

PRESENT

Scientific Gateway to Truth



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WELCOME TO THE CENTRE FOR SCIENTIFIC SPIRITUALITY

Scientific Spirituality is a movement where an individual scientifically understands the truth of life or existence (Present) and leads an enlightened and fulfilled life.

The main objectives of Scientific Spirituality are:

- * Help humanity to realise that the **only truth that exists is the Present** and by living in that truth they can weed society out of superficial divisive labels constructed on religion, caste, creed etc and instead enable society to establish a uniform platform where **every individual is valued for their unique design**, which will prevent comparisons and the ensuing frustrations and jealousy.
- * Enjoy life, here and now, in the Present through Scientific Spirituality and preventing us from being caught up in the past or worrying about the future. Enjoying healthy body, mind and ecosystems through the tenets of Body Spirituality, Mind Spirituality and Eco-Spirituality.
- * Understanding and advocating simple ways of life called “Living In The Present” for ourselves and our families in order to enhance the quality of life and create meaning to life within our perception cocoons in the periphery (better health, careers and relationships).

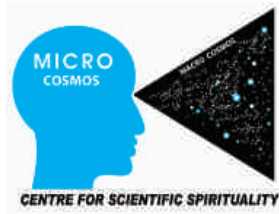
UNIQUENESS OF SCIENTIFIC SPIRITUALITY

Recognise, Realise Reconnect, Recreate and Reglow with the truth (Present).....

1. **The truth –PRESENT can be learnt by reading the basic book on Present Education. Different books just explain applications of this truth in various walks of life. Eg. Scientific Spirituality for teens, Eco-Spirituality etc.**
2. **Anyone from any religion can participate. Since this form of Spirituality is scientific there are no discriminations and whole of humanity can benefit from it. Prior understanding of religious scriptures isn't necessary.**
3. **There is no age criteria- children, teens and adults can equally benefit from Scientific Spirituality. There is no concept of a spiritual leader and a follower or a devotee. Everyone is encouraged to be their own leader and lead life in the Present.**
4. **Every -one is encouraged to celebrate their uniqueness with unique placement in the society. Everyone is considered intelligent in their own right based on the concept of multiple intelligence and unique design in the ecosystem. Emphasis is given on conserving and furthering diverse ecosystems.**
5. **There are no consequences or ill effects and only positive benefits once we start practising Scientific Spirituality. All changes recommended for diet and lifestyle are beneficial ones to help people align with their circadian rhythms and enjoy good health. There is no emphasis on a veg or non- veg diet.**
6. **We give importance to material life in the Outer Present as well as spiritual dimension of Inner Present. We don't advise people to focus only on one dimension which is the partial truth and instead encourage wholeness or completeness.**
7. **Introduces the concept of Universal Human Beings as a scientific fact. Aims for individual and global peace through Ever Present Global Education.**

PRESENT

A Scientific Gateway to Truth



Published By :

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PREFACE

Truth is the end goal or ultimate vision of Scientific Spirituality. Our main intention behind introducing Scientific Spirituality to society was to create a uniform, discrimination free, scientifically agreeable, rational spirituality which would benefit humanity as a whole. The main objective of Scientific Spirituality is to help humanity realise that the only truth that exists is the Present and by living in that truth they can weed society out of superficial divisive labels constructed on religion, caste, creed etc and instead enable society to establish a uniform platform where every individual is valued for their unique design. In this way each and every one of us can create meaning to our lives without being dependent on external circumstances to do so for us.

Scientific clarity is extremely essential to help this prejudiced world realise the big picture regarding our existence here on Earth. And this clarity should be ingrained from a very young age so that children and adults alike who face problems can view life from a broader lens.

Today humanity is divided and it is at a crossroads. Chaos, confusion, terrorism, communalism and many psycho-somatic diseases have blurred our vision. If people understand the truth that socio-cultural labels are inscribed on them and are not inherent, but incidental to their birth; life opens up limitless possibilities of oneness and helps in ushering an era of global peace. This booklet is written more as an appeal to humanity to herald an era of 'unity of humanity' through a scientific understanding of the truth and overcome barriers erected on the basis of religion, region, caste, racial and linguistic identities or labels inscribed on us after birth by our parents, educational institutions and society.

When humanity is so caught up in the problems of the past and the future, how can we lead meaningful lives? Hence, in order for us to move towards individual and global peace, it is

essential for each and every one of us to understand that the **only reality is the truth- Present**. The past is a series of past Presents and the future is a series of future Presents. When we focus on life, here and now, we can live in the Present.

The understanding of the truth- the Present is simple, however expression of the Present in the superficial existence which we identify through our sense organs is diverse and unique. This contradiction between the natures of the two parts of the Present may confuse us. However, once we understand that the deeper Present or the Inner Present is the source of creation from where all diversity emerges, this gives us clarity about the nature of the truth and helps us align with it accordingly.

We as individuals have become victims of stress, depression, lifestyle disorders such as diabetes, blood pressure and several other ailments depending on our individual and family environments. **In the surface, diverse Outer Present, we have a body, mind and eco-system bound by the laws of nature in order to comprehend the world around us.** The Outer Present is the partial truth and although we shouldn't get too caught up with it, nonetheless we need to maintain a healthy body, mind and eco-system through Body Spirituality, Mind Spirituality and Eco-Spirituality in order to lead a harmonized life in the Periphery.

The deeper Inner Present is an essential part of the Present. We can understand its nature, characteristics and significance with it through the pneumonic:

P - Pure State

R - Real Ever-Present "I"

E - Essence of Existence

S - Silent State within

E - Essence of Perception

N - No Thought State

T - Timelessness within

In essence truth education **of the inner present** primarily involves a thorough understanding of the pneumatic PRESENT so that we can further start living in the Present by aligning with every aspect of the truth.

Living with the truth is Spirituality. However, in order to infuse spirituality into every area of an individual's life and promote well-being, unique design and peace of mind, the Center for Scientific Spirituality has created Ever-Present Global Education. This education involves the application of the truth in four important channels- Scientific Spirituality, converting wounded beings into human beings, human beings into UHB (Universal Human Beings) and Global Education. Ever Present Global Education will enable each and every one of us to become truly spiritual healthy individuals in the fastest time span possible, through an easily comprehensible, rational and scientific manner.

Those of us who are hard pressed for time may wonder, “Is there any way I can be aware of my spiritual dimension for a few minutes every-day?” This is also entirely possible as this book has outlined simple, scientific spiritual techniques to help us connect with the pure, silent Inner Present which has been associated with healing properties. These techniques will help us align our body and mind better with the Inner Present, blossom our unique design, enhance our creativity and uniqueness, de-stress and create meaning to our lives within our individual Perception Cocoons.

Recognizing, realizing, reconnecting, recreating and re-glowing with the truth through Present Education will help us become scientifically enlightened individuals. Every person who attains this factual enlightenment paves the way for a better , greener, harmonious, terrorist free world .

- Dr. G. Shashidhara

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It gives me immense joy to acknowledge that my preparation for “Universal Human Being Education” through the medium of poster presentation for the prestigious “Science and Nonduality” conference conducted at Sanjose, California, USA in 2014 gave me the framework to compile this booklet.

I will be remiss if I do not acknowledge the help of the following people in producing this Booklet. I am grateful to Prof Srikantaiah for fine-tuning the presentation of my views. I also extend gratitude to his wife Smt Padmavathi and his son Suhas for their hospitality during my consultation with the Professor.

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– *Dr. G. Shashidhara*

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Chapter 1

INTRODUCTION

1. MOTIVATION

I am fortunate enough to be born to a spiritual parents. My father, Shri Gaganananda Swamiji was a revered Guruji who ran the Achala Sadguru Sevasrama. From the time I remember, hundreds of seekers of truth flocked to the ashram on a daily basis in pursuit of the truth. They would ask my father many questions that aimed to uncover the essence of spirituality:

What is reality?

How did we get here?

Why are we here?

What is this existence?

Is there any other dimension existing?

Why do different people have different spiritual experiences?

Is it scientific?

Is there any purpose in life?

Is life an illusion?

Who determines the purpose of our life?

Such a line of questioning sparked my interest in Spirituality at a very early age and I began spending time with the other seekers of truth. At the ashram, spiritual seekers spent days together on spiritual practices, meditative techniques and selfless services in order to learn the ultimate theme of Spirituality as proposed by their Guruji : “Brahma sathya jagath mithya”. This Sanskrit line implies that the Inner Present [real truth] and Outer Present[past dependent, illusory] together constitute the ultimate reality [PRESENT] referred to as completeness or “paripoorna”.

However, even after 20 to 25 years of learning with devotion under guidance at the ashram, spiritual seekers were unable to grasp this truth. While they were initiated into the ashram, they made an effort to live with the truth due to their keen interest to uncover their Guruji's teaching. But in the Outer world, a lot of confused past based teachings exist. Hence, when these peoples returned to the chaotic outer world be it in the midst of traffic, a crowded market-place and dual nature of life, etc they fail to apply the truth in those places.

This shift in attitude as demonstrated by my father's followers propelled me to devise a simple, easy, comprehensible, scientifically validated form of spirituality that people could execute with ease in the Outer Present. The end result is the formation of “Scientific Spirituality” which is the fruit or outcome of more than 25 years of research on my part.

This scientific method of spirituality can be easily incorporated into people's daily lives just by understanding and correlating the truth with certain basics of science, Quantum Physics postulations, rationality and logical thinking as opposed to getting trapped in unscientific beliefs.

2. THE WAY FORWARD

Attaining peace within, without, in every being, in everything, in every moment and everywhere has been the most fundamental intent of humanity from the onset of civilized life. They came up with organized town planning, efficient sewerage systems, invented currency to induce fair trade, introduced laws to define decorum and religion to enable people to operate with human values. But centuries later, we are still the victims of war and terrorism.

Why did this happen? Our parents, society, educational systems, cultural set ups and our religious institutions have together made this mistake. They have socialized, educated, inculcated and programmed our brain with unreal divisive labels (religion, region, nationality, caste, creed, color superiority etc) which has distorted our consciousness of the 'Universal essence'.

In our quest to restore order, we forgot **the most important step: A scientifically validated education regarding our true inner essence** which could help us develop better human values. We don't even realize that we are all inherently 'Universal human beings' - we all share the same, common universal essence that shaped the entire universe and hence all our superficial discriminations become irrelevant.

Scientific Spirituality has not adopted the approach of any religious or spiritual text nor quoted the opinions of any scholar/spiritual leaders to substantiate our opinion. However we do not deny the Influence of some of the texts. Our understanding and analysis stems from the readings of scholars and our own spiritual exercises for over years. **We have striven to be as scientific as possible in our approach. "Introspection" has been our chief technique to understand and realize the "Ever-present state" which alone is real.**

A scientific education of the truth – Present will help us address most of the issues we face in the Outer Present by transforming us from wounded beings to human beings and further into Universal human beings. Such beings enjoy sound mental health and learn to harness the unique, unlimited potential of their mind as a tool, optimal physical health through balanced nourishment, a co-creator relationship with the ecosystem (minimize pollution in surroundings and help environment thrive) and become universal human beings who operate on the basis of humane values such as love, kindness, contentment, honesty, integrity, devotion to duty and social concern. Racism, casteism, communalism, hatred, and group conflicts won't ruin the peaceful social atmosphere once people attain **“Scientific Enlightenment”**.

What has to be done Now?

When compared to the older generations, we are better educated, well informed, have more thinking capacity and better access to knowledge. Modern Life has made us more adaptable by forcing us to accommodate a wide diversity of castes, religions, languages and nationalities. All this has given us enough knowledge and the capacity to know the truth about the universality of our inner essence and the source of all existence - **the PRESENT**.

To attain completeness or wholeness of present we need to become spiritual beings through scientific education of the Present. This scientific education involves scientific spiritual remedies and mitigation strategies to alleviate problems in daily life pertaining to lifestyle disorders, mental wounds, stress related issues, urgent problems to be addressed in the ecosystem, ill effects arising from programmed identities in the mind (religion, region, caste, nationality) etc. Once we become spiritual beings, we can easily pave the way for individual and global peace by

recognizing the Universal Human Being within us through Universal Human Being Education which comes under the umbrella of the Present scientific education. The Ever- Present [Present- Present- Present- Present....] is the source of origin of the entire cosmos and will continue to exist within every being within the nature of creation, including us. We only need to realize it. Similarly, every human being by birth is 'Inherently a universal human being'. **Therefore, the task of transforming a labelled individual into an unlabelled universal human being is very simple.**

We need Present Education now with the main approach of **helping individuals attain spiritual wellbeing (part of individual's health), help humanity to get rid of psychological barriers in order to understand the existence scientifically and to find their real essence and realize the universal human being within them.**

THE NEED OF THE HOUR: The need of the hour is to liberate people from the shackles of socio-cultural labels that serve to divide humanity through psychological warfare. We must act now, scientifically educate people on the true, common, universal nature of their existence (the Inner Present) through the medium of Scientific Spirituality and liberate them from supercilious Peripheral labels. The real nature of our existence is a silent, static, thoughtless, pure state which I have called **“Inner or Source Present”**. Although it is an inexplicable state, it is true and real, found in equal measure in you, me and everyone else, everything else and everywhere else in creation. Scientifically, this true and real state is acknowledged as Quantum Field or the core of the atom. Understand this to attain peace and spread prosperity and happiness among nations of the world.

Chapter 2

PRESENT - A SIMPLE UNDERSTANDING

1. PARTS OF THE PRESENT

The first and foremost purpose of Scientific Spirituality is to reveal the fundamental truth to people. The real truth of life that serves as the point of origin for the cosmos and everything that dwells within it (including us) and as such, the fundamental reality is the Present. In other words, **Present is the only real truth that existed, exists and will continue to exist as the Ever-present.** Past, present and future are man-made divisions of time that actually represent a given series of Present itself. In reality, there are no time frames but only the **Present** which is composed of two parts: **Outer Present and Inner Present.**

The first part is termed as the Outer Present or Periphery. This represents superficial reality which we understand through the information gleaned by our sense organs (eyes, ears, nose, skin, tongue) and interpreted data conveyed by our brain in the form of thoughts, sensations and perceptions. This part of the Present can be perceived by us from the time we are born and is subjected to the laws of the Periphery such as time, space, laws of nature. It is also labeled with different names like superficial reality, periphery, materialistic world, Prakruti, Sakhara, Maya, finite... etc., **Popularly Known as Mithyanubhava** (illusory, past dependent experience).

The second part of the 'Present' is an important spiritual dimension, which we need to understand scientifically. It is the inner content of the Outer Present. The Source or Inner Present has been recognized and validated in Quantum Physics as Quantum Field and has been found to be composed of 99.9999999% empty-like space. It is also labelled with different names like Inherent present state, source present, center, Real I, inner silence, Deeper reality, core,

OUTER PRESENT [PERIPHERY] SUPERFICIAL REALITY	INNER PRESENT [CORE] DEEPER REALITY
Physical, visible, tangible and Made up of atoms	Abstract, invisible, intangible and Made up of atomic stuff 99.9999999% Empty-like]
Experiences time and space	Timeless
Existence level.Ecosystem,	Existence level.Real,
Individual level.Body-mind	Individual level. ...Inherent Inner Present State
Materialistic [everything state]	Spiritual [No – thing state]
Mind or thought state	Mind-nil or thoughtless state
Species specific life span	Permanent, eternal
Past & future exists	Source or Inherent Present alone exists
Includes all living and non -living things	Refers to the state of ‘being’
Refers to Nature - Prakruthi / ‘Maya’ / Sakhara	Source of creation / Purusha / Parabrahman/ Nirakhara

Nirakhara, Purusha, infinite... etc., Our ancient sages have called it “Parabrahman” which translates to “Source Present”. **Popularly Known as Sathyanubhava.**

This Source the inner present is a pure, silent state that is free from time, space, laws of nature and perceptions. This is the state of original existence of the cosmos, the state a newborn exists in, a state we inherently possess throughout our lives and the state that stays behind once we shed our physical structures during death. Hence, it is also called ‘Ever-Present State’.

