

The
**MYSTERY
BOX**

DISCOVER. DECIPHER. TRANSFORM.

VIMOSH VENUGOPAL



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नमामि तव पाद पंकजम् ।

**" With adamant desire, hard work
and total dedication unto her lotus
feet, there's nothing in this world
which cannot be achieved.."**

Dedicated to..

My cutie little princess, Vendasree..

My Motivating machine, Aish..

About the Author



Vimosh Venugopal is a strategic writer who mostly bases his works on mind studies and connected facts. He attempts through his writings to link the findings backed by scientific perspectives and probabilistic philosophies which hint at unexplored areas of human existence. He researches on the potential and application of human mind in the arena of life and focuses to explore the hidden tracts of the neural base. His writings are rich in spiritual explanations of being and link the concepts of modern science with mysticism. His writings explain the modalities of life in the process, towards the true culmination.

About the Book

‘The Mystery Box’ sketches the concept of Consciousness and Super Consciousness, clubbing the theories of Evolutionary Biology, Quantum Physics and Neuropsychology. It explains the mechanism of living, bounded by the mysterious forces of nature. It speaks on how one’s destiny is marked and the trajectory towards it is traversed in the journey of life.

The possibilities of ‘After Life’ based on postulates and real-life experiences have been detailed. The writing has references to incidents and narratives, with convincing backing. Suggestions and studies in its latent stages have also been considered to derive conclusions. The literature gives special focus on parallel hypotheses and probability studies, which would better clarify the covert paradoxes. This stands as a deeper observation of established facts and theories, and analyses, based on expert opinions, the possibilities of alternate scenarios of existence.

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The God Particle..

(Tat – tvam – asi..)

The omnipotent supremacy in the pragma of existence is to be understood as a mechanism to empower the self. We need to explore the self through the process of realization and deep cleansing for unleashing the potential within. A bolted belief system that an external force would be at support and rescue at tough times would strengthen the self to tackle the problems in front. It is the 'You' within which acts for you and work out miracles in your favour.

When we dwell into the facts of existence and being, we would come across many boggling actualities which marked the states of origin and evolution. The events were perfectly in array for the life to happen at its destined point, in the scale of time. Had it been another course, the cosmic arena would have been in an alternate geometry, continually shaping the null fields, and there would have been no spatial formations to contain the now immensity.

At the zero hour of origin, matter and antimatter existed in a perfect 50–50 balance. In accordance with the laws of physics, they should have annihilated each other, leaving no scope for any further existence. But, the universe evolved.. to our wonder, opening up the chapters of mystery. For every billion antimatter, one extra matter survived, and that tiny surplus later formed every star, planet, and galaxy.

The infant universe witnessed the natural formation of cosmic knots, the ultra-stable loops of cosmic energy, which in its course of progression broke apart through the process of quantum tunnelling. As the knots unravelled, they released massive right-handed neutrinos that decayed asymmetrically, giving matter a decisive edge over antimatter.

In the process, the trajectory was sketched and set in detail by some invincible forces around, for the pathways to open towards the destiny. The synchronization of events appears to have been mastered by those hidden forces, without which a finessed execution would not have been possible. Those forces guide and direct every sequence in the existential frame; the stories unveil according to the cosmic plans.

Introduction

The philosophical framework within which the concepts and meaning of life are defined has been quite puzzling for long. Many belief systems have been pillared over time to prop up the structure of living in a defined ethos, but those formulae had limitations and could only detail the arena of life in specific perspectives. The ‘Karma-bound’ descriptions as preached by the religious schools of thoughts have not been satisfactory to many, since those principles lacked the sought for universality – Those preachings were with evident lacunae and did not find to apply across, with parity. The ever-inquisitive human mind never stopped; the humanity continued to explore, to satisfy their content and to contain the very purpose of life. They have never been complacent with the suggestions of the scientific world too, of which the postulates linked to the human abilities were for long, inclined and confined to the boundaries of human biology.

The path-breakers never were willing to conclude that the phenomenon of ‘Life’ is controlled and steered by the biological cyclic rhythm. Instead, they kept on investigating to find out if there is something beyond. They happened to observe many miraculous events which they found difficult to explain with the known hypotheses and theories. The living world laden with emphasis on science could not detail the causes of such mysteries, for the reason that the explanations were rooted within the ambit of human biology. The said community remained stunned with little justifications to offer.

What controls us in the mechanism of living?

Is ‘Being’ an assemblage of physical phenomena, governed by the principles of physical laws, in the spectra which we have access to?

Are we all connected in an invisible dimension, which makes things work beyond the territory of mechanics?

What does it really mean that We cease to exist?

How do we detail Death? Is it a defined process which ticks off from our birth and extends hence on a continuum? or Is it a concluding note of the process of Life?

What after 'We die'? Does a Life exist after our death, in the present world? Will we be born again, in a similar form or other?

When humanity leaps forth with more understandings and revelations, it quests high for its existential commandments and empirical determinism. The culmination theories and analyses are not taken for granted and convictions stand as a mandate on this front. He now wants thorough clarity on everything he is bound by and demands the supplementing approaches to be vivid.

The advancements in modern science throw light to many of the hitherto unexplained phenomena. A multi-faceted, integrated approach, with the application of findings in modern medicine, neurophysiology and quantum physics continually attempts to unearth the miracles in the living world.

Human Biology has been considered as one of the most intriguing sculpts of the evolutionary process in the living world. The origin and the then continual adaptations from the prokaryotic, unicellular organisms to the present form *Homo sapiens* has been a journey of millions of years and We, are the result of innumerable Selections and Transformations. Our evolutionary predecessors in the lineage struggled for their existence in their world and later, the fittest of them survived, through the process of selection.

To fathom into the mysteries of life and the living, We should understand in deep the chronology of our development, the very evolutionary lineage which made us so, the present-day human. Once we untwirl the pandora's box, the secrets would unveil.

To clarify on the possibility of continuation of life after its biological cessation, We should analyse deeply the multi-dimensional operations of Life and the factors which determine the 'Being'. We exist in a predominantly dark space, dark energy and matter together constituting 94% of the universe. The events, the cosmic factors, the influencers, which would have an impact on our existence on this infinitesimally tiny planet still remains hidden. We are inferior in many respects that it is nearly not possible to conclude that whatever we have seen and perceived yet are the outer limits of probabilities. There could exist a world outside, a good many universes, as the new theories of origin suggest, where the physical laws would be widely differing from ours and the matter within would be dealt with by sets of rules evolved in accordance with their making. And, the clues to the mysteries of human dominance, the intellectual superiority and advanced intelligence might be locked in those unexplored dark cosmic centres.

We often wonder how the machinery of human interactions and relationships work in such an orchestrated fashion. Is communication, verbal or non-verbal, the only key which bonds. Or, does there exist any other component which makes our 'Self' – The 'I' and the 'You'? The totality of self and group interactions, intra and inter species, defines Life in its material form, external abiotic factors contribute to the existence and survival though. It is the awareness which makes things work – Awareness of the Self and the World outside. Consciousness is what it is termed as, the set of factors which gives us awareness about the 'I', 'You' components. In brief, the whole lot of miracles which would unveil the 'Kind of' are stationed within our Brain – 'The Mystery Box'.

Understanding the brain, at the micro, macro structural and functional levels would solve the challenging puzzles associated with. The power within is to be raked up further and known to its full dimensions, for the mysteries to open up. It is the substrate within, which plays the trick. It is the multi-degree sophistications of the cranial space which make things work, to our wonder and

curiosity. Science is now on progress to comprehend and simulate the functionalities of the ‘Master Organ’, with which the hitherto unexplained complexities and possibilities of its potential could further be unearthed.

Let us micro-dissect the concept of Consciousness and further into the secrecy of mysteries. Though debated for long, it is now accepted that there exists a conscious loop and a subconscious loop in the human brain, the conscious system involved in all the conscious activities which we are aware about working at and the subconscious involved in gaining experience through collection of information from around, involuntarily; we seldom are aware about those information getting interpreted and registered for long in our memory centres for use at a further time without the conscious getting a signal of it. In fact, it is the subconscious which dominates in our making, the making of an ‘Individual’ with difference. We are all unique in a way, due to the genetic contributors involved in the process of our making. We know that no two individuals, though close blood relatives or siblings, including identicals are exact in all respects; the process of crossing over in the reproductive phase being the reason. So, at the Zero formation stage, we all are born different. But, what makes us further unique is the experience we gain over years in the process of living, the subconscious addendums. Every being sees the same world differently, hear, smell, feel and finally interpret in a different fashion. The same matter will form a different image in different brains through different patterns of interpretations; the fundamental reason being the differences in the neural networks. Millions of permutations and combinations, possibilities and probabilities are involved while we perceive and interpret a single material entity.

The brain, while viewed as a machine, manufactures thoughts, the culmination of an array of biochemical reactions. The process of thinking is so complex and widely differs for individuals, with unpredictability at its peak. Outcome of a thinking process is more unpredictable since it involves the inputs through widely varying

neural connects, the information exchange across the synapses, the understandings of events and patterns in which they are registered and stored in the brains. Thus, the consciousness, the kitty of thoughts and the manner in which those thoughts are re-registered for further references in a different style, stands as the basis of every material living. Consciousness is specific to one and one is marked by his unique consciousness. Though unique in its formation and existence, it does not exist in isolation because it cannot be so in a social survival structure. The consciousness is to have a fluid nature, spread across and interconnected with the existence factors, to support the 'Being'. At the Zero hour of evolution, the biochemical outputs of the brain, the thoughts and other co-ordinated phenomena, far-sightedness, predictability, the assessments of probabilities of success and failure, analytical, reasoning skills and the like would have existed in isolation because the special abilities of brain and its output, the primitive form of consciousness was limited to the mission of securing the timely diet. During the course of evolution, the consciousness should have expanded its reach, widening the scope to live in a herd, to develop a social pattern of living, interacting with those in the channel. There must have been an alignment of thoughts and thus the consciousnesses, to interact and arrive at consensus or difference, to accord or discord, since the scope of communication through verbal modes was little.

The interactive equations of consciousness are now well detailed by the concepts of Quantum physics. Quantum entanglement is the phenomenon through which consciousness of a being links and networks with others'. The evolving theories on this front gives much scope for our understanding on the continuation of life, beyond the generally accepted three or four dimensional existence and other related phenomena of the subconscious minds, which involve actions beyond the territories of the senses.

The process of thinking has been fascinating the human minds for the reason that there has been no peculiar mechanism which was found supporting the phenomenon as a cause. But, it was for sure

that the process commences from the neural network as no other system in the human body has the abilities similar to the human brain and its associates. The probable linkage quantum mechanics would have with the functions of the brain in the thought process have been analysed in the recent past and hypotheses supporting the connect formulated. It has been proposed that there could exist many innate behavioural programs based on quantum processes which structures the thoughts. Thus, the brain machinery and the process of thinking have a common fundamental of quantum nature. It is ought to be seen that the formation of synaptic contacts and synaptic weights are mediated by quantum non local interactions. The interaction between biologically important molecules in the brain and their topological properties can be the basis of the quantum metalanguage, which forms the basis of the human behaviour.

And, if such a medium of consciousness exists, will it continue to have its existence in its then form or other. Will the whole mechanism of its function cease to exist at a point when the biological functions terminate. Is the consciousness interlinked with the material mechanics of the Central Nervous System and the multi-dimensional functions of the neural infrastructure. It is widely believed and explained that death is the culmination of the material being, with which the physical, chemical and biological activities which makes the body, the physical structure making the living, come to a halt. When the body ceases to exist in its physical form, the associated functions of the brain, which serve as the cause and the reason of living cease too, the theories state. But, there remains phenomena which are unexplained with this concept of death and the termination of existence of a being, with the cessation of functions of the structures associated with.

