
THE EDGE OF EVERYTHING

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"Time Changes Me I Change Time"

1. The Edge of Life

Introduction

All the knowledge and information that we acquire from the world around us are bound to change over time . Even laws , theories and equations of science which seems eternal are bounded by and subjected to constrains of certain domain of the universe . The only knowledge that will not change over time is the knowledge describing human consciousness . It is the only knowledge which is not bounded by time and nor by constrains of certain domain of the universe. It is the only knowledge which will remain eternal throughout the ages as long as there is humanity in this planet . Each and every bit of knowledge or information that humanity has ever known or acquired is the product of human consciousness . One who can masters this, can master everything in the universe.

What is consciousness

Consciousness is the ability of human species to include some part or entire environment into it's own subjective experience . It is the ability of human species to extends it's subjective experience beyond it's physical body to include some part or entire universe as if it's part of his own body . It is the degree by which one is aware of changes that takes place in the environment . It can be define by the amount of space we occupy to represent ourselves. More conscious means more aware of the changes and less conscious means less aware of the changes that takes place in the environment.

As humans we are not only limited by subjective experience of our physical body . Our subjective experience can be extended to include some space , some part or the entire environment as our own self .

What is the nature of human consciousness

Human consciousness is not a consequence of any mysterious or fundamental meta-physical entity rather it emerges from the

biological process which is deeply rooted in keeping ourselves alive just like any other organisms in this planet . Consciousness is not fundamental to the universe , it's an emergent property of human brain . When it comes to workings of human brain there is nothing mystery about it , everything can be describe , explain and understand by scientific laws , theories and equations .

What does being conscious Means

Being conscious doesn't necessarily means being able to process sensory inputs to produce output . Even animals can do that , this doesn't makes them conscious . In fact what makes us stand out from other organisms is our ability to perceive time and being able takes action that has more consequence over time in future then at present . Rather then just processing sensory inputs our brain is designed and evolved to perceive the consequence of action and inaction over time and takes action at present in order to either avoid or achieve what we have perceive the future to be. So, Being Conscious means being able to perceive time in order to have embodiment of some space within the environment . Thus , Experience of time is responsible for experience of space and experience of space is what constitute our consciousness (We can thought of our physical body as occupying some space within the environment).

Why consciousness is a biological process rather then being a meta-physical entity

The reason why consciousness is a biological process rather then being a meta-physical entity are as follows :-

1). Brain damage can impact one's consciousness :- The brain is responsible for many of the functions that contribute to our conscious experience, such as perception, thought, memory and emotions . Damage to specific areas of the brain can therefore affect these functions and alter our conscious experience.

For example, damage to the frontal lobes of the brain can affect decision-making, planning, and self-control, which can impact our ability to be conscious of our actions and the consequences of those actions. Damage to the parietal lobes can affect spatial awareness and the ability to recognize objects, which can impact our

conscious perception of the world around us. Damage to the brainstem, which is responsible for regulating vital functions such as breathing and heart rate, can also impact consciousness.

Thus , the impact of brain damage on consciousness depends on the location and severity of the damage.

- 2). Not Every Human being is Equally Consciousness :- Consciousness being a biological process varies from time to time in an individual and from individual to individual in a population. For example , It's because of variation of consciousness among human population we have diverse variety of people with different habits , behaviours , goal and interest constituting our society.
- 3). Consciousness can be increased or decreased by building certain habits and following certain practices . For example , some of the Religious practices are ways to increase one's consciousness.

What determines one's consciousness

Our general definition of body includes brain but in order to understand human consciousness we have to exclude brain from body and we called it as “physical body” .Thus, the word “Body” include both brain as well as physical body and the word “Physical body” excludes brain from body. With keeping these words in mind let's discuss about consciousness.

Consciousness being a biological process is the result of difference in entropy or energy between brain and Physical body . The more the difference is , the more conscious an individual becomes and vice versa . Thus *the difference in the entropy or energy between brain and physical body is directly proportional to one's levels of consciousness* . An individual with higher differences will have higher consciousness then an individual with lower differences .

What leads to difference in entropy

Both Brain and physical body undergoes changes with respect to one another . Brain can only change by keeping physical body constant and physical body can only change by keeping brain constant . we

can only increase entropy in brain by decreasing entropy in physical body .

When our senses acquire information from the environment it start transmitting them to our brain as a result the brain starts to change itself according to the environment by keeping the physical body constant . This changes in the brain causes the entropy of the brain to increase and the entropy of the physical body to decrease creating an entropy as well as energy difference.

When we act or takes action information starts flowing from brain to physical body as a result the entropy of the physical body increases and the entropy of the brain decreases . Thus we can define sensory inputs as an attempt by the physical body to change brain and our action as an attempt by brain to change Physical body in order to keep our body in the state of equilibrium . we can conclude that *“Changes in the physical body is inversely proportional to the changes in the brain”* . One important aspects of consciousness is to allows more changes from the environment to change brain through physical body by maintaining the entropy difference for longer duration of time .

How to increase consciousness

Our experience of reality is not only limited to our physical body . We have eyes to see distant object which lies beyond our physical body , ears to listen to sounds from the environment which is beyond our physical body and thus enabling us to include things which are beyond our body as our own body . The electrical impulses coming from the eyes is same as ears is same as skin is same as that of tongue . Our brain doesn't discriminate between the sensory inputs that comes from our internal physical body or from the external environment , it's our thoughts which forces us to believe that we are separate and different from the environment. What I means by this is that our senses can not only received information from the physical body but also from the world around us , this gives us advantage to experience not only our physical body but also our environment. It is our choice to give selective importance to ourselves and limits our conscious experience to our physical body and not expanding it to include the environment has

lead to decrease in our consciousness. Another factor that is responsible for creating these differences and separation between us and our environment is our action .Our brain wants to expand , extends and include more part of the environment into it's experience by changing itself according to environment but our actions are the only things which is preventing it from doing so . There are only two ways by which we can interact with the world :-
i) By changing ourselves according to the environment which requires changing brain

ii) By changing environment according to ourselves which requires changing physical body .

The moment we act is the moment we forces our physical body to changes with respect to our brain which result in decreasing the entropy of the brain and increasing the entropy of the physical body . Thus , decreasing our brain's ability to change itself to include more part of the environment into it's experience. It turns out that there are two ways to increase one's consciousness :-

1. By not discriminating and limiting ourselves to our physical body and giving others as much importance as we would gives to ourselves . i.e Giving equal importance to everything which can be done by including or excluding everything .

2. By maintaining energy difference for longer duration of time by limiting our actions or remaining in a particular state for long duration of time . In order to increase consciousness we have to prevent ourselves from acting upon our thoughts and sustain the entropy or energy difference for long duration of time . It is not possible to live without acting but we can limit our action by doing things which are most important . It's not being lazy but rather creating larger impact with minimum possible action . It's about know the right time to engage or disengage in action in order to change the course of changes over time .

How to use brain to transformed energy

The only way to use brain is not to use Physical body . This is what forms the basis of religious practices , yogasana and tantric rituals . By limiting yourself to certain practices and ritual or By keeping

your body still in a particular pose or in same state for longer duration of time . you are limiting the use of your body and allowing more changes to occur in your brain , thus maintaining entropy difference leading to increase in one's consciousness . By allowing the changes to occur to your brain you are increasing the entropy of your brain and decreasing the entropy of the physical body . We know that higher entropy means lower energy and lower entropy means higher energy. when the entropy of the physical body starts decreasing due to increase in entropy of the brain it starts to store energy , thus creating energy difference in the physical body and the brain . The more we increase consciousness the more the entropy of the body decreases as a result it starts storing more energy . As our consciousness increases gradually the energy stored in our body also increases due to difference in entropy . This gradual rise of energy due to gradual increase in consciousness is what is referred to as rise in kundalini energy .