As human beings, the body and mind (human part of us) resides in the Outer Present while our core (being part of us) is the Inner Present. We need both parts in a state of balance in order to attain “completeness” or “wholeness”. Perceptions are a by product of an active mind in the Periphery. Understanding the Present in a scientific manner and filtering prejudiced perceptions with the lens of the truth will help us live in the Present.

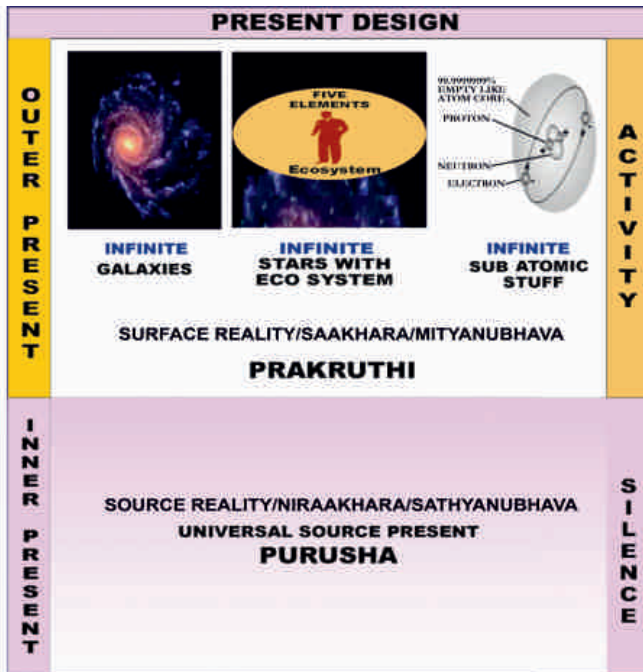
2. PRESENT DESIGN

Outer Present and Inner Present together constitute the Present Design of the Universe. The part of the Present where dynamic activities can be interpreted by our sense organs (eyes, ears, tongue, skin, nose) through perceived sensations and thoughts is called the Outer Present. The Periphery or Outer Present is represented by infinite galaxies, the infinite subatomic dimension and the ecosystem with solar system which is one among the infinite star world. We perceive most phenomenon on Earth and are aware of the solar system which represents a part of the infinite star world with the help of satellites and other sophisticated equipment. These perceptions or thoughts and observations we have of our ecosystem varies from species to species eg how a plant cell perceives a ray of sunlight is different from how a human cell perceives the same. However, species specific perceptions have a limit in the form of Perception Cocoons which in turn are dependent on the limiting factors of one's body and mind. While we are busy making sense of the universe through the lens of our individual Perception Cocoons, the source of the origin of the universe called the Source or Inner Present remains constant, static, unaffected by our perceptions and has no further divisions. The Source Present or inner present is a pure silent state that always existed and will continue to exist even when all the creation that defines the Outer Present ceases to exist.

Hence present design measurement is beyond our understanding [our Outer Present Big picture where nature of existence is limitless and includes infinite number of galaxies] but, in the present design we are just perception cocoons in a given ecosystem. Perception Cocoon varies from species to species. Within the perception cocoon, we are unique and can create meaning to life or die like any other non-human life.

Note: The Outer Present is made of dynamic body, mind and ecosystem which together is labeled as Periphery or Surface Reality or Saakara or Mithyanubhava. Inner Present is made of 99.9999999% empty-like-space as per Quantum Physics which is labeled as Center or Source Reality or Niraakara or Sathyanubhava.

Accepting, appreciating and our ability to love the present design helps us to realize and live in the present.



3. UNDERSTANDING DIVERSITY IN THE PRESENT

Diversity in the Present can be explained by an understanding of the Spectrum of the Present which shows how diverse forms of creation be it in concrete or energy form in the Periphery stem from the same Inner Present and share the same Source in their minutest divisions. On an individual level, we also understand how the body and mind in the Periphery co-exist with the inherent Inner or Source Present. There are three levels to the Present Spectrum as follows:

GROSS LEVEL: The Gross level can be considered a concrete level, where we can experience time and space. On an individual scale, the Gross level is represented by the body- your body, the bodies of those around you including plants, animals and mirco-organisms which may or may not interact with your body in a given ecosystem in the Periphery. The body determines your state of health in the Periphery. This is also called as Ghata Akash. On the existential scale, the Gross Level includes concrete matter we encounter in the ecosystem such as extensive forests, mountain ranges, cement, wall, furniture etc. All concrete matter fall under the Tamasic Level. If you introspect the body at the Gross level, it is also made of the same Present State, that is why it is called, Ghata Akash, where Ghata means body and Akash means the existence of Present inside (empty like space). On the existential scale visible matter is called Bhootha Akash, which means that though this matter appears concrete, on the inside it contains the Source Present (empty-like space) only. So essentially, the Gross Level has a form and limitations of shape and size.

DYNAMIC LEVEL: The second level called the Dynamic Level is activity based and involves an active flow and computation of energy. In a given individual, Dynamic level is represented as the thoughts and perceptions created by a dynamic, thinking mind which

can determine that individual's state of mind (happy or sad). This is also called as Chitta Akash, where Chitta means thoughts and Akash means the Inner Present inside. On the existential scale, the Dynamic level is identified by energy based phenomenon of the invisible building blocks of the world- atomic and sub-atomic energies. This level is also called as Rajas, where Rajas means activity be it the non-stop activity of the mind which is bombarded with tens of thousands of message units in a minute at an individual level or subatomic phenomenon at an existential level. This activity refers to the activity of the mind and the constant flow of thoughts at an individual level and the dynamic activity of the energy at an existential level.

The Gross and Dynamic Levels constitute our Outer Present and hence adheres to the laws of time and space. These two dimensions constitute the human part of our human being identity, are subject to change due to their dynamic nature and can be interpreted by our brain and sense organs in the form of stimuli.

SOURCE LEVEL: The third level is known as Source Level or Quantum Terrain or we call it as Satwik Level. It is made of Pure Present State referred to as Inner Present or Source Present or Center. On an individual level, we can witness Source Level in the “being” part of a human being which is associated with the features of stillness, calmness, peace, bliss and healing properties. We experience this state in its purest form during birth, when we practice silence regularly, during deep sleep, deep hypnosis and during death (the physical body and mind is discarded , and only Source remains immortal). The Source level is free from laws that govern the Outer Present such as time, space, gravity etc. It is the real state, free from past based perceptions of the mind, free from identities constructed based on physical features and free from illusory phenomenon as it represents the universal essence in its purest form. On an existential scale this is called Quantum Essence of Existence or Pure Present

State and is scientifically shown to be composed of 99.9999999% empty like space.

The Spectrum of Present which supports the diversity of creation from a single point of origin (Source) itself is a whole; which is why it is called as Absolute State. Whatever is existing, no matter how unique, has to exist within this and is composed of the same essence as every other being (living or non-living) thereby representing unity in diversity within this broad spectrum.

TRUTH OF LIFE – PRESENT SPECTRUM

EVER PRESENT	PERIPHERY	HUMAN PART	SPECTRUM OF PRESENT	WHO AM I	WHAT IS THIS EXISTENCE	ABSOLUTE
			PHYSICAL PRESENT	GROSS BODY	GROSS ECO SYSTEM	
			DYNAMIC PRESENT	MIND	ENERGY	
	SOURCE PRESENT	INHERENT PRESENT	QUANTUM ESSENCE			
	CENTRE	BEING				

Knowledge of Spectrum of Present enables us to understand how body, mind and ecosystem coexist with Inner Present.

Chapter 3

OUTER PRESENT DESIGN IN THE COSMOS AND HOW TO LEAD OUR LIFE

1. INTRODUCTION

Outer Present which consists of **Gross and Dynamic divisions** is a stage where **body, mind and ecosystem** exists in our perception cocoon. **Distractions at the outer present level originates from body, mind and ecosystem.**

Barriers that originate from these Peripheral dimensions need to be discussed to enable us to address those hindrances and connect with the Source or Inner Present.

First, we shall discuss the barriers posed by the physical body and how we can overcome them through Body Spirituality. The physical body falls ill due to unfavourable, industrially manufactured, nutrient deficit products such as maida, super polished rice (devoid of fiber and vitamin rich husk), junk food (only rich in salt and refined sugars), processed foods, allopathic drug abuse (causes several side effects), agricultural chemicals, additives, preservatives and addictive elements (alcohol, nicotine and drug abuse).

2. BODY AND BODY SPIRITUALITY

Origin Of Body: A basic High school Biology class educates us that parental genes in the form of the sperm and the ovum unite through the process of fertilization to form the zygote- the point of origin of physical life. The single celled, invisible zygote upon receiving adequate nutrition in the safe environment of the mother's womb, develops over a period of time (varies from species to species) to form a fully formed young one. In humans the term is 9 months, during which the baby's major organs and physical features are formed. At a cellular level, genes in the baby already determine certain

physical features (height, bone structure, shape of nose, eyes, texture of hair etc) and mental features (inherent interest in certain fields like music, writing etc, basic intelligence level etc) even before the baby has left the womb. So, in essence the body is not ours. It is gifted to us by our parents. The body's healthy development after birth also predominantly depends on healthy nourishment and a stable, thriving environment by way of a stable home, loving parents etc. Hence, my body is dependent on genes, environment and nourishment memory. The environment for a baby includes microbes surrounding the body. I am not the body, I am the possessor of the body and I can use this body gadget to play a role.

A healthy body is the primary requirement for the development of harmony between our peripheral existence and deeper inner silence. We need to focus on a conscious maintenance of the body by giving importance to a balanced diet, breathing and other activities like yoga, massage, sports, aerobics, holidays, etc. Body Spirituality stresses on the importance of Balanced Nourishment where the focus is not just on a healthy balanced diet but on all five elements that are required for a healthy body in the Outer Present:

Body spirituality is integrating the truth with the body. Body Spirituality involves paying attention and enhancing aliveness and awareness of an individual towards the body and the surrounding, in order to transcend from Outer Present to Inner Present.

An attitude of nurturing our body in a healthy and holistic fashion so that we experience aliveness and awareness in our body is the essence of Body Spirituality. The main aspects of Body Spirituality we need to be aware of are:

1. **Hunger** : Identify the sensation of hunger and *eat when hungry* rather than sticking to time bound eating patterns to reduce states of disease.

2. **Conscious Chewing** : Eat *natural foods* such as fruits, vegetables, whole grains and millets consciously, as it needs to be chewed more.
3. **Balanced Diet** : A *live diet* [*fruits, vegetables and sprouted grains*], multi grain diet, multi millets and balanced diet is necessary for ideal health conditions. **Moderation in our diet is another important factor in maintaining our body's health.**
4. **High Fibre Diet-incorporation of Whole grains in your diet** : Opt for high fibre whole grains such as wheat, corn, rice, oats, millets, barley, quinoa, sorghum, spelt, rye etc. Whole grains contain valuable *antioxidants, B vitamins, vitamin E, magnesium, calcium, phosphorous, iron and fibre*. NOTE: Depending on the location, availability, uses and consumable forms of the different types of whole grains and millets in accordance with traditional preparations, please incorporate your whole grain or millet type in your daily diet accordingly.
5. **Method of Food Consumption**: The method involves **consumption of plenty of raw foods in comparison to cooked foods**. This includes rainbow *coloured raw vegetables* (carrot, radish, beetroot etc) and *raw fruits* (apples, bananas, pomegranate, sweet lime etc), *sprouts* (badam, moong dal, Bengal gram, ground nut etc), *dry fruits* (badam, pista, cashew nuts, dried figs, raisins, pecans etc.) and *other raw foods* such as curd, butter, cheese, home- made paneer.
6. **Awareness of types of food from the health perspective.**
 - * **Therapeutic Foods** like Foxtail millet, Kodo millet.
 - * **Disease Free Foods** like Ragi, Pearl millet and unpolished rice
 - * **Disease Creating Foods** like maida, sugar, junk food etc

7. **Physical yoga practises in the Present:** Physical yoga practices, when performed with *aliveness and awareness*, can regulate better thoughts or helps to *settle an unbalanced mind*. Even just five to ten minutes of movements with awareness can support hours of meditative peace.
8. **Regulation of Breathing:** Breathing helps us *strengthen our thoughts* and it helps in prevention of several disorders of the body and has *therapeutic effects* with respect to existing disorders.
9. **Adequate Liquid Consumption :** Drink plenty of fluids (water and organic beverages) as *72% of our body composition is water*.
10. **Avoiding junk food:** Junk food consumption leads to *weight gain, fatigue, acidosis, obesity, heart diseases, vitamin deficiencies, PCOD in women and other health problems*.
11. **Awareness of chemicals/toxins used in food products:** Everyday there are new studies being presented about *damaging chemicals* which are used in our food products. We need to be aware of such articles so that we can apply that knowledge wherever required in our everyday life and strive to be as natural as possible.
12. **Addictive elements to avoid:** *Alcohol, cigarettes and drugs* are the major addictive substances which are worth noting as these substances causes significant morbidity.
13. Good sleep hygiene or clocking in a good number of hours of uninterrupted, restful sleep is essential for sound mind and body. Various studies validate that Restful sleep alleviates stress, recharges the body, balances hormones, regulates thyroid function, increases immunity, decreases the incidence of high risk, chronic stress induced conditions such as diabetes, heart disease

etc Sleep is also referred to as a spiritual dimension of our life where body and mind harmonises for favourable biochemistry.

In essence, lifestyle of an individual plays an important role in Body Spirituality as lifestyle disorders like diabetes, metabolic disorder, obesity, insomnia, depression etc are on the rise. Body Spirituality also advocates healthy lifestyle changes by way of balanced nourishment, exercise , relaxation, stress management techniques. Improved gut health by incorporating diverse food types, awareness and attention on ecosystem and environmental toxins, proper hygiene to avoid infections and avoiding inflammatory foods.

3. MIND AND MIND SPIRITUALITY

The mind in the Periphery can either make us or break us. To prevent the mind from breaking us, we need to be aware of how the mind and its disorders can act as barriers that prevent us from living in the Present by manifesting in the form of unfavorable mental health conditions such as stress, anxiety, depression, fear, psychosomatic illnesses, complexes, personality disorders etc. Mental barriers can however, be overcome with the help of Mind Spirituality.

Mind Spirituality involves paying attention and enhancing aliveness and awareness of an individual towards the mind and the surrounding in order to attain automatic transcendence from the Outer Present to the Inner Present. Mind spirituality is integrating the truth with the mind. **The essence of mind spirituality is to create a balanced and harmonious mind biochemistry which in turn results in peaceful body-mind conditions.**

Origin of mind: The physical body includes the brain, the organ that is referred to as the seat of intelligence, learning and memory. The brain is capable of receiving 60, 0000 message units in seconds through the sense organs and it is the brain that makes sense of the data received in the form of sensations, colours, sounds, notions,

thoughts and perceptions. This dynamic activity of the brain is identified as the mind. We can use the analogy of the computer to understand the brain-mind connection. The brain acts like a bioelectrical computer cum projector, the input of which is given from the environment as a perception and programming from the society and family. So basically, the mind is past dependent and memory based, where input is required in the form of perception and programming. **The output from the brain is the thoughts and we call this flow of thoughts as Mind. Note:** The mind includes every part of the physical body that aids the perception process such as the brain and the sensory organs as they develop from the same region of the embryo called Ectoderm (Peripheral part of embryo).

So, I am not the mind, I am the possessor of the mind that is given to me by society and the environment. Example: If you are born in the Gulf, to an Islamic family, you will be programmed with the Quran, you will speak Arabic and you will pray to Allah as a God. But if a baby from the Gulf is adopted by an Indian family in India, it will automatically speak Indian languages, be influenced by the Bhagvat Gita and Upanishads and worship Rama or Krishna.