There are boundaries for the definitions of ‘Death’ as is being put forth, to explain phenomena which hints the existence of a life beyond. There are recorded events for Near Death Experiences, Memories of Past Life and the like, which remain a pandora’s box to the proponents of the present concept of ‘Death’. The

phenomena of Telepathy, Clairvoyance, Clairaudience and other Extrasensory perceptions can be better explained when we understand the concept of Consciousness and of our existence in a medium beyond the usually conceived dimensions of existence.

The functions of the human brain have been the most challenging to find out and explain as they are greatly complex in its outcomes. The outputs are not merely physical or chemical as is with other organs and systems, but much beyond. The very basis by which those functions become complex lies in its structural arrangement. It is an array of millions of neurons in a totally unpredictable manner. The output of every brain, every micro-moment differs in its pattern, for the reason that every action of the organ is the result of the interactions of multiple neural networks with millions of neural cells in each. A decision or a thought cannot be strictly attributed to a defined structure or pathway; thus every decision and every thought of every individual greatly differs in its manner and pattern. Events which have been registered in the brain centres also contribute to the outcome; the arrangements and interactions of neural networks are also based on those events and experiences which the brain makes use of in its journey forth to arrive at decisions, either logical or impulsive.

Cognitive Science suggests that our perception of reality is not a passive reception of information from the outside world. Instead, our brain constantly makes predictions about what it expects to see, hear, feel and then uses sensory data merely to update those predictions. We are in essence, living in a controlled hallucination that is constantly being corrected by reality. Our beliefs and expectations literally shape the world we experience. A growing body of scientific evidence suggests that the neurons in the brain and heart function not as storage containers but as biological antennas. They are soft sophisticated receivers that tune into the place in the quantum field, the matrix where our memories actually reside. This is no longer just a theory, the next gen. computer chips based on this principle are getting designed for release.

The discussions forth will be on the concepts and findings backed by Quantum Physics, which consider existence in a multi-dimensional locale. The writing borrows richly from the concepts of Cognitive science, Evolutionary biology and Psychology. The in-depth studies in these fields give us a better understanding of the way in which human brain evolved from the primitive task directed neural co-ordinations and how the much more complex, sophisticated development happened in the structure and functions of the system.

Analogously, let us understand the advanced theories in Physics, which would augment our concepts of origin, existence and eternity. There has been a paradigm shift on the studies, from the three-dimensional existential space-time logic to the possibilities of parallel, multiple existences at higher dimensions and scales. Modern physics now marks the relevance of quantum theories in describing the existential mechanisms. Quantum postulates speak about the ‘cause-effect’ formulae which decide the ‘Being’ state in the frame.

The mystical traits of life – the phenomenon of birth, the sequential patterns of physical and emotional development which fit us into the world of reality, the termination phase and the eternal existential likelihoods have been widely discussed and researched. The ‘Why’ and the ‘How’ beyond our conscious understandings have been the subjects of thought since humanity attained its philosophical and spiritual maturity. The studies in quantum mechanics give some suggestions on this front which sound sensible to an extent. Those suggestions would at least pave the way for further investigations to unveil the riddles.

According to quantum mechanics, death never exists in real life, the concept which they call as ‘Quantum Immortality’. It suggests something stunning: that you never truly die. Let us find out. You’re sitting quietly, when suddenly your heart starts racing. You clutch your chest. A heart attack is happening. Now, in our ordinary world, only two things can happen: you survive or you don’t. If

you die, your family mourns, memories fade, and life moves on – without you. But quantum mechanics sees it differently, completely differently. At the very instant of death, reality branches, in one universe, you die. But in another – you don't. You survive, Your heart keeps beating. To your family in that world, you're gone, but to you, you're still here, just like a train switching tracks – your consciousness slides into the version of reality where you are still alive. It's like flipping a coin – In classical logic, it's heads or tails. But in quantum physics? It's both – each outcome splitting into its own universe. One version of you sees heads. Another sees tails. Both exist. Both move forward. This is the Many-Worlds Interpretation of Quantum Mechanics, a dazzling scientific theory revealing every possible outcome is real, each one alive in its own separate universe.

Scientists suggest that dimensions around us might be doorways to an entirely different universe. The three dimensions we experience daily, length, width and height are just co-ordinates that help us navigate our single universe. Theoretical physics suggests additional dimensions could exist beyond what we perceive. String Theory proposes up to eleven dimensions, most curled up, so tiny, we can't detect them.

In a breakthrough study, scientists have reportedly created a particle of light that touched 37 dimensions at the same time. This experiment challenges our understanding of physics and opens new doors to exploring the hidden structure of the universe. Particles of light or photons, are usually confined to the three space dimensions plus the dimension of time. But in this experiment, advanced quantum techniques allowed researchers to manipulate a photon in ways that let it interact with multiple dimensions simultaneously. This could provide crucial insights into theories like string theory and the concept of a multiverse, where countless dimensions co-exist beyond human perception. The implications of this discovery are staggering. If a particle can access multiple dimensions at once, it may be possible to study phenomena that were previously thought unreachable. This could help answer some of the deepest

questions in Physics, including the nature of dark matter, the structure of spacetime, and the hidden forces that govern the cosmos. Each step forward brings humanity closer to understanding the universe on its most fundamental level. This breakthrough is a reminder that the universe is far more complex than our senses can perceive. In fact, the universe is stranger and more fascinating than we ever imagined.

Time, not space is the core structure of the universe, says physicist Gunther Kletetschka from the University of Alaska Fairbanks. According to his theory, time has three dimensions and the familiar three dimensions of space are secondary, arising from a deeper framework of three dimensional time. Instead of one timeline moving only forward, Kletetschka proposes three separate axes of time, like height, width and depth in space, allowing for different versions of events and new paths between them. His model combines these three dimensions with space to create six total dimensions, offering a possible step toward the long-sought theory of 'Everything'.

A consolidated understanding is imperative at this juncture, to have a meaningful analysis of facts. Approach of the mainstream science alone would not be sufficient to imbibe the realities and the causes behind. Science has not yet set its domain to unravel the hidden facts in full. It is still on the progress path to make supporting facts and evidences. In fact, it started its journey quite recently in the time map and its contributions could only be counted as the initial steps towards many burgeoning tasks ahead. Many more inventions and discoveries are to happen further to take the attempts forth towards accomplishments. Relying on the mainstream concepts to get the holistic of phenomena around would be futile for the reason that those platforms remain at weak foundations. Science is highly amenable to change and so are its present-day theories.

This writing has references to real-life incidents and narratives, with convincing backing. Suggestions and studies in its latent

stages have also been considered to derive conclusions. The literature gives special focus on parallel hypotheses and probability studies, which would better clarify the covert paradoxes. This stands as a deeper observation of established facts and theories and analyses, based on expert opinions, the possibilities of alternate scenarios of existence.

Why, were we born here?

Does life follow a larger design? Are we destined to? Does our being carry an innate purpose?

From the moment we begin life's journey, we seem to follow a path shaped by precise processes. The choices that suit us guide us toward what appears destined. It is in fact our identity, shaped by our inherited traits, ancestral qualities, intelligence and experiences which take us forth and marks our culmination in the destined journey of life.

In the spree of chaos, we allow external influences, often compulsive ones, to shape our choices and direct our paths. Rarely do we pause to understand what we truly seek and we fail to satisfy the deeper core of human consciousness. The very purpose of our existence thus mostly remains unexplored.

The fulfilment of every being is realizing the true self and discovering the way ahead. At that point, when you realize your purpose, you move toward your goals almost naturally, not toward goals shaped by temporary desires, but toward those aligned with your true needs, identity, and inner consciousness, guided by reality and destiny.

The ‘I’ Factor.. (Aham..)

Something feels so familiar and constant that we rarely question it; the deep, steady sense that ‘I’ exist. In fact, we do not create this feeling, it quietly remains in everything we do. When we wake in the morning, we sense it. When we feel pain, hear someone calls us, gazing at the sky, the same sense appears. A silent but certain feeling of being “me,” the one at the centre of experience.

The nouns we designate to us in our daily life gives our identity in the conventional domain and is inevitable for us to function and communicate in a societal life. But truly, we don’t exist as an unchanging self, we don’t remain identical throughout. The ‘I’ or the ‘Self’ does not remain as solid as it appears. It shifts, changes and evolve.

The status of ‘self’ in fact emerges from the assumptions we tag to the concept. We do believe that We remain permanent, independent and singular. But, we exist with many versions, with little control on the emotions, continually changing in accordance. We cling to these assumptions because it feels safe. It creates the illusion of control, the belief that someone stands firmly in charge of life.

And, if no fixed ‘self’ does exist, how do ‘we’ experience life? If no central “I” drives the process, how does everything continue so effectively in the platform of life?

Let us examine.

The process begins with contact.

In the initial stage of experience, our senses meet the world around us and create awareness. Next, a feeling tone appears, in which our experiences of the world get marked as pleasant, unpleasant or neutral. Then the mind, backed by memory, language and past

experiences recognizes the experience, when the world begins to make sense to you.

Following, the mental habits and intentions begin to respond. They do not simply perceive. It also desires, resists, plans, remembers, and judges. Based on what we feel and how we interpret, reactions emerge. We seek pleasant experiences, avoid unpleasant ones, and often ignore or misunderstand neutral ones. These reactions shape our thoughts, speech, and actions and influence the next moment of experience.

Life is not a fixed 'self' inside controlling the events. Instead, it is to be viewed as the unfolding of a dynamic process through the interaction of body, mind, and the outside world. But, seldom we do realize the fact, for the reason that it is imperative to follow the illusionary path of being, for us to exist.

Destiny retrospects..

Every experience in our life, whether joyful or painful, carries a deeper purpose. In life, nothing happens by chance. Everything - Every feeling, situation, moment of joy, and moment of suffering emerges from causes and conditions. Everything we intend creates energy that eventually returns to us in some form. Our thoughts, speech, and actions create a consequence and shape our Karma, which influences our lives and the world around us.

Our life resembles a lake. Every thought, action and word drop into the water like a stone. The ripples spread in visible and invisible ways. They interact with countless other ripples from countless other sources. From this vast, intricate web of causes and conditions, our experience emerges later.

Every moment, we participate in this web of causation. The thoughts we cultivate shape how we see the world. Our intentions shape the quality of our actions. The words we speak influence how others respond to us. Every choice creates ripples. Some appears immediately. Others take years to unfold.

Karma does not always appear immediately. Some seeds sprout quickly. Others take years, even lifetimes. This delay explains why life sometimes appears unfair. Inconsiderate people may seem to prosper while kind people struggle. Yet karma ripens according to conditions and unfolds in its own time.

Some conditions act like roots, deep causes that produce effects. Others act like supports, conditions without which nothing could arise. Some function as triggers, the final spark that brings something into being. Think about the last time something upset you. Maybe someone spoke carelessly, or a plan collapsed. In that moment, the problem probably seemed to appear out of nowhere,

as if life randomly threw obstacles at you. But what if life does not work that way?

We often suffer not because of what happens, but because of how strongly we resist it. Suffering comes from the meaning we attach to them. Change itself does not cause suffering. Change forms the nature of reality. Suffering arises because we demand permanence from an impermanent world. We cling to moments and try to freeze them. We hold tightly to people because we fear losing them. We attach ourselves to ideas about how life should unfold. When reality refuses to, suffering follows. Nothing remains unchanged, yet nothing truly disappears either. Everything transforms. When we learn to observe our thoughts without becoming controlled by them, we begin to transform our lives.