The Science behind yantra , mantra and tantra

Memory is an integral part of our brain . The only way human brain can work efficiently is by forming memories . Yantra , mantra and tantra are tools to increase one's consciousness by forming and making memories stronger . We know that memory becomes stronger with repetition . Mantra is the repetition of words , yantra is the repetition of figure , symbols or geometry , Tantra is the repetition of methods , actions or habits. In order to bring more changes to our brain we have to find a way to restrict the use of our physical body or maintain our body at same state for longer duration of time by repeating action or activity over and over .

What is yoga and meditation

There is no proper rules or method to do yoga or meditation . what yoga and meditation means is keeping oneself in a particular state for long duration of time . you can also think of it as performing any activity or work for longer duration of time . The only reason why we have certain asana or physical postures to practice yoga and meditation is because it enable us to maintain correct body posture and prevent us from injury or side effect that may otherwise arises if we keep our body in wrong posture for long duration of time .

The goal of meditation

The goal of meditation is not to calm one's mind but rather to remain in particular emotional states such as joy , misery , anger and happiness for longer duration of time so as to experience life more deeply and profoundly. Since human emotions and experience are caused by chemicals , which is relative and proportional , there is no meaning of sadness without happiness and no meaning of pain without pleasure. The goal of the meditation is to increase one's subjective experience of reality beyond one's physical body so as to include more part of the environment into one's experience of reality .

Why we are not equally Conscious

We all humans are not equally conscious because the factors that affect our consciousness are genetics , environment and one's choices . we have no control over genetics or the environment but we do have control over our choices . we choose to become aware of things which are beyond our physical body . We choose to include things into our experience . Consciousness is something which we can extend beyond our physical body to bring in more space of the environment under our subjective experience . consciousness is not something which is limited to our body , we can expand it to experience things that are beyond our physical body as if they were part of our own body.

We would often like to blame others for everything that happens in our life but it's hard for ourselves to accept that we made our own choice. We choose the life we want to live and we placed ourselves in the society on the basis of the choices we make . Our life is our own choice and there is nothing in this world to blame for.

The Range of human consciousness

We can think of our physical body as some space within the environment . Consciousness being the measure of space or the amount of changes that we decide to include in our subjective experience of reality . We can divide human consciousness into three levels or states :-

1. An individual who chooses to limit his experience of life to himself or his body is said to be in Lowest level of human consciousness.
2. An individual who chooses to extends his experience beyond his body to include someone or something which may be his family or the works he loves to do is said to be in Medium level of human consciousness
3. An individual who chooses to extends his experience beyond his body to include the entire universe within himself or everything around him by giving equal importance to everything is said to be in Highest levels of human consciousness

What does it mean to be at different levels of consciousness

1. Lowest consciousness :- People who choose to limit their consciousness to their body or only to themselves. Their goals for action and purpose of life is to satisfy their own sensory pleasure . They acquire reward by taking actions that is geared towards survival. They love to live in comfort zone . They avoid taking actions that challenge their survival . They gives more importance to survival instincts (such as food , sleep and sex) and short term sensory pleasure . They identify themselves with their body and thus they are only affected by the changes in their body . They doesn't have control over their senses , feeling , emotions and actions . Their brain doesn't work efficiently because human body is not naturally designed to live a self-centered life . They are less receptive and responsive to the changes of their external environment .
2. Medium consciousness :- People who chose to extend their consciousness beyond their physical body to include things which may be their family and relatives . i.e People who choose to include their family and relatives into their experience . Their goals and purpose of life is to do something for them , i.e by earning more money or by acquiring more materialistic things that aims to makes their life better .They engage themselves in those work and

activities that ensures money and materialistic things which are required for making their life as well as their family better. They are interested in taking actions that ensure maximum profit . They identify themselves with their family and thus are affected by the changes that takes place in their body as well as changes that takes place in their family and relative .

3. Highest consciousness :- People who choose to extend their consciousness beyond their physical body to include everything in the universe . i.e people who gives equal importance to everything . They doesn't discriminate between things as they give equal importance to everything . people who gives as much importance to other as he would give to himself . he doesn't separate himself from other . he consider others as part of himself . he finds his happiness, sorrow and everything in others. When other's joy becomes your's , when other's sorrow becomes yours , you don't have to do anything to make yourself happy or sad . when you can't separate yourself from others , when you find yourself in other's , when other's problem becomes yours then the motto behind your work and purpose in your life is to makes others happy by solving their problems and making their life better . They identify themselves with everything and thus they are affected by the changes that takes place not only in their physical body but also in their environment . They have control over their senses , thoughts , feeling , emotions and as well as actions . Their body can tolerate more pain and pleasure without reacting because they have made themselves more vulnerable to changes and their experience is not only limited to their physical body ,so changes in the physical body alone cannot affect their state of mind . It is because of these ability their body works efficiently and can naturally adapt itself without the help of external practices .

All the above mentioned states of consciousness is not intended to describe one's life but rather to give a comprehensive view on how life appears in different levels of consciousness and what it means to be at different level of consciousness . These are ideal

situations and doesn't necessarily reflect one's true life as we all have different priorities and choices which doesn't necessarily be limited to what mentioned above .

How does it feels to be in lowest levels of consciousness

When you are in the lowest levels of consciousness reality appears to be meaningless , boring and dull . In this level you start exploiting your body for pleasure because your focus is only limited to your body and you live a self centred life. you becomes so much less receptive to the changes that, the only way you can acquire pleasure is by exploiting survival instinct such as food , sleep and sex . you becomes more interested in making your present better rather then creating better future . Due to engaging yourself in short term pleasure seeking activities or actions you get constant and mild doses of dopamine that makes you unmotivated and prevents you from achieving higher and bigger long term goals . Also, due to much less receptive to changes as a result in order to get pleasure you have to do extensive physical work to bring changes to your physical body which in terns changes your brain and makes you feel happy . This is because you use your physical body as an only medium to change your brain not the environment . In this state you doesn't act consciously you act compulsively to fulfil your animal instinct and get immediate short term reward . Your life becomes constant you doesn't feels any emotions at all because there is not meaning of pleasure without pain , if you constantly gives yourself pleasure then it is constant and meaningless .

How does it feels to be in medium level of consciousness

When you are in the medium levels of consciousness the way you think is the way you experience reality . You started to give importance to your thoughts as a result your experience is limited to your thoughts . You becomes less receptive to changes as a result in order to get pleasure you have to takes action on the basis of your thoughts. You starts choosing , discriminating , judging what is right and wrong and takes action on the basis of what you think is right .

You becomes goal oriented and you start associating your pleasure with things beyond your body , you can only find happiness by associating yourself with you goal , by acquiring more wealth and materialistic possession , by doing what you think is rights .In this levels of consciousness you start aligning yourself with law and order prevailing in society . Individuals on this levels is mainly govern by their thought and are interested in taking action that they consider profitable .

How does it feels to be in Highest level of consciousness

When you are in the highest levels of consciousness your experience of reality becomes more profound and meaningful . You can create more meaning out of reality . You can acquire more knowledge out of changes around you . It is at this time when you become interested in knowing things beyond your physical body or acquiring knowledge about the world around you . You becomes more sensitive to changes that takes place in the environment . Small changes in the environment affects you. For example looking others being happy can makes you happy and looking others sad can makes you sad . At highest consciousness you becomes so much vulnerable to changes that you can acquire pleasure just by observing nature and not doing anything. At this point you will hate sleeping as if you can get pleasure just by keeping yourself awake and Putting yourself to sleep will deprived you from dopamine . Your focus in life at this point is to get as much experience as possible by keeping yourself awake .

