

'Sudreh Kushti', Not a Mere Symbol But An Apparatus or Generator of Spiritual Energy.

Internal and External Energies in the Universe and in Man - Three Chapters from the Modern Sciences of Physics and ESP.

So far I have presented before you the following truths:

1. All the components of the Zoroastrian Religion as existing amongst the Parsis form one composite edifice. These are: the Holy Writings; the Spiritual institutions, disciplines, 'Yoga's; the exposition of the Truths in Nature; the moral and ethical code; the biography of the Prophet Zarathushtra; and the intensive devotion Parsis have towards Him. Each of these components is inseparable from the other.
2. The existing Zarathushtrian Scriptures form part of or are derived from the 21 Nasks written by Zarathushtra and His Disciples during His time. (Dini Avaz Vol I-3).
3. All the existing Holy Writings — 72 chapters ('Ha's) of Yasna (Yazashney) which include all the five 'Gatha's; 22 Chapters ('Fargarad's) of Visperad; 23 Chapters ('Kardas') of Visperad; Yasht's 'Niyaish's, Gah's and other compositions contained in our Prayer Book, Khordeh Avesta — all constitute one whole consistent structure, setting out the Divine Truths. The distinction tried to be imposed on the Gathic and

non-Gathic Writings is highly artificial. The fundamental Divine Truths set out tersely in the 'Gatha' are elaborated, expanded and elevated beautifully in the non-Gathic Writings. (Dini Avaz Vol I No. 6).

The next obvious step in understanding the Zoroastrian Religion would be to look to the contents of the Holy Writings and a convenient start can be made with our daily prayer-book — Khordeh Avesta. But here I face a difficulty. The first prayer of a Parsi is the composition he recites while tying and untying his "Kushti" on the 'Sudreh'.

'Sudreh' is a specially designed garment of cotton to be compulsorily worn at all times by a Parsi so as to touch the skin. 'Kushti' is a specially designed girdle to be tied around the Sudreh in three windings. Kushti is to be untied and tied again on specific occasions. The Kushti Prayer is to be recited and meditated during this tying and untying. This exercise is popularly called 'doing Kushti'. No prayer can start without doing Kushti. Another occasion to do Kushti is after relieving oneself by answering the call of nature

Kushti is done after attending a funeral. The original direction is to do Kushti at least five times in 24 hours of a day, in addition to doing it on the specific occasions. (See Dini Avaz Vol. I — No. 3 page 14 for the article on the five divisions (Gah's) of one day).

Since the prayer associated with doing Kushti is the first Sacred Writing I should deal with, I will have to tell you about this Kushti exercise itself.

THE QUESTIONS!

What are Sudreh and Kushti? Why should they be compulsorily worn by a Parsi at all times? How do they constitute a spiritual exercise? What is spiritual about them? Why is a particular prayer-composition associated with doing Kushti? Why special designs for Sudreh and Kushti? Why special prayer and procedure in tying and untying of Kushti? What is the significance and function of all this? Answers to these questions will lead to the final one viz. what is the content and meaning of the Kushti-prayer?

I, therefore, venture to present before you the Spiritual Science of Sudreh and Kushti.

NO SYMBOL, BUT AN APPARATUS OR GENERATOR

The first misunderstanding required to be cleared up is that Sudreh and Kushti are not mere symbols worn by a Parsi to show that he is born in the Religion of Zarathushtra. First obvious point against this proposition is that Sudreh is to be worn inside — **touching the skin of the body** and

Kushti is tied around it. They are hidden underneath all the clothes and cannot therefore be mere show-pieces. They cannot be seen or shown. If a symbol is required to declare to the world that I am a Parsi, it should, like a military badge, be prominently displayed **over** my clothes, not under!

And there are several inherent objections against this symbol theory;

(i) Sudreh and Kushti have a special shape and design. Sudresh is to be of cotton only and has 9 stitches. Kushti is to be of wool only and has 72 interwoven threads.

(ii) Special prayers are offered and special ceremony performed while giving SudrehKushti to a Parsi child.

(iii) There is a specified prayer and specified procedure for untying and tying Kushti. It is manifestly a Prayer-Yoga.

(iv) Doing Kushti is to be accompanied by certain mental thoughts connected with the meanings of the prayer uttered.

All this is inconsistent with mere symbolism. There is a clear indication that wearing Sudreh-Kushti and doing Kushti are spiritual exercises.

The Truth as explained in the Science of our Religion is that: **Sudreh-Kushti are generators of spiritual energy within, and absorbers of cosmic Yazatic energy from without.**

This Truth raises several inquiries.

What is spiritual energy within? Do any such energies stirr and vibrate within us?

Yes. There are within man centres and channels of spiritual energy. The centres can be invoked and such energy can flow in the channels in varying intensities.

Another inquiry is: What is cosmic

Yazatic energy? Does any such energy pour down or flow or vibrate in the world outside us?

Yes. The Divine Energy flowing from its fountain - source, Ahura, spreads out in channels creating and sustaining the whole Creation. These are known as 'Yazata's and they have Divine Consciousness in them. The Divine Energy permeating the Creation is this Divine Consciousness itself or its derivatives. These energies flow out in the Creation in innumerable channels and innumerable forms — from the most subtle to most material.

This is of course the Science of Zoroastrianism, a Mystic Science. Its Truths by their very nature cannot be verified by universal experiments, like those done in the field of modern physical sciences.

But there are creation facts discovered by modern science which convincingly raise a pointer that some very subtle types of energies do exist within and without man; some of them are observable and measurable but some defy all the methods of modern science.

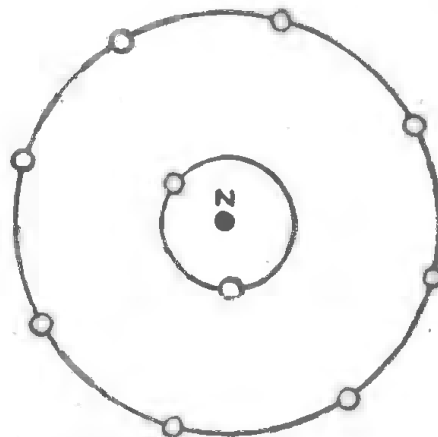
I will, therefore, first take you in the field of modern science. Three interesting chapters from the gigantic book of science will be touched: one from the field of orthodox modern science — Physics, and the other two from the unorthodox most modern science — ESP.

A CHAPTER FROM PHYSICS

Have you heard about carbon-dating? It is a method of determining since how long a piece of matter like wood or rock or hard chunks of dust, is lying on the surface of this mother earth, i.e. how old it is — what is its age?

THE ATOM AND ITS INGREDIENTS

To understand the method, you must have some idea about an atom. All natural matter is composed of one or more of about 92 types of atoms combined in groups. A piece of copper is an assembly of crores of copper-atoms. A grain of common salt is an assembly of crores of sodium atoms and chlorine atoms specially (and electrically) combined.



Solar model of an atom

A workable (and not exact) picture of an atom is a miniature solar system, with a central heavy particle, nucleus, as 'the sun', and very light particles revolving round it in determined orbits, like planets — the electrons. Copper atom is different from a gold atom because the nucleus of gold atom is heavier than that of copper atom and gold atom has more electrons revolving round its nucleus than copper atom.

Nucleus has in its deep interior several smaller particles, some with electric charges on them. Prominent amongst them are protons with positive electric charge and neutrons electrically neutral. If you can push in a few protons and neutrons in the nucleus of a copper atom, it can change into gold! That is modern alchemy; but the cost

of doing it is much more than cost of collecting natural gold from mines.

RADIOACTIVE ATOMS

There are a few kinds of atoms, the nuclei of which go on breaking up by themselves. They are called radioactive atoms. Radium, uranium, thorium are common instances. When their nuclei break up, some electric particles and other radiations are thrown out. You can call this the **release of internal energy from the interior of a radioactive nucleus.**

Here is our first encounter with internal energy which is generated and liberated by some natural processes going on deep within a material atom.

No! we are still far from internal spiritual energy deep within a living man.

ENERGY FROM WITHOUT — COSMIC RAYS

But let us leave this internal energy for the time being and talk of external energy from without.

It is known that very energetic radiation falls upon the earth from outer space every second. They are called cosmic rays. Actually they are not rays, but a shower of charged electric particles. Some of them are the protons — the same kind of particles packed in the nuclei of all atoms. The origin of these cosmic rays is not known with certainty. Some appear to emanate from the sun.

These particles after entering the earth's atmosphere collide with the atoms in the air (i.e. atoms of nitrogen, oxygen, hydrogen and other constituents of air) and further and other

particles are generated. This way a cascade of cosmic ray showers is formed.

Dr. Homi Bhabha had a great fascination for cosmic ray research and had he not diverted himself to the task of developing India as a scientific nation and bringing it on the "atomic map" of the world, he would have perhaps discovered deeper mysteries of the cosmic rays.

There is thus a down-pour of energy on earth and its inhabitants including man. The flow arrives from somewhere in the vast space. And that is our encounter with the external energy reaching us from without.

In the method of carbon-dating, both these energies — one from deep inside an atom and the other from the deep outskirts of space — are brought into play.