Change remains inevitable. Everything changes. Your body changes right now. Cells die while new ones form. Breath enters and leaves. Thoughts arise and dissolve like clouds crossing an open sky. Relationships shift. Plans evolve. Even the person you believe yourself to be, changes moment by moment. The person you were ten years ago no longer fully exists. Your body has renewed itself. Your beliefs have changed. Your experiences have reshaped you. Yet you still say, “I am the same person.” In fact, We create the illusion of a solid, permanent self when life actually flows continuously. If everything changes, if nothing solid exists to grasp, then what about this sense of “I” that feels so permanent? Throughout life, we experience loss, failure, and disappointment. Yet we also encounter love, growth, and new opportunities. Life balances pain with joy. When we learn to accept both with equal serenity, we discover peace that does not depend on circumstances. Accepting life as it is, frees us from the burden of resistance. It allows us to release the weight of constant struggle and embrace each moment with gratitude. Happiness does not come from controlling everything. It comes from flowing with life as it unfolds.

Sometimes only time reveals the purpose behind our struggles. What once felt like a tragedy may later become the greatest

opportunity of our lives. Struggles can strengthen qualities that comfort never develops. Every time you face difficulty without collapsing or escaping, you build resilience. You discover that discomfort does not destroy you. You uncover strength and wisdom that only direct experience can teach. The key lies in refusing to remain trapped in bitterness or despair. We can trust that every experience carries meaning, even when we cannot yet understand it.

Dependent origination ultimately teaches freedom. If life happened randomly, you would remain a victim of chaos. If fate controlled everything, helplessness would follow. But when you understand that everything arises from causes and conditions, and that you help create those conditions every moment, your relationship with life changes. Your choices matter, not because they control everything, but because they participate in the web of causation. You become more careful with your thoughts because they shape future thoughts. You become more aware of your words because they ripple outward into the world. You pay attention to your actions because each one plants seeds.

Have you noticed how the same struggles repeat through different people and situations? The same reactions, fears, and stories cycle through your life again and again. Habitual mental formations, carve deep grooves into human behaviour. These reactions do not arise randomly. Past experiences conditioned them, and repetition strengthens them further. Every repeated reaction deepens the pattern and increases the chance it will happen again.

When we accept impermanence, we free ourselves. We enjoy the present without fearing its loss, and we face challenges knowing they will also pass. If everything keeps changing, then every difficult moment marks only a phase in the journey, not the final destination. True peace does not come from avoiding change, but from flowing with it. When we stop fighting reality and live with detachment, we discover a calm that does not depend on external circumstances.

That's how Minds Speak..

We often see ourselves as solid beings moving through empty space. We assume our brains and thoughts stay sealed inside our skulls until we choose to express them. But humans are far more open and interconnected than that.

Human brain fundamentally serves as a battery at the functional level, with charged ions drifting in the fluid space. The ionic property makes the organ potent to generate and respond to electromagnetic signals in the space. The electromagnetic energy fields within the body also constantly overlap and resonate with the Earth's electromagnetic pulses, thus them having a significant impact on the brain's cognitive perceptions.

Emerging studies aim to map how human biology interacts with this system of external energy, connecting established findings in membrane biophysics, neuroscience, and electromagnetism. Researches are on to understand how thought, consciousness, and identity shape, and how people might consciously align with their environment.

Living systems do not remain static. They continuously generate electrical activity, exchange chemicals, move fluids, and shift membrane states. The brain, instead of functioning like a closed, fixed machine, constantly adapts and adjusts by integrating signals from the body and the environment, seeking stability.

The signals we receive from both inside and outside the body create our map of the external world. They allow us to experience and engage with the multi- dimensional reality. Different neurons, due to the variations in their lipid compositions, respond differently to electrical signals and display distinct electrical behaviour, resonance and stability, which explains the widely varying behavioural outputs under cohesive exposures.

The brain is not merely energy moving through the tissue mass. It is energy moving through a system, the structure of matter shaping possible patterns, and those patterns carrying information through organized dynamics, that settle into stable patterns. Membranes behave as dynamic living materials whose molecular organization can shape how signals spread, synchronize, and stabilize. In this view, information emerges when neural activity repeatedly forms stable, reproducible patterns that guide perception, behaviour, and the continuity of the self.

We tune into different or shared frequencies within the limits of biology. When two people's energy waves match in amplitude and frequency, they synchronize and strengthen the signal they produce together. Scientists call this resonance. When frequencies clash, they interfere with each other, creating dissonance. This may influence how people connect or conflict with one another. That's why we may instantly resonate with someone or dislike them. It depends on the field we express.

The idea may help explain collective resonance, a concept in social science that describes how groups at concerts, sporting events, or funerals sometimes seem to share a common emotional wavelength. At those events, people experience the same structured inputs: music, chanting, synchronized movement, shared emotion, and focused attention. Those influences are not merely symbolic. They affect breathing, heart rate, neural oscillations, and emotional tone. When many people share the same rhythms and emotional direction, their internal dynamics may begin to align.”

Neuroscientists have observed forms of “inter brain synchronization” through techniques such as hyper scanning, which measures synchronized brain activity during shared experiences. Collective resonance may reflect a temporary alignment of energy and information patterns across multiple brains and bodies. In that sense, it could represent a shared stable state created by a common environment.

The Collective Unconscious..

New findings claim that humans may tap into a collective unconscious that shapes minds across civilizations.

It is studied that the human brain may contain a hidden neural layer that makes them interact across and connects people to the same “figures. These specific neural patterns do not exist solely in individual brains, instead emerge from a shared informational field and are inherited collectively through social learning and neural attunement, and they get triggered for action under specific cognitive conditions like the altered states of consciousness. The unique neural architecture, probably evolved to detect possible threats in the environment, when humans began to socialize for collective living, is suggested to contain universal symbolic archetypes shaping dreams, myths, and inner experiences across civilizations, which could explain why unrelated people, from different geography, culture and social backgrounds independently report seeing similar figures.

Long before the emergence of neuroscience, Greek philosophers described a universal logos, or a hidden mental order beneath outward appearances. Plato, for instance, imagined a realm of ideal forms that existed independently of human perception. In the twentieth century, Swiss psychotherapist Carl Jung gave the concept its most recognized name: the “collective unconscious.”

Across cultures, centuries, and altered states, people have reported encounters with remarkably similar figures: tricksters, guides, watchful presences, and shadowy beings. These figures often appear as familiar forms, including animals such as coyotes and monkeys, or as clowns, jesters, and mischievous humanlike characters that seem to interact directly with the observer.

Consciousness – The Eternal Constant..

We experience the world through our senses, thoughts, emotions, and memories. But what is the nature of the awareness that perceives all of this? What is consciousness? Does consciousness arise solely from the brain's intricate activity, as a byproduct of electrical impulses? Or does awareness extend beyond the physical world?

For millennia, philosophers and spiritual traditions have explored these questions.

Many people view the brain as the source of awareness. Instead of a singular, fixed self, human experience can be considered as a dynamic interaction of five aggregates, the form, feeling, perception, mental formations, and consciousness. They do not exist as static entities. They arise and fade moment by moment in a constant state of change. What we call “I” or “myself” serves only as a convenient label for this collection of aggregates. No separate self exists outside these interconnected and ever-changing processes.

Form, the first aggregate, includes the physical body, including the brain and nervous system. It forms the physical basis through which we interact with the world. However, the brain is not the entirety of consciousness. Instead, the brain serves as a necessary condition for consciousness to arise.

Feeling, the second aggregate, includes all sensations, whether pleasant, unpleasant, or neutral. Feeling differs from perception. Perception identifies and labels an object, while feeling reflects the emotional tone connected to that object.

Perception, the third aggregate, interprets sensory input. We understand the world by categorizing and labelling experience. Past experiences, cultural conditioning, and personal bias shape this process. Perception works together with mental formations to build our understanding of reality.

Mental formations, the fourth aggregate, remain the most dynamic. They include thoughts, emotions, intentions, impulses, and all mental activities that shape our responses. For example, seeing a snake may trigger fear and the thought, “I need to move away.” These mental processes influence our actions and colour our experiences.

Consciousness, the fifth aggregate, refers to the awareness that experiences all the others. It represents the knowing aspect of our being, the subjective awareness of form, feeling, perception, and mental formations. Consciousness does not exist as a fixed thing. It functions as a constantly changing flow of awareness.

Together, the five aggregates provide a framework for understanding experience and reveal the interconnected and impermanent nature of the self.

Beyond the Physical Body..

If consciousness depended entirely upon the physical brain, it would end with the brain's death.

The consciousness does not exist as a fixed and independent entity. It functions as a dynamic process. The consciousness, though conditioned by the body during the life, possesses a fundamental nature that transcends physical limitations.

Experiences Beyond the Brain..

From a materialistic perspective, the idea that consciousness could exist independently of the brain may seem counterintuitive. Yet various experiences suggest a broader view of awareness. Although these experiences do not provide definitive proof, they invite further inquiry.

Research suggests that nearing death, there happen to be a surge of activities in the brain, instead of a decline, which seem to be similar to the events seen during complete consciousness, dreaming and memory retrieval. The near-death events activate the brain regions associated with out of body experiences and vivid visions which hints that we register unique experiences in which an entity recognizable to the consciousness appear to move out of the physical framework of the body.

Individuals close to death sometimes report vivid experiences of awareness, including sensations of leaving the body, meeting deceased loved ones, or reviewing their lives.

Neuroscience proposes possible explanations for these experiences, including brain chemistry and dying brain activity. Still, NDEs raise important questions about the relationship between consciousness and the brain.

Deep meditative states provide another area of exploration. Practitioners sometimes describe experiences of boundless awareness, unity with the universe, profound peace, or deep interconnectedness. Certain meditative states, such as the formless Jhanas, transcend ordinary sensory perception.

Although these experiences do not prove consciousness without a brain, they suggest that awareness may extend beyond physical limitations and sensory input.

Together, experiences such as NDEs and deep meditation suggest that consciousness may possess a complexity beyond current scientific models and encourage continued exploration into the nature of awareness.

Tibetan Buddhism presents a detailed description of the Bardo states, transitional states of consciousness between death and rebirth. These states do not represent physical locations. Instead, they describe states of mind and experiences of pure awareness unconstrained by the physical body.

The Bardo teachings offer a map of the mind's journey after death and suggest that consciousness may continue without physical form. This understanding connects closely with the idea of subtle bodies, energetic forms believed to carry consciousness through the Bardo states. These subtle bodies differ from physical bodies, yet they do not exist as entirely immaterial entities. They represent a more refined level of existence.

Neuroscientific studies show that brain activity during REM sleep closely mirrors activity during wakefulness. In some regions, it reaches more than 90 percent of waking levels. This evidence suggests that the mind remains highly active during dreams. Instead of shutting down, it seems to shift into a different cognitive state that stays internally focused yet highly dynamic. These findings have intensified debates about the nature of conscious awareness and whether it extends beyond conventional material explanations.

Lucid dreaming adds another layer to this discussion. During lucid dreams, people recognize that they are dreaming and can sometimes make deliberate choices within the dream. Supporters of alternate reality theories argue that if dreams resulted only from random neurological activity, people would rarely control them or encounter consistent dream settings. Many individuals report recurring dream locations, similar story patterns, and shared archetypal themes. Some interpret these experiences as signs of deeper underlying phenomena.

In quantum theory, particles do not occupy one fixed state until observation occurs. Instead, they exist as probabilities spread across overlapping possibilities that collapse into a single outcome when measured. Some interpretations, such as the Many Worlds hypothesis, suggest that every possible outcome continues in a parallel branch of reality. Others argue that time may not move linearly but instead forms part of a four-dimensional structure where past, present, and future coexist.