Hence, the mind is a cultivated dimension or sukshma composed of past based memories and environment driven perceptions. This dynamic dimension determines our wakened and dream state. As past based phenomenon exists only in the Periphery, the mind also exists in the Periphery where dynamic, transient changes occur. Or mind is an interpretation of pre-conceived data. For example: When you show a baby the picture of a God and the picture of a demonic entity from a horror movie, the baby will have the same reaction. If the baby, cries at that point of time, it will only be to convey the primal need of hunger or wetness in the diaper causing discomfort. A baby has a brain but the mind hasn't yet been conditioned by the labels of

society. Hence, a God and Demon is one and the same to the baby. Better still, such notions don't exist at all for the baby. As the baby grows, it is slowly conditioned with images, colours and religious beliefs and this pre-conceived data is the foundation on which our mind is built.

Mind as a Computer: The mind seems like an overpowering force that can control our thoughts and emotions only when we fall prey to names and labels it is programmed with. For example: Not passing in high school is labelled as shameful by society. This explains a high suicide rate among teens who fail their high school exams. Instead, we need to view the mind like a computer. Like a computer which has a keyboard, we form our perceptions through the input from senses, namely sight, hearing, touch etc. This data is being analysed and edited at the brain level like a CPU does, after which the brain delivers its output in the form of thoughts. Thoughts ultimately are quantum energy which can be influenced by factors such as environment, emotions, memory, attitude etc. If the teen who contemplated suicide understood this, he would view the situation from a neutral perspective, free from emotion and society fuelled perceptions. Not passing could be considered as another opportunity to succeed and he would put in all his efforts to rewrite his exams as opposed to ending life and robbing all meaning he could have give it in the future Presents. Every moment is a Present moment where the mind can be utilized as a computer to create opportunities for ourselves. It all depends on how we chose to filter our perceptions and free them from labelled thoughts, notions and emotions.

Mind Like A Projector: The mind also functions as a Bio-electrical projector. Everything that exists in the Outer Present is represented as matter. A book is matter. The wall is matter. The chair is matter. The mountains are matter. Everything that has an atomic

structure is matter. Quantum Physics has established that whatever we perceive as matter is in reality, composed of 99.9999999% empty-like-space which is the Source or Inner Present. Further, the remaining 0.0000001 %, is also found to be empty like space on further deconstruction. Crystallization of Source Present State gives rise to energy. Furthermore, crystallization of the energy gives form or matter. So in reality, what exists is the Source Present, but in the Periphery we experience the whole universe. This is possible because of the mind which projects the physical nature of matter defined by limiting characteristics that the human eyes and brain are capable of understanding.

This bio-electric computer projects the physical nature of the Periphery to us and also helps create a unique world within us based on our individual experiences. We see, hear, taste, touch, smell, essentially experience everything within our self. We experience all Outer Present phenomenon- time and space, light or darkness, pain or pleasure, beauty or ugliness, agony or ecstasy, everything within us. All our life experiences are our brains creation and our notion of reality and our experience of it is an image of reality created in the mind. Or rather, our perceptions is our reaction to the reality. We need to understand this property of the mind to overcome social constructs that lead to conformist attitudes and create prejudice free living experiences.

Note: Subconscious mind, Conscience, Intellect, Higher intelligence, Super Conscious Mind... They are different dimensions of mind perception or what we call Awareness only. Again, there are 3 dimensions in the perceptions of our mind.

1. **Conscious perceptions of the mind:** Beta activity of the brain and perceptions are elicited from outside by the sensory organs.

2. **Subconscious perceptions of the mind:** Stored and programmed memory and is responsible for dream state. Alpha and theta level of brain activity and perceptions are elicited from outside by the sensory organs and inside by our right brain. It is mainly responsible for our reactions, habits, emotions and behaviors.

3. **Super conscious perceptions of the mind:** Theta activity is also called 6th sense, intuition, higher intelligence, higher self, extra sensory perception. Super conscious perceptions of the mind also include distant thoughts. Consciousness or awareness of time and space is species specific to genetic memory and can be different for animals and plants based on environmental stimuli and their perception of it. **Species specific consciousness is an epiphenomenon of the genetic world.** This genetic dependent consciousness is also environment dependent, transient, creative and depends on species specific perception. The scientific community needs to restrict the nomenclature of consciousness/awareness to the mind dimension only. Note: To pick up the frequencies of the super conscious mind one needs to really activate the right hemisphere of one's brain.

How to use the Mind as a tool: When we realize that the mind functions like a computer and a bio-electric projector that can help us shape thoughts, perceptions and attitudes we desire, we can use the mind as a tool in order to create meaning to our lives in the following ways:

- **Use the mind like a living instrument.** In the Periphery, use the mind to unlock our special, unique talents in order to create meaning to life and the lives of those around us.
- **Know that our mind is the creator of God or Devil;** as such no Gods exist in reality. Good thoughts are God and evil thoughts are the devil and demons.

- **Be creators in our own right.** Create good thoughts and become co-creatures in nature. If we are destroyers, we will have to undergo the repercussions.
- **Free ourselves from pre-programmed past based identities:** Scientific Spirituality plays an important role in Mind Spirituality because only through a scientific understanding of the labels loaded in our mind since birth (religion, region, race, colour, country etc) we will be able to **free ourselves from the limiting confines of the mind and harness its potential for constructive purposes.**
- **Generate positive thoughts which begets a positive attitude.** Positive attitudes make us open minded, objective, bold, rational, affable, healthy, optimistic, joyful, active and creative, polite, stress-free, accommodative and helps us realize satisfaction in life as the crown of nature.
- **Avoid developing negative attitudes.** Negative attitudes lead us to bitterness, resentment, high stress, ill health and could eventually ruin our happiness.
- **Our thoughts and feelings can make us well or sick.** The choice is ours. Mind is a bundle of thoughts or flow of thoughts. When **these thoughts are positive, they create beneficial epigenetic activity which again influences genetic activity (somatic changes).**
- **Balancing Body Biochemistry.** The effects of Spirituality on mind such as **calmness, peace, bliss and Inner Present centeredness** helps us to harmonize biochemistry of body cells thereby improving cellular function.

Dissolving the Mind involves transcending from the noise ridden Outer Present to the silent Inner Present where we can

experience stillness, calmness and even healing properties of the Source. We can dissolve the mind through the powerful silence meditation, deep sleep attained through proper sleep hygiene , deep hypnosis and other meditative practices. Through these methods, we can handle and subdue noises originating from multiple areas in the Periphery (body, mind or environment) and not allow the noises to subdue us instead. Good sleep hygiene or clocking in a good number of hours of uninterrupted, restful sleep is essential for sound mind and body. Various studies validate that Restful sleep alleviates stress, recharges the body, balances hormones, regulates thyroid function, increases immunity, decreases the incidence of high risk, chronic stress induced conditions such as diabetes, heart disease etc Sleep is also referred to as a spiritual dimension of our life where body and mind harmonises for favourable biochemistry. During deep sleep, the conscious, thinking mind is at rest, the physiological functions carry on involuntarily and the individual automatically reaches Inner Present state. Hence, sleep is an essential daily activity that one can use to attain the Source or Inner Present with minimal effort.

Role of The Brain In Determining Your Uniqueness:

Normally, we are predominantly left brain users. The left brain deals with logic, analysis, language, science, maths, speech, reading and writing. This is also known as IQ (Intelligence Quotient). IQ is what we feel we need to have to survive in this world. But when we start using the right brain, we discover different qualities like holistic thoughts, creativity, intuition, art and music, implementation, memory, imagination, better visualization and deeper connection with ones emotions. This is referred to as EQ (Emotional Quotient). EQ is defined as an individual's ability to identify, evaluate, control and express emotions or emotional intelligence. In a modern, conformist world, academic institutions are designed in a way to

suppress EQ and only encourage IQ. Mind Spirituality however, enables us to utilize both hemispheres of the brain, especially the dormant right hemisphere and discover hidden, unique talents and potentials.

It is interesting to note that today, IQ is not the sole barometer of intelligence. Instead, adequate activation of both brain hemispheres through Mind Spirituality can lead to the discovery of any or a set of the following 11 types of intelligences such as:

1. Musical intelligence
2. Visual or spatial intelligence
3. Verbal or linguistic intelligence
4. Logical or mathematical intelligence
5. Body or Kinaesthetic intelligence
6. Inter personal or social intelligence
7. Intrapersonal / Introspection intelligence
8. Naturalistic or Natural intelligence
9. Existential intelligence
10. Object intelligence
11. Hypnotic intelligence.

In essence, Mind Spirituality can help shape the unique, talented, creative individuals we all are capable of becoming in the Outer Present. Further, **comparisons should be avoided to encourage everyone's unique design else it could lead to stress based disorders.** It is important to note that stress results from non-acceptance of a conflicting or threatening situation.

Happiness Program for a Positive Mind

“Don't worry, be happy,” is a popular saying. However, we don't understand the simple truth in that statement. When we overcome negative thoughts and a negative attitude, then we can be happy. This

is scientifically proven by the fact that negative thoughts trigger the release of unfavorable body chemicals or hormones which ultimately lead to stress-based disorders, raises your heart beat and consequently blood pressure, lowers body's efficacy in terms of smooth functioning of physiological systems, increases inflammation, decreases energy and vitality and lowers your resistance power. Although it sounds difficult, the easiest way to attain happiness is by discouraging negative thoughts from being churned out in the brain by indulging in the Happiness Program in the Present.

We can maintain a positive frame of mind, keep depression at bay and live in the Present with the help of the Happiness Program which involves:

1. Smiling : Just stretching your lips in a smile is a fantastic way to make yourself and those around you happy. Smiling is a left brained activity which funnily enough doesn't need logic to practice. You may have noticed that after an argument with a loved one, a smile is enough to ease the tension between you two and help change the atmosphere to a happy one.

2. Presence of loved ones : Having loved ones around evokes a feeling of warmth and security which is sure to make us happy. For example: After a bad day at your work place, just unwinding with a pleasant conversation with your loved one or relaxing on the couch with your pet dog makes you experience happiness.

3. Eating and Drinking Meditation : Every day activities we indulge in mindlessly such as eating and drinking can be turned into happy times by treating them as forms of Meditation. We need to enjoy eating and drinking with an attitude of celebration, awareness, aliveness and attention. For example: Coffee meditation can be used as an opportunity to experience joy and connect with family members as well or employing Eating Meditation during a grueling work

schedule can help you attain a few moments of happiness and relaxation.

4. Gratitude : Most often than not we tend to take things for granted and then feel disappointed as a result. Practicing gratitude in small ways on a daily basis is a way to experience an instant happiness boost. For example: In a world where performance reviews tend to shatter people's self-esteem, you can practice a simple exercise and be grateful for your strengths. Stand in front of the mirror and list out five strengths that only you possess that make you good at your work as well as in your personal relationships. This will help you become happier and more confident.

5. Giving, Receiving and Serving : Giving, receiving and serving are three simple acts by which each and every one of us can experience happiness and humility at the same time. For example: giving away used clothes to a homeless shelter makes you happy that people benefitted from your humble donation, contributing money towards an underprivileged child's education makes you happy by helping you realize that a small sum you gave could help shape a child's future, receiving a card or sweet from your child could bring a smile to your face and serving the community by volunteering at old age homes or visiting war veterans will bring them happiness and in turn make you happy as well.

6. Presenting one's own unique design : We all are created in a fascinatingly unique fashion. We look, act, speak and think differently. In accordance to our different personalities we also exhibit different intelligences and skill sets. When we express our strongest skill sets and blossom our unique design we will be the happiest. For example: I am a Pediatrician but **pursuing scientific spiritual works is part of my unique design which I have created and given meaning to my life within my Perception Cocoon in order to generate happiness.**

7. Taking action in the present towards goals : We all have goals. However, goals become meaningless and even a cause of stress for us when we don't work towards it. Taking action in the Present towards achieving our goals is a sure way to feel happy as we believe we are leading meaningful, constructive lives. For example: I had a goal of writing a book on Present Education. Even though I was preoccupied with my mainstream profession as a Pediatrician, I devoted time in the Present towards the compilation of this book and now I have achieved that goal. This in turn has given me immense joy.

8. Appreciating wonderful design of nature : Diverse ecosystems have different, unique designs in the Outer Present. Just appreciating these designs will make us happy. For example: Every weekend, I take off to the modest farmhouse in my village. Appreciating the wonderful design of the beautiful greenery, lakes and hills in the village makes me happy and stress free.

9. Quality relationships by practicing, sharing and creating happiness : A simple truth is that luxury isn't mandatory to create quality relationships. Instead, we need to make efforts to practice, share and create happiness with family, friends, peers and colleagues in order to enjoy improved relationships with them which in turn is bound to make us happier. For example: Your spouse feels tired as she has mounting work pressures. Volunteer to make her a meal or take her out to ensure she has a break and your relationship in turn is improved. Or in case you see your child acting aloof and withdrawn, take him for his favorite activity. This will make your child happy and will make him feel like opening up to you easily over the issue at hand that's bothering him.

Note: It is interesting to note that Happiness is comparable to sweet lemon juice. If you consume it today, it will taste sweet. Do not keep it for tomorrow, it will turn bitter. Live today, free from the worries of tomorrow.

4. ECOSYSTEM AND ECO-SPIRITUALITY

Understanding Eco-Spirituality: In order to transcend from Outer Present ecosystem to Inner Present, we need to manage the ecosystem well through Eco-Spirituality. The term “eco” means earth and its biosphere. The term “spirituality” means living with the truth. Hence, Ecospirituality means awareness of the truth within creation. While, we as human beings cannot make significant changes to forms of matter that exists beyond the Earth's atmosphere such as galaxies, milky-ways and the cosmos as a whole, we can however make large, noteworthy changes at an environmental level that can inspire humanity to better preserve, enhance and create the diverse ecosystems that constitute our planet Earth in the Periphery.

Once you feel that you and every organism in nature around you is the same and originates from the same source, you are bound to feel more empathetic and compassionate towards them and strive to protect them against the harsh effects of Global Warming while rebuilding a greener, pollution free Earth.

Basic principles: To understand Eco-Spirituality better, lets take a look at its basic principles:

Know the truth: It is always essential for us to know the complete truth which involves the Outer Present and Inner Present and take decisions for the betterment of the environment as opposed to taking decisions that may go against the environment based on the partial truth that dwells only in the Periphery

Cause and Effect: Nature is an expression of diversity and varieties. If you analyse the science behind it, every single aspect of the Outer Present that exists as an effect has a cause for it or reason for it's existence. Although we offer scientific explanations for these causes, such explanations may constitute a mere 10% of the actual causative factors. All we need to understand is that cause and effect

exists although it may not always be explainable in a rational way.

Action and Reaction: Newton was spot on about action and reaction because it turns out that every aspect of life in the Outer Present is governed by these two opposing forces.

Through Eco-Spirituality we need to understand the motives behind our actions in the Present and execute them only after being fully aware of their consequences.

Wherever you pay attention, there is growth: One of nature's principals is that wherever we pay attention, there will be growth in that area. It may bring out positive or negative outcome depending on the circumstances and various factors.

Intention driven : While leading life in the Outer Present, we need to have a creative purpose or intention in the Present to have a better outcome in the future Presents. The power of your intention directly determines your actions that will follow which goes to say that a powerful intention drives powerful actions and a weak intention drives weak actions. Intention is what can shape powerful actions in the Periphery though we have our limitations

To become an eco-spiritual person, you only need to recognise and realise the truth ingrained in each and every aspect of nature and co-exist peacefully with nature while acknowledging that truth. Once we connect with the Inner Present and align it with the Outer Present, we can feel a sense of one-ness with all forms of creation all around us along with the characteristics of sameness, inclusiveness and a sense of belonging with nature. Ecospirituality also involves awareness of the truth within creation.

Hence, essence of Eco-Spirituality involves living with the truth in the eco-system, which consists of establishing intimacy, integration inclusiveness and involvement between oneself and every entity in nature.

Chapter 4

INNER PRESENT DESIGN IN THE COSMOS AND HOW TO REALISE IT

1. PNEUMONIC PRESENT

The knowledge of Body, Mind and Eco-Spirituality helps us manage the barriers in the Outer Present. Let us look at the Inner Present now. Interestingly, each letter in the word ‘present’ stands for a characteristic of inner or source present. Inner Present has been better explained with the help of the mnemonic.