(To be continued)

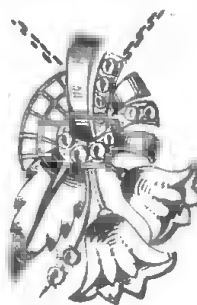
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Sudreh - Kushti. Generators of Spiritual Energy Within us and Absorbers of Divine Energy Flowing in the Universe

A Chapter from Modern Science - Radioactivity, Cosmic Rays and Carbon-dating

The truth regarding Sudreh and Kushti as explained in the Zarathushtrian Science is that they are generators of spiritual energies within us and absorbers of cosmic Yazatic Energy from without.

To give you an idea about (i) the internal energy liberated within a substance and man, and (ii) external energy flowing in the Universe, I am taking you into three interesting chapters from the field of modern science. The first chapter is from Physics and relates to "carbon-dating." I have already described before you a rough picture of the structure of an atom, and was telling you about a curious phenomenon called Radioactivity.

Suppose you have before you on your table a piece of Radium made up of say a crore of atoms. It continuously throws out very small electric particles and very strong radiations. This happens because the nuclei (the central particles) of some of the crore atoms break up by themselves resulting in the throwout. Nobody has a complete **idea** of **why** this happens or even

a complete **picture** of **how** this happens. Which particular atom out of the crore atoms would break at a particular moment is not known. Whether a particular atom will break up today or after a thousand years, nobody can tell. What is known with some certainty is the time within which half the number of total atoms in a given chunk would break up. This is called "half-life" of that radioactive element. Half life of Radium is 1620 years. This means that in the piece of Radium before you, out of the one crore atoms, 50 lakhs would break up in 1620 years! In other words, in A.D. 3597 (1977+1620) your piece will have the remaining 50 lakhs breakable atoms. Of these 50 lakhs, half i.e. 25 lakhs will break at the end of another 1620 years. Therefore in the year A.D. 5217 (3597+1620), your piece will have 25 lakhs breakable radioactive atoms left in it.

You will ask, what happens to those atoms which break up? The answer is: they are transmuted into quite different kinds of atoms. Often these resultant atoms are also radioactive having quite a different half-life.

And sometimes after a chain of such transmutations, quite a stable non-radioactive atom is left. In most of the well-known radio-active elements, the final atom left after the break-ups is simple **lead**.

The half lives of different radio-active elements are different. Uranium has a half life of 4.5 billion years. This means in a given chunk of matter containing uranium, half of the radio-active uranium atoms will break in 4.5 billion years and be converted into lead.

Suppose that you have a piece of old rock found somewhere lying be-amount of uranium embeded in it. The neath the earth, and that it has a small rock will be throwing out radio-active radiations because of the presence of uranium. This uranium must be there right from the day the rock was formed. Its atoms must be breaking at a steady rate and converting themselves into lead. You know that the time taken for the break up of half of the original number of uranium atoms would be 4.5 billion years. So if you can find out the ratio of the number of uranium atoms to the number of lead atoms in the rock, you can tell at what time the rock should have come into existence i.e. you can tell its age! This method is known as 'uranium-lead dating.'

But all rocks and things do not contain uranium or thorium or radium. So, how to go about finding out the ages of other non-radioactive chunks of matter? There is a method known as 'carbon-dating.'

In the last issue I told you something about cosmic rays. These are very tiny high energy electric particles which are being continuously bombard-ed into our atmosphere from some un-

THY LIGHT

The light of thy music illumines the world. The life breath of thy music runs from sky to sky. The holy stream of thy music breaks through all stony obstacles and rushes on
My heart longs to join in thy song, but vainly struggles for a voice.

— Rabindranath Tagore

known depths of the Universe. Their origin is not clear. Some scientists believe that far far away from our mother earth some unstable stars are violently exploding. Cosmic rays may be the throw-outs of such supernova explosions. They travel very nearly at the speed of light (1,86,000 miles per second) and after a long long journey into space arrive here. They collide with the air of our upper atmosphere. You know, air is composed of a mixture of atoms of nitrogen, hydrogen, oxygen, carbon dioxide and others. Cosmic particles collide with these atoms and create a havoc there. One of the effects of these collisions is that the nitrogen atoms in the air are transmuted into carbon atoms. The violent bombardment of cosmic rays on the nuclei of nitrogen atoms changes them to carbon atoms. You may dream of converting copper into gold and call it alchemy or transmutation of elements. But here in high up nature nitrogen-to-carbon-alchemy is going on!

The striking feature of this high energy drama is that the carbon atoms so formed are **radioactive!**

Do you know in what form we get carbon on our earth? Coal is carbon

and so also **diamond!** Speaking chemically, coal and diamond are one and the same element! This sounds not only chemical but also philosophical. You can say that to a scientist and a "sanyasi", coal and diamond does not make any difference!

But to come back to carbon, coal and diamond are not radioactive. A diamond may glitter much to the joy and jealousy of women-folk but that glitter is not radio-active. But carbon formed 'up above the world so high' by transmutation of atmospheric nitrogen due to cosmic ray bombardment is radioactive. That means, it emits radioactive particles and radiations from its deep interior.

The drama does not end here. The radioactive carbon atoms so formed combine with oxygen atoms in the air there and form carbon dioxide gas. There is already carbon dioxide in the air, but this newly formed gas is carbon dioxide with a difference, and that is, it emits radioactivity. This mixture of ordinary and radioactive carbon dioxide comes down on our green earth and you know our plants and trees and vegetations breathe in carbon dioxide. So here goes the radioactive carbon into the plants and remains there radiating radioactivity.

That means all plants and trees must have radioactive carbon in it, like the old rock which had radioactive uranium in it. So all trees are radioactive, beware! But don't worry, radiations from trees are very weak and does not affect you radioactively.

But then we can ask, has radioactive carbon a half life like uranium? Answer is yes, 5700 years!

When a tree falls, all its living processes stop. It does not breathe in any

fresh supply of radioactive carbon atoms. Whatever radioactive atoms as are already there in it, will go on breaking up. Knowing the half life of radioactive carbon and finding the ratio between the radioactive carbon and ordinary carbon in a piece from the tree, you can go back to the time when the tree fell. This means, you can find out the age of the piece of wood with the help of radioactive carbon in it.

How can the number of radioactive carbon atoms in a piece of wood be found? By measuring the amount of radioactive radiations coming out. How can this be measured? By very sensitive instruments known as 'counters'.

But here comes a difficulty. A human being has also in him a small amount of radioactive carbon. After all we breathe the same air as plants do. That means you and I are also radioactive and are emitting radioactive radiations! Just imagine, you are also like radium, but not that powerful. Anyway, the radioactivity from radioactive carbon within you is more than the radioactivity of the piece of wood, of which you are determining the age. Your counter will record your radioactivity more than the wood's! And there is radioactivity in the air itself which will add further jolts to your counter.

The experiment of finding out the age of a piece of matter containing radioactive carbon, is, therefore, highly delicate. The piece is heavily shielded so that the radioactivity recorded by the counter comes from the piece only and not from the experimenter himself or the air.

This is then the carbon-dating method. Would you like to know some age measurements by this method? The

famous dead sea scroll is found to be about 2000 years old. Logs from the grave of Egyptian Pharaoh Snofru were found to be 5000 years old; and certain pines in Western American Desert, 7000 years old.

BUT WHY RADIOACTIVITY AND COSMIC ENERGY?

You must be perhaps wondering all along why on the subject of Sudreh Kushti I have taken you to supernova explosions and cosmic bombardment high up above and the ages of old rocks and dead wood here down below. I'll explain. Sudreh-Kushti are defined as liberators of inner energy in man and absorbers of Yazatic energy from above. To appreciate this truth fully, you must have some idea of inner and outer energies in and out of not only man but also matter. Modern Physics has found that every atom is a storehouse of energy. Some of the atoms radiate energy without any external force. Something happens deep within them and radioactive radiations are thrown out. Men of science has learnt to explode out the inner energies from atoms by artificial means. Those are the atom bombs and the thermo-nuclear explosions.

And as in atom, so in plant and man. We have seen that plants and men radiate radioactive energy due to the presence of radioactive carbon within. We saw that a counter can catch up the radioactivity from dead wood and man and air. This should fix up in your mind the concept of liberation of energy within matter and man.

Radioactive energy is physical; it can be measured. But there can be in man spiritual energy waiting to be

When desire blinds the mind with delusion and dust, O thou holy one, thou wakeful, come with thy light and thy thunder.
— Tagore

liberated and generated and there can be such 'Yoga's, disciplines, exercises and institutions which can liberate and generate such spiritual energy. Sudreh Kushti is one of such yogic apparatus. I reasoned that the concept of such radiations of ultra-physical energy may sound rather abstract to you and therefore I would first drive home the concept of semi-abstract physical radiations from a chapter of modern science. That is the reason why I talked of all physics and no religion today.

I am now to transit on the second chapter from more modern science viz. Kirleen photography, whereby ultra-physical energies radiating from humans and plants are photographed; and then to another chapter from most modern science relating to dowsing rods and psychotronic generators, which record the inner ultra-physical energies of humans.

But before I do that, I should also invite your attention to the energy from above or without. Cosmic rays, observed and studied by scientists are high energy particles coming from God knows where. They indicate that flow of energy from depth of space on our earth and on ourselves is no abstract concept. It happens every moment. It is the Zoroastrian Science which asserts that like physical cosmic rays, there are also showers of spiritual or divine or yazatic cosmic energies pouring on

(Continued on page 6)

SUDREH-KUSHTI

(Continued from page 4)

earth and on us. Here again, I talked to you about carbon-dating to fix up in you the concept of such **outward** energy-flow. Ultra-physical and spiritual will be understood better if physical is grasped first.