From this perspective, consciousness becomes part of the mystery. If observation helps shape reality, and if all states coexist within a larger quantum framework, then the end of consciousness may not resemble a switch turning off. Instead, consciousness may transform, shift, or continue in ways current science still cannot explain.

Quantum physics does not prove that death is an illusion, but it challenges the assumption that reality remains fixed, singular, and final. It raises the possibility that what we call death may represent only one moment within a much larger story woven through layers of time, probability, and existence that humanity has only begun to understand.

Dead people's brains may remain conscious and attempt to communicate for hours after death. Groundbreaking neuroscience research reports that human consciousness can persist for up to 20 hours after clinical death, with ongoing brain activity showing patterns that suggest awareness, memory formation, and attempts at communication.

Advanced EEG monitoring of recently deceased patients reveals organized electrical activity that resembles dream states. Neural networks can remain active even after heartbeat and breathing stop. The conscious brain may enter a hyperaware state after death, showing enhanced connectivity between regions and increased electrical activity, which suggests expanded consciousness rather than a decline in awareness.

Patients successfully resuscitated after extended clinical death sometimes report detailed memories of medical procedures, conversations, and events that occurred while they were officially dead. This post-death consciousness phase may include attempts to communicate through subtle electromagnetic signals that sensitive equipment can detect as organized patterns resembling Morse code or binary data.

Some deceased individuals appear to attempt to transmit final messages, unfinished thoughts, or warnings about the circumstances of their death. This finding challenges legal and medical definitions of death and raises fundamental questions about consciousness, afterlife experiences, and the exact moment when human awareness ends. The research suggests that dying may be a gradual process rather than an instant transition, with consciousness persisting as the final biological function.

In this view, consciousness acts as a fundamental property of the universe, like gravity or electromagnetism. The brain limits and focuses this vast field into a coherent individual experience. Proponents argue that brain damage does not destroy consciousness itself but instead breaks the tool used to receive it.

Panpsychism holds that consciousness does not belong only to brains; it constitutes a fundamental, ubiquitous feature of the universe. The concept says, everything from electrons to rocks to stars carries a rudimentary form of inner experience, or proto-consciousness. Human consciousness represents a highly complex, evolved expression of this basic property. The idea appears in many ancient spiritual traditions and now receives renewed attention from some neuroscientists and philosophers as a possible answer to the hard problem.

The Super Consciousness..

Quantum mechanics says that every particle carries with it a de Broglie wave, a hidden ripple of probability that allows matter to behave as both wave and particle. Thus, in its quantum wave form, every particle can traverse across space and exist in superposition. Consciousness is suggested to emerge from the resonant fields when waves collide and entangle, through the orchestrated objective reductions of quantum superpositions within the neural microtubules, forming stable patterns in the brain. Thoughts, emotions and memories are textured when countless such brain waves complexly interfere. If brain activity follows wave like traits, then in principle, these wave functions extend to hyper-dimensionality, beyond the familiar dimensions of space and one of time, connecting us possibly to those existing in other dimensions. Reality forms from interactions of quantum fields that exist across the entire cosmos.

When a particle interacts with its environment, it loses its superposition of multiple states and collapses into a single state. Each such collapse of a quantum wave function in the brain creates a moment of conscious experience, says the Orchestrated Objective Reduction theory. At a quantum level, consciousness can exist across multiple locations at once OR the consciousness may exist everywhere simultaneously, through the phenomenon of Quantum entanglement, catalysed by the myelin sheath surrounding the neural axons. Quantum entanglement allows two or more particles separated by vast distances to remain connected. They entangle and interact in ways that connect their quantum states, in which property change of one particle directly determines the corresponding property of the other, despite no visible connection between them, though separated by vast distances. These correlations appear faster than light and appears

instantaneous in every time frame. Entanglement does not connect particles across by transmitting anything physical or informational. Instead, it reveals that the entangled system shares a single nonlocal quantum state that resists separation into independent local descriptions. This possibility suggests that human consciousness could, in theory, connect with quantum particles beyond the brain and perhaps become entangled with consciousness throughout the universe. The theory familiarises the concept of God, as existing everywhere, beyond the realms. The belief of an omnipotent existence or 'Super consciousness' has been spoken about for billions of years, which science now starts to explore.

Consciousness may have existed before life..

Scientists studying samples from the 4 billion year old asteroid Bennu have uncovered intriguing organic compounds linked to the origins of life on Earth. Some researchers now believe these materials may contain molecular structures connected to consciousness itself.

It is proposed that the brain does not create consciousness, but instead accesses an external field of consciousness through quantum processes. Bennu may hold the molecular structures required for this kind of quantum resonance.

The Bennu material appears to contain ingredients from the “primordial soup” that many scientists believe sparked life on Earth. It is suspected that the samples may hold molecules capable of forming crystalline structures that some scientists associate with consciousness. These structures may have existed among organic molecules hundreds of millions of years before genes emerged, possibly supporting the earliest forms of self-organization and decision making.

The asteroid contains carbon rich compounds, the chemical foundation of life. Scientists found 14 of the 20 amino acids that Earth life uses to build proteins. They also detected all five nucleobases that store and transmit genetic information in DNA and RNA. Researchers even identified salts, suggesting Bennu’s parent body may once have contained conditions similar to Earth’s ancient primordial oceans.

The asteroid is suggested to contain structures capable of supporting the quantum resonance linked to consciousness. These structures involve organic ring molecules whose electrons

exchange photons through interactions similar to fluorescence. When these molecules arrange themselves into repeating crystalline patterns or lattices, they may function as quantum oscillators capable of supporting conscious processes.

In the human brain, similar quantum oscillators inside microtubules generate conscious experience. Each neuron contains billions of microtubules that exchange electrons at extraordinary speeds, reaching 10^{15} oscillations per second.

Researchers believe this repeating resonance pattern may represent a fundamental structure of the universe. Similar patterns appear in DNA, RNA, and other biological molecules.

Although asteroid material lacks the complexity of neurons, it is speculated that early conscious experiences may have emerged randomly within simple molecular systems. Organisms that experienced primitive forms of awareness may then have evolved ways to recreate and strengthen those experiences. It is studied that polyaromatic ring molecules may have self-organized to increase opportunities for conscious quantum interactions.

The polyaromatic ring molecules appear widely throughout space, including within interstellar dust. These molecules form the basis of organic chemistry and life itself. Together, cooperative quantum oscillations among these molecules could serve as detectable signs of life or proto consciousness.

It is known that the anaesthetic gases effect anaesthesia by interrupting electrical signalling between molecules inside microtubules. Studies are on to find if they have any critical impact on the primordial forms of existence, and if researchers can demonstrate that such compounds suppress oscillations in Benu related structures, they may strengthen the argument that consciousness played a role in life's earliest origins.

Consciousness is Ubiquitous..

Consciousness is suggested to have evolved across species in distinct ways, each serving a specific function. The new hypotheses challenge the traditional theories on consciousness which proposed that it was linked primarily to the cerebral cortex. This brain centre doesn't find to have a functional dominance in many species and hence it is suspected that the consciousness emerges from other neural tracks in those living forms.

The development of consciousness follows a definitive pattern and it fundamentally exists at three levels: basic arousal, general alertness, and self-reflexivity. Each level builds on the previous one, much like the layers of a pyramid.

In the basic arousal stage, consciousness functions like a biological alarm system that warns the body about danger. Sensations such as hunger, pain, thirst, fear, and pleasure drive this form of consciousness in ways that unconscious reflexes cannot.

At the 'General Alertness' stage, an organism can focus on a single detail within a flood of information. The researchers describe this as the form of consciousness humans experience in daily life, and they argue that many mammals, including mice, also display it. General alertness helps the brain evaluate decisions by directing attention toward relevant information. For example, if you hold a hot plate, you focus on the pain in your hand while weighing two options: drop the plate or endure the burn. In wild animals, this process may involve deciding whether to risk exposure to a predator while searching for food or avoid danger and remain hungry. In simple terms, general alertness allows organisms to form complex associations and respond more effectively to their environment.

The self-reflexive consciousness form focuses less on perceiving the environment and more on perceiving oneself and reflecting on the past. Researchers argue that this level of self-awareness helps individuals integrate into society and coordinate with others more effectively. This form is evidenced in humans and some advanced bird and animal species which socialize and evolve.

The evolutionary similarities and behavioural commonalities across species hint at the existence of a universal consciousness. The advancements in comprehensive, analytical abilities in humans, which form the basis of awareness are evidenced in lower life forms as well.

Cognitive abilities and neural developmental pathways in various animal species have been studied. It is found that the mental age of humans and animals like chimpanzees, dolphins, and magpies match during different growth phases, which suggests a comparable degree of self-awareness among them.

The following instance details the possibilities of a shared awareness network.

A recent finding on the response system of a specific group of forest trees, their manifestations and expression of ‘fight-flight’ system was an eye-opener to the scientific community. It was evidenced that the tree species too have a well-established communication system, similar to other advanced life forms, hinting the sequential pattern of evolution.

“Trees changed their signals as the sun began to disappear.. during the solar eclipse of October 2022, in a quite spruce forest in Northern Italy. Something strange was recorded. Scientists observed not just electrical activity inside the trees, but a shift between them, their signals aligned, they synchronized as if the trees were responding as one. The team led by Prof. Monica Gagliano of Southern Cross University and Prof. Alessandro Chiolerio of the Italian Institute of Technology believes they witnessed something more than reaction. They believe they saw

communication co-operation, the forest behaving not as a collection of separate trees but as a network, as a community. What was most striking is that this alignment began before the eclipse even reached its peak, before the light dimmed significantly, before the event truly began; the oldest trees reacted first, as if they remembered something, as if they knew something. Galiano described it as the ‘Wood Wide Web’ in motion. Chiolerio called it an orchestra of phase correlated plants; electric signals moved in sync, activity intensified across the forest, ions crossing cell membranes, messages being exchanged, trees huddling in silence. They suggest Pre-awareness memory and Collective intelligence at work. The observations prelude that trees are not passive; they respond, they adapt, they may even anticipate. The study emphasizes the role of older trees, not just for their size or age, but because they carry what Galiano calls ‘Ancestral Memories’, experiences that may help entire forests endure for decades”.

The quantum behaviour is not confined to human beings, but extends across species. Different plant species exhibit quantum behaviour in its survival system. Although plants operate at temperatures far above absolute zero, researchers believe they may use quantum processes to convert light into energy efficiently. Plants first transform photons into excitons, which travel to chloroplasts to begin photosynthesis. During this journey, excitons must move around internal cellular structures while preserving their energy. Researchers suggest that plants may use quantum superposition to test multiple paths at once, allowing excitons to reach their destination through the most efficient route.

Consciousness fades..

Are we conscious before birth? A new study suggests we may be.

New research indicates that human consciousness may begin far earlier than once believed, possibly even before birth. It is now evidenced that newborns, and possibly late-stage fetuses, can experience conscious awareness. Researches point to advanced neural connections, signs of attention, sensory integration, and behavioural responses as evidence that the foundations of consciousness already exist around the time of birth.

These findings challenge the long-held belief that awareness develops months after birth. Rather than appearing suddenly, consciousness may develop gradually as the brain's sensory and cognitive systems mature.

As imaging technology improves, researches now view consciousness not as a fixed state, but as a developing continuum that begins much earlier in life.

Why don't we remember??

Memory formation does not work like an instant recording process. The brain depends on a sequence of timed biological events to decide whether an experience becomes a lasting memory or fades.

When something new happens, fast-acting molecular signals first stabilize the memory for a short time. This early phase gives the brain time to assess importance before it commits long-term resources.

As time passes, slower molecular programs activate in connected brain regions that handle memory storage. Communication between areas responsible for learning, filtering, and long-term storage gradually strengthens. If this second phase succeeds, neuron connections become more stable and the memory persists.