When you increase your consciousness Both your brain and physical body starts to works efficiently and everything starts happens effortlessly . You don't have to do anything as your actions and thoughts are guided by changes in nature and you becomes merely an observer of your own self . You are in sync with nature and know the right time to takes action .You are aligned with nature in such a way that changes in the nature affects your brain and changes in the brain affects nature through your action . You becomes an instrument through which nature experience itself . when a less conscious person takes action it's his wish but when a highly

conscious person takes action it's nature's wish . He is the entire universe within himself .

The Evolution of human Consciousness

Humans are not Conscious by birth. They are conscious by choice.

1. Humans In the lowest levels of consciousness try to optimize self preservation and procreation. He is ruled by evolutionary memory that prioritize survival and procreation and assigns reward to activities such as food, sleep and sex .

2. When his consciousness slowly increases he starts aligning himself with laws and principles sets up by society . It is when he start discriminating , judging and developing the concept of good and bad , more important and less important , himself and others . he start giving importance to things such as money , status or things that are validated in society .

3. When his consciousness increases further he starts aligning himself with nature in such a way that changes in the environment affect him and changes in himself effect the environment . He is no longer interested in following rules and regulations of society as he is only interested in aligning himself with nature by bringing more changes into his experience of reality .

4. And Lastly , when a person or individual goes beyond these three states of mind by experiencing all three of them in his lifetime , he is not interested in anything as he realises that reality is an illusion and knowledge is a trap . His life becomes his choices and he is not governed by any law of life as he is beyond any state of mind and has full control over his life . he is no longer interested in acquiring sensory pleasure , nor following systems of society nor acquiring more knowledge he is only interested in changing his levels of consciousness to experience reality the way he wants and for as long as he wants . Everything in his life becomes his conscious choice . It is at this state when one becomes resistance to changes as one get complete understanding of each and every aspects of humans life. At this stage One is not bounded by and has control over survival instincts, thoughts and memory . It is the purest state

of human existence as at this stage one get detached from all forms of memory , compulsions and lifetime karma . In this stage an individual have control over his own reality . At this point one can increase or decrease consciousness to experience reality the way one's like . An individual in this stage is not govern by any law of life or nature. He is free from everything . Nothing can affect him . he choose to live the life he wants .He has full control over his life , death , survival instincts , thoughts , memory and experience of reality itself .

As long as you are in a certain state of consciousness, you are bound to be govern by laws at that state and everything from your life , body and behaviour can be predicted according to it . Once you have masted all the three states you become unpredictable , undefine , limitless and formless (as your consciousness can takes any form) .

We humans are not designed to know the truth . Evolution has designed us to know and experience reality the way it is beneficial for our survival . In order to know the truth we have strive to break the barrier that evolution has set for us . We have to use both our body and our brain so much , that it's starts to break , destroys itself and regenerate as completely new . We can only break the barrier that evolution has set for us by transcending all the levels of human consciousness .

The purpose of Human Life

The purpose of human life is not to be become Successful neither to increase the level of consciousness to the highest . The only purpose of human life is to know the true nature of Reality. By increasing consciousness or becoming successful you are only half way of knowing the truth . If you really want to understand true nature of reality you should know how both successful people as well as unsuccessful people experience reality . You should know how humans experience reality in its highest as well as in it's lowest consciousness state. how reality appears when humans are at highest and lowest consciousness. You have to lived your life the ways that any human can possibly lived and ever will in this planet . You have to transcend all the three levels of human consciousness to know the truth . Once you become successful in doing so you know what the

ultimate truth is. Now, you will not have any misunderstanding or doubts or questions about life, universe and nature as this state is beyond any knowledge . If you increase your consciousness universe will be meaningful to you and if you decrease your consciousness the same universe will be meaningless to you , It is only by living in all the possible ways that you can come to know what truth actually is .

Thus , the purpose of each and every human being that have ever born in this planet is not to remain in one particular state of consciousness for their entire life but rather to transcend all the states of human consciousness to know the true nature of reality .

Life Body and Behaviours on the basis of Consciousness

Humans are often thought of as mysterious beings, but in reality, they can be just as predictable and understandable as machines. We feels that our thoughts , emotions , action and behaviours cannot be understand . We look at our lives as an unpredictable phenomenon of nature where at each step there is a mystery waiting for us to unwrap . In fact we humans are as understandable and predictable as machines and there is nothing mystery about it. Behind every action that we take and every choices we make there is our understanding of the environment and our experience of reality based on our level of consciousness . it will be not wrong to conclude that “Every aspects of human life including our body design , behaviours, choices, goals and decisions depends on how much conscious or aware we are to the changes that takes place around us” .

Each one of us has different way of interacting with the world around us and what determines it is our Consciousness.

Relationship between consciousness and impact of action over time

A person with low level of consciousness have limited or less experience of reality and takes actions that have impact over small space or less time whereas a highly conscious person takes action that have impact over larger space or longer duration of time . when

you have limited experience of reality your impact of action will also be limit and when you have profound experience of reality then the impact of your action will also be profound .

This is the secrete of each and the every human who have become successful and have done something great for humanity . Your impact of action over time and space is directly proportional to your level of consciousness . People who are successful or have done something for humanity are the people with highest consciousness . One who can't forget the world can only do something which the world never forgets . People with high consciousness takes action that have impact even after their death because They not only think about how they are going to live their life but also concerns about how they are going to change the life of others and what impact they are going create in this world after their death . i.e their experience of life is not only limited to their life but goes beyond it to include others .

As a human our goal should be not to live forever but to do something that last . Life doesn't have meaning on it's own it's only upto us to gives it meaning and purpose by do things that mean something for ourselves .

Difference in short term goal and long term goal

There are only two type of action :- short term and long term .People with lower consciousness occupy less space to represent themselves therefore they like to engage themselves in short term activities whereas people with higher consciousness occupy more space to represent themselves therefore they engage themselves in long term activities .When you engaged yourself in short term goal or activities, it only benefits yourself but when you engaged yourself in pursuing long term goal or activities it not only benefits you but also people around you . So we should try to engage ourselves in long term goal rather then short term goal or activities.

When we start seeking short term goal we start making changes to the environment by exploiting it . But when we start to seek long

term goal we start aligning ourself with the changes of nature . The more you will focus on long term goal the less you will exploit environment because your focus will be in making future better rather than making present better by exploiting.

People who have less patience will seek short term goal and people who have more patience will seek long term goal . if you want to increase consciousness increase your patience . It's because of pursuing short term happiness that we can see exploration and exploitation of nature in the world around us .

Relationship between consciousness and Responsibilities

Nobody gives you responsibility, you takes it. when your consciousness is limited to yourself you takes responsibility on behalf of yourself, when your consciousness is extended to include and experience society you takes responsibility on behalf of society, when your consciousness is extended to include entire humanity you takes responsibility on behalf of entire humanity. Success is the validation and importance that you get from others for taking their responsibility. When your consciousness is limited to yourself you take responsibility of your own life when your consciousness is extended to include others then start taking responsibility of others as your own .