And when we enter, in the next issue, into the chapters of Kirleen Photography and Chinese art of acupuncture, you will appreciate more my taking you in the field of carbon-dating.



Sudreh - Kushti, Liberator of Internal Energy and Absorber of Divine Energy

Another chapter from Modern Science-Kirlian Photography - Pictures of the "Aura"

Krasnodar is the capital city of the Kuban region in South Russia. In 1939, a research scientist there found his electrical equipment out of order. He wanted it to be repaired. He was advised to call "the best electrician in town", one Semyon Davidowich Kirlian.

Kirlian arrived at the research institute to pick up the equipment. He thought it was one of the routine calls he received very often as an expert repairer. Little did he imagine that his entry in that building was to launch him on an extraordinary adventure in the field of an unknown science.

As he went round, he chanced to see the working of an instrument used for electrotherapy. Any electrical gadget was the object of intense curiosity for Kirlian. He stopped to observe. The affected part of a patient was placed for some time between two glass rods carrying electricity. As the treatment was going on, the keen eyes of Kirlian suddenly noticed a tiny flash of faintly coloured light between the rods and the patient's skin.

What was that? "If it is some kind of light-flash, can I photograph it?" Kirlian thought. The thought was converted in a moment to a powerful urge to find out.

He went home and reconstructed

the instrument. If the flash was to be photographed, photo plates must be placed between the human part and the glass rod. But glass rods would not do. They would spoil the photo plate by exposure to ordinary light. He fixed up metal electrodes. But placing a hand between the electrodes would give a dangerous shock. "Does not matter. I will bear the shock.....for the sake of science."

He attached his hand to the electrode, placed the photo plate in position and switched on. He was gifted with a stabbing pain and a severe burn! Never mind; it did not kill at least. One...two...three long seconds, and he switched off. Swept away by the urge to find out, he was not even conscious of the pain and burn. He rushed to the dark room to develop the plate.

A mixed brew of "pain, excitement and hope" (as he himself put it) were boiling in him, when he held the photograph in his hands and gazed at it.

There was a strange imprint on it. Some points of light spread out in the shape of his fingers, were clearly visible.

"Did I have a discovery? An invention? I was not clear", he said while describing his experiment later.

The tiny light points must be more

clearly photographed and that too colour photographed. But no current method of photography like X-ray or infra-red or radioactivity, was of any use here. The situation challengingly called for an entirely new technique, and help from somebody.

Who could be a better help than Valentina, his wife? Of all the helps a man can get, the wife-help is the best... or worst. (Kirlian at the one end and Newton at the other).

Valentina was a teacher and journalist. Any journalist would run madly after new inquiries and new mysteries (except perhaps our few Parsi journalist friends of advanced age and obsolete ideas). It does not matter whether it is a bongo or bomb, or shoe or science; and surely, the hubby was on something new.

They set to work, this rare combination-couple. An entirely new method of photography was invented. It is now known all over the world as "Kirlian Photography."

Please do not ask me to describe the process. Reason is simple. I don't know. It is the subject matter of 14 patents! All I can do is to say something in the barest outline how it works. But most important for us is the amazing discovery which this new photography has thrown into the lap of 20th century human and shattered further the confidence of that tail-less monkey that he understood all nature and there was no mystery in it.

But first the bare outline. Kirlian equipment has in it a high frequency spark generator producing 75,000 to 2,00,000 electrical oscillations per second. (Don't worry if this stops even your normal mental oscillations—or to say scientifically reduces them to a fre-

quency of zero per second; go on reading). The generator is connected to various clamps, plates, gadgets, instruments and things. (I took this from Roget's Thesaurus). An object, say a finger or leaf is inserted between the clamps; a photo paper accompanies the object. The current is switched on. The object radiates some sort of shower of coloured light dots and points. They are received on the photo paper.

"A window on the unknown", said the husband and wife.

One of the first objects put in the generator was a freshly torn leaf. The photograph was amazing. There were numerous dots of energy in a pattern. Channels of the leaf appeared to radiate turquoise and reddish yellow patterns of flares around its edges.

A human finger showed a more wonderful picture. There were points and lines and flares of light looking like a well designed map. Some parts of the fingers seemed like small lanterns with a glowing light inside.

"Window on the Unknown"!

Kirlian's were astounded to see this unknown, but not satisfied. A scientist and a journalist make a powerful combination-lump of curiosity and craving to find further. "Can we not see this phenomena directly instead of getting static photographs?" asked the two to each other...and set to work.

They developed a special optical instrument to see the thing straight while happening. And they did see it happening. The object was Kirlian's own hand. I cannot improve upon the following description given by two women writers, who had the good fortune of visiting Kirlians and who wrote a best seller "Psychic Discoveries Behind the Iron Curtain":—

"The hand itself looked like the Milky Way in a starry sky. Against a background of blue and gold something was taking place in the hand that looked like a fireworks display. Some lights glowed steadily like Roman Candles, others flashed out then dimmed. Still others sparked at intervals. In part of his hand there were little dim clouds. Certain glittering flares meandered along sparkling labyrinths like space ships travelling to other galaxies." (Sheila Ostrander and Lyn Schroeder).

What a poetry written on a human hand?

I wish I could go on talking to you on Kirlian Photography; but I have to come back to Sudreh Kushti. You may read the above book in which you will find an excellent account and many other startling discoveries. In all that I have written here I have followed chapter 16 of this book.

On which unknown regions of nature Kirlians' window opened?

Any living thing, whether a leaf or a finger, displayed such wonderful play of coloured light points. The most human part of the discovery was that a leaf or animal limb which was to fall sick after some time, could show the incoming sickness in Kirlian's instrument, much before it made its appearance! Kirlians said:

"In living things, we see the signals of the inner state of the organism reflected in the brightness, dimness and colour of the flares. The inner life activities of the human being are written in these 'light hieroglyphs.'"

Inner life activities—energies whirling in the deep interior of a living thing — that is the key to the understanding of this discovery.

It was found that Kirlian's photographs were displaying a kind of energy counterpart body of a living organism. It seemed that living things had two bodies: one the physical and another 'energy-body'. The latter was not a mere radiation image of the physical. It seemed that the **energy body has a positive existence of its own.** Much of the things happening in the deep interior of a human is first absorbed and recorded by the energy-body. Physical body does it after quite some time.

It also follows from Kirlian Photography that a part of the energy body surrounds the physical body. Some people call it 'aura'. Kirlians were thus photographing 'aura's' of living things!

What can be the origin of this aura? What kind of energy it indicates? What are its functions? Why does it 'fall ill' before the physical body shows

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any sign of illness? Has this energy-body anything to do with the psychic phenomena like telepathy, clairvoyance, precognition, or ESP (extra sensory perception) in general?

Answers to these questions are being explored. But here we have arrived at the border of science. A phenomenon is discovered which indicates something existing and happening beyond our regions of experience. There is something within us which has made its presence known to us but the very nature of this something does not allow us to probe deeper and reach the actual. **Our senses and sciences have their inherent limitations.** To reach the actual by our own experience, we require our senses to expand and cross their present limits. This can be done only by following the path towards God; that is, to practice the teachings of one's Prophet and one's Religion in day-to-day life. (Gatha-Yasna, Ha 30-2).

Zarathushtrian Religion has in it a profound Science which deals with the existence and happening of things and events in the regions beyond our limited senses and sciences. The truths taught by that Science are far advanced than any discovery of our mortal science; but the redeeming feature is that the modern science has, since about the third decade of this century, started to record the glimpses and flashes arriving into the world of our experience, from BEYOND. This BEYOND is not far away from our world. It is a part of our world; only we do not see it or experience it. The discoveries like Kirlian Photography just give us a flash of the world existing with us but not known to us.

The energy-body found by Kirlian

does exist. But it is not all. It extends from the physical body right upto what is known as Soul or Ruvan. Kirlian has found only its outer unseen part. Zarathushtrian Science declares that it is a manifestation of a still interior and more subtle energy-body within a human being. Technical names are assigned to this. What is found as 'aura' by Kirlian is a part of 'Aipi' (અપિ) a subtle etheric cloud-body surrounding each of us. It is extended about two feet from the edge of the body all round. (The figure varies with individuals). The photographed 'Aipi' is coarse by spiritual standards. It has a finer part (સુદ્રમ અપિ) which can be tuned to the external cosmic divine energies falling on all creation including man and his earth. By wearing Sudreh Kushti and doing Kushti we try to concentrate these divine energies in our 'Aipi'.

'Aipi' is an emanation from still subtler energy-bodies within us. These are named: Keherp, Ushtan-ap, Tevishi [કેહર્પ, ઉશ્તાન-આપ, તેવીષી] sometimes collectively called 'Keherp' alone. (Yasna Ha-55).