If these later steps fail, the memory weakens and becomes more likely to fade.

This staged process helps the brain avoid overload from unnecessary information.

Researchers found that disrupting specific molecular regulators at different time points changed how long memories lasted. Some disruptions made memories fade quickly, while others blocked long-term stabilization. This shows that memory strength depends on precise timing rather than a simple on-off switch.

There's a reason you can't remember your life before birth. Mainstream science explains it through brain development. The hippocampus, which stores long term memories, has not fully developed at birth, so infants cannot form memories the way adults do. That explanation holds some truth, but it may not tell the whole story.

Birth involves more than biology. It marks an existential reset, a violent shift from the formless to the physical, from boundlessness to limitation. Before the lights, the noise, and the first breath, there was stillness. At that instant of birth, you moved from safety into chaos, warmth into exposure, fluid into breath. The transition from womb to world feels abrupt, disorienting, and terrifying; You cried because some part of you would have sensed what it had lost. Your nervous system recorded the experience as a blueprint of distress, an echo of your first panic.

Birth does not simply begin life. It collapses a previous state of being. Everything once familiar, every sense of love, connection, and recognition disappears at once. That rupture may overwhelm the mind so completely that survival demands forgetting. You may not have forgotten because the brain lacked capacity. You may have forgotten because your entire being had to reboot to survive. In that sense, amnesia was not a side effect. It was the price of entry.

Many people still believe biology creates consciousness. Yet even mainstream science has started to question that assumption.

Reports of foetal awareness, near death experiences, and early childhood memories suggest another possibility. Consciousness may not begin in the brain. You may have existed before your organs formed, before your heartbeat began and your body simply translated your awareness. The awareness you carried before you were born may still exist, sleeping beneath ordinary experience, waiting for moments of silence, pain, or wonder to wake it.

People under hypnosis, survivors of near-death experiences, and even young children sometimes describe a bright, featureless space before entering life, marking peace for some and fear for others. Some call it the white room. Others describe tunnels of light. These accounts may preserve impressions from a space between lives, a place where consciousness paused, reflected, or prepared.

It is studied that your DNA may also carry inherited trauma, memory, and emotion. That possibility may explain why certain fears appear without cause, why unfamiliar music stirs deep emotion, or why solitude awakens ancient feelings. These moments may not reflect coincidence. They may reflect residue.

Understanding Rebirth..

“A person” is not a fixed entity. We are not one solid object, nor does an unchanging self holds us together. Instead, we exist as a process. At every moment, experiences arise, change, and disappear. Nothing endures, not even for a single moment. The process of “becoming again” unfolds continuously within this very life. In the realm of our being, there lies a rapid stream of change, a constant sequence of birth and death occurring moment by moment.

We add the idea of a fixed self onto an ever-changing process. That idea acts as a label, a mental shortcut that helps us move through daily life, but it does not reflect ultimate reality. We are, simply a movement of causes and conditions, and not a material entity.

Most people see life as a straight line. We are born, we live, and then we die. The story seems to end there. Indeed, death marks only a pause in a much longer process, one that repeats again and again.

Life continues because something keeps fuelling it. That fuel does not come from a soul or spirit, but from the intentional actions of our body, speech, and mind, shaped by the Karma, to satisfy our craving, our craving for security, recognition, permanence, and even annihilation. Rebirth happens when our cravings continue to cling, and Karma continues to unfold. The mind keeps reaching outward, and whatever it reaches toward becomes the next spark in the process. Mind exists as a stream and is an ongoing flow of consciousness. Moment by moment, consciousness moves forward, shaped by past intentions, meeting present conditions, and creating future experience. What continues is not a thing, but a process governed by causes. No soul travels from one life to another. Yet continuity remains.

Karma does not vanish without effect. They remain in the field of the mind and shape how we perceive, feel, and respond. When conditions support them, they ripen. Not through magic, but through experience itself. Sometimes in the next moment. Sometimes in another life. Yet no fixed self owns these seeds. No permanent being carries them from one lifetime to the next.

At death, a final moment of consciousness arises, called the “death consciousness.” Our deepest karmic tendencies shape this moment. It does not arise randomly. It follows the strongest habits and emotional patterns we have cultivated throughout life, especially those connected to our final mental states. Then, without interruption, a new moment of consciousness, called the “linking consciousness” appears. The consciousness relays further in the continuum in accordance with the patterns set by our Karma and life goes on.

Rebirth occurs because conditions continue to produce new experiences. It is the natural unfolding of cause and effect and is not something a permanent self undergoes.

Mark your Life..

Positive thinking is more than a concept. It is a transformative practice that fosters deep inner peace and lasting happiness. It helps us cultivate joy, compassion, and resilience, which allows us to face life's challenges with a calm and balanced mind. Our thoughts shape our reality. The way we perceive the world influences how we experience it, and the mind holds the key to true happiness.

Positive thinking does not mean forcing ourselves to feel happy at all times or ignoring difficulties. Instead, it means training the mind to see reality clearly, without attachment or aversion, while nurturing inner peace and contentment. Every thought we entertain plants a seed in our consciousness that eventually shapes our actions and emotions. If we dwell on negativity, resentment, or fear, those emotions become habits. If we consciously nurture gratitude, compassion, and wisdom, the mind naturally leans toward positivity.

When we let go of self-centred worries and embrace a broader perspective, we begin to see the world differently. We no longer view it as a place filled with threats, but as a space of connection and possibility. Another person's success does not diminish our own. It simply reflects another expression of life's beauty.

Mindfulness offers one of the strongest foundations for positive thinking. It helps us recognize our mental patterns and gently redirect them instead of becoming trapped in cycles of worry and negativity.

Although the external world remains unpredictable, we can guide our inner world. Much of our suffering comes from dwelling on the past or fearing the future. By becoming aware of our mental habits, we gain the power to change them. We often replay regrets and anxieties, which strengthens negative patterns and clouds our

awareness of the present moment. Mindfulness breaks this cycle by bringing our attention back to the present, allowing us to experience life with greater clarity and peace.

One effective way to manage negative thoughts is to observe them without attachment. Imagine the mind as a vast sky and thoughts as passing clouds. When we learn to watch thoughts come and go without identifying with them, we free ourselves from their control. Instead of saying, “I am anxious,” we simply observe anxiety. This shift weakens the hold of negative emotions and creates space for positivity.

Through mindfulness, compassion, and conscious redirection, we develop a mind that remains resilient, peaceful, and positive; we move from scarcity to abundance, from resentment to joy, and from competition to connection. Instead of viewing life as a competition, we begin to understand that we all share the same human experience.

Kindness encourages us to wish well for all beings, including ourselves. Kindness replaces resentment, anger, and judgment with warmth and goodwill. When we recognize our shared human connection, envy and resentment begin to fade. Instead of responding to negativity with anger, we respond with understanding. This change creates a life grounded in genuine positivity.

Accepting impermanence leads to genuine peace and positivity. When we accept life’s constant flow, we learn to cherish the present moment because nothing lasts forever. Every experience thus becomes precious.

**“There is nothing as mysterious as the
mind..
And
Nothing as powerful as the mind..”**

The Ghost..



A brain system can make you sense someone nearby when no one stands there. This experience, called “felt presence,” can feel like a shadow watching you just out of sight.

Neuroscientists link it to a region called the temporo-parietal junction. This region helps the brain set boundaries between the body and the outside world.

When the temporo-parietal junction misfires because of stress, exhaustion, isolation, or neurological disruption, the brain can misread its own signals as coming from another being. The result is not imagination or belief but a perceptual error. The brain creates a sense of presence to explain confusion in its signals.

Episodes involving encounters with ghosts and similar paranormal entities have fascinated us for a long time. Researchers have sought to understand the causes of such experiences and have proposed possible explanations for these mysterious events. Although findings remain inconclusive, they suggest a link between these experiences and brain function. Evidence indicates that the brain's unique structural and functional organization plays a key role in shaping these Behavioural patterns.

We usually trust our senses to provide accurate information about the world. During a hallucination, we tend to assume what we perceive is real. If someone sees or feels the presence of a deceased loved one and trusts that perception, they may conclude it is a ghost. This explanation often feels more acceptable than the idea that the brain generates a false perception. Such experiences, often reinforced by illusions, leave strong impressions in the mind, and similar interpretations may recur.

Ghostly encounters can be understood as psychological and cognitive experiences that resemble supernatural phenomena. Researchers suggest that these experiences may reflect mental outputs shaped by deep negative emotions, unconscious processes, or complex psychopathology. The self, when repressed or denied during development, may seek expression by building an internal model of reality shaped by personal biases and expectations. Negative thoughts, along with fear and anxiety, can become encoded in the brain through past experiences. The mind continues to attempt to resolve these internal disturbances, producing unusual patterns of expression. Ghost encounters may function as an outlet for the mind to process deep unresolved issues and confront unconscious material. In conscious awareness, the mind struggles with these experiences and therefore expresses them in subconscious form as supernatural encounters.



In an altered state of mind, consciousness may not be able to handle disturbances. Through a command relay mechanism, it passes the need to release these experiences to deeper consciousness and the subconscious in order to maintain a stable mental state free of emotional turmoil. Consciousness, however, tries to keep the system stable by finding reasons for everything it encounters and drawing conclusions through logic. Excess reasoning and analysis do not help achieve a stable state. Instead, they can make the system more chaotic.

In such circumstances, the inner consciousness and subconscious, where deeper emotions and feelings reside, take over and activate internal processes to stabilize mental pathways. Since the goal is a disorder free system, this deeper conscious loop may sometimes follow illogical paths and reach irrational conclusions. When intense emotions trigger the inner conscious and subconscious system, hallucination and delusion like states can override it, creating the sensation of false encounters. This inner route remains active even during normal conscious states, which can make so called ghostly encounters feel real.

One way the brain handles excess stimuli is through pareidolia, the tendency to perceive a specific, often meaningful image in a

random or ambiguous visual pattern. This phenomenon explains why people see images of aliens in photographs or ghosts at night. The brain has a difficult job. It receives a mixed stream of information from the world. The eyes process Colour, the ears process sound, and the skin detects pressure. The brain tries to make sense of this input by selecting what matters most and filling in gaps, which happens in most perception. It does this very well, so well that it sometimes creates meaning from meaningless input.

When people sense ghosts, they are often alone, in the dark, and afraid. In darkness, the brain receives limited visual information and must construct more of reality internally. In these conditions, it becomes more likely to project internal patterns onto external stimuli. Random shadows and light may then appear as ghost like faces.

The brain's representation of reality often includes things that are not actually present. It can also completely miss things that are present. This is called inattentional blindness. In one experiment, participants watched a video of a basketball game between two teams, one wearing white shirts and the other black. They were asked to count how many passes the players in white made. During the video, a person in a gorilla suit walked through the scene. About half of the viewers did not notice the gorilla at all. This happened because they experienced inattentional blindness. They were likely in a state called absorption, where attention becomes so focused on a task that everything else gets ignored.

A driver using their mobile phone looks at an area of the driving scene 4 times smaller than an undistracted driver



Pareidolia intensifies during sensory and perceptual disorientation and worsens under extreme stress. Notable ghost sightings often come from lone sailors at sea, mountain climbers, and polar explorers, where sensory disorientation grows more likely.

Starvation, sleep deprivation, and certain psychological traits such as empathy, strong focus, vivid imagination, and fearfulness, along with psychological disorders such as sleep paralysis, dementia, and schizophrenia, all increase ghost-like thoughts and sensations.

Neurological conditions, especially those affecting the brain's temporal lobe, along with disruptions in brain function that impair accurate processing of sensory information related to body position and movement, can produce visual and auditory hallucinations and create an illusory sense of paranormal presence.