Difference between unmotivated and laziness

There is a vast difference between unmotivated and laziness that people don't understand . What people don't understand is that laziness is the result of using the brain more then the physical body and unmotivated is the result of keeping oneself constantly happy by fulfilling one's sensory pleasure. it's due to the laziness of scientist that we have different invention and discovery to make our life easy . In general , When people use the term lazy, what they really means is not laziness but people who are unmotivated towards doing something because of keeping themselves busy all the time for the shake of acquiring constant mild doses of dopamine . They are so much used to short spike of dopamine and get so used to it that they lacks any necessary motivation to engage themselves in

any work or activity in order to get reward or achieve their goal . In the other words they are so used to pursuing short term goal that they cannot anticipate for long term goal . Laziness on the other hand is willing to keep oneself ideal or inactive in order to prevent oneself from wasting time and energy in doing short term pleasure seeking activity and using one's time and energy to do things or in planning about future or in taking action that are important or beneficial in long run rather than in short term i.e avoiding oneself in unnecessary short term action and engage oneself in long term action . Highly Conscious people are bound to be more lazy because they imagine all the possibilities before taking an action and they are only determined to takes action or do anything which have valid reason or have larger impact or consequence in future and not any random or meaningless action . By keeping them ideal or inactive they are able to conserve their time and body's energy for accomplishing their future goals and makes efficient use of the body by using it only when required . When you have plenty of time to act or when you don't limit or restrict your actions , You tends to spend time in doing things or engaging yourself in activity that doesn't really matters . You only do things which are important or choose action wisely only when you have less time to act or when you limit or restrict your actions .

The Science Of Disease and well being

The biggest misconception we have right now is that we consider ourselves apart from nature .By considering ourselves apart from nature By looking the world on the basis of our thoughts , by discriminating what is good and bad ,by deciding what's more important and less important , by separating ourselves from others .We are disrupting our body's natural tendency to change itself according to the environment as a result We are inventing diseases which are the result of our own body not being able to tolerate and adapt to the changes that takes place in the environment . When we open ourselves to changes , When we allow more changes from the environment to impact or change us by not giving importance to our thoughts , by not deciding what's more important or less important

, by not discriminating what's good and what's bad , by not separating ourselves from others and by giving equal importance to everything we are increasing our ability to tolerate pain and pleasure for long duration of time without reacting and hence enhancing and enabling our body to adapt to the changes without any external support . When we open ourselves to more changes , we becomes resistant to the small changes that takes place in our physical body .It's likely that if we increase our consciousness to certain levels then we will eliminate and avoid most of the diseases that we have right now .

How the reward mechanisms works

The dopaminergic system in our brain always crave for reward . The main motive or goal behind our action that we take is to get reward . If we can conditioned and designed our brain to produce reward internally without acting or depending on external environment for the shake of pleasure then we will stop doing unnecessary work or activities and only invest our limited time and energy in taking actions that are important and beneficial to us .

By increasing our Consciousness we are allowing more changes to occur in our brain . It's because of the ability to produce reward internally Highly consciousness people will have to do less work or activity in order to get reward while people with less consciousness has to do more work or activity in order to get the same amount of reward or pleasure .

When you increase your consciousness by giving equal importance to everything , you becomes more receptive to the changes and you need to work less or takes less action or do less activity in order to makes yourself fulfilled , happy and satisfied but when you decrease your consciousness you need to work more or takes more action or do more activity in order to achieve the same pleasure . The essence of human life is not to be in a race competing to find pleasure externally but rather to seek pleasure internally by increasing

consciousness . when you extends yourself to include others then others joy becomes yours and you don't have to work hard to makes yourself happy .

How giving importance to our thoughts decrease our consciousness

The way we humans can increase consciousness is by maintaining entropy difference between physical body and brain for longer duration of time which can be done by remaining in one particular state for long duration of time . Our Thoughts undermines everything going in our brain . thoughts are the result of changes that takes place in our brain . The problem starts when we starts giving more importance to what we are thinking by acting on the basis of it . The moment we starts acting is the moment we start forcing our physical body to change according to our brain and thus reducing our ability to change our brain further . thus , Giving importance to our thoughts is the only thing that is preventing us from maintaining entropy or energy difference for longer duration of time to increasing our consciousness . So, one's goal should be not to react to the thoughts that arises in one's brain but rather to observe one's own thoughts as a third person and detached oneself from it .

The Brain of highly conscious people generate more no of thoughts then brain of less conscious people because When one starts giving more importance to the thoughts that arises in his brain by acting according to it then he start giving more time to it and shifting it's attention from changing the brain to changing the physical body . Thus decreasing his ability to change the brain and generate more no thoughts per unit time . when you start acting according to your thoughts you starts changing your physical body by keeping your brain constant . If one has to increase consciousness one has to pays less attention to the thoughts that arises in his brain as it would allows more changes to occur to the brain . The goal of not reacting to thoughts is to give less time to each individual thought so that you can generate more no of thought per unit time . The no of thoughts you can generate depends on how long you can hold your thoughts without reacting to it .

Let's take an example to understand it " Imagine you are driving a car , in order to travel faster you have to ignore the beauty and changes that come along the way . the more time you pay attention to enjoy the beautiful scenes across the road that come along the way the slower your speed will be and the more time it will take you to reach your destination". This is also true for human brain , In order to think faster or think exponentially , you have to detach yourself from your thoughts and pay less attention to each individual thought that arises in the brain . By not paying attention to your thoughts you are allowing more changes to occur to your brain . Thus , we can conclude that "*Consciousness is directly proportional to the no of thoughts that our brain can generate* " . In order for your brain to work efficiently , your brain should be able to generate thoughts subconsciously without any effort . If you are forcing your brain to think then you are using your brain in the wrong way . When you start giving equal importance to everything or every thought that arises in your brain without discriminating or reacting to it then your brain starts to produce thoughts exponentially but if you start discriminating thoughts by reacting to your thoughts or by forcing your brain to think or by giving one thought more important to others then your brain starts to produce thoughts sequentially . Thus , The more you focus on your thoughts or attach yourself to your thoughts the less no of thoughts you can generate and the less you give importance to your thoughts or detach yourself from your thoughts the more no of thoughts you can generate .

The world that we live in , is a karmic world and is governed by laws of karma (cause and effect) . Thinking about something doesn't change the way the universe works only actions do . So , it's only actions that matter not your thoughts .

How giving selective importance affects consciousness

Selective importance can be considered as giving something more important than other . By giving selective importance we are not only limiting our thoughts but also designing and functioning of our brain to selectively respond to inputs or changes that are only related to our area of interest and importance . We are conditioning ourselves in such a way that our body becomes only concerned about

anything related to what we have given importance and we start ignoring everything that are not related to our area of interest . As a result we are limiting our experience of reality , life and changes that may comes to our life . If the source of human knowledge and information is the universe then the best thing we can do is give equal importance to everything around us . how can we expect to acquire more knowledge and enhance our experience of life by concentrating on what's important to us and excluding and ignoring everything that doesn't fit in our area of interest or importance . In concentration you exclude everything and in consciousness you include everything . So , the only way to increase of consciousness is to include everything , is to expand the area of space that you gives importance to or is concern about .

The Science Behind Sacrifice

Attachment to a particular thing or entity decreases our ability to generate more thoughts. Thus, In order to give equal importance to everything or give equal importance to all the thoughts that arises in our mind so that we can think exponentially without reacting to our thoughts and increase our levels of consciousness we have to sacrifice things or activity that we are attached to , in order to detached ourself from it and create or maintain balance between all thoughts that arises in brain . The goal of Sacrifice is to detached oneself form the things that one consider valuable .

