fung
Buckminster Fuller
Dr. John McDougall
Dr. Zach Bush

Here are some vital tips for attaining and maintaining vibrant health in a way that you can get off and stay off the medical treadmill.

Food as Medicine – Eat Real Food

Don't "diet" and don't eat for your belief system. Eat for intracellular nutrition. Even though it is true that no one, specific meal plan works for everyone, 100+ years of evidence-based research on which many clinical trials and healing outcomes are based should not be ignored. And the doctors, researchers, health advocates and practitioners who do so simply have not reviewed the data, or they are just being obstinate to support useless belief systems for personal gain.

If you want to attain and maintain vibrant health, you have to eat for intracellular nutrition – meaning the human body needs nutrient-dense foods that are low in calorie density – period! Use this link to view an article on

calorie density <https://bhaktaschool.org/calorie-density/>.

This is the science of it. In that regard, based on more than 100 years of evidence-based science, we get the most nutrients to fuel our cells from the following:

- Organic vegetables
- Organic fruits
- Organic, intact whole grains
- Organic legumes
- Organic beans
- Organic nuts and seeds
- Untainted sea vegetables

When shopping, preparing a meal and eating, always ask yourself if what you are about to buy and put into your mouth is organic or non-organic, GMO or non-GMO, whole food or processed food fragment. Eat organic as much as possible (if not all the time), eat non-GMO *all the time* and eat real food, as in whole food!

The argument about organic foods being so much more expensive is a worn out one and often not accurate. Yes, it is true that organic produce, for example, is a *little* more expensive, overall. However, it's just not that much more than non-organic produce. The other day, I decided to price-check in a local Giant Eagle supermarket that carries both organic and non-organic produce. Here's how some items stack up:

- Organic romaine lettuce vs. non-organic – same price per pound.
- Organic carrots vs. non-organic carrots by pound – the organic carrots were 10 cents more per pound.
- Organic red bell peppers vs. non-organic – the non-organic, GMO red bells were \$1.50 more each.

- Organic fruit vs. non-organic, GMO fruit – the organic fruit was, on average, 20-40 cents more per pound.
- Organic red cabbage vs. non-organic red cabbage – the organic was 5 cents more per pound.

As you can see from these numbers, organic, non-GMO produce that is more expensive than non-organic, GMO produce *is really not that much more*. It's a very small price to pay as an investment in one's health, and as insurance against chronic health conditions and disease that will cost far more in dollars, declining health/lifestyle and out-of-pocket co-pays for drugs, doctor visits, expensive surgeries and other treatments.

Avoid Reductionism

The reductionist model, inherited from the diagnose-and-treat approach to *sick care*, is not viable for maintaining vibrant health for the long term through *health care*. The prevalent sick care model that revolves around treating symptoms with a prescribed medication and/or surgery is not a viable health care solution, as it only addresses symptoms *without getting to and healing the root cause of the chronic health condition or disease*.

This is the reductionist approach of most of modern medicine and our sick care system (with some growing exceptions) *and is based on the notion of a pill for every malady*. The drug trade is extremely profitable for those who perpetuate it, building economies protected by the greedy.

This reductionist model has spilled over into how most people approach vitamin supplements, herbs and even foods to address symptoms. **Any symptoms of chronic health conditions and illnesses that you may experience are**

all tied to a root cause. With respect to vibrant health, that root cause can always be traced back to our cells and how they are functioning (optimally or not).

If you don't fix the cell, you'll never get well and stay well because you are not addressing the root cause. And fixing the cell cannot be accomplished solely through medication therapy and/or surgery, both of which are designed to treat symptoms (sometimes as part of useful and necessary medical interventions), often with harmful side effects that eventually cause more illness.

For this reason, **the only true approach to healing and long-term well-being is to address the lifestyle change necessary to heal the root cause** (even if a short-term medical intervention is necessary). Doing so is always a matter of examining the whole person, in the areas that Kedarji's 4 Pillars of Total Well-Being address:

The Spiritual Power
Improved Mental State
Emotional Resilience
Vibrant Health

I have addressed each of these at length in Chapter 2.

Maintain a Healthy Microbiome – Fix Your Leaky Gut

The Microbiome is, perhaps, the most important focus as a first step to lasting, vibrant health – meaning that your gut is the key to vibrant health. What takes place in your gut triggers a cascade of either health-promoting conditions or disease-causing ones. Therefore, a healthy, optimally functioning Microbiome is essential and is the first place to start in addressing optimal health. Here are the steps:

1. Determine if you have leaky gut.
2. Heal your leaky gut.
3. Change your lifestyle (including what you eat) so that you never get leaky gut again.