It is in this 'Keherp' that there are points or centres of spiritual energy. They are 16 in number and called 'Chakhra's' (ચક્ર) (Vendidad-Fargard, 1). **Sudreh-Kushti are the apparatus and instruments for a Zarathushtrian to have the spiritual energy liberated from some of these 16 centres.** Such liberation is balanced with the absorption of divine external energies received from the cosmos. Sudreh Kushti are thus the liberators of internal spiritual energy and absorbers of the external divine energies. Zarathushtrian Science elaborately describes the 16

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(Sudreh-Kushti :- Continued from Page 11)

centres, their constitutions, functions and even evolutions. It also describes the various kinds of external energies arriving on and in us. I will be presenting before you some elements of this wonderful chapter from that Science. ✕

But before I do that, I shall invite your attention to another scientific discovery flowing from Kirlian Photography. It is this: the points of various coloured lights emanating in a human aura have something to do with certain energy centres pulsating deep within man. This discovery is the combined result of Kirlian Photography and Chinese acupuncture system of curing diseases. I shall touch that next time.

Kirlian Photography, Chinese Acupuncture and Ultra-physical Energy-body

***Sudreh Kushti, Liberator of Spiritual Energy
from its Centers ('Chakras')***

A human being is not just the sum of all his physical organs. There is much more within him, which defies his ordinary senses and sciences. Prophets said "You have God within you". The maxim is expanded by saying, "You have soul within you and the soul is a ray of God's own Light, nay, it is God Himself". The appropriate word for soul in the Zarathushtrian Science would be 'Ruvan'.

Well then, if Ruvan is the Light of God within us, why does it not shine?

Light, as we understand it, is a form of energy. Energy, in the simplest sense, is something moving. Some motion, some activity, is the indication of energy. Light was once considered to be a motion in a very subtle medium, ether. It was supposed to be pervading everywhere in the universe. Even where there was nothing — absolutely nothing — there was ether, but it was unobservable and undetectable by any means. Light was a mere motion in ether i.e. it travelled in the form of regularly patterned waves in ether. So, light was waves and waves were in ether.

But somebody came up with an experiment to prove that there could not simply be any such substance like

ether in the universe; and yet light did behave like waves! That means waves were formed in nothing. Here was a motion without there being anything to move in!

And then somebody else came up with experiments to show that light was not waves; it was a stream of very very small bullets — i.e. particles. But particles of what? Not of any matter, but of energy! That again is most curious. Can 'energy' be bundled up in bullets or particles or packets? How can such an abstract thing be packed in tiny bundles?

But physicists found out that somebody has tied up these energy bundles! They gave them some nice names like energy-quanta or energy packets or even bundles and more pompously: **photons**.

Baffling thing this energy is — if at all it is a thing!

But there is a moral to the story. Energy — even physical energy of our every day experience — is not easy to understand; sometimes it is impossible to understand. That thing light, even after somebody found out that it was made up of energy packets, did not stop behaving like waves. It behaved like a wave and a particle both — a monstrous, almost ghost like, performance!

Yet it is there, everywhere. Energy is within the tiniest particle of matter; energy is in the whole universe; and of all sorts. Light is one; heat and sound and electricity are other forms of energy. And have you not come across the famous expressions presently current amongst us, (the intelligent monkeys of this small sphere) like "the nuclear energy" and "the energy crisis" — apart from "solar energy" and "muscular energy"? And yet what is it, nobody can define or even describe.

The Zarathushtrian Science says, all these are physical energies which we, the mortals of the earth, do somehow experience. But in Nature there are ultra-physical and spiritual energies which we cannot even imagine. That seems rather reasonable, isn't it? When the physical energies of our experience are so baffling, what will ultra-physical be?

These subtler energies are everywhere in Nature outside us as also deep within us. In truth, the physical energies of the universe are the coarser forms of such subtle spiritual energies. And the energies whirling in our physical bodies (like your muscular energy or digestive energy or cell-energy or even thought energy) are also the manifestations of spiritual energies vibrating deep within us.

This means we have besides our physical bodies, some subtler energy bodies in us. Zarathushtrian Science (may I hereafter call it 'Z Science' — much to the relief of the printer?) gives a classification of 'bodies' of a human. (Here the word body is not confined to physical; even God is included in it as you will see further on). There are in this sense nine bodies or parts of a human being, divided in three triplets:

First triplet: Tanu, Gaetha, Azda.

Second Triplet: Tevishi, Ushtan-ap, Keherp.

Third Triplet: Ruvan, Baodang, Fravashi.

In the first triplet, Tanu and Gaetha are our physical bodies — the body made up of exterior and interior organs like legs and liver, eyes and intestine, hair and heart — let us say the Doctor's body. The third part — Azda — of the first triplet consists of our nervous system and those other subtler systems which experts on yogic exercises (or 'Asana's) often refer to. Azda is a regular transition from physical to ultra-physical. Nerves and brain are physical all right; but their behaviour is very often found to be entirely inexplicable by any physical standards. They are a threshold of the subtler region within. Cross the threshold and we enter into the subtler region of Azda.

This region is a part of our ultra-physical energy body. It receives its energy from still higher and subtler energies of the second triplet — Tevishi, Ushtan-ap, Keherp. But about that triplet, later. Let me tell you something more about Azda, the transitory energy body which is subtler than the physical, but coarser than the second triplet.

As a workable imagination, you can think of Azda as some subtle wave front inside you pervading every point of your physical body and also spread a little bit outside, around you. I had in the issue no. 3 of Vol. 2 of this humble Dini Avaz (May-June 1977) told you about 'Aipi', a subtle etheric cloud-like body surrounding every human being. The coarser part of this Aipi has been photographed by the Russian couple;

Kirlian's, and I was telling you the interesting story of how Kirlian almost accidentally stumbled over the astonishing discovery, and how it works.

The object to be studied, say a leaf or a human hand is placed in the specially made instrument (you may call it equipment or machine or apparatus or whatever you like) where it is subjected to a high frequency electric current. The object is then seen radiating multi-coloured lights from its various points. It seems as if the leaf or hand has various dots on it, from which the light radiates out. That baffling thing — light, again! But forget the light and think of the dots. The human hand in Kirlian machine looks like the milky way in a starry sky or a fireworks display; there are sparks and glares and flashes and glitters and twinkles, all with beautiful colours.

Where does the hand get all this from? Is it the result of the electric field? The answer is: it is already there; only we don't see it, and can see only through the Kirlian apparatus. But what is that — IT?

Kirlian experiments showed some wonderful things. If a normally looking leaf was from a diseased plant, K-machine found that out. If the person whose hand or limb was placed in the machine was emotionally upset or mentally nervous or even physically tired, K-apparatus found that out. Even if a disease is approaching and there are no visible symptoms, K-machine would predict much before the actual onset.

The discovery then is that every living thing, a plant or an animal or a human has not only a physical body but also a counterpart body of energy.

The Russians have given it a bombastic name: "The Biological Plasma Body". It is the 'energy double' of every organ, tissue and even cell. It surrounds like a matrix or field around every living thing including that very important thing yourself. Some people call it AURA. And it is not the monopoly of Saints; even sinners have it. It is the part and parcel of any living thing.

And it is well organised. It has shapes and colours. In an unhealthy state, its shape is distorted or colours fade. It is affected by all your thoughts and emotions, and devotions and diseases!

And it has been found that it reacts to cosmic occurrences. The sun-spots and the moon and the coming storm and perhaps even the planetary positions affect it.

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What a discovery!! Of what is this subtle energy body made, no body knows. What is this new kind of energy, no body knows. And will any scientist know — when ordinary light behaves ghost like?

Some indications are gathered. For instance, the K-machine shows dots of light on human limbs. Perhaps each dot may be some centre of energy. It may be like a small bulb of light on a big luminicent board — the whole energy body. And when the limb has a disease actual or on — coming, these dots fade and flicker. Can there be a relation between the dots and disease? And if so, can the dots be repaired so that the disease may be cured?

Dots points disease cure subtle energy centers why! Somebody is doing that since 5,000 years, it is said! Those chinese acupuncutre doctors! They do prick pins at some points on the body and claim big cures. Have their pin-pricks anything to do with Kirlian energy dots? These chinese say we cure diseases by touching some vital points by a pin: there are about 700 such vital points on a human body. They have a chart of the body showing the 700 pin-points. Can the chart be compared with a chart of light points arrived at through K-apparatus?

That can be done and has been done.

In 1953, one Dr. Mikhail Kuzmich Gaikin came across an article on K photography. The idea of energy dots on a human body struck him with a bang. He was once a surgeon in the army and was on a front line somewhere very near China. There he had seen Chinese Doctors curing incurable diseases only by pin-

pricks. It was unbelievable in theory, but worked in practice with amazing success. How do you do it? he had asked the acupunature Doctors. They gave an explanation more amuzing than their cures.

Every human has in him the Vital Energy, they explained. This runs throughout the whole body in certain well designed subtle channels. Mind, this is not the muscular energy or the energy running in nerves. It is something beyond, and not discernible by any mortal means. Its channels and pathways are also too subtle to be found out. But the ancient Chinese Saint Doctors knew about this ultra-physical energy and its channels and taught how to use it for curing diseases. They mapped out a chart of seven hundred points on the skin of the entire human body.