There are also evolutionary explanations for this type of experience. Over time, humans developed an innate reflex system that leads us to expect the worst and overreact to potentially threatening stimuli. In nomadic times, hearing a growl at night and dismissing it as harmless, when it later proved to be a real danger, could cost one's life. As a result, the mind evolved to treat certain ambiguous signals as potential threats, often in an overly cautious or even paranoid way. This trait was passed down and continued to shape cautious response patterns. Consequently, the mind may now misinterpret an inanimate object as a monster, because our inherited neural systems prioritize false alarms over the risk of missing real danger in the dark.

Another major reason for belief in ghosts lies in deeply held cultural and religious beliefs. Research suggests that religious faith plays a significant role in shaping such thoughts and interpretations of ghostlike figures. Ideas about ghosts and spirits vary widely across cultures. In Indian and Western traditions, they are often seen as the souls of the dead who remain in the world due to

unfinished business. In some cultures, they are viewed as protective and benevolent, while in others they are feared as harmful entities. These differences show that beliefs about ghosts are shaped strongly by culture and personal conviction.

External factors can also influence perception and mental processes. Studies suggest that electromagnetic fields produced by power lines may affect human perception. These fields can interfere with the temporal lobes, where the brain integrates sensory information. Environmental toxins such as carbon monoxide and toxic mold also offer rational explanations for some reported ghost sightings.

Although mainstream science does not support the existence of ghosts, research continues to explore how such experiences arise in the human mind. Scientists have proposed possible explanations for these interpretations, but the complexity of thought formation and brain function across different contexts remains only partially understood.

Parapsychologists interpret ghosts as manifestations of mysterious energies. This view is often linked to beliefs in life after death, where a soul continues to exist in another form, although not all theories are limited to this idea. Some suggest that interactions with energy systems may influence human well being, arguing that environmental vibrations can affect biochemical processes and, in turn, thought patterns. When a person is in a place believed to carry negative energy, their internal state may shift, leading to unusual perceptions. Negative thoughts may then reinforce each other, affecting brain activity and emotional regulation, and reducing a person's sense of control over thoughts and actions. At this point, individuals may become more susceptible to external influence or misinterpret their own psychological states, which some theories associate with spirit possession or dissociative conditions.

Paranormal experiences are often reported as disturbing or frightening because negative emotions tend to dominate cognitive processing during such events. Media, literature, and religious

traditions frequently portray ghosts and paranormal phenomena in a negative light, reinforcing cultural associations with fear and darkness. As a result, people may approach such experiences with heightened anxiety. During perceived encounters, the amygdala, which regulates the fight or flight response, may trigger a strong fear reaction that leaves a lasting emotional impression. These experiences can remain deeply embedded unless challenged by alternative beliefs or critical reflection. Ghosts and similar phenomena may therefore be better understood as interpretations shaped by mental processing rather than inherent negative entities.

Critical thinking can reduce susceptibility to such beliefs. Research indicates that individuals with stronger critical thinking skills are less likely to endorse paranormal explanations. Students with higher academic performance also tend to report lower levels of paranormal belief. Similarly, those studying physical sciences, engineering, or mathematics are generally less inclined to accept paranormal claims compared to students in the arts.

Déjà vu..

Many people have experienced déjà vu at some point and assumed it has a supernatural origin. The brain, although a trusted partner, sometimes misleads and confuses us. Déjà vu represents one of these strange tricks of the brain that creates a sense of familiarity. It is a fairly uncommon experience that fascinates us by giving the impression that an event or situation has already occurred before it actually happens.

It feels comforting to believe that an event belongs to us, as it puts the mind at ease because it has dealt with something similar before. Déjà vu reflects a kind of mental renewal that helps the brain stay prepared to handle its many demanding tasks.

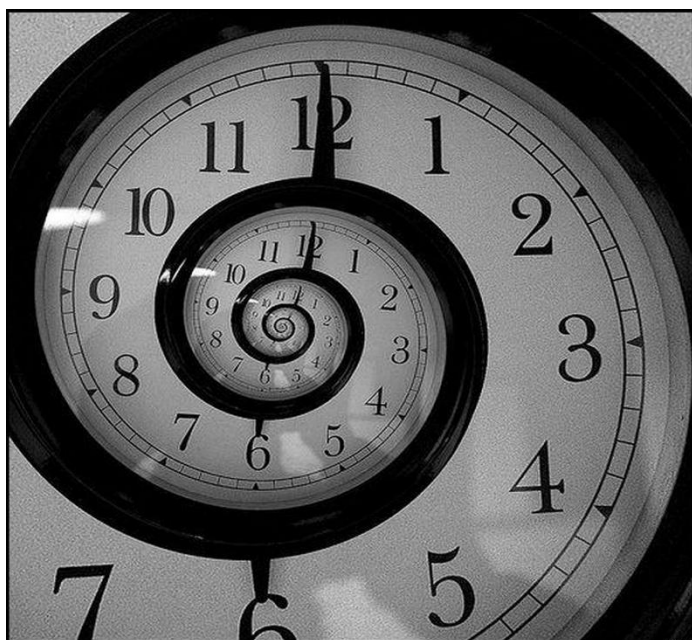
How does déjà vu really work?

Many theories explain this unusual phenomenon. Psychology points to changes in brain biochemistry and normal neural functioning as one of the main causes. Another school of thought, which suggests the existence of realities beyond our usual dimensions, describes it as a connection between consciousness and multiple parallel universes.

Déjà vu literally means “already seen.” Earlier beliefs considered déjà vu as evidence of past lives. Sigmund Freud, known for his work in this field, described déjà vu as a recollection of unfulfilled unconscious fantasies hidden in deeper memory centers, combined with the mind’s strong desire to improve the present situation.

When processing sensory input, the brain forms an impression of an event and organizes the memory during storage. Based on past experiences and desires, it compares new events with similar ones already stored and evaluates whether the current situation feels better or worse than previous ones. When faced with a new

situation, the brain performs this comparison and may favor the sense of a past experience over the present one, creating the feeling of *déjà vu*, where imagination temporarily overrides reality.



Sensory signals may become mixed during intake. When multiple events occur simultaneously, the brain may combine them into a single interpreted experience. For example, while working on a laptop, you might hear music in the background, notice the smell of food cooking in the kitchen, and feel your child come over and kiss your cheek. These sensations merge during processing and form one unified experience.

Every sensory input passes through the thalamus and then reaches the cerebral cortex, where the brain interprets it and stores it as memory. If even slight differences arise in processing speed during these interactions, the present moment may feel like something already remembered. In short, the brain can blur the boundary between present experience and past memory.

In rare cases, déjà vu can signal a seizure, specifically an epileptic seizure. It occurs when the temporal lobe becomes overactivated while the person remains partially conscious, not fully unconscious.

Some hypotheses involving parallel universes interpret déjà vu differently. One view describes it as a memory glitch triggered when we enter an environment similar to one we have already experienced. Another suggests it results from a shift between memories across different universes. In this view, familiarity arises because we may have experienced a similar situation in a parallel universe, and we briefly access those memories.

Although the idea of parallel universes remains controversial and debated, it expands discussion on déjà vu. Some argue that these explanations seem more convincing than the causes proposed by mainstream biology.

References to multiple worlds appear in ancient Hindu mythology and Greek atomism. Greek atomism offered early support for the idea of parallel universes. It proposed that the world undergoes endless cycles of destruction and regeneration, implying the existence of multiple universes across time.

Several physicists, including Erwin Schrödinger, Stephen Hawking, Yasunori Nomura, Michio Kaku, and David Deutsch, have proposed ideas that support multiverse hypotheses. Some suggest that cosmic inflation continues through random breakdowns in space and time. At each breakdown point, a new universe forms, extending the process of inflation. Continuous expansion and energy fluctuations lead to the creation of many universes, forming a multiverse.

The universe appears to have undergone asymmetric expansion due to cosmic inflation. This asymmetry may have produced bubble-like regions that contain separate universes governed by different physical laws. In these parallel universes, variations may

include dark energy, missing atoms, or even the absence of gravity, among other differences.



According to quantum theory, the formation of one universe enables the formation and existence of an infinite number of universes. Quantum theory describes quantum particles as energy packets that can exist in a superposition of states; they can coexist across space and time and collapse into a single state upon interaction with other particles. Although the coexistence of quantum matter appears strange in real-world scenarios, it may occur across two different dimensions, dimensions that lie beyond the reach of conscious human perception and senses. Every event can produce multiple outcomes that unfold in separate worlds of existence.

The Butterfly Effect describes how an event depends on its initial conditions, where a small change in the initial state leads to large differences in later outcomes. Although hypothetical, it links to the concept of parallel multiple universes. Parallel universes and déjà vu both relate to the feeling of experiencing the same circumstances or witnessing events previously encountered. Theories suggest that different universes vibrate at different frequencies, and déjà vu is sometimes described as the moment when these frequencies align. An alternate version of oneself is unlikely to exist at any point in space or time if the universe

originated from a finite point, as most theorists argue, while opposing hypotheses disagree. If inflation remains finite, the possibility of parallel universes tends toward zero, since the space available to host multiple universes would be minimal under such conditions. However, the number of quantum outcomes in a single universe and the number of parallel universes may approach infinity if inflation lasts indefinitely. These studies remain inconclusive, and research on cosmic inflation and multiple universes continues. The universe remains a mystery, where random and unpredictable events can occur, as the Theory of Randomness suggests.

Parallel multiple universes may exist and could mirror our universe, but along different space time lines. If the concept of parallel universes proves valid, it may support possibilities of time travel beyond current limits and open numerous avenues to explore hidden cognitive capabilities. Phenomena currently considered paranormal may instead reflect brain functions under defined conditions. To better understand the existence of parallel universes, one must examine the origin of the universe and how it evolves, possibly toward a cycle of ending and restarting. Big Bang theories suggest the present universe expands, followed by a stage where gravitational forces overcome expansion, causing contraction into a singularity, after which expansion may resume through another Big Bang, repeating indefinitely.

Fatigue and stress contribute to *déjà vu*. The human brain operates optimally under specific physical and mental conditions. When a person experiences fatigue or stress, the brain carries an increased load and functions outside its normal patterns to counter harmful factors and maintain equilibrium and homeostasis. Brain function becomes irregular under stress, disrupting memory systems and producing altered cognitive responses and memory lapses. As a result, individuals may experience similarity and repetition, leading to *déjà vu*. Stress can also alter neurotransmission by affecting hormones such as dopamine and serotonin, disrupting perception of reality. Individuals may then feel disconnected from

their surroundings, and perception may resemble a distorted message. The brain may interpret current events as previously experienced, creating the feeling that present sensations repeat past incidents. Highly educated individuals with liberal thinking may experience déjà vu more frequently, as their brains process large volumes of input differently.

This memory lag theory remains the most widely accepted explanation among mainstream scientists for déjà vu. Although many other explanations exist, research remains inconclusive. Deeper study of brain physiology and the role of brain regions in thought formation and sensory interpretation remains necessary. Many phenomena rooted in brain processes remain unexplained within psychology. In this context, ideas about parallel universes and consciousness across multiple dimensions of space and time gain relevance. If parallel universes are proven, they may offer a strong explanation for déjà vu. Research in this direction should be encouraged to explore possibilities of multiple states of consciousness. If the mainstream explanation of a time lag between sensation, interpretation, and memory holds true, further clarity is needed on how present sensory experiences can produce the perception that they occurred in the past.

Extra Sensory Perception..