PRESENT	
P= Pure State	“Core Present” or Pure
R= Real ‘I’ state	Being state
E= Essence of existence	Essence of existence
S= Silence	The core of “Silence”
E= Essence of Perception	Essence of Perceiving the “Present”
N= No Thought State	Mind-nil state
T= Truth about Time	Timelessness

P = PURE STATE : Present state- Inherent in the existence & inherent in me.

The elementary, fundamental, nascent state of the whole of existence is the Present State. The Inner Present or the Source Present which is the source of all creation in the whole of existence is a pure state. To better understand the pure nature of the Present, have a look at the picture below:

Look at the left side of the picture; What really exists and continues to exist is Source Present or Inner Present only, labelled as Ever-present state. This is the essence that is responsible for the existence of the universe. Hence, the Ever Present state is inherent, primordial and universal.

The Ever present state always existed, is existing and continues to exist. The divisions of Past, Present and Future that we believe in aren't in fact separate divisions- they are only points in the series of Present.

The Greatest truth of our life is here and now. It is called Present. The Present which is the source of all creation signifies the presence of a pure state known as Ever Present State.

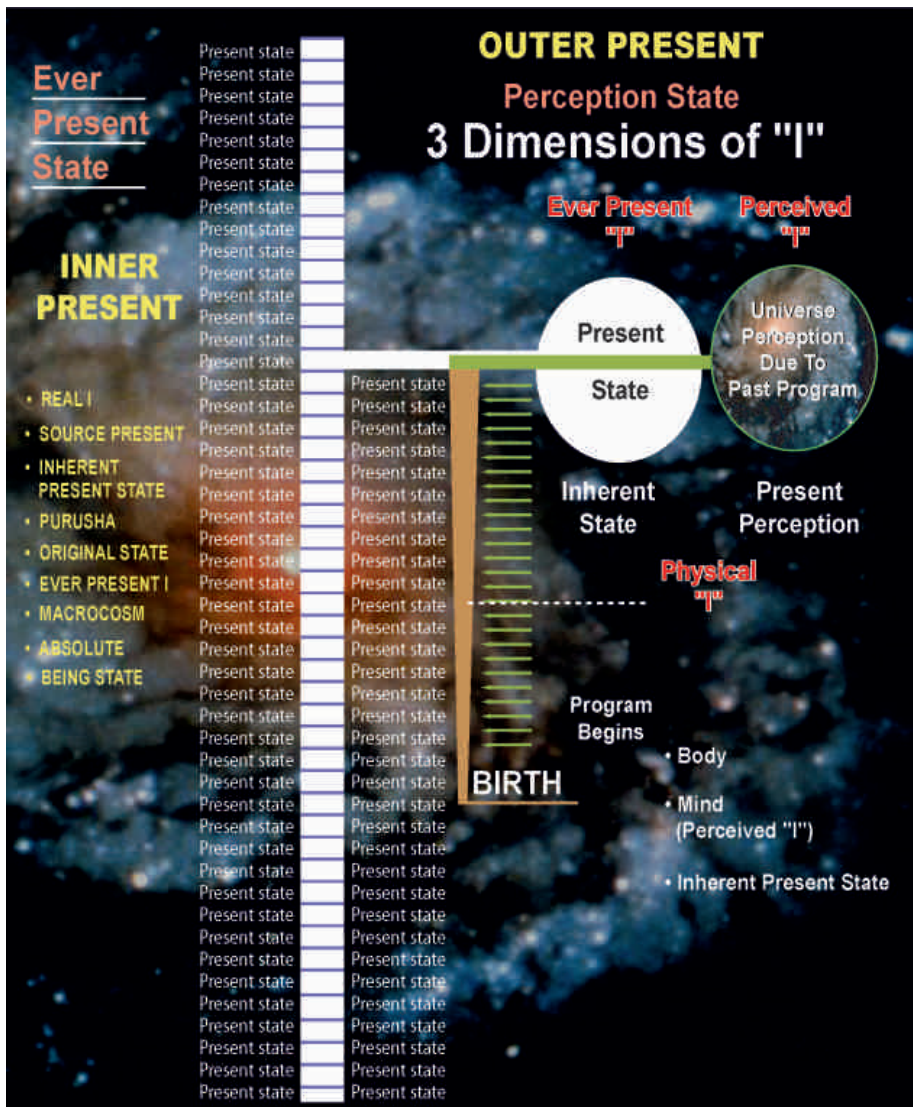
Look at the right side of the picture; Galaxies, stars, solar system, earth, animals, human beings, everything and every being in the universe is born out of Ever-present state and lives and dies in it. Any part of nature or existence, is all made of limitless Ever- Present only-free from the limits of time, zone or country or religion.

Ever- Present State or Source Present is the root cause of any experience we have in the Periphery. Perceptions in the Present only arise when the programmed past is recalled in a given series of Present.

The pure Present is inherent in us as well as in each and every entity of the ecosystem that constitutes our Periphery and yet we seem oblivious to its presence. This is comparable to a fish searching for water in the ocean.

R = REAL “I” STATE

In today's label obsessed world, we identify ourselves as our name, our nationality, our religion, our blood type and basically all the superficial data that one enters in a passport. Now that we understand that we have dimensions to individual body- dynamic body and mind in the Outer Present and Source or Center at the Inner Present, we can further confirm that the labels we usually identify ourselves with are indeed superficial in nature.



Integration of peripheral Body & Mind and central core present.

In reality, each one of us is a combination of inherited [physical], cultivated [mental] and inherent [silent] dimensions.

$$\text{Individual} = [\text{Body} + \text{Mind}] \times \text{Present State}$$

For example: Blood Type A, B, AB or O only signifies an identifying phenotypic marker of a person that is limited to that person's body in the Periphery. Religion, region, nationality are notions that the mind has stored like a software which in turn has been fed by parents, society in the form of past based thoughts, perceptions and beliefs which are forever undergoing change. Hence, the questions remains, What is the Real “I”?

The Real “I” refers to the singular, infinite, pure essence that has served as the point of origin. Everything that exists in the Peripheral universe- infinite galaxies, infinite star worlds (stars, planets and our Solar System with the Sun as our star), Earth's ecosystem, all living and non living beings and subatomic particles exist within the cosmos which is 99.9999999% empty-like space. When the Source of our planet is the cosmos which we refer to as Source Present, we, a part of this planet also originate from the same Source Present. This Source Present is our centre, a state which is static, pure, thought free, perception free and silent. Hence the Source is the spiritual dimension of us. In reality, each one of us is a combination of Peripheral body - mind and Central Source, the core of one's existence.

Understanding the Real I: Integration of peripheral Body & Mind and central Source Present. Each and every one of us identity as I. This I is composed of 3 dimensions:

1. body,
2. mind and
3. Inherent Present state or source present or inner present

Body: I am the peripheral body

In a nutshell, the body is the physical dimension or **stula**, whose form and nature is dependent on parental gene quality and

nourishment memory (nurturing factors in the form of nutrients, support, care, ecosystem that transforms a single celled zygote to a multi cellular life form). It is very important to note that environment and nurturing can influence the proper expression of genetic material and genetic material in turn determines uniqueness of the body.

Mind: I am the peripheral mind

Mind is an accumulated and programmed memory from region, religion, culture etc., Mind is a cultivated dimension or **sukshma** composed of past based memories and environment driven perceptions. This dynamic dimension determines our wakened and dream state. As past based phenomenon exists only in the Periphery, the mind also exists in the Periphery where dynamic, transient changes occur. Mind is the eye of the past. Past is alive because of the mind.

Inherent present state: I am the universal dimension

The inner Present is responsible for the creation of the body and mind. It dwells in each and every cell of us in its pure form . Hence, inner Present can be referred to as the universal dimension or **Kaarana**. It doesn't belong to any period, *zone*, religion, region, lineage or family. This 'essence' is actually the Present State. For our understanding, the best example of this state is , our 'deep sleep state. The Present State is also the silent part of us and is universal. This awareness transforms us into universal human beings. The universe is born in the Everpresent state. Every human being is also born with this inherent present state and has this silent inherent "I"- which doesn't belong to any period *zone*, religion, region, caste, and is universal in nature.

Who You Are – The Human Being

HUMAN PART- Body & mind which has time & space consciousness

BEING PART- inner Present state which is without time & space consciousness.

The human part is the physical part which we experience in the Peripheral Present and which involves the body and mind with thinking neo- cortex part of the brain. Being part is the Silent part which in turn is the Inner Present part of you or the universal part of you, which is beyond experience like deep sleep. The human part or the accumulated part is the partial truth; the being part alone is also the partial truth, both together makes a complete human being. **We need to maintain harmony and total involvement in both the parts. In the outer human part, we are unique, special and creative in our design. In nature, it is integral to identify every human part as unique, special and creative and use those unique qualities to blossom and create meaning to life.** The being part or the ground or source of our existence is equally important to remain blissful, peaceful and tranquil. **Spirituality promotes being human as opposed to human being since the being part is common for all individuals and is the real “I” while the human part is different in design.**

E = ESSENCE OF EXISTENCE

In order to live in the Present we always need to align the Outer Present with the Inner Present. With respect to our individual selves, the body and mind need to be in alignment with the Inner Present within. Similarly, as our life in the Periphery encompasses our

Core of the Microscopic, visible & Macroscopic existence.



ecosystem as well, we need to maintain an alignment between the diverse ecosystem and ourselves in such a manner that it will benefit us and the environment simultaneously. This can be achieved once we have a deeper understanding of the whole of existence which encompasses macroscopic and microscopic existence. First, we need to aware of the two realities:

Superficial Reality: The superficial existence is composed of Galaxies, Stars, Solar systems, Planets, the Earth, Mountains, Oceans, Plants, Animals etc.

Deeper Reality: Any part of superficial reality or the visible nature of the ecosystem on deeper introspection is composed of matter and molecules which in turn is made up of vibrating energy. Quantum Physics has established that what we see and perceive as matter is 99.9999999% empty-like space and this Quantum Essence is what the universe is made up of. Hence, the deep core of the universe and its quantum units are only empty-like-states (99.9999999 % empty space) and it is a Silent State. If you look into any part of nature or existence, it is all made up of Source or Inner Present.

Essence of existence can be explained with the formula:

$$A = [e+m] \times \infty$$

Absolute = Finite [mass+energy] x infinity

We appreciate superficial reality with mass & energy. Deeper reality has no time and space consciousness but Present is infinite. Absolute is also labelled as Wholeness or Inner Present State or Ever Present State. If we introspect finite superficial reality, we end up with infinite deeper reality. Whatever we see, hear, smell, touch, think and conceptualize, everything is only our reaction to reality. Physicality of the existence only exists in the language of the observer. In the microscopic existence, the ingredient of an atom is 99.9999999% empty like space or Source Present.

In the Macroscopic Existence, galaxies are billion but matter which we observe is insignificant as 99.9999999% of the whole existence is empty like space itself, which we refer to as Source Present. Though matter appears concrete to our eyes, it is actually made up of sub atomic energy. In fast movements of this energy, matter appears to exist. We are standing on the surface, electrons in the atoms are revolving at tremendous speeds (subatomic energy) which is responsible for static appearance of most things in nature.

Note: The whole universe, which is the Outer Present, is a dynamic phenomenon, but the Inner Source Present is a static phenomenon. The dynamic activity of the Peripheral Present is the reason for mass, charge and energy creation which in turn creates the concrete physical world comprising of billions of galaxies. Science acknowledges the static phenomenon of the Inner Source Present with terms like planck time (**10^{44} times shorter than a second**) and **planck length [10^{36} times smaller than a meter]** by pixelating this planck time and length as a unit. This is a frozen frame of moment where only inner present exists.

Inner Truth is the Inner Present which in scientific terms can be called as Dark Matter. All the points of the Dark Matter or each Planck volume are Quantum Black Holes.

Theory of Reality

The basic fundamental reality is the Source Present alone. Source Present on crystallization forms energy. However, the perceptive abilities of an observer in the Outer Present produces a superposition phenomenon which is responsible for energy creation. This energy on crystallization forms the matter which we experience around us in the Periphery (mountains, lakes, wall chair etc) and our perception emerges from energy. In the cosmos, everything is interconnected, interlinked and serves a role. In essence, Outer reality is made up of information in the outer present and superficial reality exists only when it is observed.

Consciousness is an Outer Present phenomenon and species specific depending on genetic material of the source (plant, animal or environment) and perceptive abilities of a said species. **Inner Present has no consciousness and it is the source of all creation** in the cosmos without any superficial labels or nomenclature. However, Inner Present is a scientific ground state which adheres to scientific laws. Experience in the Outer Present depends on the scale of observation or perceptive ability.

Physicality of the existence only exists in the language of the observer. Whatever we see, hear, smell, touch, think and conceptualizeEverything is our reaction to the superficial reality only. If we introspect finite superficial reality *we* end up with infinite deeper reality. We are born out of the universal ever-present state carrying with us the same universal essence. In reality our individual identity is false and only socially and culturally programmed.

S = SILENCE

Deep core in us is silent so be aware of the program installed.

In a day and age when mankind is divided on the basis of religion, region, language, caste, creed, nationalities etc it is essential to realise that silence is the universal language and the unseen thread that binds us all.

It is important to note the difference between the brain and the mind. The brain is a crucial organ of the human body that resembles a walnut. It is the seat of learning, un-learning and is the control center for the regulation of all body activities. The mind however is a dynamic dimension that utilises the information stored in the crevices of the brain to form thoughts and perceptions. At the time of birth, a baby is in, “no thought” state. This signifies that although a baby has a brain it does not have a fully developed mind. However, as the baby goes through various stages such as childhood, adolescence and

IDENTIFY PROGRAM INSTALLED IN YOU						
AT BIRTH	PLACE OF BIRTH	BORN TO FAMILY	LANGUAGE ACQUIRED	PROGRAMMED KNOWLEDGE	ACQUIRED RELIGION	PROGRAMMED GOD
Thoughtless Source Present	India	Hindu	Hindi/Tamil/Telugu/Kannada	Bhagvad-geetha, Etc.	Hinduism	Rama/Krishna Shiva/Durga
Thoughtless Source Present	Japan	Buddhist	Japanese	Dhammapada	Buddhism	Buddha
Thoughtless Source Present	Australia	Christian	English	Bible	Christianity	Jesus Christ
Thoughtless Source Present	Gulf	Muslim	Arabic	Qu-ran	Islam	Allah
Thoughtless Source Present	Pakistan	Muslim	Urdu	Qu-ran	Islam	Allah
Thoughtless Source Present	Israel	Jewish	Hebrew	Judaism	Yahoodi	Yahowa
Thoughtless Source Present	America	Christian	English	Bible	Christianity	Jesus
Thoughtless Source Present	India	Sikh	Punjabi	Granth Sahib	Sikhism	Guru (Nanak)
CENTER INNER PRESENT	PERIPHERY PRESENT CULTIVATED OUTER PRESENT PAST DEPENDENT					

Identify your state at birth and later how, where and what has been programmed.

finally adulthood, the brain is given various inputs on superficial labels (religion, region, language) by family, academic institutions and society. These past based inputs give rise to thoughts and perceptions that constitute the mind. Unfortunately most of the past based data that is fed to the mind enable individuals to develop a false “programmed identity” that is governed only by man- made labels in the Periphery due to which people ignore their inherent, true “Present State”.

Source or Inner present is expressed through silence. Language is only a mix of syllables that human beings use to express themselves and give meaning to things around them. In fact, our earliest ancestors were speechless for more than 80 thousand years. Probably humankind would have learnt to talk only about 12-15 thousand years ago. As language is the primary medium of communication for humans, it is essential to understand that the only universal language is the language of silence.

Inner core Present is a spiritual dimension which is characterized by silence. The Outer Present or existence is the voice of the Inner Present or the world around us which we see, hear and feel is an echo of the inner silence. Inner Present is the essence of all galaxies, stars, planets, mountains, grass, flowers, trees, birds, and all other forms. Outer Present is the expression of Inner Present. Silence belongs to the Oneness but expression has diversity.