The science behind selfless action

When we have goal we focus only on things which are related to goal and thus we limit ourselves only to things related to our goal . i.e we starts optimizing our action on the basis of our goal . When we are selfless or when we do something not because we want to get something out of it but because we loving doing it or we want to make each and every moment of life better then we starts to give importance to each and everything in front of us and thus we are not limited by anything. By giving equal importance to everything and each and every moment of life we are allowing more changes to occur to ourselves and our life . Everything in the world is proportional , By limiting changes we are also limiting our

success or failure and by increasing the changes that comes to our life we are increasing the rage of our success or failure .

Universe only gives what you are capable of and what you deserve not what you wish to have , you don't have to worry for your result or what you will get , you only have to worry about how can you live your life in the best possible way and makes each and every moment of it better and memorable . Don't run after goal make yourself so much capable that universe is bound to give you the great gifts . For example You help someone because you want something from them or that serves your interest or You help someone because you feels happy when you see them happy. Or you consider others as part of yourself . The first action is selfish action and the second is selfless .

How to control mind

In order to control something you have to separate yourself from it . it is also true for your mind .The only way to control mind is not to try to control it rather try to separate it from yourself by observing it as a third person .By observing it as a third person you are separating it from yourself . And now you will have much more control over it . In order to create this separation the concept of soul is introduced in religion to make you feel that you are not the body or the mind , you are much beyond it .

Your thoughts have impact on your brain . It can alter the physical structure of the brain . By creating separation between yourself and mind you are actually creating separation between newly evolved neo cortex and primitive part of the brain . By creating separation between yourself and mind and observing it as a third person you are actually letting your recently evolved Neo cortex to takes control over the old primitive mammalian as well as reptilian brain enabling you to have much control over your senses , feeling , emotions and thoughts .

Always believe and keep reminding yourself that you are not the body or the mind and you are more then that . Making yourself separate from your mind gives you ability to observe and control

thoughts, action and changes that takes place in body as a third person

Raise yourself Beyond Limitations

Accept changes without resisting to it then only universe will opens hidden doors to you .Everything in this Universe is relative and proportional . There is no good without bad . If you are resisting bad then you are also resisting good . So it's wiser and beneficial to accept everything irrespective of whether you consider it as good or bad because both of them are experience of life and you don't know what lies beyond it . The concept of good and bad is our own made , it depends on our perception . When change happen as per our expectation we called it as good and when it doesn't happen we call it as bad . Raise yourself beyond the concept of good and bad because something universe puts you in bad situation to teaches you the meaning , value and importance of what does it means to be in good .

The concept of good and bad

There is no such thing as good and bad , these are separation created on the basis of one's thoughts as what may be good for one situation may not be good for others, so how do you decide what is good and bad . Well , you shouldn't. The goal of a man and purpose of life is to be above all thoughts that brain create and see the reality without discrimination or judgement. These values and Believes are just like positive and negative reward that we assigned in Reinforcement learning agent to operate and navigate in an environment by optimize their actions on the basis of reward .

Be Thoughtless

There is no such thing as good and bad , more important or less important , yourself and other's . These differences only exists for people who gives importance to the thoughts that arises in the mind as reality and starts believing and perceiving the world on the basis of it . Thoughts are the product of mind , they are reflection of changes , by giving importance to them you are limiting your experience of reality as well as the changes that may comes to your life . Only those people gives importance to their thoughts who have

limited identity . If you destroy the mind that discriminate between good and bad , more important and less important , yourself and others by including everything then there is no limit of things you can do . Our thoughts are the only thing that is limiting us , if you let it expand by not identifying yourself with it , then you will become limitless.

What does increasing consciousness means

Increasing consciousness means increasing you experience of reality to include things beyond your physical body as if they are part of your own body. People with higher consciousness can experience things (both living and non living things) beyond their physical body as if they are part of their own body. People with low consciousness are only affected by the changes that happens or takes place in their body but people with high consciousness are not only affected by the changes that takes place in their body but also the changes that takes place in their environment. So , they treat their environment as part of their own body and can use it for their advantage.

The only difference between people with highest consciousness and lowest consciousness is the ability to tolerate, it's one's ability to remain in one particular emotional state for long duration of time without getting distracted or influenced by outside disturbances . if you are calm , you should be able to remain calm for longer duration of time , no matter what the disturbances and distractions are . Being conscious means being able to sustain any emotional state of mind for longer duration of time in order to experience life more intensely , profoundly and deeply .

Why should you increase consciousness.

In order to use your body at full potential or in order to become full fledged human being, in order to experience reality beyond your physical body or to become expert in everything you do . When you use human body at full potential you becomes expert in each and everything that you puts your hands on . No matter whatever field you are in or whatever situation life's put you in you will always come out successfully .

An individual with higher consciousness have more control and influence over environment than an individual with lowest consciousness . By increasing consciousness you can have more experience of life as your subjective experience is not only limited to your physical body and you can also use changes of the environment to accomplish or manifest whatever you want in life.

Increasing consciousness increases the rate of changes your body undergoes , which means you will increase each and every human emotions by magnitude .

Increasing consciousness gives you ability to not just experience changes of the environment but also to control , manipulate and influence them to your own advantage . You can control everything you can experience .

The Mindset of Criminals

People who are in lowest state of consciousness are more likely to indulged or engaged themselves in criminals activity such as activities that can harm others or themselves because of the following reasons:-

1. Inability to produce reward internally because of less aware of the changes that takes place in the environment so they have to exploit survival instinct or depends on external substances for reward.
2. Inability of judge right and wrong or good and bad because of their inability to look the consequence of action and inaction far into future .
3. Don't feel regret due to lack of memory . Their brain doesn't work efficiently as a result they doesn't have strong memory to clearly remember past as well as construct future.
4. Focus more on short time then long term . They are more interested in seeking immediate short term pleasure rather then long term pleasure . So , they never think the consequence of their action in future .

5. They are less receptive to pain or pleasure due to limiting their conscious experience to their body . By limiting their conscious experience to their body , their body becomes the source of changes for their brain rather than environment . As a result they need to work more to bring changes to the brain and get pleasure
6. Due to low consciousness their experience of life is only limited to themselves and will put their needs and interest first rather than bothering about others .

How to acquire Knowledge from the universe

“Difference is the knowledge” . In order to acquire knowledge from the universe you have to maintain difference in energy by keeping yourself in one state for long duration of time . The more difference you can create the more knowledge you can acquire from the universe .

Knowledge comes from experience not age . The only way to increase your experience of reality is by increasing your consciousness . Increasing your consciousness gives you ability to experience things beyond your physical body as if they are part of your own body . Knowledge comes from observation, it's due to the depending on books to acquire knowledge we often don't pay attention to the things around us . So, If you want to increase knowledge increase your consciousness, you don't have to read book or depends on others to know about the world.

Why Knowledge is a Trap

Knowledge is a trap , it's endless because there is no limit to the information that one can gather from the universe . We are designed and engineered by evolution to gather as much knowledge about the universe as possible all throughout our life to ensure our survival and better interact with the environment . The goal of any conscious system is to decrease it's dependence on environment over time by Simulating the environment within itself. We humans are designed in such a way that we remain in the trap of constantly seeks to know and understand the world around us unless and until we are alive . We are left with no choice other than to believe our thoughts as reality . we have to become aware

of the fact that there is no end of questions and answers that come to our mind and there is no end of knowledge that we can acquire from the environment . Knowledge is the product of consciousness. The more you increase consciousness the more knowledge you can acquire from the environment . it's not knowledge about the world that is fundamental rather it's consciousness that is the fundamental truth of existence . Once you come outside of the trap of knowledge by transcending all the levels of human consciousness you become free from all the obligation of life.