If you fix leaky gut, keep your Microbiome healthy and keep your intestines clean and detoxed, you will never have dysregulated cell growth in your gut and, therefore, will never need colonoscopies, surgeries or medications for IBS, for example. You'll avoid things like colitis, Crohn's disease, diverticulitis and cancer, as well. For more about leaky gut and the Microbiome, follow the link below.

<https://bhaktaschool.org/what-is-leaky-gut-and-how-do-you-heal-it/>.

Healing leaky gut is not something you are likely to accomplish by watching a YouTube video or attending a prerecorded video health summit. These have their place. However, to determine if you have leaky gut, and to what degree, and then to heal it permanently, it is best to work with a trained practitioner who has a track record of successfully coaching people in the healing of this disease. At the Bhakta School of Transformation, we can match you with a practitioner in our network for you to work with, regardless of where you live. And, if you need an immediate, medical intervention, we can recommend doctors in the lifestyle medicine field who can help.

Detox

For most, this is the very next step in the lifestyle change necessary to support and nurture vibrant health. Today, we are exposed to many more environmental and food toxins than at any other time in the history of the planet! Then there are the toxins that the body secretes, based on the

downregulation of cellular function, connected to poor lifestyle and poor choice of foods. Together, this causes a toxic load on the body that overburdens the immune system, increasing inflammation, insulin resistance and autoimmune responses.

TYPES OF TOXINS

1. Environmental toxins
2. Food toxins
3. Toxins manufactured by our cells by way of autophagy and apoptosis (recycling of unhealthy cells and the death of those cells), downgraded cell methylation and the accompanying DNA damage, cell mutations and metastasis

SOURCES OF TOXINS

Environmental

- EMF/EMR (electro-magnetic radiation) from all electronic devices, including cell phones, computers, TV screens and Wi-Fi
- Heating and A/C units
- Air pollution from cars, factories, dumping, garbage, etc.
- Toxins that seep into ground water from toxic waste.
- Polluted tap water
- Industrial and home chemicals/cleaners
- Cosmetics
- Hair gels and sprays
- Lipstick
- Other Beauty Aids
- Cookware
- Clothes
- Lighting

- Vaccinations
- Mold and radon

Food Toxins (including anything you put in your mouth)

- Overprescribed/abused medications
- Medications that are carcinogenic or cancer-causing
- Processed food fragments
- Animal foods
- Dairy
- GMO foods
- Foods derived from genetically engineered (GE) produce and seed
- Produce grown in poor/polluted soil
- Tap water and certain brands of 'purified' water
- Sugar substitutes like Aspartame

Toxins Manufactured By Your Cells

- Autophagy
- Apoptosis
- Cell Mutations
- Metastasis

Each of the above secretes cellular waste that must be quickly removed from the body.

Autophagy – This is a natural process of cell recycling that occurs, prior to apoptosis. Autophagy is the natural, regulated mechanism of the cell that removes unnecessary or dysfunctional components. It allows the orderly degradation and recycling of cellular components. This allows your body to recycle parts of cells that can be useful in growing healthier cells and improving microenvironments like the mesenchymal matrix (extra-cellular matrices).

Some of these recycled components are protein, enzymes, coenzymes and phospholipids. The big point about optimal autophagy is that it triggers the body's cycle of growing new stem cells. This is, perhaps, the most important reason to be certain you are upregulating autophagy.

Apoptosis – This is the process of cell death, after autophagy has occurred. In the healthy microenvironment, the cell that is damaged beyond repair is destroyed and targeted for excretion as waste, before the cell has a chance to divide.

Apoptosis requires healthy, optimally functioning mitochondria that are communicating epigenetically with your immune system to ensure that cell death actually occurs.

Cell Mutations – Cell mutations occur in two, basic ways: In response to a growing number of cells that have missed their schedule for autophagy and apoptosis, in order to generate a hybrid cell that can combat tumorigenesis (onset of tumors) and to support division/replication of sick cells in order to promote unbridled proliferation of tumor cells and cancer.

Metastasis – The process of tumors spreading from a single location to other locations in tissue and organs. This is part of unbridled proliferation of tumor cells that have been successful at angiogenesis – establishing their own oxygen supply.

In each of the above, toxins are produced by the body as a process of each. These toxins, if not arrested, can interfere with the function of the central nervous system, neurotransmitters in the brain and the gut, tissue and organs.