Features of Inner Present Silence

- Silence has healing properties for the body and mind.
- Silence involves being still.
- During silence we have no thoughts or perceptions.
- Silence is a representation of your true self, the Inner Present, making you a part of the Ever-present.

- Silence is beyond the limitations of name and form.
- People of various races, religions and languages share the same common, inner silence.
- Maintaining silence during meditation helps us overcome past based labels of the mind in the Periphery and transcend to a no-mind state.
- Helps us realise that our programmed identities are not the real truth.

Being aware of the language of silence and practicing the language of silence will help us overcome socially and culturally programmed labels in the Outer Present, the cause for numerous conflicts between nations. Remember you are not the mind; you are the possessor of the mind. We will experience real silence only when we are in Source Present which is beyond thought. Observation of silence helps us get in touch with our universal source of oneness, relieve stress which eventually helps us overcome psycho-somatic problems, remove ego/ selfishness, helps us cultivate patience and perseverance, recharges our body and helps us concentrate on our goals.

AT BIRTH
We are born to the whole universe and we are thoughtless, silent beings.
We don't belong to any period zone, religion, region, caste, etc.,
WE ARE UNIVERSAL HUMAN BEINGS.
We are universal human beings because the silent universal essence is inherent in us.
We Only need to realize our inner silence.

E = ESSENCE OF PERCEPTION

In life, what we experience is due to our present perception. Present perception is what we experience because of our mind which is always past dependent or programmed or peripheral. Perceptions are diverse and subjective based on the species forming the perception and the limitations of the Perception Cocoon. The perceptions we experience or the Perception state (Periphery) is on account of energy that is formed due to the crystallization of the Inner Present. Further, crystallization of energy gives rise to matter which we experience through our sense organs in the Periphery. **If we transcend all our acquired perception or memory at any moment, what remains is present state alone.**

Perceptions extend to our idea of a true self, our programmed identities in the Periphery, our notion of God and time, our understanding of the ecosystem and basically every phenomenon that defines any experience for us in the Outer Present. We have even come up with the concept of language in order to name or label everything in the Periphery so as to make our perceptions more comprehensible for us. It is safe to say, that the world we currently live in isn't a real world, but a perceived world as we see, hear, taste, touch and smell everything on the basis of our past dependent perceptions.

To better understand how perceptions shape our experiences in the Periphery, have a look at the picture.

The left side of the picture is designed to indicate the timeless, infinite, perception-free, 'Ever-present state', the primordial source and base for all that has been happening. It is to be noted that it will continue to do so, regardless of the happenings and our perceptions about it. This immortal present state always exists.

The right side shows the series of events before the birth of

human beings. Plants, microorganisms and other innumerable animals never diluted or amplified their experiences in the Periphery as they never bothered to lend any meaning to their perceptions. However, human beings remain the only species who could produce language and script to label their perception with meaning. Later humanity went on transferring the labeled experiences and ideas to its successive generations through socialization, education and indoctrination. Humanity over the years has preserved labels through written documents and memory.

Once the sun, moon and planets recede into a black hole', beings including human beings will also disappear from the scene. This goes to show that regardless of perceptions about the universe and the changes it may undergo, the pure source of the universe, the Inner Present will continue to exist.

*Gene material is made out of atomic stuff just like any other matter in the universe. Hence, usage of species specific consciousness/ awareness of time and space should be restricted to living organisms only. A Label such as Inner **Present** is more ideal to be used, as it can be used for living as well as nonliving matter characteristics.*

In reality, the inherent state of human beings is not born with Labels of religion, caste or country. Hence the religious, caste, regional, national labels on us are false as they are programmed. Consciousness or awareness is a different dimension of the mind only and has species specific time and space. Scientific communities preferably use the word consciousness or awareness only with respect to genetic world and it should not be confused with non living beings in the existence like stars, mountains, man-made objects etc. Scientific communities should use the word **Inner Present or **Universal Presence** for Quantum Field where there is no time and space as Inner Present is devoid of consciousness.**

Perception Cocoon Shapes Our Perceptive Abilities

All perceptions in the Periphery be it human, plant or animal has certain limitations based on the boundaries of their Perception Cocoon which may differ from species to species. However, these perceptions feel complete and limitless to the observer. For example: Light includes the whole electromagnetic spectrum, however we cannot view infra-red or UV rays with our naked eyes. Instead we commonly experience the VIBGYOR light spectrum in nature.

We need to understand that although we have a perception cocoon, the cocoon isn't the extent of Peripheral reality. For example: We cannot see billions of galaxies with our eyes but they do exist and can be viewed through a high range telescope. Similarly, we cannot view the billions of bacteria that are being born, dying and dancing on the surface of our hands, however when we view a small sample of our tissue under a powerful microscope, we will be able to view it.

This just goes to show that the memory based dimensions of body and mind in the Outer Present (comprising the Periphery of existence) give us a very limited scope of the world we live in and so most of us who don't acknowledge the Inner Present are trapped in a Perception Cocoon. Once we cast aside the limiting Perception Cocoon and go deep within, we will be able to connect with the core or centre of our existence, a pure, silent, limitless, inclusive state known as the Inner Present which is free from our perceptions.

We are perception cocoons capable of creating meaning in life. Every individual on this planet is endowed with unique, special and creative potential and we become creators when we use it. In fact, life in itself has no meaning and it is an individual's construct. It is not necessary to search for the meaning of life; rather we can create a role to play & we can create meaning to our life. Life is worth living if you create meaning to life and leave your foot print in this transient journey. Celebrate life, be cheerful, do your best to the society and pay attention to relationships.

N = NO THOUGHT STATE

Life is an illusion.

Life in the Outer Present is an illusion. Although this is hard for us to believe we need to understand that our life is defined by experiences we accrue through our physiological sense organs (eyes, ears, skin, nose, tongue) and our mind (in the form of thoughts that help us make sense of our sensory experiences). These perceptions that define our life experiences are shaped on the basis of data that is programmed into our brain after birth through family, society etc which implies that this data is past based data. Hence, when perceptions are past based, our experience isn't rooted in the Present, thereby likening them to illusions in the Periphery. In other words, just like an electric projector which projects a movie that seems real to our senses, the brain operates like a bioelectrical computer and shapes experiences in the Periphery that seem real to us although in reality they are illusory.

Recall your experience of watching a movie. We perceive the picture as having motion on the screen, although we will be seeing only a static film at a particular moment. Even though individual movie slides are static and have gaps between them with a resolution that can't be viewed by the naked eye (milli- seconds), we perceive the motion of those slides as real although it is an illusion.

Similarly, the unitized reel of Source Present is a static reality. But the way we perceive the universe is as if it is moving and transforming. This is because the eyes and brain of any species is incapable of forming perceptions in the time frame of micro, nano, pico, femto and atto seconds. **Within these minute divisions of time frames exist pure, silent Quantum Essence or Inner Present which is the source of the entire universe and yet cannot be Perceived.**

Hence, what really exists is Source Present a true, real and natural state. The Outer Present alone is not the reality. It is just an illusory expression of the Inner Present.



FROM SOURCE TO DIVERSITY

HOW CENTER CREATES PERIPHERAL ILLUSION

From original core Inner Present [timeless state]..... Series of Inner Present consists of planck time[10 to the power of -43 second] planck time gives rise to atto, femto pico and nano seconds.....nanoseconds creates minute seconds (Mindless State where interpretation of data doesn't take place in living organisms).....millions of nano seconds produce microseconds which leads to the beginning of 'mind state' (data can be computed in living organisms).....later moments give rise to seconds..... seconds to minutes..... 60 minutes make an hour..... 24 hours make a day..... 365 days produce year.... Several hundred years make an era.

T = TRUTH OF TIME

Time is a notion or a thought programmed in our human specific consciousness.

Ever
Present
State

- NO TIME
- REAL I
- INNER SOURCE
- INHERENT PRESENT STATE
- PURUŠHA
- ORIGINAL STATE
- EVER PRESENT I
- MACROCOSM
- ABSOLUTE
- BEING STATE

INNER
PRESENT

TIME - A BIG NOTION

Timeless Zone
(Infinity)

FUTURE PRESENTS

- Sun ages (disappears in to black hole)
- Perception Disappears
- Earth ages
- Time Is Dead
- Disappearance of human being

Present perception

- Time is Born
- Thinking brain
- Human Being
- Birth Of Perception
- Living being Born

Earth

Solar system

Milky way (billions of stars)

Universe

- Steady State Theory
- Big bang

Outer
Present

Identify when time was born and when will it die? 13.699999999 billion years without human beings , *there* was no concept of *Time*.

Time is a programmed notion of the human mind. This is proven by scientific as well as historical records which reveal that around 13.699999999 billion years when human beings didnt exist, the Earth and the solar system continued to exist without being limited by time.

The human terminology of Past, Present and Future that are meant to represent time are only notions of time and hence, unreal. These notions are responsible for making us feel the physical presence of everything. We perceive everything including our body and mind within a time and space frame. But these frames do not exist in reality. It is essential to note that that time was born in the human brain hardly 1 Lakh years ago and it will disappear once our earth ages and enters a black hole.

Let us analyse time
1 second = 1000 milliseconds
1 millisecond = 1000 microseconds
1 microsecond = 1000 nanoseconds
1 nanosecond = 1000 picoseconds
1 picosecond = 1000 femtoseconds
1 femtosecond = 1000 attoseconds

Both our eyes and brain are incapable of perceiving the world in a span of micro, nano, pico, femto or atto seconds. In fact, mind does not exist in thousands of nano, lakhs of pico, millions of femto and atto seconds. What really exists in these seconds is quantum essence or Source Present which is not perceived, but the whole universe is made of. Today science acknowledges this frozen moment of time that signifies the Inner Present as a planck time (10^{43} times shorter than a second)

Inner Present is the only essence that is responsible for our making. It is ever present in us, is timeless, nondual and ageless. That essence has been everywhere, in every life. Hence we are all timeless individuals who can live in the Present.

2. SALIENT FEATURES OF INNER PRESENT

The body (compilation of genetic and nourishment memory) and the mind (compilation of past based memory depending on location, religion, region etc) can be always experienced by us in the Periphery. Although the Source Present is omnipresent and inherently exists within us at every point of time, we are unaware of this spiritual dimension in us as we are preoccupied with the body and mind. But, when we transcend the body and mind during certain practises (meditation , deep sleep, deep hypnosis etc) we can witness the pure, silent Inner or Source Present within us. Hence, it is essential to note that although you predominantly experience the body and mind, you are not the body and mind. **In fact, you are inherently your Source Present (the Inner Present is your center), but are the possessor of the body and mind** which exist due to the Source Present (body and mind constitute your Periphery created from the Source).

Source Present is universal presence in its pure state.

Features of Source I or Inner Present

1. Source of Creation : The Source or Inner Present is responsible for the creation of the body and mind. It dwells in each and every cell of us in its pure form . Hence, Source Present can be referred to as the universal dimension or Kaarana.

2. Fundamental Reality: . The Source Present is the fundamental reality. The crystallization of Source Present is energy. The crystallization of energy gives form to matter which we experience.

3. Memory-less : The Source Present has no memory because it is free from all past based experiences. This implies that the Source I is free from superficial limiting labels such as name, religion, region, caste, creed etc that constitute a person's memory in the Periphery.

4. Universal nature: The nature of Source Present or Source

“I” is the same in every being, living or non-living. Hence, the core of every being or the Source “I” is universal in nature.

5. No Identity: The Source “I” is the same in every organism and doesn't assume different identities in every different organism. For example: Mt. Everest has the same Source I that you do and that the ground beneath your feet does.

6. Independent Existence: The Source I which is Inner Present, exists independently of the body and mind (Periphery or the Outer Present). And in turn, the Source I is not subjected to the weaknesses and desires of the physical body and neither does it engage in any mental activity.

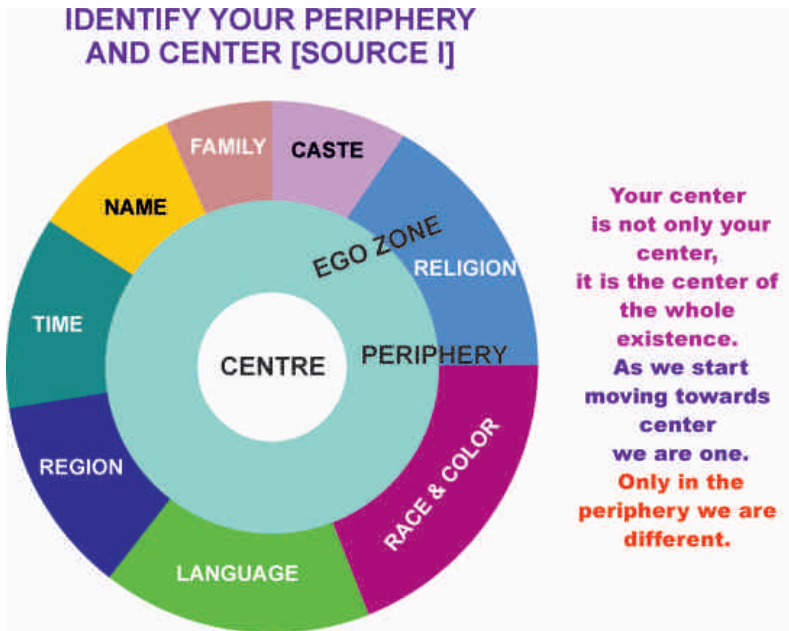
7. Not Bound by Peripheral Limitations: Source “I” is infinite with respect to dimensions and doesn't have a distinct shape, size or even nomenclature for that matter. Source I always exists and will continue to exist and hence, is free from the laws of time and space that govern our lives in the Periphery.

8. Speaks the language of Silence: The language of the Source I and the state in which it exists and will continue to exist is Silence. If you wish to connect with your Source I, you must learn to connect with silence within you.

9. Inner Present is timeless: The core source is timeless and exists within planck time. Planck time is the time light takes to travel one Planck length. (1.6×10^{-35} metres). Theoretically, this is the smallest time measurement that will ever be possible.

10. Inner Truth is the Inner Present which in scientific terms can be called as Dark Matter. All the points of the Dark Matter or each Planck volume are Quantum Black Holes.

3. ANCIENT BASIS OF SOURCE OR INNER PRESENT



The Source Present has been alluded to in various ancient scriptures as follows:

Nirakara which means *no shape*

Nithya which means *Everpresent*

Shuddha which means *pure and clear*

Buddha which means *no ego*

Shiva which means *source*

Achala which means *static*

Niradhara which means *without support*

Nirmala which means *unstained*

Nirvikalpa which means *unimaginable*

Niravayava which means *without members or limbs*

Nirbhaya which means *Fearless*

Nirmoha which means *without attachment;*

Nirupadhika which means *without any limiting adjunct*

Nirvana which means *non-existence,*

Nirvedya which means *Unknowable* **Nirvichara** which means *without logic and enquiry*

Nishabdha which means *silent*

Niramaya which means *without illusions*

Nirvikara which means *without modifications*

Religious Basis of Source Present: Today 90% of the population is living their lives in accordance with past-based scriptures. Scriptures are referred to as “past-based” records as most of them are in the form of anecdotes or lessons as narrated by a prophet, sages who were supposed to exist in the Periphery at some point of time. All scriptures in essence advocate the significance of the Source Present, just that we are too blinded by our rigid religious beliefs to see that universal truth. The following are excerpts from prominent religious scriptures that allude to the Source “I”:

Hinduism: Present is referred to by different names in the Vedas and Upanishads.

The popular Shantih or peace shloka (invocation verse of IshaVasya Upanishad from Shukla Yajurveda) explains the significance of the Present itself. The Shantih sloka is as follows:

“Om poornamadah poornamidam poornat poornamudachyate
Poornasya poornamaadaaya poornamevaavashishyate
Om Shantih Shantih Shantih”

The above sloka explains that Outer Present and Inner Present is made of one essence only (wholeness of Present or Poorna). Poorna or Present is everpresent with all permutations & combinations.