The role of Believe in governing our reality

Our believe about the world and ourselves forms the basis of our thoughts . We think to provide evidence to support our believe . Believe is assuming something to be true without thinking about it . Without assumption or believe you cannot generate thought . By believing on something you are giving direction to you thoughts and without believe you will have nothing to start with . The moment you start believing on something is the moment you starts creating thoughts to provide efference to support your belief as a result you start experience it as reality. So, it important that our believe about the world around us are based on truth and not lies .

Power of Identification

You becomes whatever you identify yourself with . if you identify yourself with everything you becomes everything and if you identify yourself with nothing you becomes nothing . The more we expand our identity the more we allow our brain to change and the more we limit our identity the more we allow physical body to change. why limit yourself only to your physical body when you can be everything .

The science of materialistic craving

We humans crave for materialistic possessions because of limited identification . We limit our identity and experience , only to the things that we call as our own . As a result there is always an urge to expand our identity or subjective experience by acquiring things more and more .

When you accept changes without discriminating or resisting then you expand your subjective experience to include others joy and happiness as your own. But if you discriminate or separate yourself from others on the basis of your thoughts then you will have to acquire more and more materialistic things to make yourself happy or find happiness, which is never ending process. In One situation you are including everything as your own and in another you are limiting your experience of reality and putting yourself in an never ending cycle of wealth accumulation. As human , our brain always tried to expand more and more but the way we achieve it is different . Some achieve it externally by acquiring things of the physical world and others achiever it internally by including changes of universe under their subjective experience . Thus we can acquire happiness in two ways :- 1. By Acquiring more materialistic possession or things so that we can include them in our experience. 2. By identifying ourselves with everything in universe or increase our consciousness to include entire universe into our experience by finding joy in others happiness.

What does detachment means

Detachment means not identifying or associated yourself with anything. Sacrificing everything to God by putting god first. By doing so you are observing yourself and your action as a third person. You have to live with the believe that you have nothing and everything belongs to god . when you starts identifying yourself with any physical thing , you start limiting your identity and starts to develop craving to increase your identity by accumulating materialistic things more and more but when you doesn't identify yourself with anything by accepting the truth that god created everything and everything belongs to him , you doesn't develop any craving to posses materialistic things , rather you become contained and satisfied with what you have and try to seek happiness by including changes of the environment under your experience . Thus detached yourself from everything by accepting the truth that every thing belongs to god and you have nothing .

The truth about human life

Nothing in this universe is permanent everything is temporary . you are born alone and you will die alone , you have limited time and energy to do whatever you want and to experience life as best as you can . you are not going to live forever . Life is your own choice . You can limit your experience of life by identifying yourself with physical things that you called as your own or you can extends your experience of life by believing that everything belongs to god and you have nothing . Truth is you don't posses anything in this planet as you are only here for a moment of time as long as you are alive . Everything belongs to god you don't posses anything , you only have limited time and energy to enjoy your life by doing what you love to do . So there is no point in wasting time accumulating things that you can't call your own .

Believing in god

The concept of god helps us in detaching from the physical materialistic world and enable us to increase our subjective experience beyond our physical body . Believing in god doesn't only limited to believe in the existence of god but rather it means accepting the truth that god created everything, and everything belongs to god and you don't posses anything . You are only here in this planet for a moment in time to do whatever you want .

Why should you believe in god

When you have faith in God or when you believe that someone is there taking in charge of everything going on in this world and in your life , you can let go your distraction and focus only on your work but if you don't believe in existence of god then you have to get yourself involved in each and every things that come along the way . When you live with the believe that someone is up there look at you and taking account of your good and bad deeds then you are more bound to good deeds and engage in activities that are long term . Believe in god helps you avoid unnecessary things which you would otherwise think if you don't believe in god . The purpose of believing in god is to keep oneself away from any kind of attached from materialistic things. Believe in god doesn't means

believing in existence of some supernatural forces but rather sacrificing yourself to changes or allowing everything to happen by itself and not trying to take control on life .

How to destroy your ego

The only way to keep oneself away from ego is by believing that everything belongs to God and you possess nothing . You have to accept the truth that everything is temporary and nothing is permanent. People developed ego only when they get attached to something and start believing it to be permanent . When we assume whatever happening in our life to be permanent then we get attached to it and start to resist growth which leads to our downfall.

Individual who detached himself from everything and lives with the belief that everything is temporary, for such individual, when he becomes successful he never develops ego and when he fails he never gives up because he considers both success and failure as temporary .

How to become successful.

If you want to be successful learn how to pay attention because the amount of attention you pay to the world will be reflected in your work and you will be able to do something by which the world is going to pay the same degree of attention and thus consider you to be successful . You pay the price first and get the reward later .

Nature always follows the path of least resistance , in order to acquire something you have to create the path of least resistance by building strong desire for it and keep looking for it with patience.

The only difference between successful and unsuccessful people is that unsuccessful people engage themselves in almost everything that comes along their way but successful people spend their time precisely only on activities that are related to their goal and leave everything to God . In the world unsuccessful people give more time to more amount of work whereas successful people give more time to small amount of work by leaving the rest of the work in the hands of God . In this way they can give more time to small

amount of work and become expert. You don't have to bang your head on everything that come along the way , you just have to sacrifice everything to god and do what is your duty or necessary for you .

The secret of becoming successful

In order to know the secret of how to become successful you have to know the mindset of people who are unsuccessful, successful and highly successful which are as follows :-

1. Unsuccessful :- These are the people who doesn't have goal of their own and likes to follow rules sets by others to fit themselves in society. They focus on seeking short term temporary pleasure. They are goalless , less conscious , unmotivated , like to live a self centred life and give importance only to themselves . They focus on changing themselves according to their emotions or survival instinct.
2. Successful :- These are the people who have future goal in life , they only takes action that are related to their goal . They are expert in particular filed in which they have given importance. Their goal limit their actions which in turn limits the changes they have been exposed to . They takes selfish action which is govern by reward . The have medium level of consciousness because their goal limit their experience of reality by limiting the amount of changes they have been exposed to . They focus on changing themselves according to their goal .
3. Highly successful :- People who doesn't have future goal in life but rather focuses on making each and every moment of life better . Their focus is to avoid wasting their time and utilize each and every moment of life to make them better . They performs true selfless action as they do work it's not because they want to get something out of it or they want any kind of reward but rather they perform any work it's because they want be utilised time as best as they can or they want to experience life as much as they can and they doesn't discriminate between works and loves everything they do . Their main focus is to experience each and every

moment of life , making it as best as they can . They don't like to put themselves in limit . There is no limit of what they know and what they don't know . They are undefined , unpredictable , limitless and formless. They focus on changing themselves according to time by doing what situation demands . They are more open to change and can adapt according to any situation . They are highly conscious people Because they expose themselves to more changes, they don't have any goal to limit their choice of action. They are the one who gives equal importance to everything and each and every moment of life . They are expert in each and every field that they puts their hands on , no matter what it is because they give equal importance to everything and doesn't discriminate between good and bad , for them everything is equal and important . They are perfect role model of how human should be and how human should live in this planet. They focus on changing themselves according to time and situation.

Everyone gets what they wish to have but for those who doesn't wish anything and focus on changing themselves according to time by making each and every moment of life better, universe gives them everything .

What's happening in today's society is that Majority of human lives their life following rule based and goal based system instead of time based as a result there are very few people who are selfless therefore there are very few people who are highly successful. Everything is proportional if you expose yourself to more changes you will face more difficulties and you will get more opportunity to become successful. So, we should give up rule based and goal based life and adapt time based life . Instead of aligning ourselves to fixed goal , We should focus on making each and every moment of life as best as we can.