These points, they say, are in communication with each organ of the body. The Vital energy reaches the organs through the channels. The physical, mental psychological and even spiritual state of the human depends upon this energy flow. Some defect in the flow causes disease. If it is to be cured, the defect must be removed and the flow restored to its original intensity. This is done by touching with a pin one or the other of the 700 vital points on the skin which are connected vitally with the energy channels. The mere prick at the exact point restores the balance of the energy flow in the concerned channel; the affected part or organ or place of the body starts receiving the proper vital flow again, and the disease disappears. As an instance (and it is the only one I loosely know) a point on the inside tip of the little finger of the right hand lies on the energy channel

leading to the heart. A prick on the point can cure a heart ailment!

Dr. Gaikin had heard this with awe and wonder and perhaps sceptism; but when he himself learnt acupuncture and began to apply it to his patients, his sceptism melted. They got, in fact, better and cured! Whatever the philosophy or mysticism of it, the most essential point about this 700 points prick surgery is that IT WORKS! So why bother about the mysticism behind it?

But when Dr. Gaikin read about Kirlian, he sat amazed! Are the K-dots same as acupuncture points? That must be found out. He travelled right from Leningrad to Krasnodar, southeast of Crimea, a very long distance. But it was a scientific pilgrimage. Here was, perhaps, a modern proof of an ancient Science. He arrived and met the Kirlians

I may remind you that our present subject is Sudreh-Kushti. I have enunciated the Truth about them that they are liberators of our inner spiritual energy and absorbers of the external Yazatic Energies. To elaborate this Truth, I am talking to you about inner energies in a human being and that is the how the physical energies, the ghost performance of light, ultra-physical energies, K-photography, Chinese acupuncture, vital energy points and channels, energy body, bio-plasmic body and aura — have entered in our discussion. Don't you find it interesting? More will follow, I assure you.

Z-Science is the Science of all sciences.

(To be continued)



Kirlian Photography, Chinese Acupuncture, Psychotronic Generators

Sciences of Internal & External non-Physical Energies

Steps towards understanding The Mystic Science of Sudreh-Kushti

Sudreh-Kushti is not a mere symbolic garment worn by us to indicate to the world that we are Parsis. Reasons for this are obvious even without going into the spiritual realms. We wear Sudreh Kushti beneath all clothes and so as to touch the skin. It is not like a military badge to be exhibited, in public. And mere symbol can not have so many compulsory requirements like (i) that the Sudreh should always be of cotton and Kushti of wool; (ii) that Sudreh should have nine specified stitches and Kushti, 72 threads; (iii) that Sudreh and Kushti should have definite prescribed shapes and forms; (iv) that Kushti should have three windings around Sudreh; (v) that while doing or performing Kushti, certain specified Manthra formulae are to be recited and that too in a particular specified way.

All this is entirely inconsistent with the alleged symbol theory. If you desire to have only a symbol to declare to the world that you are Parsis, why not have some light metal badge with some symbolic figures on it? (An artist friend of mine was sugge-

sting a fire on one side and "Dar ni Pori" on the other.)

The truth is that Sudreh-Kushti is an *Alaat* (आलात) a thing which is designed to bestow certain spiritual benefits to the wearer. In the past issues of *Dini Avaz* I had laid down the first axiom that Sudreh-Kushti is the liberator of spiritual energy from within and absorber of certain currents of divine energy flowing outside us.

To give you a scientific picture regarding inner energies in man, I was talking to you about Kirlian photography. An apparatus, devised and developed by a Russian couple can photograph the currents of certain subtle and hitherto unknown energy flowing from every living thing. Every leaf of a tree, or an animal or human has an invisible envelop surrounding the body. It is sometimes called 'Aura.' Experiments with Kirlian apparatus indicate that every organ, tissue or even a cell has an "energy-double." That subtle energy permeates the whole living thing; it is deep within, and its outer extension or

reflection is depicted as aura, which can be photographed by K-apparatus.

In Dini Avaz Vol. 2, No. 3 (May-June 1977) I had given you an idea about this discovery. K apparatus shows that from several specific points on a living body coloured lights are emanated. Each point is like a small bulb of light on a big luminicent board. And when the limb, from which this light comes out, is ill or is set to fall ill, the dots fade and flicker.

In Dini Avaz Vol. 2 No. 5, I told you about a Russian Doctor Mikhail Kuzmich Gaikin, who had learnt and was practising the Chinese method of curing diseases known as acupuncture. On reading an article on K-photography, his imagination was set on fire; here was perhaps some proof of the Chinese pin-prick surgery. The theory propounded by those Chinese doctors was that there are 700 vital energy points on the skin of a human body; they are small centres on channels of subtle energies flowing within a human being. They called it 'Vital Energy.' Disease results from an imbalance in these channels. A prick with a pin on a particular centre restores the energy balance and cures a particular illness.

Dr. Gaikin had found that whatever be the theory behind, the method did **work** and did **cure**:

He, therefore, travelled a long way to see Kirlian's.

And the meeting proved to be a grand occasion for science. Dr. Gaikin saw the K pictures of human body. He noticed that the spots where lights flared most brilliantly were the very points of acupuncture, which the Chinese had mapped five thousand years ago! They were right to say that a coming illness would upset the balance of vital energy which would be reflected on one or the other of the 700 points. They were also right

that emotions and moods affected the vital energy currents as K-pictures showed the flickerings of the light dots. Chinese had even gone further; they had declared that the vital energy within can be affected by changes in environment and even in the cosmos. Seasons and cycles of moon, movements of stars, tides and thunderstorms, all affect the vital energy currents within us, and the disturbance is reflected in our physical bodies !

Gaikin and Kirlian worked together. Acupuncture points have tiny locations. They are to be pin-pointed with great exactness; they are less than a millimeter wide. The problem often was to arrive at the exact locations; any misplacement rendered the treatment ineffective. Gaikin and Kirlian took the help of an engineer Valadislav Mikalevsky and invented an electronic instrument that locates the acupuncture points within a tenth of a millimeter. The instrument is called 'Tobiscope'. It was exhibited in the Russian Pavilion in "Expo 1967"—a world exhibition at Montreal !

What is the moral of this wonderful story from the world of science? Five points strike us :

1. There is a flow of some subtle, mystical, almost spiritual, energy within humans, animals and vegetations i. e. all living things.
2. This energy throws an aura round the living thing; the aura can be photographed.
3. The energy flows within the living thing in some subtle unknown channels; in humans, along these channels, there are about 700 centres; each centre has a **corresponding place** on the exterior (i. e. the outer skin) of the human body.
4. The imbalance in the energy flow causes diseases; acupuncture tries to restore the balance by its pin-pricks and it does work—to cure diseases.

5. The science of acupuncture treatment is 5000 years old—an indication that in the past ages, the human did have the knowledge of events and phenomena beyond our five senses or modern sciences. Our dismissing these ages as being primitive or ignorant may not be in consonance with the truth.

□ □ □

But let us now leave this amazing chapter of science and enter into another one—more amazing than all those we have so far touched.

This time again we have to go behind the iron curtain. Two American women, (the authors of the famous book “Psychic Discoveries Behind the Iron Curtain”) are seeing a Czech movie in Moscow. It is a session of an ESP conference; the place is the Czech Embassy. Let the ladies themselves describe the film :

“The Czechs showed a very memorable documentary film created by one of their major movie studios. Like the tour-de-force Czech films that have dazzled crowds across America, this science film was artistically executed, right down to the electronic music. The content, for a science film, was even more dazzling. One after another, the camera lit up what seem to be modern sculptures—gleaming forms that could have been created by Brancusi, or more intricate ones, perhaps by Dali. Other objects looked like precision-cut components for machines that hadn’t been invented yet, spare parts from 2001. Still other small metal and wood sculptures were reminiscent of these “ritual objects” set out by the museums of the world, from the British Museum in London to the little, dusty museums of Asian Turkey and Southern Egypt. But

these are not sculptures; the objects aren’t in a museum. This is an ordinary apartment in a small town in Czechoslovakia. The devices sitting on the table supposedly collect psychotronic energy given off by living things. The human beings donating their “energy” to the generators in the film are the designer Robert Pavlita and his daughter Jana.” (page 381-2)

What are those curious—almost CURIOS like objects? What do they do?

They are called Psychotronic Generators. Robert Pavlita of Czechoslovakia devised them after studying some very ancient textbooks. The Czechs did not reveal any information about the books to the American ladies; but enough was shown to them about these generators. They work on these principles; every human being has, deep within him, a flow of some subtle non-physical energy; the flow permeates out of his body and scatters around him; in particular the eyes are great transmitters of the flow, a psychotronic generator gets the flow focussed in itself and becomes thereby “charged”; it can then induce physical motion in certain objects placed nearby.

It thus transfers the subtle non-physical human energy into physical perceptible energy.

The American authors were taken by their Czech friends to Pavlita, the discoverer of this amazing thing. He showed them about 70 generators he had devised. They had many curious forms and shapes. Some were circular, some rectangular, some trapezoid, some diamond shaped, some a combination of these; they were made from copper or iron or gold or steel or brass or various and mixed kinds of metal and sometimes even of wood. One is described by the authors as under :

“We picked up the first generator. It looked like a small abstract figure of an ancient fertility goddess—a rectangle of metal for the head and a trapezoid of iron for the body, with bosom like projections on it. Although it stood only six or seven inches high, it was enormously heavy. Etched on the “head” was a staring pattern, a vertical zigzag design. For different functions the “head” segment could be removed and other components substituted. How do you charge it? Pavlita showed us how he held it, his thumb on the conical projections on the front and one of his fingers on a similar projection on the back. As you moved your eyes along the zigzag pattern in a sort of figure eight, the device supposedly picked up and accumulated your bio-energy.” (page 393-4)

And what can the generator charged with bio-energy do? Pavlita took the authors to his kitchen and.....