In some cases, for people who are suffering one or more chronic health conditions, their health condition or

disease prevents the function of the body's natural mechanism to excrete cell waste through the bowel and urine. In such cases, supplementation of detox formulas is necessary.

For more information about detox methods, use this link to a blog on the topic.

<https://bhaktaschool.org/the-importance-of-detox/>

Exercise

We are energetic beings and everything about how our cells function supports this fact. Therefore, regular exercise done to the degree of intensity that you sweat each and every time you exercise is essential. The reasons why exercise is so important are:

1. When done to the right degree of intensity, exercise helps to burn excess fat and to shift the body's metabolism to become more fat-burning, something that is much better for optimal cellular function.
2. Weight-bearing exercise in particular helps to strengthen your bones in order to prevent osteoporosis, arthritis and the decreased manufacture of red blood cells.
3. When we sweat, we force the body to release toxins. This is a hallmark of proper, intense exercise.
4. Circulation is vastly improved.
5. Over time, with the right exercise, stroke volume in the heart is increased, thereby strengthening the heart.

6. Exercise is exhilarating!

How often should you exercise? It depends on what kind of exercise you opt for, and whether you are, primarily, exercising for strength or shape or both. I recommend you start by having as your goal exercising for strength and the necessary help you may need in order to lose weight, if that's part of your goal.

Understand that exercise is cumulative – meaning it takes a little time for the body to adjust to regular exercise and for results to be seen. For most, I recommend exercising four - five times each week, for a minimum of thirty – forty-five minutes. Some people exercise every day, depending on the routine.

The gym or fitness center provides a structured, disciplined environment that most people find very helpful, especially in the early stages of developing a routine that is varied enough to hit all the muscle groups. The other advantage of getting such a membership is that you can become motivated by exposure to others who are working out with the same goals and, often such people are willing to give you simple training tips. Others may befriend you and “buddy up” with you, which makes getting to your workout easier in the early stages.

But there are other ways to get good exercise. Here are some alternatives:

1. Vigorous daily walking
2. Daily jogging or running
3. Dance classes that are demanding enough that you sweat
4. Vigorous yoga training
5. Regular hiking in nature, as the weather permits
6. Rebounding every day

Whatever form of exercise you choose, be sure it is intense enough to make you sweat through your clothing. Proper exercise cannot be emphasized enough.

Restful Sleep

Many of the people we work with are sleep-deprived. When your body is at rest during sleep, healing is taking place on many levels. Cells, muscle and tissue are given a chance to repair and your mind gets a break from thinking so much. Organs are regenerated and the cycles mentioned earlier in which healthy cells are increased are supported – all while you sleep, if your sleep is restful.

Restful sleep means that you are “out cold” for an average of seven - eight hours. Some people who have built up a strong Meditation practice over a period of many years are able to get restful sleep in fewer hours. This is because it has been shown that Meditation, when the no mind state is experienced, regenerates cells, muscle and tissue as well. However, for those who are not practicing yogis, you will need seven - eight hours of restful sleep each and every night.

Here are some tips that much of the evidence-based research on this topic supports:

- No exposure to electronics a minimum of three hours before going to bed. This means you stop using your cell phone, laptop, desktop, tablet, TV set, etc. a minimum of three hours before bedtime.
- No food or drink a minimum of four hours before going to bed.

- Start to “wind down” a minimum of two hours before going to bed – meaning don’t take up tasks just before going to bed.

These three will go a long way to helping you get a good night’s rest on a consistent basis.

CHAPTER 9

Conclusions and Takeaway Points

Ecology of Well-Being

We are energetic beings. Everything about us is comprised of energy, a substratum of power that is very subtle. Even our cells are made up of atomic sub-particles of energy that are referred to in quantum physics as spinning, wobbling tops of energetic, force-field waves.

This energy-substratum forms the basis of a delicate ecology on which our well-being depends. Either out of ignorance or obstinance, most people have destroyed this delicate, ecological balance by adopting lifestyles that do not recognize the necessity for maintaining this balance, in harmony with the energy-substratum of all things.

The fast-paced, modern lifestyle, with disharmony created by massive, far-reaching technology that is, increasingly, dominated by convenience and greed, has made us blind to the fact that we are blazing a path to self-destruction.

To regain the delicate and harmonious balance necessary to maintain a true ecology of well-being, a lifestyle change is necessary – one that will for most, undoubtedly, require massive action to attain.