How to live the best possible way

The only way to live life in the best possible ways is to focus on making each and every moment of life better instead of focusing

on achieving fixed future goal . Both past and future are illusions of human mind they doesn't exist beyond our experience . present is the only truth . Therefore you should focus only about what you are doing at present not what you will do in future . You should always try to keep yourself busy all the time in pursuing higher long term goals so that you don't end up wasting your time in think about lower short term goals . Time is fixed for everyone but it's up to us how we utilize it . we can use our time in engaging ourself in short term pleasure seeking activities or else we can engage the same time in changing the world or making others life better . After all , We all are striving for living our life as best as we can and hoping for better future to come .

How to manifest your dream into reality

When you control , restrict or limit your action , you allow your thoughts to expands freely and thus allowing your brain to include more changes under your experience of reality . Increasing consciousness gives you ability to experience , control , manipulate and use changes of the universe to turn your dream into reality . When you are perfectly align yourself with changes of nature you don't have to worry about anything as universe will do everything for you, according to your will but when you don't align yourself with changes the same universe turns against you i.e you start working for the universe . A good brain is one which turn one's dream into reality subconsciously without one's conscious effort and a bad brain is one where one's have to motivate oneself and make conscious effort to turn dream into reality . Thus , A good brain only wish and universe do everything to manifest it . A bad brain have to make wish as well as motivate itself to work hard .

How to become intelligent

Most people have wrong idea of how to become intelligent, they think that if they read more books, acquire more knowledge, solve more problems they will become intelligent . While you may become knowledgeable by doing so but not intelligent. In order to become intelligent you have to use brain instead of body and the only way to use brain is not to use physical body because changes in the brain is inversely proportional to the changes in the physical

body . In order to allow more changes of the environment to influence your brain you have to restrict or limit your action or have control over your action. The only way to increase human intelligence is to have control over action. When you limit your action you expand your thoughts but when you expand your action you limit your thoughts. The reason why there are so many stupid people in the world is because people doesn't have control over their actions and allow their actions to expand and thus limit their thoughts. The only thing people lacks in today's world is self control therefore majority of humans are not intelligent.

Controlling action increase your thoughts and controlling thoughts by discriminating between good and bad increase your action it's because changes in the brain is inversely proportional to the changes in the physical body . fools act more while genius think more . if you want to be intelligent you should have control over your action to force your brain to change more and think faster .

The main purpose of any spiritual process is to increase self control i.e is to increase control over each and every things you do, each and every action you take and your senses , emotions and desire .

Human intelligence is a choice . The more you use brain the better it becomes . There is nothing to think about when we live a life centred on ourselves but there is much more to think about when we increase our consciousness to include others into our experience and try to consider others problems and difficulties as our own .

How to motivate oneself

The more you are open to the changes the more you will face difficulties the more you will face difficulties the stronger desire you will develop to come out of it by working as hard as possible. “Your desire to make future better increases when you don't like the way you live at present”. Put yourself in as much pain as possible so that each and every moment of your life you work towards seeking pleasure.

The more you keep yourself in pain the more you develop desire to acquire pleasure and the more you develop desire to acquire

pleasure the more you will be motivated to work hard to achieve your goal.

Everything in the life is relative and proportional. Your urge to acquire pleasure increases when you put yourself in pain. Comfort kills both motivation and growth . There is no other way to keep oneself motivated other than putting oneself in pain. You have to keep yourself hungry to develop sense of urgency . We always strive for what we don't have so your duty is to put yourself in pain and discomfort so that you always strive for what you don't have i.e pleasure or happiness or comfort. If you put yourself in happiness you will strive for nothing because you already have it. Don't seek pleasure seek pain because pleasure is the absence of pain . If you want pleasure put yourself in more pain because everything is proportional. Pleasure always comes after pain. Put yourself in so much pain that you get used to it and you start enjoying it. Nobody remembers hard work, people only remember your success and achievements . Both pain cause by Hard work is temporary but Success is permanent.

The science of controlling changes.

Controlling Changes is like controlling water ,if you dripped your Hands in water , the whole water belongs to you but if you try to control it, you will get nothing out of it . Likewise , you can only perceive and aligned yourself to changes by doing right things at right time but you can't control it . If you try to control changes you will lose your ability to experience and perceive it . The more you try to control the more you will loose control over it . The more you accept it the more you can align yourself according to it and adapt yourself according to it . Universe always try to protect and preserve itself . Universe only revealed it's true nature if you don't try to mess it with or misuse it for your own benefits . universe always gives what you deserve and not what you wish to have . You cannot change the events that are going to happen in future but you can become aware of them before they happen and prepare yourself to adapt when they actually happen . The only way to control changes is not to try to control it but rather to align yourself

with it and let the changes of the environment govern each and everything of one's life . Don't try to control changes try to experience it . the only way to experience and align yourself with changes is to detached yourself from your thoughts and accept everything without discriminating . when you starts aligning with changes you starts taking right action at right time and start controlling changes . so the best way to control changes is not to control it but rather to align with it so that you know the right time to do right thing .

How to control things beyond your physical body

People with the higher consciousness has the ability to experience , control , manipulated and influence changes of the environment . You can control everything that you can feel whether it's living or non living . it's not like, if you can feel or experience non-living things or objects you can violate the law of gravity and lift it in air , what control means is ability to control time and changes related to that object or things , that it may undergoes in future or in other words you can use it to do whatever you want to your advantage . You can control things beyond your physical body by including changes related to it into your subjective experience of reality by increasing consciousness .

When you bring others into your experience it's not like exploiting others for your own benefits or advantage , it's like becoming one with other , working together as a team , depending on one another to become perfect . When we can't separate ourself from others we takes action or make choices that benefits us all not just ourselves.

How to control experience of reality

Controlling experience of reality doesn't means changing the external world it's means changing the way you experience reality. It's changing reality under one's own experience by keeping external environment unchanged . Which can only be done by increasing and decreasing human consciousness . At different levels of consciousness you can experience different reality. An individual who can control his consciousness can also control reality under his own experience .

How to judge people.

If you ever have to judge people, judge them on the basis of their thoughts , on the basis of how they think , not on the basis of what you can perceive through your senses. Because there are most of the things in life that we doesn't have control over such as food we eat , cloths we wear and how we appear (What we eat depends on what is easily accessible and available , what we wear depends on our culture , custom and tradition and how we appear depends on which part of the world we are born) . We have no control over in which part of the world we will born and which type of environment we will get exposed to but we do have control over what we think about the world around us . we think first and then act later , it's our thoughts that determines our action and deeds . So we must focus only on things that we have control over and doesn't spend time on thinking about things we can't control.

How to repent your past mistakes

A individual is determined not by the number of good or bad deeds but rather by their proportion . Being human we are bound to make mistakes and making mistakes is not a big deal . The only criteria that determines whether an individual is good or bad is his proportion of good and bad deeds . People whom you consider good, also makes mistakes but their proportion of good deeds is more then that of bad deeds .

If you want to repent for your bad deeds or If you have regret of what you have done in past and feels that it cannot be repay back your past mistakes. Or you feel disappointed by thinking about the mistakes that you makes in past . Well , it's true that you cannot change past mistakes neither that you forgot them but you can increase the proportion of good deeds to make past mistakes look tiny and insignificant. So , there is always room to improve your past mistakes and makes yourself better at future as you can fill your personality with good deeds in near future so that when people think about you they starts focusing on your good deeds and forget your bad deeds. The only way to repent your past mistakes

or bad deeds by doing good deeds more in proportion to bad deeds.