Extra Sensory Perception, also known as the Sixth Sense, refers to alleged paranormal abilities that allow a person to receive information without using the known sensory processes. It is suggested that the human mind may hold untapped capacities and bears potential to go beyond ordinary perception of reality. Normally, brain centres associated with sensory and learning processes handle routine functions, which limits their broader use. As a result, people remain unaware of extraordinary potentials within so-called intelligent centres linked to extrasensory perception. The right hemisphere of the brain stays active during states when sensory organs and other bodily systems remain shut, and can perform functions associated with the senses. Precognitive dreams and experiences are viewed as expressions of these extrasensory and subliminal abilities of the neural system.

ESP is often viewed as something beyond the physical world, sometimes described as a link to another reality or form of consciousness. Many people report experiences such as dreaming something that later comes true, having a correct feeling about an event happening far away, or predicting an unexpected phone call from an old friend. These experiences often feel strange and mysterious.

Spiritual traditions such as Buddhism and Yoga present these abilities as natural extensions of the mind, developed through deep meditation and spiritual practice. Buddha stated that it is possible to attain these powers after reaching the fourth stage of meditation. Supernatural power is seen as a natural by-product of mastery in samadhi meditation, which involves single-pointed mental focus. Clairvoyance, precognition, telepathy, knowledge of past and future events, and extraterrestrial communication are described as supranormal potentials linked to the activation of the ājñā chakra.

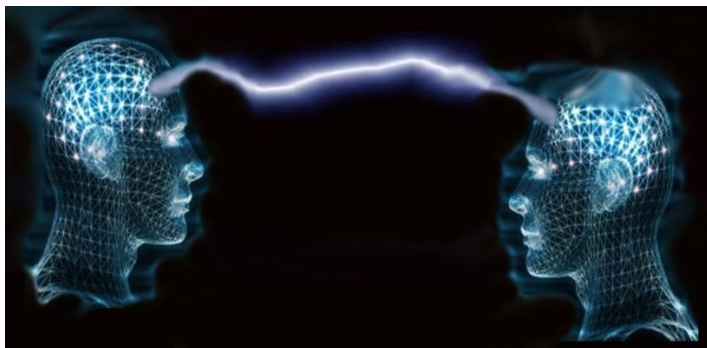
Exponents of dhyana yoga regard the ājñā chakra as the core of self-realization and the point of connection between individual consciousness and omnipresent supreme consciousness, the Para Brahm. Realization of divine power and presence becomes possible through spiritual enlightenment of this chakra. The third eye chakra, or ājñā cakra, symbolizes the extraordinary potential and serves as a centre for heightened awareness and connection with universal consciousness, they say. Contemporary science also identifies the ājñā cakra as the centre of extrasensory potential. It suggests the pineal gland, located in the inner core of the brain, behind the bhru madhya, the point between the eyebrows as the seat of the psychic abilities.

Telepathy, Precognition and Clairvoyance, which have substantial references and reports are the widely studied forms of Extra Sensory Perceptions.

Telepathy refers to the transfer of thoughts from one person to another without using known sensory channels. It includes different experiences, such as mental communication, where information passes between people without physical interaction, and perceptual telepathy, where a person senses another person's thoughts or emotions without direct communication. There are also reports suggesting shared physical sensations, such as pain, through telepathic experiences. It was reported that Carl Gustav Jung experienced severe headaches when a patient of his shot himself in the head.

Some researchers suggest that telepathy may occur more often between people with strong emotional connections, such as close friends, twins, or siblings, rather than through biological or genetic links.

Research further indicates that the right hemisphere of the brain may play an important role in both empathic and telepathic experiences.



Precognition refers to the ability to obtain information about future events or occurrences. It assumes that outcomes lie, to some extent, outside an individual's control and are shaped by external forces. Precognition also suggests that consciousness may extend beyond our linear sense of time, which could explain why people sometimes recall events before they occur. Some hypothesize that your brain becomes entangled with its future self, since entanglement can connect not only things separated by space, but also things separated by time. If our brain can connect with its future self, you may experience a feeling in the present that resembles a memory from the future.

Abraham Lincoln is described by some people as clairvoyant. They claim he predicted his own death. Whether his predictions proved true or resulted from coincidence remains debatable. Just a few days before he was shot dead, he told his wife about a dream he had. In the dream, he woke up to the sound of crying and walked to the eastern room of the White House, where he saw his casket lying open. A crowd of mourners gathered there, along with several guards around the casket. In the same dream, one of the soldiers clearly told him that the president had been assassinated. Three days after he narrated this dream to his wife, he was shot dead by John Both.

Those who have the supernatural ability to perceive information about events, objects or people beyond the range of normal human senses are considered clairvoyant.

The Case for ESP

Most people experience unusual coincidences from time to time, and many documented accounts describe apparent precognition and clairvoyance. One famous example comes from 1898, when Morgan Robertson published a novel titled "Futility" about a large luxury ship called the Titan. He reportedly wrote the story in a trance-like state. In the novel, the ship travels through thick fog on an April night, hits an iceberg, and sinks, causing many deaths. Fourteen years later, the Titanic, with the similar size and structure, sank under almost identical conditions at the same time of year. In both cases, the lack of lifeboats contributed to the high number of casualties.

Alleged predictions of events such as the death of King Henry II of France in 1559, the Great Fire of London in 1666, the French Revolution of 1789, Hitler's rise and actions in Europe during the 20th century, the use of atomic bombs during World War II, the assassination of John F. Kennedy in 1963, and the September 11 attacks in 2001 are considered as instances of Extra Sensory Perceptions.

Some people group religious prayer with ESP like phenomena. Intercessory prayer suggests that focused mental effort in prayer can influence real events, either through divine intervention or through the power of mental energy itself. Some scientific studies, including double blind experiments, have examined this idea by comparing patients who receive prayer with those who do not. Results vary, but a few studies report a possible connection between prayer and recovery outcomes.

The Case Against ESP

Many sceptics argue that stories like Morgan Robertson's novel appear predictive only in hindsight. They note that Robertson

worked as a former seaman with strong knowledge of ship design and maritime risks. From this perspective, his story reflects informed speculation rather than paranormal insight.

People often mistake intuition for psychic ability. The brain constantly processes sensory information at an unconscious level, which can lead to strong but non conscious pattern recognition. Some individuals excel at noticing subtle cues in behaviour, tone, or expression. This ability can create the impression of psychic knowledge. For example, someone may correctly sense dishonesty by unconsciously detecting small changes in facial expression or voice.

Reproducibility

A major issue in ESP research involves reproducibility. Many experiments produce results that other researchers cannot replicate under the same conditions.

Parapsychologists argue that psychic ability may vary between individuals, which could explain inconsistent results. However, most scientists require reproducible evidence as a basic standard of the scientific method, which leads many to reject findings that cannot be consistently repeated.

The concept of ESP does not currently fit established scientific models, considering the reproducibility factor and adherence to the control norms, yet this alone does not fully rule it out. Throughout history, scientific models have changed when new evidence emerged. Science focuses on perpetuating what is true in accordance with the accepted standards, not on declaring what stands true but remains out of the ambit.

The Psychopathy..

That crime was brutal, and the confession was horrific. The man showed no sense and displayed a complete lack of remorse. He stood impassive, his expression blank, his eyes devoid of any flicker of humanity. His detachment reached an extreme level, marked by a chilling absence of empathy. It stood as one of the most dreadful acts humanity can endure. The findings revealed a calculated pattern of violence and deliberate cruelty, intolerable at its core. His eight-day-old daughter was raped and cold-bloodedly murdered.

The eight-day-old body bore unmistakable signs of sustained abuse. A needle puncture in her left groin suggested sadistic intent, while extensive bruising around her trachea, bleeding near the hyoid bone, and deep tissue injuries to her neck, face, and skull indicated repeated blunt force trauma. He had smashed the child repeatedly against a hard surface, which investigators identified as the cause of death. His admission of sexual assault minimized the brutality, as medical evidence showed the attack proved far more violent than he described.

This account describes the crime of a psychopath, a person who does not operate within normal social expectations. Such behaviour appears chaotic and disturbing, and remorse does not exist. It reflects a distorted mental process and flawed interpretation of reality. What feels sensible to most people can feel acceptable to a psychopath. They follow their own internal rules and standards, which they interpret as satisfying and even motivating. No external logic governs their actions; instead, they act according to what feels right within their own minds. Even brutal acts can seem justified to them through internal rationalization.

What thought process leads psychopaths to behave in such deviant ways? Their behavioural patterns remain difficult to understand, and no single structure or consistent set of traits explains them fully, which makes outcomes hard to predict. A lack of empathy and heightened arousal during destructive phases appear as common markers.

The BTK case is often studied when examining psychopathic traits and related criminal behaviour. Dennis Rader, a serial killer known as BTK, carried out the torture and murder of ten people between 1974 and 1991. Rader lived a concealed double life while maintaining an ordinary public identity. His methods differed from known patterns at the time, and he remained off the list of suspects until he exposed himself through his own actions and clues.

BTK stands for “Bind, Torture, Kill,” his stated motto. Kansas was horror-stricken for years, and he became one of the most elusive serial killers in American history. Dennis Rader did not appear as an obvious monster. He served as a church president, worked as a Boy Scout leader, and held a stable job while living in an average neighbourhood with his wife and two children. He represented the image of a suburban man with a hidden violent life. A psychopath’s crime often carries no clear external motive, since the act itself becomes the motive.

In psychopathic conditions, behaviour rarely links directly to the individual in a straightforward way. Abnormal actions reflect a disrupted mental system rather than a coherent intent. We expect the person behind a crime to reflect the horror of the act, yet observable traits often do not match the crime pattern.

Psychopathy may result from a combination of childhood fears, adult fascination with destructive impulses, envy toward people who appear to live without burden, and feelings of guilt, anguish, and insecurity. Lack of understanding about psychopathy remains troubling, especially given estimates that suggest two to three people per 100 may show psychopathic traits. A strong belief that

they will not be suspected and that their crimes will remain hidden strengthens their confidence and pushes continued offending.

Dennis Rader's case shows that psychopathy can appear in varied and unexpected forms. It does not arise solely from childhood abuse, neurological trauma, or genetics alone, nor does it represent a single defined syndrome. Rader maintained a double life for decades, presenting a well-groomed public image while concealing his crimes. Psychopaths are not always immediately identifiable and do not fit a simple image of evil. Rader lived for years as an apparently ordinary and respectable man, while hiding a violent inner life. There may be people among us, close, dignified, and respectable, who conceal their true nature behind charisma.

The Lunacy Quotient

Celestial bodies have been found to have a marked influence on an individual's mental state. Studies suggest that the gravitational link of cosmic bodies, particularly Earth's closest companion, the Moon, may alter the human psyche under certain conditions. Variations in gravitational forces caused by the Moon's orbit could lead to a net gain or loss of water molecules at the cellular level, which is studied to potentially affect the entire organism.

Researchers observe that a person's sleep and mood patterns appear to rise and fall in a way that mirror the Earth's oceans, which are driven by the Moon's gravitational pull. It was the rhythmicity of patterns that intrigued the scientists; the patient's mood and sleep patterns seemed to typically track the rise and fall of oceans. There seemed to be high tides occurring during the night when the sleep duration was short and low tides when the patients had longer sleeps. The monthly and annual lunar cycles as the Moon moves across the night sky have also shown similarities to mood swing patterns in some patients.

There is also some evidence that sleep varies across the lunar cycle. A 2013 study conducted under controlled sleep laboratory conditions found that participants took about five minutes longer to fall asleep and slept about 20 minutes less on average around a full Moon compared with other times of the month. Measurements of brain activity also suggested a 30 percent reduction in deep sleep during this period.

Immediate nights before the full moon is also found to make people more social. This pattern is hypothesized as a reflection of an innate adaptation that helped our ancestors take advantage of the natural source of evening light at a specific point in the lunar cycle. Full moon light may have helped them in the African savannah

avoid lion attacks as they had an improved visibility during the time.

