

# Introduction

You are not just in the universe. You are the universe. The ancient seers weren't being poetic when they said "Aham Brahmasmi" (I am Brahman). They were stating a deep, direct truth about the human being. Your body, brain, mind, and soul are not separate from the cosmos. They are the cosmos. Every divine function attributed to gods like Shiva, Vishnu, and Brahma exists in you. And the energy that fuels them flows through the nadis – the subtle energy channels of the body.



# Shiva as the Body

The body is not just flesh and bone. It is the vessel of transformation. Like Shiva, the body has the power to destroy illusions, reset cycles, and awaken dormant forces through movement, breath, and awareness. When Shiva dances the Tandava, it is symbolic of cosmic rhythm and destruction that precedes rebirth. In you, this dance happens when the body is fully aligned, vital, and allowed to express energy without mental or emotional blockage. But it can only move when Brahma (the mind) grants clarity and Vishnu (the brain/execution) follows through.



# Vishou as the Brain

The brain is the great preserver. Just as Vishnu sustains the cosmos through balance and intelligent order, your brain regulates, processes, and integrates reality. It doesn't create ideas (that's the mind's job), and it doesn't destroy (that's the body's domain), but it ensures everything runs smoothly. Your neural network is your inner Vishnu, maintaining harmony across the systems of your being.



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# Brahma as the Mind

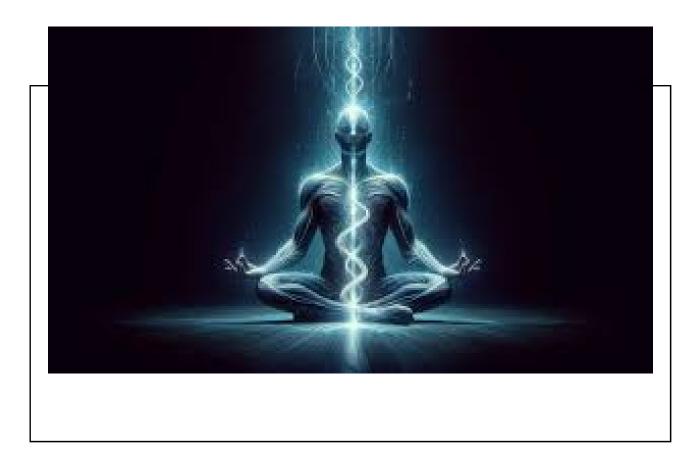
Brahma, the creator, corresponds to the mind – the source of thought, vision, and intent. Nothing exists in your reality unless the mind first conceives it. Brahma creates the plan. Only then can Vishnu (brain) manage it and Shiva (body) act on it. But most minds are distracted, scattered. A focused mind is a god-force. It sets the stage for divine expression in life.



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### The Nadis and the Flow of Shakti

There are said to be 72,000 nadis in the human body. These subtle channels are where Shakti, the primordial feminine energy, flows. When the nadis are blocked, your power is trapped. When they're open, everything moves. Shakti flows up the spine (the sushumna nadi), activating your inner Shiva, Vishnu, and Brahma. This is why yoga, breathwork, and deep meditation aren't just spiritual fluff. They are literal rewiring tools for divine alignment.



### You Are the Cosmos in Motion

To live with this awareness is not philosophy. It's power. It's embodiment. Your body is Shiva, ready to move. Your brain is Vishnu, ready to sustain. Your mind is Brahma, ready to create. And your nadis carry the divine feminine force to every cell. You are not a fragment. You are the system.

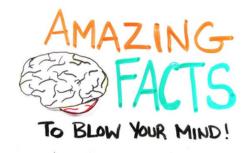




- 1. The body regenerates itself constantly About 330 billion cells are replaced daily, equivalent to about 1 percent of all our cells. In 80 to 100 days, 30 trillion will have replenished—the equivalent of a new you.
- 2. Your bones are stronger than steel— ounce for ounce, bone is about 5x stronger than steel but much lighter.
- **3. Muscles store emotion** trauma and stress are often held in the body (especially hips and shoulders), not just the mind.
- 4. Your gut has its own nervous system

   the enteric nervous system, often
  called the \*"secondbrain"\*, contains
  500 million neurons and influences
  mood and health
- 5. The heart has neurons over 40,000 of them, giving it its own intelligence and memory. This is why the heart is more than a pump—it's part of your intuitive system. The heart sends more information to the brain than the brain sends to the heart, showing us that awareness is distributed—it's not just "in your head".
- 6. You are literally shining—24/7.
  Your body emits biophotons—tiny particles of light—all the time.
- 7. You have more bacteria than human cells about 39 trillion microbial cells vs. 37 trillion human cells.

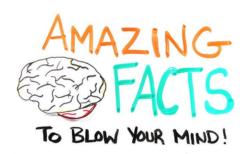




#### BRAIN

- Your brain uses more energy than any other organ about 20% of your total energy, even at rest.
- **2. Neuroplasticity is real** your brain can rewire itself throughout life. Beliefs, habits, and identity are \*malleable\*.
- 3. Most decisions are made unconsciously up to 95% of brain activity happens below your awareness.
- **4. The brain processes images faster than words** about 60,000 times faster, explaining why symbols, dreams, and visions are powerful.
- 5. Meditation changes brain structure consistent practice increases gray matter, reduces anxiety, and enhances focus.

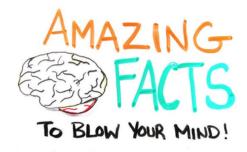






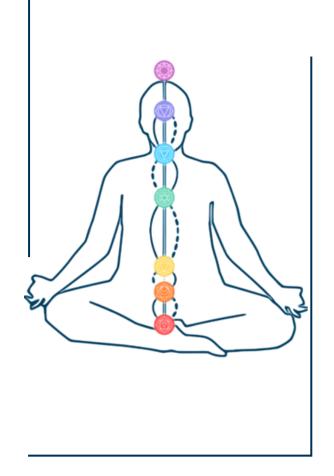
- 1. Your mind is not your brain the brain is physical; the mind is the field of awareness, thought, and perception. They interact but are not the same.
- 2. Thoughts can trigger real physical changes imagining exercise can increase muscle strength, proving that thought creates physical response.
- 3. The placebo & Nocebo effect is mind-over-body in action —Positive & Negative belief alone can produce healing and disease respectively.
- 4. Most of your self-talk is negative unless trained, the mind tends toward fear and doubt for survival. You can \*retrain\* it through awareness.
- 5. You can watch your mind the fact that you can observe your own thoughts means you're \*not\* your thoughts.

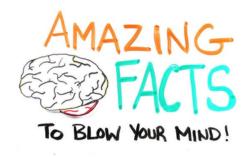




#### ■ NADIS (ENERGY CHANNELS)

- 1. Yogic texts mention you have 352006 nadis three are primary: Ida, Pingala, and Sushumna, 36 are secondaries and 72000 tertiary and many more micros. They control the flow of prana the life force divine energy.
- 2. Blocked nadis = blocked life
   stuck energy can show up as anxiety, fatigue, restlessness, or illness.
- 3. Breath controls the nadis Pranayama (breathwork) can open and balance the flow of energy.
- 4. Nadis correspond to the nervous system modern mapping of nerve channels overlaps with the ancient descriptions of nadis.
- **5.** Kundalini rises through Sushumna when all nadis are balanced, the dormant energy at the spine's base (Kundalini) rises, awakening higher consciousness.







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#### GET IN TOUCH

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