The Spiritual Power

The energy substratum – This is the highest power and its nature is spiritual. Indeed, this Truth has been recognized

long before sciences like quantum physics and quantum mechanics came along and can also be understood through common sense. To emphasize this point I am going to repeat what I shared in the Introduction to this work:

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. And, wherever there is law, there is a lawgiver.

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.

The vehicle for this evolution rests in the ability to access and harness spiritual power.

We don't need to argue over labels – Recently, I was engaged in friendly debate with a psychologist who wanted to know how I expect to reach the atheist masses. My reply is that atheists are a great audience for examining what I state about

the energy substratum of everything. Because, in one way, the atheist does not believe in God and has, therefore, no prior notions of a supreme from which to argue against the beliefs of others. And, no atheist will argue against the fact that energy is at the root of everything we do, say and experience!

The problem is labels and attachment to them. Truly, direct experience is beyond belief and does not require a label to be validated. So, the fact that we need a power source for everything we experience in life, including perception, is the proof of the existence of *one energy substratum*. As I have stated in previous chapters, at the root of each of the 4 Pillars of Total Well-Being is an energetic expression and exchange.

So, why argue over labels for that highest power that threads through everything and everyone? Why not just recognize it for what it is – the energy substratum of everything. This allows us to examine what is called “Spiritual Power” in a scientific way, in the laboratory of our own existence – in a way that we can experience for ourselves what it is.

Grapes in the Turkish language have an entirely different name than in the Spanish or English language. Gold is called differently in German than it is in Italian. Yet, it’s still the same grapes, the same gold that we’re talking about!

What harnessing spiritual power does for total well-being – I will use meditation as an example. Meditation is the practice of turning the energy of the mind in on itself *to be carried to the witness to the mind*. For example, how do you know that you are thinking? You know you are thinking because there is a power beyond your mind that witnesses the movement of your mind and also the thoughts in it.

That witness is the same spiritual power that causes cell signaling, the epigenetic communication between cells that is the basis for all bodily function. I have addressed this fact at length in Chapter 2, with a good number of scientific references, including listed references to evidence-based research.

Simply put, increasing your ability to harness the vast ocean of spiritual power in your being will quiet your restless mind and make it sharper, while giving you access to an inner peace and strength that no emotion can shake. In turn, this will relieve stress and go a long way to increasing optimal cellular respiration and cell methylation to repair damaged DNA (see Chapter 2).

What's there not to like about that?!

Spiritual power is not whatever you want it to be – In this regard, I have a warning for you. There is a growing school of thought emanating from the fact that more and more people don't want to work for higher states of spiritual awareness and well-being. Instead, people want good news about their bad habit of believing that what is worthwhile to attain should be as easy as swallowing a vitamin!

The school of thought I am referencing is the one that states that spirituality is anything you want it to be. Of course, that notion is nonsense! Is science of surgery anything you want it to be? Is the skill behind litigating legal points in a court of law anything you want it to be? Is training to medal in gymnastics at the Olympics anything you want it to be? NO! Such questions are even laughable because we all know better – except when it comes to spiritual power and the practice necessary to gain increased access to it.

It appears that the masses want to fantasize about what this is. However, no fantasy is necessary. Yoga science, the transformation of awareness of worldly activity only into awareness of the energy substratum of everything, is an exact science that is millennia old. The time-honored, effective methods of yoga science for harnessing spiritual power have been spoken about in sacred texts that are still available today, and taught by spiritual leaders in lineages, in such a way that does not require interpretation from the inexperienced.

Would you go to a podiatrist for a prognosis on cancer symptoms? Would you hire a paralegal who has never tried a case, in a situation where you are being brought up on criminal charges?

So, spirituality is a very important part of long-term well-being, for all the reasons I've stated in this work.

Don't look for spiritual leadership for well-being where it is not. One who wants water doesn't go looking for it in a desert.

Steps to harnessing spiritual power – The steps to begin harnessing The Spiritual Power are:

1. An effective, daily meditation practice, with methods for going beyond your mind and your senses, that have been taught by someone who dwells in the experience of peace, joy and love.
2. An effective, daily kirtan or chanting practice. The combination of the joy of song combined with mantras proved to be effective in making the restless mind quiet, is a very powerful combination for

3. increasing states of calm, content, mental clarity, better judgment, increased inspiration, emotional resilience, reduced stress and better cell signaling.
4. Leadership in the right practice of mantra yoga is a very powerful means of using live mantras to effectively optimize your well-being, connected to the ecology of your being and the 4 Pillars of Total Well-Being examined in this book.