Great sayings of the Upanishads called Maahavakyas are

1. **Pragnaanam Brahma (the centered Presence is infinity)**
2. **Aham Brahmasmi (I am infinity).**
3. **Tat Tvam Asi (Fundamental essence is me)**
4. **Ayam Atma Brahma (My inner essence is infinity).**

Christianity: Psalm 46:10 He says,” Be still, know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

* Mark, Chapter 4, where Jesus uses the words: “Peace, be still.”

This stillness Jesus speaks of is actually the inner truth. Christianity refers to the inner truth or Source Present as Spirit or Christ Consciousness.

Islam: The inner inherent Source Present, which is free from perceptions, is the main theme behind Sufism.

They say that Allah is the only Absolute, which refers to the Ever Present State. They also say that life is an illusion.

Buddhism: The core of Buddhism referred to as the Buddha State, is nothing but the Source Present alone without ego.

4. SCIENTIFIC BASIS OF INNER PRESENT OR SOURCE 'I'

It has been scientifically established that the cosmos, composed of 99.9999999% empty-like space is the point of origin of the universe or the whole of existence. Humans, no matter how insignificant in the vast magnitude of that universe, are also a part of it. Hence, we are a part of the cosmos and have also originated from it. This cosmos is nothing but the Source Present. As discussed previously, the Present has two parts- The Outer Present or Periphery and the Inner Present or Source Present. The life which we are accustomed to experiencing in the form of various sights, smells, sounds, textures and tastes which help us form our perceptions represent the Outer Present and are dynamic in nature. The inherent part of us, the Source Present or Inner Present is static in nature. The reality we experience in the Outer Present on deconstruction is composed of information and energy. Source Present is the source of this energy (crystallization of Inner Present gives rise to energy), however we can observe energy and the phenomenon caused by it but not the Source Present itself. This scientific fact is confirmed by planck time (10^{44} times shorter than a second] and planck length [10^{36} times smaller than a meter] where plank time and length is pixellated as a unit. Hence, Reality is a frozen frame of moment where only **Source or Inner present** exists. Other reasons as to why we are unable to experience the wholeness of the Present are:

Reason 1: Despite being born with this Inner Present, the Inner Present always gets masked because this Peripheral Present which is programmed and past dependent is the dominant part of the Present and so we experience only the Periphery. But in reality, every individual is born with the Pure State. If we transcend all our past based memories, then we can get back to the Inner Present which is pure and untainted.

Reason 2: Life appears to us like an illusion due to our brain. The brain acts like a bioelectrical projector similar to a movie illusion produced by an electric projector. Our perception of the Present is guided by our thoughts programmed after our birth. The experience of existence emerges from the thoughts [mind state] but Inner Present which is the only reality without thoughts [no mind state] is always present and inherent.

Reason 3: Matter doesn't exist. It only appears to exist. Energy alone exists. In fast movement of this energy, matter appears to exist. This has been substantiated scientifically by Quantum Physics according to which all that we see and believe as concrete matter is nothing but 99.9999999% empty like space, which we refer to as Inner Present or Universal Presence but not appreciated in the periphery.

Reason 4: What really existed and what will always exist is the present state alone. Series of it become fraction of seconds, minutes, hours and days, days become centuries, centuries become millions and millions become billions of years. 'Past', 'Present' and 'Future' are only notions of time and is unreal. They are products of the mind. We perceive everything including our body and mind within a time and space frame. But these frames do not exist in reality.

ULTIMATE REALIZATION

Truth is the Present. Living with the truth is Spirituality

Essence of Spirituality is the truth- Present,

where Outer Present includes body, mind and ecosystem.

The Inner Present is infinite, inclusive, universal and a scientific pure ground state.

Chapter 5

SPIRITUALITY AND EVER PRESENT GLOBAL EDUCATION

Apart from physical, mental and social well-being, papers have been proposed to urge WHO (World Health Organization) to include spirituality as a vital component of an individual's health. This is based on the scientific fact that spirituality is an integral part of one's health. An individual with enhanced spiritual health will automatically enjoy ideal physical, mental, emotional and social health.

Such a spiritual individual is one who recognizes the source of creation which may be from a religious, scientific, physical, mental or emotional perspective.

Predominant works on literature and Spirituality convey that Spiritual refers to or concerns the “spirit”. The word Spiritual has been derived from the Latin word, “spiritualis”, where spiritus means breathing. Spirituality seems like a complex phenomenon as there are 4200 interpretations of it. Hence, there is a necessity to define Spirituality scientifically. The outcome of this need is Scientific Spirituality and the Center for Scientific Spirituality.

Spirituality however, shouldn't be confused with religious connotations but rather we need to understand that **Spirituality means living with the truth (Present) or integrating with the truth.** A spiritual person will align his/her body or mind in the Periphery with the ultimate truth or Inner Present or consciously reconnect the body and mind with the truth in order to enjoy sound health. Such a physically, emotionally and mentally sound person will also acknowledge the inclusive nature of the truth in every being, living or non living and in turn be aware that we are all One, despite

narrow minded social constructs that exist in the Periphery to divide mankind on the basis of region, religion, colour, creed etc.

Spirituality however, needs to have a firm basis in science. The brand of Spirituality we advocate is called Scientific Spirituality. Through Scientific Spirituality, the source of the universe and universal one-ness of all beings is explained through scientifically validated data as opposed to blind beliefs heralded by religious heads or mystics. For example: Before science proved the revolution of the Earth, people assumed that there were two skies- one that presented the Sun and another that presented the stars and the Moon. Similarly, in the Galilean Era, it was considered heresy to even propose any other alternate theory that challenged the one where Earth was believed to be flat. Once we understand spirituality from the viewpoint of Science, we wouldn't be sceptical about the truth and instead would lead our lives on the unshakable foundation of the scientific truth.

Scientific Spirituality is a movement where an individual scientifically integrates the truth in everything, in every being, everywhere, in every moment, in ever-present way, leading to an enlightened, fulfilled and harmonious life. This means that we will foster respect and inclusivity with every being- plant, animal, bird, microorganism, non-living beings and humans of every race, region, religion and colour as we will acknowledge that we are all created from the same pure, silent Inner Present. In other words, Scientific Spirituality is a uniquely personal relationship that each one of us forms with the source of creation within us, the Source Present or Inner Present. The essence of Scientific Spirituality is:

1. Integrating with the truth in everything

Everything refers to diverse objects, structures and life forms which we witness in the Outer Present which includes stars,

mountains, water bodies, forests, buildings etc. Everything that exists in the Periphery is composed of matter. From a scientific perspective matter on deconstruction, is found to be composed of energy and this energy in turn is derived from the Inner Present. **This has been substantiated scientifically by Quantum Physics according to which all that we see and believe as concrete matter is nothing but empty-like space which we refer to as Inner Present or Universal Presence.** Hence, everything in the Outer Present may assume different forms defined by different shapes, sizes and colors but their Center or Inner Present is the same. Once we realize this scientific truth, we can integrate with the truth in everything around us.

2. Integrating with the truth in every being

For living beings, what we appreciate as Periphery is the human part comprising of body and mind or at an individual level for living beings, Outer Present consists of body and mind which differs from species to species. The Inner Present which is beyond time is our Being or Being State which we refer to as Centre. At the existential level, the Present is identified as gross part which we appreciate as non- living beings such as mountains, oceans, deserts etc. What we see as matter is just an energy state which we call as “Dynamic Present”. The Inner Present or Source Present in these non- living beings is also the “Being” state which is silent, constant and pure. Scientifically understanding this Being State and moving from our Periphery towards the Centre, will help us attain union with the Source or Centre.

3. Integrates with the truth in everywhere

Everywhere on Earth isn't the same in the Periphery. We have diverse ecosystems ranging from tropical forests to polar ice caps to sandy beaches to savannahs and wetlands and many more ecosystems.

However, every different eco-system that constitutes Earth at its core, is composed of the same Inner Present. For example: the Inner Present of a leaf blade in the African savannah is the same as the Inner Present of a single ice crystal of an ice cap in the Arctic.

Even distant planets and galaxies are composed of the same, silent, pure Inner Present. For example: Although we can view Saturn or the Moon or distant galaxies through sophisticated telescopes, it doesn't mean that they are not part of the limitless Ever-Present. In fact the matter that shapes these planets and galaxies on deconstruction will yield the same Inner Present or empty-like state (99.9999999% empty-like-space). Furthermore, even the invisible dimension comprising sub-atomic particles and micro-organisms such as bacteria, virus and protozoa are also composed of the same Inner Present. Once we understand that every place on Earth and every part of the galaxy is in essence made up of the Inner Present at its deepest core we can also become Scientific Spiritual Thinkers.

4. Integrates with the truth in every moment

What really existed and what will always exist is the present state alone. Psychologically, we have divided this Present into past, present experience and future. But Present is the only universal truth which is constant, unchanging and exists forever. We just have to integrate with the Present in every moment.

5. Integrates with the truth in Everpresent way

Our psychological conditioning along with the limitations of body-time-space-society nexus has programmed a labelled individual in us and is the root cause for the glorification of mind and body instead of the Everpresent. Everything in this universe is transient and Everpresent alone is constant. The notion of time and its dimensions-past, present and future and also the idea of space are the

products of perception. Existence of the primordial source, which is the cause of everything from universe to organism, is undeniable.

Notions such as religion, region, nation, caste, race and language, time, self and ego are not real; they are culturally evolved labels. Scientific 'introspection' would reveal the hollowness of socio-cultural identities imposed on everything around us and more particularly on human beings. Introspection would also reveal the indubitable reality about the timeless, casteless, thoughtless, ego-nil and unbound nature of our Ever-Present State and would also root us in the awareness of our 'Inherent Present State'.

Ever Present Global Education is a outcome of Scientific Spirituality wherein everything has a scientific basis and does not allude to any religion from any region of the world. Spirituality according to the Center For Scientific Spirituality is recognizing the spirit in everything, every moment, everywhere and in every being. **The basic aim of Spirituality is live with the truth and to foster a sense of universal oneness among us.**

All of us have the same inherent Source Present but it is only in the Periphery or the outside world as we know it, that we are different, belong to different religions, speak different languages, wear different clothes, have different skin colours etc.

Scientific Spirituality provides the same answers that every holy scripture strives to, but the difference lies in the language of presentation. While Scientific Spirituality gives those answers in a purely scientific and factual way, our scriptures always incorporate religious elements in order to make that religion stand out from the rest. Through Scientific Spirituality we come to understand:

The existence of the universal “Everpresent State” and its nature

What our significance is with respect to the whole of existence

How we can find and create our life purpose and make life beautiful and meaningful in the Periphery. Essentially, Scientific Spirituality helps us align the body and mind with the foundation of the Source Present. (lap of the truth)

Today's society is flooded with wounded beings. In the Periphery, the body and mind are the two instruments we make use of the most and hence any damage to either of these two instruments will render us wounded. Accordingly, wounded beings can be wounded from two main perspectives:

1. Physical Perspective: A wounded body prevents us from being in the Present. How can we enjoy the Present, when are caught up with the physical and the ensuing mental agony that is caused by diseases. To be in the Present we first need to transform our bodies from wounded status to that of well-being by the following ways:

A. Avoiding food products which are detrimental to our health such as Maida, super polished rice, junk foods, processed foods, preservatives, chemical laden foods, food additives, addictive elements such as alcohol, tobacco and drugs and the unwanted and long term usage of allopathic drugs.

B. Incorporating a healthy diet comprising of fresh fruits, vegetables, whole grains and millets. Plenty of water and fluid consumption is also important.

C. Incorporating scientific spiritual lifestyle techniques like physical exercise, maintaining gut health, sunlight exposure, free from inflammatory foods (junk food), free from environmental toxins, good hygiene to be infection-free and maintaining a supportive ecosystem.

D. Practicing scientific spiritual meditative techniques.

2. Mental Perspective: Depression, Stress, Psychosomatic illnesses, Anxiety, Frustration and Complexes majorly affect our mental well-being. Though these conditions have different names they all have one common enemy- FEAR.

Fear is an Outer Present phenomenon required in the Outer Present as part of our survival mechanism. But when fear dominates our life in the Periphery, it becomes a problem. Fear is only a creation of the mind but unfortunately it is the one emotion that triggers off a series of disasters in our lives. Ever Present Global Education helps us weed out fear from our minds by helping us understand the truth of our existence. We understand how essential it is for us to activate the right hemisphere of our brains, unlock our unique creative talents, pursue our passions and not become conformists, which ultimately helps us become fearless and self-reliant individuals. Such individuals will not only blossom their own creativity but will also nurture and promote the talents of those around them. Hence, Ever Present Global Education is one of the lasting cures for the disease of fear.

In the word human being, the term human is more dominant. The human part of us encompasses only the body which we inherit from our parents and the mind which is a by-product of societal conditioning. When we are caught up with the “human” part of our individual existence, the being part gets lost and we get stuck in the Periphery.

Hence, it is imperative for us to stop acting like just human beings and instead focus on being human. In being human there is a greater emphasis on the “being” part of our existence, the silent part of us which is our inherent essence, the Inner Present. Being human is the amalgamation of the Inner Present with the human part (body and mind) which helps us better utilize the body and mind in the Present, be unique and blossom as the crown of nature and witness life like a play as opposed to reacting to it.

Ever Present Global Education helps us draw out our inner inherent faculties and tell us how we should conduct ourselves in life as members of a human society, as Universal Human Beings. We all constitute a single “humanity”. Truly, it is this realization that can do wonders in transforming the individual into a “Universal Human Being”. This realization of our universal nature is the only truth which will help us break free from barriers like religion, caste, creed, colour etc which prevent us from celebrating our oneness as it creates awareness about:

1. The labels and notions we have about the world and ourselves as products of perception, so we can transform ourselves accordingly.
2. The “sameness” or “universal” nature of the silent part, the Inner Present, inherent essence of human beings.
3. Ignoring the apparent diversity in physical form and shape as superficial and focusing on unmasking the labelled experience and reality in order to realize the truth behind our existential appearance.
4. The scientific analysis of the real truth behind acquired religion, language, culture and states and using that scientific knowledge to transcend beyond the programmed mental boundaries and realize the inherent “Everpresent State”.

Global education with a human touch and also compulsory provision for the realization of the “inherent Inner Present” through introspection; will result in every Earth born child becoming a Universal Human Being. **“When our earth is inhabited by 'Universal Human Beings' Global Peace Will Become a Reality”**. Once we acknowledge the inherent spiritual dimension of inner Present, within us, we can enjoy the following benefits.

Chapter 6

HOW TO ATTAIN PRESENT

We can connect with the Present in the following ways:

1. Witness the natural rhythms of life: Everyday life has cycles that oscillate between dynamic Outer Present and static Inner Present states such as activity and rest, outer chaos and inner peace, movement and stillness, existence and silence, Peripheral noise and inner calmness. We need to pay complete attention and awareness to both these extreme states in such natural rhythmic cycles in order to attain balance between our body, mind and ecosystem in the Outer Present [Periphery] and Inner Present [Center]for enhancing our own well-being. So, take out time whenever possible to witness the natural rhythms of life and attain the Present naturally.

Example : When I was in my village, I witnessed the scenic beauty of mountains, pristine lakes and greenery as a part of the Outer Present. When I close my eyes, as the place is calm, peaceful and silent, I automatically attain the Inner Present.

2. Find presence in every moment: The only real truth which exists and continues to exist in every moment is the Present. What we consider as the past is a series of past Presents and what we anticipate as the future is a series of future Presents. Time is a notion that was developed by human beings in order to make sense of Peripheral phenomenon namely rising and setting of the sun, an understanding of circadian rhythms, to put safety precautions in place (certain predators used to attack man at night in prehistoric times) etc However, the concept of time is based on past based data. In the smallest frame of time referred to as plank time ((10×44 times shorter than a second), a single static frozen frame of that unit would contain only Source or Inner Present. Hence, it would do us good to acknowledge every moment in the Present.