“He put a circular collar of copper about ten inches in diameter and five inches high on the table. There was an inch-wide gap between the two ends of the collar. A small tubular generator, which simply seemed to be a hollow piece of metal, with no moving parts, no wires, was attached vertically to the collar beside the gap. He put a small metal ball on top of the tube. Inside the collar, a tin wheel resembling the spokes on an umbrella was poised on a needle like stand.

Pavlita set up a glass shield between himself and the device. He took off his watch. He reached around the glass and adjusted the metal ball. Then he drew his hands back behind the barrier and began the charging process by gazing and down. He called to Jana to join

him. She stood behind him, directed her gaze to the generator, and moved her head gently from side to side. They did not seem to be straining to force this charging process.

In less than a minute the generator was charged; slowly the tin wheel began to turn. It turned as if pulse were being directed at it, then faster and more smoothly. We didn't detect any draft of air, any heat wave that could have caused the motion. There were no magnets in sight, no wires, nothing attached under the table. No scientist would accept this as a test, but it was a very much out in the open, sharply illuminated demonstration. The Department of Physics of the University of Hradec Kralove, which had examined some of the Pavlita devices, as well as experts from the Czech Academy of Science, agreed that normal physical causes had been fairly ruled out in controlled tests. Then, how did it work?” (p. 395)

Nobody knows! But, again it works!

And there are several other wonders attached as bonus.

For instance, these generators accumulate energy not only from the interior of living things but also from the exterior cosmos. Pyramid is perhaps a huge generator focussing in itself some unknown cosmic energies.

Seeds which receive energy from a generator developed plants of double the normal size. Polluted water becomes clear after receiving the energy from a generator. And ordinary water undergoes a change in its molecular structure; two hydrogen atoms spread further apart!

What does it? Is it the metal of the generator? Or its weight? Or its composition? Or structure? All indications are that it is the SHAPE that does it!

“The secret of the generators is in their **form**.....It is the **shape** that lets you accumulate this energy and turn it to whatever purposes you want..... It is the juxtaposition of materials within a **specific form** that makes it work.”

Some scientists try to explain this by saying that all forms have wave fronts and certain wave fronts have the quality of accumulating inner human energy or outer cosmic energy. Some say that space, when enclosed in a particular shape or form, acquires certain subtle vibrations and they could attract subtle energies. Swords in Pyramids remain ever sharp and when a cardboard pyramid of proportional dimensions is made and a razor blade put in it in exact North South direction, the blade sharpens over night. The shape acts as some kind of a resonator receiving some cosmic vibratory energy which can affect physical, chemical and biological processes.

Now I am raising a question for your consideration – or let me say meditation. Sudreh-Kushti have certain specific form and shape; Sudreh has nine stitches; ‘Girayban’ is to be near the heart; Sudreh has to touch the skin; two front knots of Kushti are required to be over the navel. Have all this something to do with the inner flow of spiritual energy within us? Are there energy centres within us? Like those 700 of the Chinese? Do they emanate or liberate energy? And would Sudreh Kushti help it to be liberated?

And have their shapes and forms the quality of attracting and focussing and accumulating spiritual energies from the sun or the Cosmos or even the Yazatas or Ahura Mazda?

Are they forming a circuit between the inner and outer energies?

Glimpses from Modern writings on the Hindu Science of Yoga. Centres and Channels of Divine Energy within Man.

Sudreh-Kushti is an 'alaat'; it is devised and meant (i) to generate our inner yogic energies and (ii) to absorb the currents of divine energies flowing in the Universe outside us. To enable you to grasp this truth, I took you into a few chapters from modern physical and ultra-physical sciences.

A variety of particles and lights flow in the universe. Physics has revealed their existence and called them cosmic rays or cosmic particles. Their sources are not yet clear to the scientists.

Of the inner energies in humans, animals and vegetations, Kirlian photography furnished a proof. Their aura's can be photographed. The photographs also show that the human body emanates a subtle kind of inner energy from its deep interior, and there are points on the body from which more luminous energy appears to come out. The chart of these more energetic points amazingly compared with the chart prepared by the ancient science of Chinese acupuncture.

That science believes that there are channels of subtle ultra-physical energies in the human interior. These channels have certain concentrated points all along their paths. There are 700 such vital points. Their locations are indicated by Kirlian photography. Disease is caused because of an imbalance in the flow of this energy. The imbalance is restored by pricking the vital points with a pin and the

disease disappears. These points are now located with precision by certain electronic instruments devised by Kirlian and Dr. Gaikin. The Chinese acupuncture does work; there are thousands of doctors practising it and a lot of literature written on it.

The proof that there are currents of subtle energy whirling in human body also came from the psychotronic generators devised by Robert Pavlita of Czechoslovakia. These generators are charged with such energy in presence of a human being and do physical work after being so charged. This I described in details in the last issue, with the help of the best seller "Psychic Discoveries behind the Iron Curtain."

The existence of the inner energy channels and energy centres is thus established on scientific evidence. However, their precise locations, sources, mechanics and working are not known to science and perhaps will never be known with the methods of modern science.

But there are ancient spiritual and mystic sciences which have described the nature and function of the subtle energy channels and centres with great details. The difficulty is that these sciences are not such as anybody can in his laboratory verify their findings. This is that realm of science where the individual spiritual position and attainment become highly relevant. And this introduces a

variety of details differing from each other. A particular mystic science or a particular mystic or yogi or traveller in this realms differ in his experience from the other. And yet each is seen to have developed quite an advanced science of these energy channels and centres. There is, however, a common thread running through all these varieties. And the most glaring truth is that the Energy centres and channels DO EXIST within a human being.

Our country-India-is traditionally known as the land of the Yogis. They have sanctified this land with their feet, through ages. Their teachings are preserved even to-day from Master to pupil as also in a huge amount of writings. Veda's and Upnishad's have glimpses of the Yogic science. So also Bhagwad Gita. "Yoga Vashishtha Maha Ramayana" contains chapters stated to be the Yoga-Vidya (knowledge of Yoga) taught by Vashishtha Mooni (Sage) to Rama. Patanjali's treatise on Yoga is traditionally acclaimed to be standard and authentic. Besides these ancient and traditional writings, quite a number of genuine yogis are with us even to-day and some of them have written out glimpses of the science of yoga in modern language. We shall refer to a few of such modern writings on the Hindu Science of Yoga That will take us further in understanding the Zarathushtrian Science of Yoga which is the basis of our spiritual exercise of Sudreh-Kushti.

There is a book in English, "Science of Soul," written by a genuine Yogi Shree Swami Vyas Dev Ji Maharaj. It is the English translation of his Hindi book 'Atma Vijnana.' The translator, Swami Jyotirmayanand, is also a Yogi, who was in his early youth a student of science college, Patna. Both the books, original Hindi and the English translation are published by Yoga Niketan Trust, Rishikesh, Post Office : Shivanand Nagar, District Tehri,

Garhwal, U. P. The first English edition was published in 1964 and the second in 1972. It is a well bound 250 Pages book with 30 coloured illustrations. It contains a lucid account of the inner side of man, written in the style of modern science. The mystic Hindu Science of inner energy-flow and energy centres forms a major portion of this book. I am going to set out here a few passages from it.

Swamiji quotes on page 43 the following shloka from Atharva Veda :

अष्टचक्रा नवद्वारा देवानां पुरयोध्या ॥ तस्यां हिर-
ण्ययः द्रेशः स्वर्गो ज्योतिषावृत्त.
(अथर्ववेद १०-२-३१)

The author explains :

"The body has thus been described as a holy city with eight chakra-s (centres of divine energy) and nine doors (the nine openings of the body). In this holy abode of Ayodhya is a golden sheath in which are various luminous orbs. In the centre of these orbs lives the immortal Atman (soul)." This is an excellent introduction to the Science of Chakras. The inner body of a human being has eight centres of divine energy, so says the Veda, the oldest Hindu scriptures. The nine doors are to the external body which can be perceived and experienced by our gross senses. Chakras are deep within and their existence cannot be realised without the awakening of the inner energies.

The other significant point about the above Shloka is that it describes the body as a holy city. Our Zarathushtrian Science has described each chakra as one city and the number of such cities are stated to be not eight but sixteen. That is the theme of the first Pargarad (Chapter) of our holy scripture, Vendidad. We will revert to this later. Let us

first continue our search in the holy Hindu Science.