The Moon affects Earth in several ways. The most obvious is through moonlight, with a full Moon occurring approximately every 29.5 days and a new Moon following about 14.8 days later. The Moon's gravitational pull creates ocean tides that rise and fall roughly every 12.4 hours. These tides also follow longer cycles, including the 14.8 day spring neap cycle driven by the combined gravitational pull of the Moon and Sun, and the 13.7 day declination cycle driven by the Moon's position relative to Earth's equator.

One hypothesis suggests that these processes may trigger subtle fluctuations in Earth's magnetic field, to which some individuals might be sensitive. Exposure to magnetic field changes is found to significantly decrease the brain alpha wave activity. Some studies have linked solar activity to increases in heart attacks, strokes, epileptic seizures, schizophrenia, and suicides. When solar flares or coronal mass ejections interact with Earth's magnetic field, they induce invisible electric currents strong enough to disrupt power grids, and some researchers propose that they may also influence electrically sensitive cells in the heart and brain.

The magnetic hypothesis is of particular interest because studies over the past decade suggest that, in some organisms such as fruit flies, a protein called cryptochrome may function as a magnetic sensor. Cryptochrome is a key component of the molecular clocks that regulate circadian rhythms in cells and tissues, including the brain. Whether humans hold any evolutionary byproduct in this regard is studied.

When cryptochrome binds to a light sensitive molecule called flavin, it helps signal daytime to the circadian clock and also triggers reactions that may make the molecular complex magnetically sensitive. Bambos Kyriacou, a behavioural geneticist at the University of Leicester, and colleagues have shown that low

frequency electromagnetic fields can reset fruit fly circadian clocks, altering sleep timing.

If similar mechanisms existed in humans, they might help explain abrupt mood changes observed in bipolar patients. It is noted that these patients have fairly dramatic shifts in the timing of their circadian rhythms as they go through their mood cycles, and they also have fairly dramatic changes in the timing and duration of their sleep.

However, while cryptochrome is also part of the human circadian system, it appears to function differently from its counterpart in fruit flies. Alex Jones, a physicist at the National Physical Laboratory in Teddington, explains that human and other mammalian cryptochrome does not appear to bind flavin in the same way. Without flavin, the mechanism for magnetic sensitivity remains unclear. He suggests that it is therefore unlikely that human cryptochromes respond to magnetic fields, unless other unknown molecules play that role.

It is suggested that human cells may also hold sensitivity similar to some flora, in which the lunar cycles and thus the tidal forces are evidenced to have influence on the water movement within. Since life is thought to have originated in the oceans, some land organisms may still possess mechanisms for responding to tidal cycles, even if these mechanisms no longer serve an obvious biological function.

We are all born with a life quota. Every cell has a fixed life period, determined by its innate morphology and genetics. Death of an individual happens when the cells exhaust their life quota, and it becomes no longer possible for them to carry forth their survival mechanism. Every cell will extend to its maximum potential before the final drawdown, after which they trigger their own death through the process of apoptosis, the programmed cell suicide. In the event of an infection or a damage, the cells will fight out with their innate mechanisms and life potential to make it functional further. But, if the damage is beyond its capacity, fixed by its life

quota, the cell will start receiving internal signals for the final shut down. The cell activates its self-destruct switch, its DNA breaks apart, its structure collapses, and the immune cells quietly clear it away without any chaos.

Death may mark a transformation rather than an end. Your physical body, a complex blend of water and minerals, stops functioning and begins to decay. What remains is consciousness. At death, consciousness separates from the physical body, which serves as a temporary vessel for consciousness and seeks a new form through which it can express itself.

Our physical form holds only a temporary claim, footed on the four natural elements: earth, water, fire, and air. When death arrives, that claim expires. The body breaks apart. Earth returns to earth. Water returns to water. But what happens to the mind?

Science suggests that the self is not a fixed object. It functions as a continuous process, an illusion shaped by constantly changing parts. It reflects a flow of energy. When a person dies, the mind still carries momentum from habits, fears, and attachments. When the body falls away, that psychological momentum does not simply disappear. It drives consciousness toward another physical form.

So, what creates this driving force?

It is craving that sustains a being after death. Craving acts as the fuel. We cease to exist with immense energy within, our thoughts and emotions remain in the quantum field of existence and the consciousness longs for a new form through which it can continue to express itself.

When the heart finally stops, that intense, grasping energy acts and transmigrates the consciousness toward a destination that matches the frequency of the mind that created it.

The philosophical parlance explains the continuance of consciousness in another aspect. It says that our karma is the basis which shapes the next life. It is our intentions and the final vibrational state which determines the further course of the consciousness.

The Illusive Hinge..

Have you been wondering why you exist? Imagine waking up one day with no sense of who you are.. You look around at your room, your hands, the street outside, and ask yourself, “Why am I here? Why me?” “Why was I born into this family? Why do I live this particular life, with its joys and struggles? What does it all mean?”

People have asked these questions throughout history. Rich and poor, young and old, everyone searches for answers. The answer may not lie in luck or in fate. It may lie in the patterns and experiences already present in your own life, if you look closely enough.

Life Is Not an Accident..

Some people believe life unfolds randomly, with no deeper reason behind it. Others believe fate controls everything and leaves no room for choice. In fact, it is to be known that life unfolds through causes and conditions. You are not here by accident.

Your family, your body, and the circumstances of your life all arise from your previous actions and choices. This is not a mystery or magic. It reflects the natural flow of cause and effect. Your past decisions, thoughts, and habits shaped the life you experience now.

Life does not move randomly. It unfolds through a chain of actions and consequences, shaped both by your choices and by the choices of those who came before you. The seeds planted in the past continue to shape the present.

The challenges you face are not punishments. They reflect the momentum of past actions unfolding over time.

Life is indeed to be seen as a rare opportunity to grow and transform. It is an opportunity to awaken, to what truly matters.

Live with awareness. Every day you think, speak, and act. These moments shape your life. Closely observe them. Awareness works like a mirror. It helps you understand your emotions, your decisions, and their consequences. Even small moments, small realizations can change your destiny.

Live with kindness. Kindness transforms both you and the people around. It benefits others, but it also changes the person who practices it.

Seek wisdom. See your life clearly, without getting trapped by distractions. Choose what genuinely matters to you. Step back at times and ask yourself - “Is this leading me towards a meaningful life?”

The Nature conspires for you..

The phenomenon of “Manifestation” is not something which is magical, it is not about you always being on the positive path and hoping for the best. Instead, it is the outcome which centres on your vibration. Quantum Physics states that every matter in the universe, whether biotic or abiotic, vibrates: your body, your thoughts, your emotions all exist at and emit a frequency. In the natural functional course, you attract what matches your vibrational frequency. But, the Law of Attraction works when you get tuned to the frequency of what you desire. You attract abundance, love or success, if you are aligned with the right energetic frequency of the matter which paves your way toward what has been intensely desired for. On the contrary, if you remain in a low vibrational state, no level of positive thinking can override and make things happen for you.

Psychologically, you can alter and trick your neural elements for turning out events in your favour. It is suggested that visualizing your future self in the past tense can falsify your brain into treating it as memory. Self-directed neural priming as it is called, increases clarity, strengthens belief, confidence and emotional alignment with the desired outcome, activates the circuits responsible for recalling real memories and effects planning. The subconscious mind struggles to distinguish between vividly imagined experiences and real memories, and thus strongly influences behaviour and motivation. This method works because the brain relies on memory-based prediction. When it believes something has already occurred, it begins adjusting decisions, habits, and emotional responses to stay consistent with that internal narrative. Familiarity reduces the psychological resistance that often blocks long-term goals. The mind feels safer pursuing something it already recognizes and direct towards accomplishments.

Your brain constantly predicts who you are. Every habit, reaction, and repeated thought reinforces an internal model of your identity. Thus, every thought and action of you, which builds your identity can be manipulated by creating prediction errors, elevating your vibrational levels in accordance with the desires.

A prediction error occurs when reality contradicts what your brain expects. If you believe you are “not confident” but speak up anyway, your brain detects a mismatch. That mismatch forces an update in its internal model. The brain depends on prediction and correction to adapt. When behaviour repeatedly challenges old beliefs, neural pathways begin to shift.

From a scientific perspective, this process involves dopamine signalling and neuroplasticity. Dopamine releases not only when you succeed, but also when outcomes differ from expectations. Each time you act against your old identity, you weaken existing neural patterns and strengthen new ones. Over time, repeated small actions reshape self-perception more effectively than motivation alone.

Identity does not stay fixed. It updates based on evidence. When you consistently create new evidence, your brain adapts accordingly and works forth.

“Pray Thee..” (aham brahmasmi..)

Prayer serves as more than a ritual, it acts as a tool that reshapes thinking patterns, supports mental health, and fosters emotional balance. There exists a strong link between mental focus, spirituality, and brain plasticity. Prayer can actively change the brain, reshaping neural pathways and influencing emotional regulation, focus, and resilience. Prayer activates the brain's reward and emotion centres, helping reduce stress and improve mood, effecting physical and mental well being.

Your prayers are rooted in your beliefs, which constantly seeks and create evidences for you. Every belief fundamentally has a neural circuit associated with in your cranial system. The moment I switch on my belief system, while visiting a place of worship or during prayers, your neural circuit linked to it gets activated. You have a unique neural system in your brain called the Reticular Activating System, a high-power radar which continuously receives signals from around and give you alerts. This is exactly when you feel that you get connected to the ‘Supreme’ and get your prayers ‘heard’.

Reticular Activating System –

The RAS is a bundle of nerves at our brain stem which primarily filters out information, so that only the important stuff gets through for further processing. The information what matters to you is in fact determined by your identity, which means that the ‘What’s which are let in will be depending on ‘who’ you are. The RAS is the reason you learn a new word and then start hearing it everywhere. It’s why you can tune out a crowd full of talking people, yet immediately snap to attention when someone says your name or something that at least sounds like it.

Your RAS takes what you focus on and creates a filter for it. It then sifts through the data and presents only the pieces that are

important to you. All of this happens without you noticing, of course. The RAS programs itself to work in your favour without you actively doing anything.

The Reticular Activating System continually seeks information that validates your beliefs. It filters the world through the parameters you give it, and your beliefs shape those parameters.

If you think you are bad at giving speeches, you probably will be. If you believe you work efficiently, you most likely do. The RAS helps you see what you want to see and in doing so, influences your actions.

We can train the RAS by taking our deep-rooted subconscious thoughts to our conscious. Now that your goals will be refined and get hard focus. You will now set your intent towards achieving your desires and your RAS will reveal the right people, information and opportunities that help you achieve them.

If you care about positivity, you will become more aware of and seek positivity. If you intensely desire for something, you set your intent on getting one, you'll tune in to the right information that helps you do that.

When you look at it this way, The Law of Attraction doesn't seem so mystical. Focus on the bad things and you will invite negativity into your life. Focus on the good things and they will come to you, because your brain is seeking them out. It's not magic, it's your Reticular Activating System influencing the world you see around you.

The RAS can be positively modulated towards your accomplishments by vividly visualizing the proposed results. By ideally setting the path towards your goals in your mind, you can make your system work out for you in your favour.

Let your mind continually rework on your thoughts, sense the world around and aggregate the faculties to gift you miracles in your life.

गतिर्भर्ता प्रभुः साक्षी निवासः शरणं सुहृत् ।
प्रभवः प्रलयः स्थानं निधानं बीजमव्ययम् ॥

“I am the supreme goal, the sustainer, the master, the witness, the abode, the refuge, and the dearest friend.

I am the creation and the annihilation, the basis of everything, the resting place, and the eternal seed.”