

# Biopsychology

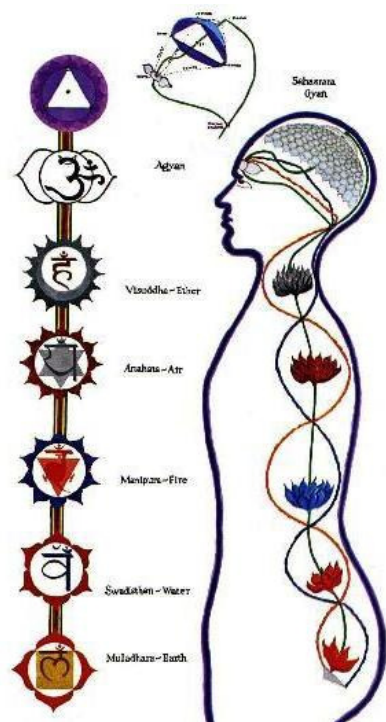
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The process of yoga is explained in three dimensions, that is, physical, mental and spiritual. Each has its own value and resources. Each is discussed separately and finally synthesized with equilibrium and equipoise.

The word "cakra" means controlling nucleus. There are many controlling nuclei in the universe. The controlling nucleus of any particular country or state, for example, is the national or state capital. The nucleus of the moon is the earth, and the nucleus of the earth is the sun. The controlling nucleus of the universe is the Cosmic or Universal Mind, commonly called God. Everything in this universe has a controlling nucleus and each nucleus is controlled, in turn, by a superior nucleus, in hierarchical order.

## Cakras

The cakra's or controlling nuclei of the human body are formed in two ways. The human backbone is composed of several small bones piled one on another, separated by pillow-like substances called discs. Through the center of these backbones runs the spinal cord. This spinal cord seems to be one entity, but there are actually three channels within each other containing three subtle nerves. One central nerve descends from the brain, passing directly through the spinal cord within the backbone to the base of the spine. The second starts at the root of the right nostril and twists and twines around the central nerve, crossing at five points in the trunk of the body until it reaches the base of the spine.



The third nerve starts at the root of the left nostril, twisting and twining in a similar way around the central nerve, reaching to the base of the spine. Where these three nerves cross within the spinal cord marks the location of the first five cakra's. Each cakra is located in relation to a particular part of the body, although they exist within the spinal cord.

The first cakra is located two fingers above the anus. The second is located at the root of the genital organs and also controls the first cakra. The third is located at the navel and controls the two lower cakras. The fourth cakra is found at the center of the chest, controlling the three lower cakra's, and the fifth is at the vocal cord and controls the four lower cakra's. These locations are reference points to the actual cakra that exists within the spinal chord. The cakra's are also formed by clusters of glands which act like small factories which exist at these controlling centers; around each of the first five cakra's are a number of glands. The sixth cakra is located at the pituitary gland and controls all the five lower cakras. The seventh and highest cakra is located at the crown of the skull where as a baby our skull was soft. The seventh cakra is the controller of all the six lower cakras.

Each of the glands or small factories surrounding the nerves produces a particular hormone or chemical which activates a special emotion, feeling or tendency within the mind. There are fifty factory-like glands producing fifty hormones or chemicals in the body. Each hormone activates a unique tendency within the mind, so there are a total of fifty mental tendencies. This chemical stimulation of the body affects the mind. Therefore, the cakra's are physico-psychic; that is, the body influences the mind.

The three nerves mentioned earlier are the extensions of the brain, and the brain is the machine of the operator-mind. When a particular thought, memory or idea about one of the fifty tendencies or emotions arises in the mind, the glands respond accordingly and that hormone or chemical is released into the blood activating the particular emotion or tendency. So the cakra is also psycho-physical, mind stimulates chemical reaction in the body leading to emotional behavior.



## ***The Body is an Antenna***

This network of seven cakras with related glands, hormones and nerves acts like a transmitter and receiver. Everything in the universe is sending and receiving particular energies in different wave patterns called vibrations. Each and every animate and inanimate object is transmitting energy, its own special expression of being or existence. The cakras, as a whole, act as an antenna, receiving and sending these various vibrations. These vibrations stimulate the nerves which activate the chemicals of a particular gland, causing the mind to experience an emotion, feeling or urge as a result.

These various vibrations can be categorized into three qualities - Sentient, Mutative and Static. Energy qualifies molds or restricts our sense of identity as well as our capacity to focus our minds in meditation or in any thought process. Energy which enhances our sense of being without having to do anything or be anything is called Sentient. Energy which mobilizes us into action or the need to control or dominate is Mutative. And energy that stimulates our sense of ownership is Static. Meditation is done with the help of the sense of being.

Each of the cakras is being activated by external and internal energies. If that stimulation or vibration activates the two lower-most cakras, we say that the stimulus is static to the mind. If cakras located at the heart, the vocal cord or the pituitary glands are activated, we say that the vibration is sentient. When the navel cakra (third) is stimulated, we label it as mutative. All these categories are in relation to mind as mind is the instrument for meditation.