What are these chakras? What are they like? What are their constitutions? Are they describable in ordinary human language? How are they connected with the inner energy flow? Swamiji explains:

“Situating in the spinal cord in the spinal column are special points from where groups of sensory motor nerves arise. They pervade the entire body to rejuvenate it with life force in the form of knowledge and action. The main of these are known as Ida, Pingala and Sushumna, and these connect with eight centres of vital energy in the body called chakras. Some modern writers have identified these channels as the spinal cord with the sympathetic nervous chains, and the chakras as the nervous centres (plexi) of the body. This is incorrect, as these structures are not perceived without special meditation, nor can their activity be equated with their gross structures. It is rather like the filaments of an electric lamp which establish a gross circuit, but light does not shine until the electricity flows. When the vital current of meditation flows through the nerve centres of the body they become luminous to the subtle eye and shine with beautiful shapes, colours and movements. In the illustrations of these chakra-s, they are shown a little imaginatively in such shapes as lotuses and wheels. They do, in fact, approximate to the actual shapes, but since they are not gross objects, it is not possible to give a standard exact description. Many people have described these chakra-s in different ways for this reason, yet the general shapes correspond to lotuses and wheels in shapes, colours, movements and positions.” (Pages 49-50).

The above passage sets out the existence of (i) energy channels, (ii) energy flow and (iii)

energy centres. There is a mystic circuit in man having divine energy flowing in certain channels and along the channels there are centres of concentrated energy. The centres-chakras-are dormant in ordinary humans, but when the inner energy starts flowing in the channels with an intensity beyond a certain threshold, the centres are lighted up. This threshold can be crossed by following the prescriptions given by the Founders of different Religions. The prescriptions are different in different Religions. The Hindu way is meditation, Zarathushtrian way is certain Tariqat's, the main of which is Sudreh-Kushti.

Swamiji says that it is difficult to express in words the shapes, forms, colours and other descriptions of chakras and very often individual experience varies. But the basic truth remains.

The circuit has, thus, flow of energy in channels and concentration of energy in the enlightened chakras. Now what is the nature of this energy itself? That is a matter to be experienced and is beyond description in words. But every mystic science refers to it. We can imagine it as some kind of a current like electricity or running of lines of force like magnetism. This energy is there in all humans, but to experience it, its intensity should reach a particular level. When that is achieved, the energy flows in its channels like light and that inner light is at the root of all spiritual and yogic experiences. The energy in its dormant flow is known as prana's-vital airs; and when it enlightens itself, it is known in Hindu Yoga as Kundalini. Different mysticism have different names for it. Chinese mysticism calls it Spirit Fire; some western mystics have called it Serpentine Fire.

Why is it that the energy does not manifest itself in ordinary humans and enlighten their chakra's? Swamiji explains at page 54

that "just as a smoky chimney veils the light of a lamp, so the body filled with 'tamas' veils the light of Kundalini." That is an excellent comparison and brings out the great Truth taught in the Zarathushtrian Religion that the body has in it a black element known as 'Dravao', which is the main obstruction in our journey towards Ahura Mazda. The whole aim of the Creation is to alchemise this Dravao and convert, its black element into white. Sudreh Kushti is the 'alaat' which can do it for a Zarathushtrian.

This Dravao is like a reverse current trying to neutralise the flow of Divine energy into its channels and the lighting up of the chakras. Bind the 'Dravao', control it and gradually convert it—that is the path leading to salvation; because that would lead to lighting up of the chakras. The composition, the procedure and the prayer of Sudreh Kushti—all are meant to enlighten the chakras.

That is why Girayban of Sudreh is near the heart; it has something to do with a chakra there. And that is why the Kushti prayer repeatedly refers to 'Dravao and evil within. This we'll deal with in greater details later on.

The conversion or alchemy of Dravao and consequent awakening of the divine energy will be still better understood by Swami Vyasa Devji's following words appearing on page 57:

"The luminous awakeing of Kundalini may be understood by the following analogy. Imagine a well decorated room with various electric light of different colours and with electric fans for air. At first there is no light and no movement of air, but the moment the switch is put on the room is lit by the differently coloured lamps, the objects in the room are illuminated clearly, and the fans start currents of air moving. In the same way, when the devotion of a Sadhak connects with the stream of affection of a teacher,

skilled in Yoga by grace of God, divine light becomes manifest and the vital airs move, just as if a switch in the body had been turned on."

The divine current requires to be switched on. Swamiji has mentioned how this can be done. Devotion of the aspirant and the love stream of the Guru does it. Devotion is one of the initial steps on the ladder, and the Guru for we Zarathushtrians is Zarathushtra Himself. Our devotion and love towards Him and our craving to obey his commands are sure to attract the divine currents emanating from His Great Power Station, the Zarathushtrian Deana, Itself, and to switch on the current of the divine energy within us. One of His commands is Sudreh-Kushti.

In his book Swami Vyasa Devji has given several facts regarding chakras. Each chakra has a place corresponding to some region or point of our physical body. For instance, there is a chakra in the astral regions of our body at a place corresponding to the throat. There is one chakra at the place of heart. Another is on the navel; still another is on the crown of the head. Each chakra has its own technical name, its own colour, shape and function. The names are almost the same in several yogic sciences emanating from Hindu Religion. Experiences of individual yogis are broadly similar, with variations only in the subtle details of the vision or perception.

Here is a graphic description of such experience in the words of another Yogi, Swami Muktanand, from his Book "Chitshakti Vilas":

The chakra of the two-petalled lotus was also pierced and the prana Shakti began to ascend higher. I was continually envisioning the wickless light resembling a lamp flame. My mind danced in a transport of joy.....

I used to gaze at such a divine light. I began with meditating on one light but finally I beheld four concurrently. They emerged one within another the white within the red, the black within the white and the blue within the black. As I advanced further, crossing different stages of meditation, my joy also multiplied proportionately. Now I was experiencing a new kind of bliss. The visions appearing at this stage were loftier and completely true. Since the vision of the Blue pearl, the condition of my body, the state of my mind and my insight into things changed and acquired a new character. I rejoiced in my inner Being far more than before. Pure and noble thoughts arose in my mind.....

The presiding deity of each sense organ appeared. I saw a special blended light spreading through the 72,000 nerves with lightning speed. This was followed by the vision of the red, white and black lights. Then the Blue Pearl also made a brief appearance. These lights appeared one within the other, the smaller within the larger, one serving as the subtle cause and also the support of the other."

The Science of Chakras is taught not only in the Hindu and Zarathushtrian Religion but in other Religions as well. Swami Yoganand in his "Autobiography of a Yogi" says:

"Awakening of the occult cerebrospinal centres (chakras, astral lotuses) is the sacred goal of the Yogi. Western exegetes have not understood that the New Testament chapter of "Revelation" contains the symbolic exposition of a yogic science, taught to John and other close disciples by Lord Jesus. John mentions (Rev. 1:20) the "mystery of the seven stars" and the "seven churches": these symbols refer to the seven lotuses of light described in yoga treatises as the seven "trap doors" in the cerebrospinal axis".

(Continued on page 11)

(Contd. from page 9)

**Glimpses from Modern Writings
on the Hindu Science of Yoga.**

I shall now take you in the Science of the Chakhras, as revealed in Zarathushtrian Religion. This has relevance to the compositions and shapes of Sudreh and Kushti and their places on the external body. This Science is explained by Dr. F.S. Chiniwalla in his Book on Vendidad as also his 'Nikeez' on 'Gaiti'. I do not propose to set out this interesting but difficult science in great details. Just an introduction to its elements and its connection with Sudreh Kushti will be touched.

**"A Lie Will Travel Seven Times Round
The World While Truth Is Putting On
Its Boots".**



**"He Who Understands The Principle Of
Vibration, Has Grasped The Sceptre Of
Power".**

Understanding the Zarathushtrian Religion

The Zarathushtrian Science of Sudreh Kushti and 16 'Chakhra's

A revision—Inner energies in man—Composition of human personality—Hindu Yogic Science of 'Chakra's'—Accepting certain facts without satisfactory proof—"Experiments" in the Laboratory of the Body—Necessity of Technical terms — Ruvan, Keherp, Azda, Tanu — Dravao — Alchemy of Dravao, the Aim of Life—Divine prescriptions of the prophets—Sudreh Kushti, a Prescription of Prophet Zarathushtra for a Parsi Zoroastrian.

By K. N. DASTOOR

Friends! I had taken a deliberate drop in this series of articles. I wanted you to assimilate, and ponder over, whatever scientific materials I presented to you. Our object is to understand the Science of Sudreh-Kushti, a garment and a thread—specially designed and made compulsory for a Parsi. It has something to do with spiritual energy and Divine Light within us. It has something to do with our journey in this world, and our spiritual progress and development.

A REVISION

Let me first revise the materials so far given here.

Different kinds of energy flow in the physical universe. **Light** is one of them. It arrives on the earth from infinite distances, from far away planets and stars. We, the humans, have devised several ways to create light, in order to remove darkness. Apart from this physical light of every day experience, we on this earth are being bombarded by the almost mysterious cosmic particles. There is no doubt that streams of various external energies are all round us and they are penetrating us and entering into our bodies, or let us say-into our own selves, every second.

Then there are internal energies within us. Some kind of energy whirls deep inside us and this whirling is reflected in the **aura** surrounding us. By aura is meant the atmosphere surrounding our physical body. Some currents flow there and they are photographed. **Kirlian photography** is a fascinating story of the modern unorthodox science. We saw how it could photograph the inner whirlings, how it could show the moods of the human object, how it could predict illness.

We also saw how the ancient science of **Chinese acupuncture** was verified by Kirlian photography and established beyond doubt that there are unseen channels of ultra physical energies in all living beings and these channels have certain points of concentration. The acupuncture doctors give certain needle-pressure on these points which restore the energy balance in an ill body and cure it. It was amazing to find that the energy centres as taught in the 5000 year old science of acupuncture are seen to radiate more concentrated light in Kirlian photographs.