Example: If I am suffering from a physical or mental or ecosystem noise(Traffic), instead of paying attention on these, let me pay attention to the Inner Present on a moment to moment basis. This Inner Presence gives us peace.

3. Realise the Everpresent state: Inner Present state is our fundamental state of existence which is always present hence it is called Everpresent. We were born in Everpresent state, lead life and even die in this state and even beyond death, the Inner Present will remain while our physical body decays and our mind will be wiped out along with it. Just realization of this past based experience is also Presents only. **That which we believe and experience is only movie-like illusions and are the products of our mind.** Hence everything, every moment, every being and everywhere is Everpresent itself. Only we need to realize it and be with the Everpresent State.

Example : Just watch an empty patch of land in a rural setting where a plant appears after seeding. The plant then disappears one day but the land remains. Here, the plant is comparable to human life which starts physical life as a genetic seed (zygote), becomes an infant, goes through various stages of human development and dies one day. However, the land was there before, existed during the plant's development and continued to exist after the plant's death just like the Inner Present. Hence, we have to realize the Inner Presence which is the Ever Present.

4. Convert everything into its reality: *Experience in the Outer Present depends on the scale of observation or perceptive ability.*

Every-thing refers to the Outer Present which encompasses infinite galaxies (distant solar systems) , infinite star worlds (milky

ways and Earth's solar system) and sub-atomic particles (electrons, protons and neutrons). Within the infinite star world, we also experience Earth, its various ecosystems and life forms as our Peripheral world. However, the no-thing part of the universe which serves as the source of creation for the everything-part goes unnoticed by us as we tend to focus on the thoughts, sensations and perceptions our brain and sense organs form from data and energy available in the Outer Present. We need to note that our perceptions of the Periphery range from species to species based on the limitations of their body, mind and individual Perception Cocoons. For example: we see the soil but we can't spot the millions of micro-organisms and tiny eco-systems within the soil particles. The awareness that at any point of time in a given series of Present, we cant fully witness the “everything” part of existence is so humbling and helps us develop the quality of humility in our lives.

Further, we need to understand that the inherent essence of all beings is the 'same' and the apparent diversity in physical form and shape is superficial. This is endorsed by the scientific truth that what we see and perceive as matter is 99.9999999% empty space. Species specific mind is the cause and director of all our thoughts and actions and it is the sole cause for all our understanding, interpretation, sensory and thought perceptions in the Outer Present. “Unity in Diversity” is the universal truth which we have to realize. Scientific conversion of everything seen, tasted, smelt, heard or felt in the Peripheral existence into its reality, the Inner Present, leads to the dissolution of the mind and in turn adheres us to the inherent oneness.

Example : When I look at a wooden table, I can understand that the wood is made up of atoms. However, I need to further acknowledge that within those atoms, what really exists is the Inner Present.

5. Transcend time to timelessness: Our Outer Present has time and we are trapped in it. But we need to be aware of our status as time-less individuals as the core Present or Inner Present is devoid of time. While it is essential to constructively use time in the Outer Present to employ our special skills and create meaning to our lives, we also need to indulge in activities that help us transcend time and connect with the Inner Present such as deep sleep, deep hypnosis, scientific spiritual activities such as meditation etc to attain optimal level of physical and mental health in the Periphery.

Example : When you start relaxing, you are aware of your body, your mind with time and surrounding ecosystem. As you relax, you will automatically fall into a deep sleep (NREM) where there is timelessness.

6. Discover and Practise Body, Mind and Eco-Spirituality:

Body, mind and ecosystem originate in the Outer Present. The Inner Present is the spiritual dimension. Balancing both helps us to attain the Present. Hence, Body Spirituality, Mind Spirituality and Eco-Spirituality need to be practiced. Once we connect with the Inner Present and align it with the Outer Present, we can feel a sense of oneness with all forms of creation all around us (living beings such as plant animals, microorganisms and even non-living beings like rocks, ponds etc)along with the characteristics of sameness, inclusiveness and a sense of belonging with nature. To become an eco-spiritual person, you only need to recognize, realize and recreate the truth ingrained in each and every aspect of nature, co-exist peacefully with nature and become co-creators while regloring with the knowledge of the truth.

Example : When we practice yoga, we are paying attention and awareness on the body-mind co- ordination in a given ecosystem.

Barriers can originate from body (headache) or mind (stress) or ecosystem (noisy environment). If we are able to tackle the barriers like cause of headache, reason for stress or environmental noise through Body, Mind and Eco-Spirituality, then we can do better yoga where we are in tune with the Inner Present.

7. Role Play in the Outer Present

Ordinarily, humans get caught up with body, mind and eco Peripheral noises and find it difficult to perform their duties efficiently in the Outer Present. In order to avoid this, we need to witness the Outer Present as a stage where we perform a role.

When we connect with the Source (Inner Present), we temporarily remove ourselves from the noise filled Periphery and experience the pure, tranquil, still Center. Maintaining this connect for just a few minutes a day helps us develop a sense of favorable detachment from the distracting noises in the Outer Present and become mere witnesses of Peripheral phenomenon where we essay a role.

Example : As I am a doctor, I see numerous patients with diseases. But I can't get caught up with the suffering of my patients as it will prevent me from performing my role as a doctor efficiently.

8. Spirituality 24/7: Centering in the inner present & Dynamic at the outer present

In the Outer Present, we have several activities which we identify as part of our Peripheral life such as walking, talking, cooking, studying, swimming, driving etc Most of us tend to completely focus on such Peripheral activities which is just the partial Present. However, **when we are centered in the Inner Present or our inherent spiritual dimension at all times, then we can attain Spirituality even while practicing regular activities in the Periphery. In this manner, we can attain Spirituality 24/7.**

Example : Irrespective of whether I am attending to patients, stuck in traffic, conversing with my son etc I need to get centered with the Inner Present to experience spirituality 24/7.

9. Meditation as a spiritual journey: Balancing outer present awareness and attention and later transcending in to inner present is essential in the meditation. Hence, there are 3 components to Meditation in Scientific Spirituality:

A. Awareness - Outer or Inner Awareness

B. Attention or Focusing

C. Automatic Transcendence

Awareness: Awareness has two parts- **Outer Awareness (Left Brain) and Inner Awareness (Right Brain)**. Outer Awareness is due to sensory perceptions. In everyday life, we are bombarded in this over-stimulated world with noise, information, music, bright lights and so many other distractions. All the information entering through your senses requires processing, which can lead to increased stress response due to sensory overload. Scientifically speaking, sensory overload occurs during beta level of brain activity (14- 28 cycles per second) in the left brain hemisphere. The Inner Awareness is the one which gives us awareness of ESP (Extra Sensory Perception). Inner Awareness is predominantly right brained where we experience alpha level of brain activity (7-14 cycles per second). From a scientific perspective, we need to effectively utilize both hemispheres of the brain through a spiritual journey of Meditation which involves transcendence from left hemisphere to right hemisphere and further to the Inner Present, so that we can attain harmonized body biochemistry

Focussing our attention: Wherever we pay attention, it grows and becomes powerful. If we pay attention to the outward sensory

perceptions, that becomes predominant and the right brain functions will be suppressed. The Inner Attention blocks the left brain which is predominantly ruled by sensory perceptions. Whenever we pay attention on the breath itself, this helps us transcend from left brain perception to right brain perception and ultimately reach Inner Present. It has been scientifically proven that the simple Meditative practise of closing your eyes and going to a darker place, while simultaneously folding your palms together in a “Namaste” posture or just simply observing your breath, helps focus our attention by slowing down the chattering of the left hemisphere of the brain to a calmer, more peaceful alpha level of bioelectrical brain activity. During these simple meditative practises, the right side of the brain gets activated. Many spiritual experiences occur after practising for long durations where the right brain dominates the left brain and as a result the increased awareness and attention of this domain gives us extra sensory perceptions including intuitions.

Automatic Transcendence : Automatic Transcendence happens automatically, as indicated in the name. It is necessary to transcend from left brain dominant sensory perceptions to right brained dominant inner perceptions and further to the Inner Present in order to attain automatic transcendence.

10. Witnessing Life and Death

Life exists in the Outer Present in a given ecosystem. During our lifetime, we experience diverse individual ecosystems within our Perception Cocoons. Human beings are the only species who thinks about death and its consequences. But, death is our original destination while life is comparable to a transient journey. **Consciousness is a Peripheral phenomenon attached only to the Outer Present.** During death like state which involves loss of consciousness, the Inner Present can be attained. Examples of death

like state are fainting fits, encephalitis where the person loses consciousness for years due to brain inflammation, post an epilepsy attack where the person can't recall what occurred during the seizure etc. Upon death, the physical body stops all physiological processes, the mind shuts down cognitive functioning and all that is left behind is the Pure Inner Present part of you which is Ever-present.

Example : Shavasana or corpse posture in yoga is a good example of death like state. Initially during shavasana, we have awareness of the body, mind and ecosystem. Gradually, we transcend Outer Present in an automatic fashion to the Inner Present. Deep sleep doesn't mean only Inner Present as Outer Present bodily activities such as breathing, regulation of heart beat and body temperature takes place.

11. Be with your inner stillness

“What is this life if, full of care, We have no time to stand and stare?” is the opening line of the famous poem “Leisure” by poet William Henry Davies. He couldn't have been more right. In our modern, deadline based lives, we have no time to just stand, be still and experience the Present. We need to understand that stillness can be attained in any state of body (tired, energetic) or mind (angry, stressed). Stillness reduces stress chemicals released in the body and heals the body and mind.

12. Silence – Centering the Inner Present witnessing the Outer Present

We are highly aware of our body and mind experiences in the Outer Present. However the dynamic activities witnessed by the body and mind are superficial phenomena which distracts us and prevents us from experiencing wholeness. The innermost core is always silent and static. Hence, the body and mind represent superficial reality where we experience time and space while the Source or Inner

Present represents deeper reality where we are free from time and space limitations. Connecting with the inner silence helps us keep the dynamic dimensions of body and mind in healthy states and better align them with respect to the Center to improve efficacy and productivity in the stage of the Outer Present.

Silence Meditation - Way to Center

Silence Meditation is a form of meditation practiced at the Center for Scientific Spirituality that involves connecting with one's inherent spiritual dimension or the Source or Inner Present. During this meditation we transcend from the past-based, ever changing, dynamic Outer Present to the universal essence within us (Eesha) which is pure, silent and static in nature. This spiritual dimension is our original nature. When we feel like we are getting too preoccupied with Outer Present phenomena and feel the need to re-set our body and mind, recharge and re-align ourselves with the Inner Present we can practice Silence Meditation which enables us to witness balance in everyday cycles of activity and rest, outer chaos and inner peace, movement and stillness, existence and silence, outer, Peripheral noise and inner calmness. Attaining balance between these natural rhythmic cycles will help us strike a balance between the Periphery and our Centre and attain spiritual well-being.

The Outer Present phenomenon that tends to distract us and prevent us from playing our roles effectively are in the form of three types of noises:

- 1. Eco Noise** which implies noises from extraneous sources in our immediate environment which we perceive as stimuli. They can either be positive such as birds pleasantly chirping, a melodious song playing in the background or negative such as traffic sounds, sounds of gunshots, a natural calamity etc.

2. Psychological Noise which implies the noise of your own thoughts which in turn can evoke emotional reactions. The average human mind is bombarded **with 60,000 message** units in a second so you can imagine how loud our minds are. For example: You may be sitting in India but apart from your daily worries your mind is also thinking about the gunshot or wildfire in the US that you read about this morning. These psychological noises are important as positive ones trigger the release of good chemicals while negative psychological noises trigger the release of unwanted chemicals that alter body biochemistry unfavorably.

3. Physical Noise which implies uncomfortable sensations that convey your own body's discomfort or state of disease such as headache, creaking of a bone, pain in a certain body part etc.

The purpose of Silence Meditation is to transcend from Peripheral Noise to Inner Silence. The spiritual centre or the silence is always within but because of the activities in the Outer Present such as thinking, reviewing, planning, imagining , seeing , listening , touching, tasting, hugging etc we tend to get caught up with only Peripheral Noise. Hence, Silence Meditation can be regarded as a scientifically validated spiritual activity. In order to transcend from point A to point B , a connecting pathway or bridge is always essential and in case of Silence Meditation, that conduit is in the form of physical activities such as closing the eyes, deep breathing and complete awareness of every breath that is inhaled and exhaled. Once we pay attention to every breath that is taken into the lungs and expelled during Meditation, the sensory organs forget to pay attention to Peripheral distractions they would otherwise focus on for eg. The noisy neighbor outside your bedroom window, the honking of an angry driver from the road beside your residence etc. Once you stop paying attention to the sense organs in the Periphery, you will cease

being attentive to or transcend the sensations and perceptions they are receiving, the brain will not interpret information from such unresponsive stimuli and instead you will connect with the silent Source Present.

Once we reach the Inner Present, this pure, silent part of you brings about a balance in your body chemistry in the Outer Present. The Inner Silence grounds you and gives you serenity and clarity of mind in the Outer Present.

Pre requisites: Switch off all noisy gadgets like laptop, television, mobile phone etc. While it's a challenge to subdue physical and mental noises, we can enhance our concentration by switching off external devices that create noises in our immediate atmosphere. Further you need not be empty stomach for this process as you might get preoccupied with hunger pangs or sudden thoughts of food. But, it is absolutely essential to be free from thoughts, judgments and rigid beliefs. Keep an open mind regarding your experience and understand the nature of the whole of existence before embarking on this journey:

The existence is comprised of two parts:

- * The finite part which we experience as the Periphery of the existence in the form of body and mind (a miniscule part of the Outer Present) and ecosystem (a larger part of the Periphery in the form of stars, trees, cities, mountains, animals etc.)
- * The infinite part called as the Inner Present or Centre of existence which is beyond all laws that govern the Periphery such as time and space and is free from noises and perceptions resulting from them.

Process

1. Be in a comfortable position. Sit upright with a straight back. Keep your eyes closed.

2. Pay attention to each and every breath of your normal breathing pattern. Follow your inhalation and exhalation patterns.

3. Transcend from left brain that is churning with thoughts to the right brain by closing your eyes.

4. Being in the Present helps us give attention and harmonise both the Periphery and the Center. The Periphery serves as a hurdle one must overcome in order to reach the Center. The best way to overcome this hurdle is to watch every aspect of the Periphery as a movie which is of 3 types:

- Movie of the Body or physical noise
- Movie of the mind or our thoughts
- External Movie or external noises such as traffic, animal noises, humans shouting etc.

5. Watch the movie of the body, the movie of the mind and the external movie, while grounding yourself in the Center. For example: If you experience any body -pain during the meditation, just acknowledge it and let it pass, if random thoughts occur to you, let them linger and go away, if traffic noises from the vicinity momentarily disturbs you, just let the noise pass and focus on reaching the Inner Present again without reacting to it.

6. You may experience automatic transcendence from Peripheral Noise to Inner Silence.

Benefits: Silence Meditation offers the following benefits:

- * Helps you feel more refreshed than a nap.

- * Helps you connect with your original or ground state. This is essential to realign the body and mind in the Periphery and attain balance.
- * Altered biochemistry automatically gets corrected with Silence Meditation as healing properties are associated with the silent state.
- * Shown to increase attention span and even promote the growth of new brain cells in the hippocampus region associated with learning activities and emotional awareness.
- * Boosts immunity
- * Lowers blood pressure
- * Alleviates stress by reducing circulatory levels of stress hormones such as adrenaline and the infamous cortisol.
- * Promotes better sleep
- * Enhances creative abilities in the Periphery
- * Enables one to become self-aware and make sense of disorganized thoughts and gives one the strength to confront uncomfortable emotions.

Universe is born in Everpresent state, every human being is also born with this inherent inner present and has this silent inherent "I" - which doesn't belong to any period *zone*, religion, region, caste, and it is universal. Silence is our original state. It is the language of the Inner Present. Being in the silence, helps us get in touch with our Inner Present and in turn helps us stay calm and stress-free. Silence is a simple yet effective spiritual solution for all.