These are good places to start.

Improved Mental State

All illness and disease begins in the restless mind. The energy of the mind has the power to either magnify spiritual power or to destroy the awareness of it.

The mind loves the places it frequents the most. We get what we meditate on. We become what we obey. Therefore, a restless mind can downgrade well-being, cause you to ride the emotional roller coaster and make it difficult, if not impossible, for you to make lifestyle medicine changes to sustain improved well-being for the long term.

All that is necessary for an improved mental state is to expose your mind to The Spiritual Power that exists beyond your mind and beyond your senses. The practice for doing so is the means.

Emotional Resilience

Are you a slave to your emotions? Are you enjoying your senses or are your senses enjoying you?

Our research in the Bhakta School of Transformation of more than thirty years provides the evidence that so many people are stuck in states of fear that fuel the ride on the emotional roller coaster. People who are not able to find release from this prison take refuge in notions of “emotional availability.”

The truth is, and our research supports this, that being stuck on the emotional roller coaster does not allow for the free expression of one’s humanity and human dignity. For these, fearlessness is required. And, for fearlessness to be experienced, you cannot be a slave to your emotions. Instead, the emotions have to become attendant upon you.

So, emotional resilience is a state in which you are able to freely express your humanity, your human dignity, without becoming a slave to your emotions. This ability can only be developed through the recognition of spiritual power that, with the right methods, frees you from the prison of fear. This is a state derived from the ever-increasing experience of joy and the palace of peace that awaits you beyond your mind and beyond your senses.

In this way, increased emotional resilience actually increases the inner strength necessary to take on life’s challenges – and the inner strength you will need to make the lifestyle changes necessary for increased well-being in all the areas of your life.

Vibrant Health

If you don't fix the cell, you'll never get well and stay well. With the advances now evident in stem cell research and anti-aging clinical trials, there is no question that the future of all medicine world-wide will actually be *cellular medicine* – based on creating new stem cells that boost the body's natural ability to heal and to sustain vibrant health, long-term.

Already, the myth that the 20s and 30s are the best years of life, and that over 40 “it's all down hill,” has been busted. For example, I am one of many people I know who has experienced becoming stronger spiritually, mentally, emotionally and physically, as the age of the body has advanced. I am leaner, (with more lean muscle now) than I ever was in my 20s and 30s. I bench press far more weight now, run longer distances now, do more intense workouts now, manage a much busier and demanding schedule now, meet greater life challenges now, enjoy tremendous joy and inner peace now – in my 60s – more than I ever did prior!

What do they say? Age ain't nothing but a number? Indeed, this appears to be true - even more so, for those who have embraced lifestyle medicine and made the lifestyle change necessary to support optimal cell function.

With respect to vibrant health, the lifestyle of our parents and grandparents, based largely on SAD (the standard American diet, high in simple, refined carbs, processed sugar and processed food fragments, soda, dairy, meat and lots of non-nutritional, harmful fats – as well as a cabinet full of pharmaceutical drugs), is simply proved to be bad for our health and well-being.

Especially because most people love good news about their bad habits, moving away from the old model that is entrenched in 'sick care' to that of long-term well-being based on an effective, Holistic approach, requires a lifestyle change.

Adopting such lifestyle medicine that is based on addressing the whole person, requires massive, sustained action over an extended period of time, in order to discard old, useless habits and adopt better, more effective ones that support lasting well-being.

Vigilance with respect to engaging the safest and most effective methods for fixing the cell really does require an improved mental state that supports an increase in emotional resilience. This is why I say that the first three pillars are essential in the rollout of the fourth.

The case studies in my private, holistic healing practice of more than thirty years, combined with the evidence-based research compiled by the Bhakta School of Transformation, combined with the research and clinical trials of the health practitioners I have named in this book, all support what I have just stated above.

Even when there may be a genetic predisposition present, unhealthy and cancer-causing genes can be turned off. And, genes/cells that promote optimal cell function can be switched on, increased and maintained. This is so due to the energetic foundation of all cells.

It is entirely possible (and I am one of many examples) that, as the body grows older in years, you can get off and stay off the medical treadmill by adopting Holistic lifestyle medicine that promotes lasting vibrant health by fixing your cells.

Phenomenal well-being can be yours in this way, with the right leadership and your own sustained effort.

FOR MORE INFORMATION ON THE OFFERING
ON WHICH THIS BOOK IS BASED

Bhakta School of Transformation

<https://bhaktaschool.org>