That took us to the science of energy points as taught in the Hindu Yogic Science. In Dini Avaz Vol. 3 No. 4, we

saw how the body is described in Atharva Veda, one of the ancient holy books, as a city with eight 'chakra's — centres of divine or spiritual energy, and nine doors. There is, it is further said, in this city, a golden sheath in which are various luminous orbs. I quoted from a book, "Science of the Soul," by Swami Vyasa Devji, wherein he describes the energy centres and channels within man. Each centre known as 'Chakra' in the Hindu Science and 'Chakhra' in the Zarthushtrian Science — has an unseen shape, a subtle colour, a specified location corresponding to some region on point of our physical body. 'Chakra's are joined by energy channels. They are like electric lamps arranged on a circuit. If the current beyond a certain intensity starts flowing in the circuit, the lamps are lighted. The current can intensify by various modes taught in different Religions. In Zarthushtra's Religion, one of the modes is Sudreh and Kushti. The special design of Sudreh and Kushti has a significant connection with the locations of the 'Chakhra's within us.

And here we enter into the Zarthushtrian Science of Chakhra's.

Man's Composition

The first truth to be noted is about the composition of our own self. Broadly there are four main parts: (i) physical body of our daily experience including all the internal and external anatomy; (ii) 'AZDA' a transitory body of ultra physical composition, which is linked with next spiritual body; (iii) "KEHERP," a further subtle and ultra-physical 'body' which is the storehouse of spiritual energy and is the actual seat of the 'chakhra's, the energy centres; (iv) "RUVAN," the divine frozen light of God, sometimes loosely called soul.

(Actually no. (iii) has three subdivisions: Keherp, Ushtan aap, Tevishi; but collectively they are referred to as Keherp. Similarly no. (iv) has three subdivisions Ruvan, Baodaang, Fravashi; but we'll call them just 'Ruvan.'

How has man arrived at such a complicated constitution?

Ruvan is the Divine Ray of Ahura in man. It is our real Self who was once with AHURA and IN HIM but broke itself in a unit and departed from HIM. It travelled far, and now is on its way back to Him. Earth is a station in the journey. There were and will be many other stations. During the journey on earth, Ruvan is locked up in the physical and ultra physical bodies. Why is it so locked up? What happened to it?

Well, it is a very very long story. To put it tersely, at one stage during the process of creation, Ruvan was separated from Ahura, because **an evil element was found to be attached to it.** There is no clear answer to the question: where did the evil element come from and why was it attached to Ruvan? It is taught that we mortals are not designed and destined, at our present stage of evolution, to understand this phenomena of evil and its origin. But our Scriptures refer to the evil element often and often and we have to accept it — at least as an axiom to start with. ,

Incidentally, there is nothing new in the idea of accepting a proposition as true without a satisfactory proof of it. We accept such propositions throughout our education, whatever be the subjects we learn. It requires certain mental preparation, sometimes spread over a period of years to arrive at or understand some tangible proof of such a proposition. An idea may

sound very curious and even devoid of sense to start with; but to digest it we have to pass through intensive training. If I tell you that there is a particle in nature which flies to the east, if you push it towards the west, you may shout 'nonsense'! But it requires a lot of mental journey to grasp the idea of a 'particle with negative mass', which does exist and finds an honourable place in books of advanced physics. Similarly, to understand the concept of origin of evil not only mental but spiritual preparation and training are required.

In which University and in which laboratory this training is to be sought? The answer is: in **the university of LIFE and the laboratory of the BODY**; so says Zarathushtra. But what is "life" and what is this stuff called "body?"

The answers lie in the story — true story — of Ruvan. At one stage, the Ruvan separates from Ahura and finds that an evil element is attached to it. It looks up to Ahura, amazed and bewildered. Ahura consoles it and says, "you will have to convert this evil element into good. For that you will have to travel far and wide. I, Ahura, have set a great plan for achieving this alchemy of your evil into good. Go as I have ordained, dissolve the evil and come back."

And each unit of the Ruvan started its journey. It had to pass through many stations and stages, dissolving the evil element bit by bit and step by step. One such unit is within each human.

Before arriving at our present stage on this earth, three fourths of the evil element attached to our Ruvan is almost alchemised into good. That converted evil, which is now shining with

the light of good, has a seat in our body as the 'Keherp', the subtle ultra-physical body, a storehouse of divine energy. It is in this Keherp that the sixteen energy centres—'Chakhra's—are located.

The next question then arises: what has happened to the one fourth evil, which is not yet alchemised?

The answer is: that remaining one-fourth of the original evil element is interwoven in the **physical** body of our day-to-day experience. It is ordained by Ahura that during the journey on this planet this tiny human being has to alchemise this interwoven last part of evil.

Before proceeding further, let me introduce a technical term given in the Zarathushtrian Science for this evil element. It is called Dravao ^{द्रवाओ} or Daeva. Using this term, we can say that three fourth of the original Dravao or Daeva attached to the Ruvan is now converted to good and has a seat within us in the form of Keherp having sixteen 'chakhra's.

Are you frightened at the technical names and terms?

Technical Terms and Meaning Necessary in All Sciences

It is well known that no branch of science or knowledge is without its own technical terms. The Science of our Religion, containing all knowledge, right from a speck of dust to Ahura, cannot in the very nature of things, be devoid of technical terms and technical language. When modern science explains physical matter, it talks of atoms, electrons, protons, neutrones, nutrinis, and host of other elementary particles. When the Zarathushtrian Science explains matter, it talks of 'Anasar,' 'Gava', 'Dravao',

'Vohun.' (You need not bother at this stage what these are; I am mentioning them here as some of the Zarathushtrian technical terms.) Similarly, when modern biology talks of man, it refers to cell, protoplasm, protien, DNA, RNA. When the science of Zarathushtra refers to man it refers to Ruvan; Keherp, Tanu. Nothing to be frightened about! Further, in a branch of science, ordinary words may have been used in a sense different from the dictionary meaning. 'Horse power' in physics has nothing to do with the power of the animal known as horse. The word 'promise' has a technical meaning in law. So also in the Science of Religion numerous words have special meanings far from their philological connotations. 'Rae,' 'Raokhshna,' 'Kharenangh,' all mean light, but they are all different. 'Hasti' does not mean just existence; it is a Divine Continent existing somewhere. 'Dakhyu' does not just mean a region; it means certain specific regions situated at specific places in the cosmic geography. So, if you want to understand Zoroastrianism, do not be afraid of technical terms and names. Once you grasp their meanings, your understanding will improve tremendously.

To go back, then, to Ruvan's story, our Keherp is composed of the 3/4th Dravao converted to good. The remaining 1/4th is woven in the physical body. It is the aim of our existence to alchemise this last residue. Once that is achieved, Ruvan shall fly back to Ahura. Its seperation shall end. It shall merge in Him.

It is then necessary to understand the working of this one-fourth Dravao — residue, and the process and procedure to alchemise it.

Zaratusntra has taught that this left-over Dravao is the seat of all sins within us. It leads us away from the Path of Ahura. It tempts us to fall. We have to fight against it. It is a powerful force within us, and to fight it we require a counteracting internal power, strength, energy. Where do we get such energy from? From the Keherp, the storehouse of spiritual energy within us.

Keherp is a power station of spiritual energy. It has its own channels and circuits. Along its circuits are the sixteen energy points where there is a concentration of power. The chakhra's are like light lamps on a wire circuit and are capable of emanating from them that kind of energy which can bestow on us the inherent strength to fight the Dravao, the evil, in us. These 'chakhra's have certain constittutions and functions. The whole mechanism operates on certain natural laws; and man's own efforts and exertions to tread the path of Ahura and march onwards to Him, has a special place in the network of these laws.

Each of the 16 chakhra's is located in the Keherp at a certain place which corresponds to a region of our physical body. Each chakhra has a name. Each has a specific constitution. Each whirls and behaves in a specific way. The whole function of this grand mechanism is to help man to alchemise 1/4th Dravao. Man is required to think, speak and do as ordained by his Religion and his prophet. Once he adopts, with unquestionable faith, the prescriptions and orders given by his Religion and Prophet, the mechanism of the 16 chakhras, responds effectively. It works in certain subtle ways and emanates spiritual energy, which

is then received in the physical body and acts on the dravao there. The action results in the slow alchemy of that evil element.

For us, Zarathushtra has given several such prescriptions. Sudreh-Kushti is one of them. Manthra prayers, Yasna ceremonies, Holy Fires, Maher-Patet i.e. Truth and Repentance — are others. Each of these is prescribed to draw spiritual energy from the Keherp. The aim is the dissolution of the Dravao woven into the physical body

Sudreh-Kushti, is designed to draw divine energy from within, as also to absorb divine energy from Ahura's Cosmos. Different parts of Sudreh and Kushti have something to do with the location of certain 'chakra's from where the energy is drawn out.

This, then, is the introduction to the Zarathushtrian Science of 16 Chakra's. We shall try to penetrate a bit further in this difficult but captivating Science.

(To Be Continued)

"To sin is to dream, and to love sin is to love darkness. They who love darkness are involved in the darkness; they have not yet seen the light. He who has seen the light does not choose to walk in darkness."

— James Allen.