Chapter 7

ENLIGHTENED LIVING AND BENEFITS OF TRUTH

1. ENLIGHTENED LIVING

Enlightenment in layman terms implies a heightened awareness of the truth. From a spiritual scientific perspective, human beings can attain enlightenment once they **recognise, realise, reconnect, recreate and reglow with the truth.** This enlightenment doesn't involve years of meditation in a desolated forest or icy mountain top in the absence of sustenance, but only requires the individual to identify and realize the universal essence of creation within himself referred to as the Inner Present or Source Present or Inner truth or Ever Present. He then further recognizes that the inner truth is the ultimate reality, realizes that the truth is inherent and always present within him, reconnects with the inner truth to re-align body and mind in the Periphery, re-creates the truth in spiritual activities to ground himself and re-glow with the truth by creating a meaning to his life as a fearless and self-reliant individual.

Discover The Present: The Present is omnipresent and all pervading at every given point of time in a given series of Present. However, we only need to discover the Present as the fundamental truth. We can start by understanding the two parts of the Present- Outer Present (Sakara) and Inner Present (Nirakara). Everything we see and perceive about the world around us- ecosystems and infinite galaxies, star worlds at an existential level and species specific body and mind at an individual level constitutes Prakruthi. However, the core part of every being (living or non-living) existing in Prakruthi is in fact the pure, silent Purusha. This universal essence which is the same in each and every entity in Peripheral existence has been verified by Quantum Physicians as Quantum Field, a state that is composed of

99.9999999% empty-like space. Using scientific facts and the medium of Scientific Spirituality to discover the Purusha concealed within us in order to gain the required physical and emotional strength to confront challenges in life and adopt a practical, detached attitude towards Peripheral noises is the first step towards enlightened living.

Realise The Present: Imagine if we were blind-folded the entire while and suddenly when the folds are taken off and we are bombarded with visual delights. Isn't it a moment of reckoning? Ironically, although we are privy to such wonderfully unique sensory experiences in the Outer Present through our sense organs and the corresponding sensations, thoughts and perceptions computed by the brain from that data, we have a blind fold on. This is because all our physiological sensations and psychological thoughts in the Periphery (Prakruthi) are built on past-based data governed by the laws of physics, time, space, programmed identities built on superficial labels like name, nationality, region etc which in essence aren't the real truth, but an illusion. The only reality that exists in its pure undiluted form is the Purusha or universal essence which is the point of origin of everything that exists in the cosmos. The Purusha is free from the laws of physics, time, space, socio-cultural constructs and most importantly free from perceptions and consciousness. Once we realize Purusha, it is that moment of reckoning when our blindfold is taken off.

Live With The Truth: Living with the truth is Spirituality. Although the pure, silent Inner Present exists within us from the newborn state to childhood to adolescence to adulthood, death and even beyond death-state (where the physical body and mind ceases to exist but Inner Present remains), it doesn't mean that we are automatically leading spiritual lives. This is because we are too caught up with the thoughts, sensations and perceptions elicited by the body and mind in the Outer Present and the ensuing noises or disturbances

arising from them (body, mind and eco noise). Living with the truth in a spiritual fashion involves re-connecting with the inherent spiritual dimension within us through scientific spiritual activities that promote automatic transcendence from Outer Present to Inner Present such as deep sleep, deep hypnosis, deep meditative states of being in silence.

Take Action in the Present: We as human beings are the most sentient beings in existence. Once, we discover, realise and reconnect with the inherent universal source of creation within us (Inner Present), we can recreate this truth in the Periphery by exercising our unique, creative talents to take on the mantle of Co-Creators and take action on the worldwide stage of the Outer Present. . Eg housing projects for those affected by natural calamities, establishing orphanages, homes for the destitute and elderly, fashioning personal greeting cards from hand-made eco friendly material, planting trees, saplings, promoting kitchen gardens, seed-balling drives and organic farming, volunteering for wildlife protection programs etc Taking action in the Present for a less polluted, thriving ecosystem through Eco-Spirituality and a peaceful co-existence among nations through Ever-Present Global education and Universal Human Being Awareness education is the need of the hour. ***Each act is a whole act by itself. Each act contributes towards the whole. Each one is everything and is interconnected with the whole.***

Glow with the Present: Connecting with the inherent silence within us and developing attention and awareness to label free thoughts, perceptions and sensations in the Outer Present will enable us to automatically reglow with the truth of Everpresent. Glowing is an easily attainable by-product of awareness and attention in the Periphery

At an individual level, we can glow with the truth by maintaining the Source Present as our third eye. In other words although we have physical eyes that enable us to view various Peripheral phenomenon, we must pay attention to the vision of truth or Source Present by connecting with this inherent dimension to transcend thought-filled, sensory overload state in the Periphery to thoughtless, no-mind, no-perception state of the Inner Present and enjoy its characteristics of purity, peace and bliss. Once we attain this vision of truth, we can get rid of our programmed conditionings in the Periphery (built on past based data such as location, religion, caste etc) and become aware of our Universal Human Being nature to promote better relations between humans and nations who are ordinarily divided on these superficial basis. When we glow with the Source Present, we will be free from fear, an emotional reaction that develops only in the Periphery as we can access the fearless state within us at any given point of time. We can also activate the right brain during the spiritual journey that allows us to connect with the Center which in turn helps us access creative thoughts, empathy, love, intuition and other higher emotions that shape our mental attitudes for the better in the Periphery.

At a global level, we can glow with the truth as realised Universal Human Beings who promote world peace and physically and emotionally sound beings as opposed to being wounded individuals.

What we believe and experience as truth or fact is only movie-like illusions and are the products of our mind which belong to the Outer Present. Anything which is new or becoming or changing is transient in nature in the Outer Present. Whatever enlightenment- like- experiences we receive in the periphery won't stay with us, as it is transient and this experience is because of right brain activation. **Enlightenment involves wholeness of the present. Anyone can attain scientific enlightenment irrespective of religion, caste, creed. They only have to realise the Everpresent state.**

2. BENEFITS OF TRUTH EDUCATION

Individual Level:

1. Firm foundation of Truth: It has been roughly estimated that there are around 4200 religions in the world which means that there are 4200 versions of the universal truth. Once we understand that the source of creation resides within us at all times and we can choose to witness it through certain scientific spiritual activities like meditation, deep sleep, deep hypnosis etc, we will not be swayed by false notions of Gods and religion which serves to divide humanity. We will understand that **God is a type of language we have learned, to understand the source of our creation.**

2. We gain Scientific Enlightenment: Recognizing and realizing the Inner universal Presence which is Ever Present within, through veritable, scientific methods and thereafter reconnecting, recreating and re-glowing with the Ever Present is Scientific Enlightenment. **Living with the truth is enlightenment. It is necessary to differentiate the experiences of the Outer Present from real enlightenment.** It is essential to note that enlightenment-like- experiences in the Outer Present alone are transient, Peripheral phenomenon due to the right brain activation.

3. Helps us gain Strength: Scientific Spirituality educates us on the truth of existence, Who am “I” in the Present, the essence of the entire existence, how individuals can blossom their unique talents, Ever Present Global Education, How to live in the Present and how we are all inherently Universal Human Beings. This Truth gives us strength- physically,mentally, emotionally and spiritually. Once we understand the inner truth or inner present, we can enjoy its characteristics of purity,peace and bliss.

4. Right Brain Activation: In keeping with a conformist society,

most of us suppress our right brain. Getting in touch with our spiritual dimension involves an activation of the latent right brain which is associated with emotional intelligence, creativity, extra sensory perception and intuition. Right Brain activation is also associated with the emergence of higher emotions such as love, honesty, patience, tolerance, compassion etc Spirituality in the Outer Present, also activates certain non- dominant areas of the brain which are involved in the appreciation and fulfillment of spiritual values and experiences.

5. Makes us self-reliant: Present education helps us transcend from the ego dominated mind of the Periphery to ego-nil pure Inner Present. In doing so, we shed inhibitions we have about ourselves and become self reliant individuals who are capable of creating a purpose to their lives. We become confident in our own abilities and do not see the need to seek meaning in the blind teachings of self-ordained teachers who are one too many in the world.

6. Helps us play a role: Most often than not we as humans get caught up with the body, mind and ego noises in the Outer Present, which reduces the efficacy of the role we are meant to essay in the Outer Present. When we get in touch with our spiritual dimension, we shift from Outer activity of the Outer Present to Inner Present, which is silent, we cultivate balance and an internal state of peace and silence which is independent of people, situations and circumstances around us. This helps us overcome Peripheral distractions which in turn enables us to play a better role in the Periphery.

7. Uncover a universal identity: We discover our real identity as Inner Present which is universal in nature as opposed to programmed identities that exist in the Periphery on the basis of name, region, religion, language, nationality etc. The knowledge that each and every being shares the same nameless, universal essence called Ever Present

helps us realize the Universal Human Being within us. We understand how we are all a part of the cosmos and appreciate unity in diversity. We will further acknowledge that the true Creator is within us and all pervading . We need not search for the Creator in any particular region/ religion/ temple/ church or mosque. As universal human beings, we are aware that gods are all programmed notions of man and our true inner nature is peace or Pure presence.

8. Tackle the root cause of illnesses: Present education emphasizes that each and every thought, feeling and experience in the outer Present, affects every cell membrane of a cell in us. Membrane in turn reflects on epigenetics of a cell and epigenetics in turn reflects on genetics and causes mutation. This knowledge helps us to weed out the cause of illnesses. Maintaining a good lifestyle and eco-spirituality will help us to have good epigenetic.

9. Uncover the power of the Mind: As opposed to being controlled by the past- based, stale perceptions of the mind, Present education of the real Source “I” will enable us to use the mind as a tool to generate positive thoughts and attitudes and in turn create a life like Heaven in the Periphery for ourselves. We can also regulate our thoughts and develop a sound mental health by using the knowledge of the Inner Present and maintaining a connect with it through spiritual activities like Role play, Silence meditation to take responsibility for one's own actions, flexibility in his attitude and ability to increase his threshold for frustration, acceptance of uncertainty, courage to take risk, serenity to accept things beyond our control and develop harmonious relationship with body and mind as a tool and in turn with other individuals and surrounding nature.

10. Helps us to attain balance: In the fast paced modern lives that threaten our physical and mental health, an awareness of our spiritual dimension through Present Education balances the natural

rhythms of life like movement in the Outer Present and stillness in the Inner Present, noise in the Outer Present and silence in the Inner Present, chaos in the Outer Present and peace in the Inner Present, activity in the Outer Present and rest in the Inner Present.

11. Respect the ecosystem: Individuals in the spiritual Dimension of our Life, consider the ecosystem and the co-creator opportunities it provides through Ecospirituality and will not fear any other Gods. They nurture nature and form an inclusive bond with it through the tenets of Eco-Spirituality which involves recognizing, realizing, recreating and reconnecting with the Inner Present in each and every entity of nature.

Global Level:

At Global level, awareness of spiritual dimension through Present Education will:

1. Enable terrorist free world to become a reality as individuals who have a firm belief in the scientific spiritual truth will not be brainwashed into religious driven terrorist policies.
2. Empower nations through the creation of self-reliant individuals who will not follow a conformist attitude and will channel their unique skills to improve economies and enable each other to grow by shedding aside their egos and valuing unique strengths.
3. Realising Global peace through the creation of peaceful individuals. When people learn to connect with their inner silence and acknowledge the common inner silence in those around them as well as the ecosystem.
4. Universal One-ness as every individual will awaken the dormant Universal Human Being within him/her.

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We conduct scientific spiritual educational programs for school, colleges, public institutions and corporates on

“Truth of life”,

“Destress through Truth”

“Everpresent Global education”,

“Be Yourself”

“Universal Human Being Awareness Education”

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UNIVERSAL HUMAN BEING Certificate

You are a unique human being, a child of universe born to your parents' genes. At birth you had no name nor labels of religion, region, caste, creed, period, zone etc. You were just a child of the universe belonging to the whole universe. Your family labelled you with a name after birth, later you are further narrowed as one belonging to a religion, race, region, nationality, caste and subgroups etc. However, remember that the peripheral part of your body and mind is not only unique, but also special and creative. But the truth is that your centre is pure state [Universal presence] beyond language. Hence you are always a Universal human being.

Acquired & Peripheral Labels

- Unique id no.....
- Father.....
- Mother.....
- Name.....
- Date.....
- Time.....
- Place.....
- Nationality.....
- Religion.....
- Sub Group.....

**THIS CERTIFICATE IS PROUDLY
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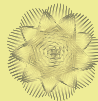
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****As a preliminary step to create and sustain this awareness we are providing this certificate regularly after seekers undergo a short course on "Universal Human Being Awareness Education" at our centre. The main objective of this education is to help the people to be aware of 'Universal human being' state in an individual, scientifically and establish an 'undivided human society' where every human being would flourish in a unique and peaceful way. It helps in identifying unique design of every individual in the existence and life is an opportunity to leave a unique footprint in the periphery of our existence.**

**Once you realize that
You are a universal human being**

- You will be aware of peripheral existence and its integration of present & past
- You will not believe in religious, regional, caste, racial and linguistic labels imposed on people.
- You know that the notion of time, self and ego are not real and dismiss them as socially and culturally evolved labels
- You do not believe in dogmas and are able to come out of irrational, unscientific and traditional thinking and will think independently.
- You are empowered and are able to understand the nature of individuality and you will understand that your center is Present state and your periphery has body and mind, in which every individual is unique, special and creative.
- You will be aware of fearless state within and you will be self trusting & Spiritual.

*****We have been exploring the ways and means by which we can free human society from vicious clutches of religions, communalism, terrorism, jingoism etc for over 25 years. It is our firm conviction and desire that every human being has the birth right to know Ever-present state. We make a strong appeal to the government authorities all over the world to arrange for the issue of this Certificate to every child by all the birth Centers as a part of the awareness.**



IDENTIFY YOUR CENTER AND PERIPHERY

We experience life **peripherally** as our body-mind state with ecosystem because of labels. But the innermost **core** essence of our life is always silent presence without label.

BOTH CENTER AND PERIPHERY CONSTITUTES ABSOLUTE/ EVERPRESENT/ WHOLENESS	
OUR PERIPHERY	OUR CENTER
Human	Being
Form	Formless
Body & Mind Dimensions	Inner Present Dimension
Materialistic world	Spiritual world
Perception state	Perception less state
Past+future	Inner Present only
Limited	infinite
Physical	Invisible
Growth and decay	Constant
Life-Span around 100 years	Eternal
Thoughtful State	Thoughtless State
Time	Timeless
Illusory	Real



Dr. G. Shashidhara aged about 54 years is an able son of a highly dedicated school teacher, Sri Gagananandaji, whose life was totally devoted in understanding the absolute reality of life & existence.

Dr.G.Shashidhara completed his M.B.B.S., degree in Bangalore Medical College in 1987. After obtaining a Master's Degree in Paediatrics, he was consultant with several hospitals. He

now has his own outpatient practice at Sanjaynagar, Bangalore.

Dr. Shashidhara was born and brought up in a family environment that always breathed, echoed and emitted spirituality. Hence, began his 25 year quest for the truth of life which culminated in Scientific Spirituality.

Dr. G. Shashidhara is also the founder of the "Center For Scientific Spirituality" situated in West of Chord Road, Bangalore and the author of several books namely Living in the Present, Ever-Present State, De-Stress through Truth and Scientific Spiritual Solutions for Managing Teens. Through his work, Dr. Shashidhara has given a more practical and livable definition of spirituality and way of life by concluding that "Living with the truth or Present" is indeed spirituality. He has also been conducting workshops on spirituality since the late 1990's.

As of 2018, Dr. Shashidhara has become a Trustee of Bangalore Environmental Trust (BET) which has inspired his work on Eco-Spirituality. As a pioneer of Scientific Spirituality, it is Dr. Shashidhar's vision to contribute towards the creation of scientifically enlightened individuals.

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