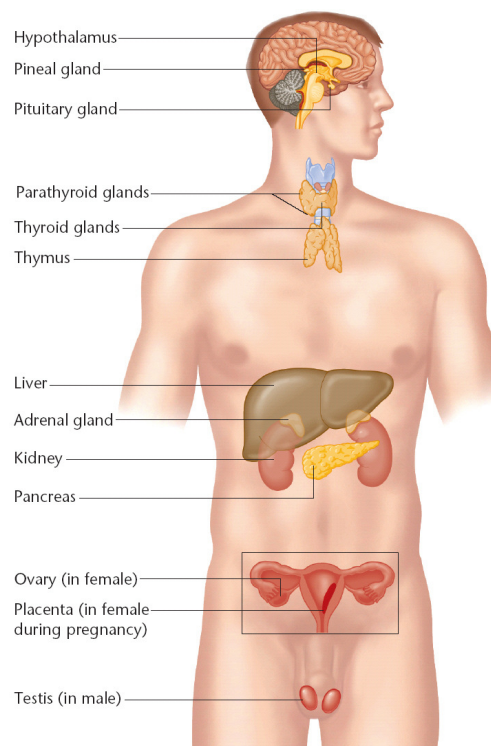
Everything of this universe is vibrating under the influence of one of these three limitations. Music, people, nature, food and mind are each transmitting one of these three expressions of energy. Our cakras are being stimulated by these external and internal vibrations day and night, whether we are aware of it or not. When a gland is stimulated again & again, it becomes overactive. Some glands are very seldom stimulated. For example, in some people the pineal gland has become calcified, hardened, which means it was not active at all. The special chemicals made by glands which control particular emotional tendencies become dominant in activated glands and dormant in un-stimulated ones.

## ***Our Personality***

The combination of these dominant and dormant glands makes up our character, our personality. We can say that our personality or individuality is partially the expression of the strengths and weaknesses of the various glands located at the various cakras of our body. Our personality can be categorized as sentient, mutative or static.

By understanding the nature of our bodies, we can apply the techniques of yoga to progressively strengthen, control and direct the energies of our cakras for deeper mental and spiritual achievement for the benefit of all.

We develop the cakras by controlling the food we eat. The body is like a refinery or processing plant. After eating, the body chemically refines food for various uses. However, foods containing chlorophyll are especially important in the production of lymph, the chemical agent which causes the formation of hormones. Lymph is the food of the nervous system, especially the brain. The glands use lymph to produce the various hormones which activate particular emotions according to what we think. If we think courageous, compassionate and benevolent thoughts, then the lymph will be converted into the hormones of the glands which control these emotions. However, if we entertain fear, hatred, jealousy and doubt, then the glands that control those emotions will grow stronger.





### **Food**

There are three categories of food - sentient (good for the mind and body), mutative (neutral) and static (may be good for the body but bad for the mind). Sentient food activates sentient glands and hormones, Static food stimulates static behavior and neutral promotes mutative emotions. Food stimulates glands, glands activate emotions, and emotions build personality. Therefore, we should be very careful about the kind of food we eat.



### **Yoga Postures**

Yoga postures, called asana (posture held comfortably), exercise and massage the glands to control the overactive hormones and to activate the dormant hormones. Shyness, depression, dogmatic thinking and fear can be overcome to some extent by performing yoga postures prescribed by a properly qualified teacher. Asana also stimulates compassion, hope, sacrifice, rationality and determination. By applying and releasing pressure on those inactive or under active glands, the



hormones will work to help the individual to move more efficiently towards the Supreme Goal of life. If we do not take precaution in the food we eat, then static food will undo the effort we made in practicing the yoga postures to control and activate the glands. Static food will activate the glands we wish to control and will not produce lymph needed for the hormones we need to develop the higher levels of mind. The relationship between food and yoga postures or asana should be understood very well.

### **Mind**

Thoughts activate glands, glands produce hormones, hormones control sentient, mutative and static emotions and mental tendencies and the collective interaction between these psychic urges forms our unique personality. It is very important to guide thought. Thousands of years ago yogis declared, "As you think, so you become". Mind is the cause of freedom and slavery. Eating proper food and doing yoga postures is done to control the static mind and activate the sentient, rational and intuitive mind. If the mind is engaged in negative, static and selfish thoughts, the glands and hormones will only respond accordingly. Precise, controlled thinking and remembering applied to glands lead to positive, peaceful and joyful living.

People with similar thoughts like to be with each other. Peaceful places attract people who want of peace of mind. Similarly, in this universe there are many living beings, much smaller than our capacity to perceive, which are attracted by our thoughts. They also want the company of our mind. This "small life" moves throughout the universe desiring companionship according to its sentient, mutative or static nature.

### **Sympathetic Minds**

As we think, they are attracted by our thought. If we have sentient thoughts, then sentient living beings are pulled by our thought. If we have static thoughts and behaviors, then the static move nearer to us. Their sentient or static influence affects the glands and hormones of the cakras, helping or hindering our progressive development. It is the mind which is our best friend or our greatest enemy. It is important to guide our thoughts carefully.

### **Four Aspects**

Therefore, consider these four aspects of yoga practice. Be conscious of what we eat and how it affects our glandular system and hormonal (chemical) balance. Our physical exercise will enhance the control of overactive glands and the stimulation of dormant glands. Our thoughts will be properly selected to lead us to oneness in heart, mind and movement. And our thoughts will attract only those living beings in the universe which will help us in our effort to surrender to our Supreme Goal. This practice is a precise, direct and sincere path under the guidance of the Teacher called Guru in Yoga.



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