How to take revenge

The best way to take revenge is not to take any revenge at all but rather believe in the judgement of God . When you try to take revenge on behalf of God or in the name of God , you will not be able to live your own life and will eventually end up waste your time thinking about destroying others rather than making your own life better . The purpose of believing in god is to detached ourselves from our own action and reduce our involvement of making our life and letting changes of the nature to govern and determine each and every moment of life .

If you spend your time thinking about destroying others you will eventually destroy yourself because if you give more time to think about destroying others you will get less time to think about your own development . We have limited time and energy, either you spend time in thinking about destroying others or you can spend your time in thinking about making your own life better so that the same situation doesn't happens again in future . For example someone insult your or misbehave you or harm you , then if you believe in god you will leave it to God for judgement and put your time and energy in making yourself better day by day . If you are the person who doesn't believe in god , then you would try to takes matters in your own hand and waste your time and energy thinking about how to take revenge or destroy others and in this process you will become worse day by day .

Live your own life and let others live , don't live your life to destroy others. Believing on god means believing in the judgement of God . Focus on making your life better and leave everything to God .

Whether we have free will or determinism

It's not the question of whether we have free will or not it's the questions of how much we are aligned with changes of nature in order to adapt ourself according to the changing environment . In nature there is no question of free will or determinism, it's always

the question of survival . when it comes to survival it's only the survival of conscious .

The reason why humans exist is not to act independently of nature but rather to become part of nature , when you increase your consciousness to include the entire universe into your experience of reality then the will of the universe becomes yours and you are not separable from the nature . you become a medium through which the universe express itself . The more we distant or consider ourself apart from nature the more we will invent problems and difficulties for ourselves .

When you are in sync with nature you are govern by changes and define by time . You know right action to take at right time . You don't have to do anything to control your life , your actions become nature's ways to express itself , your thought becomes nature's wishes . Nature starts changing you and you stats changing nature. Our final goal is to align ourselves with nature in such a way that change in the nature effect us and changes within ourselves effect the nature.

There are somethings in life that we don't have control over but there are also certain things in our life that we do have control over . we should focus on things that we do have control over instead of wasting time in things that we can't control . You should act as if you have free will . You are responsible and accountable for everything that happens in your life . Life is your own construct . God doesn't control your life , you control your own life based on your choices .

The Science of speaking truth

The more your brain work efficiently the more you will finds it difficult to speak lie because in order to speak lie you have to create thoughts that are different from reality . Only those people speaks lies who's brain doesn't work efficiently. If your brain starts working efficiently you will not be able to speak lie because changes in the brain perfectly matches changes of the environment and your thought becomes reflection of changes around you . You have aligned ourself with nature in such a way that there is no

difference between what we think and what reality is . Speaking lie destroy your natural ability to predict future, which affects each and every choice you makes and decision you takes in your life .

How to experience true nature of universe

The concept of good and bad , right or wrong, more important or less important is the concept of human mind and not reality. If you want to experience universe you have to raise yourself above the concepts create by human mind and willing to accept everything without discriminating on the basis of thoughts . Everything is good , wonderful , perfect and great in their own way . It's our perception that makes something more or less important , good or bad .

The difference between an intelligent and foolish person

The only things that makes a person intelligent or fool is their believe about the world. It's your believe about the world that determines how you will interact with the world around you . Anyone who lives with the believe that people around him knows more then him is an intelligent person and anyone who lives with the believe that he knows more then others is a fool or a stupid . Intelligent people are hungry for knowledge , they always focused on how they can learn for others . Intelligent people are always eager to learn from others because they have placed others above themselves but a fool is always eager and ready to give advice or judge others because they consider themself to be greater. Intelligent people listen more and fools speaks more . Intelligent people focus on changing themselves by acquiring more knowledge and learning more skills but fools always focused on changing the world according to what he thinks is right .

The nature of happiness

The motive behind each and every action we takes is to acquire happiness . There are two ways by which you can do that :-

1. Externally :- which requires associating our action with reward and takes action to changes the external physical world on the

basis of what we think is right. we can acquire happiness externally by discriminating between good and bad and taking action that we consider as good . It's about Exploring and exploiting environment to get reward just like reinforcement learning .

2. Internally :- we can acquire happiness internally by including others in our subjective experience of reality . It's about making ourselves more vulnerable to changes of the environment and allowing more changes to occur to brain .

Happiness is internal don't try to find it or associate it with external environment. The problem starts when you try to associate it with external materialistic things and try to maximize rewards at the expense of exploring and exploiting nature .

Our lifestyles have changes throughout the ages but the way we experience happiness has not changed. Throughout the time humanity have shifted from experiencing happiness internally to externally as a result they are exploring and exploiting environment to fulfil their short term goals and desire without thinking about their consequence in long term future . The current society is not sustainable as we are using wrong ways to interact with nature and makes ourself happy . we must understand that Environment is an integral part of ourselves, we are designed to adapt ourselves with the environment , when we change the environment we also change ourselves to adapt to it . Being a conscious entity, we are not independent or separate form the environment , we are in mutual relationship with the environment depending on one another .

The only difference between older generation and our generation is that people of the older generations finds happiness by including everything into their experience of reality but we find happiness in exploring and exploiting environment externally based on our goal to maximize social reward .

Human can get control over three things with effort

1. Energy:- One can control the rate at which their body uses energy.
2. Time :- One can bring space and time under one's subjective experience by including more changes of the environment .

3. Memory:- One can destroy memory that governs one's karma by transcending all the three state of human consciousness .

The science of healthy relationship

Relationship is about dependence and mutual interest . It's how much you are dependent on your partner , the less dependent you are for your need the more likely your are to break up when hard times come or when situation doesn't goes right or as expected. In today's generation people are less dependent on one another because they have limited their experience of reality therefore they are not able to sustain and maintain healthy relationship. They like to make independent choices and doesn't want to compromise their choices for others. If you want to sustain relationship for long time you have to create dependence . A healthy relationship cannot exist without dependence . The more you are dependent on your partner the more stronger relationship will be .

We human are not perfect, we depends on one another to become perfect . We are incomplete and become complete by making relationship with others .

How to build strong mindset

In order to build strong mindset you have to increase consciousness and include others in your experience . There is no much to think about when it comes to thinking about yourself but there is much more things to do if you consider others as part of yourself and try to solve their problems to makes their life better . If you want to be independent think only about yourself and if you want to be stronger think about others . A weak Human always focused on changing the world because he doesn't have capacity and capabilities to adapt according to it . But a strong man always focus on changing himself according to time and situation in order to be competent and to remain ahead of the game .

About human life

Human body is a biological machine which work according to some basic rules and principles . In order to make your Physical body and brain work efficiently and live a better life , you have to

build certain habits or follow certain principles . You can't impose your own will on it to do whatever you want and expect your brain and physical body to work perfectly fine . If you disobey rules and principles that govern human body , you will destroy your life and there is no way out .

You are not special . Universe is not made for you ,you are just collection of atoms and molecules which happens to be conscious under right combination of changes and circumstances , you are one among many other organisms in this planet and your absence would not make any difference . Universe has nothing to do with how you choose to live , make or shape your life , universe doesn't care whether you live or die or whether you struggle or thrive , whether you make your life full of wonders or misery . You are born alone and will die alone , you don't have to makes others happy , at the end it's only your life that matter's .

We get energy from the food we eat and the energy that our body can generate is limited .We have limited time as we are not going to live forever , we have to decide how we are going to use our limited time and energy that we have in this planet to create the life we want to live. Each action we takes each decision we makes , we are consuming our limited time and energy . We can use our limited time and energy in pursuing long term higher goal that not only benefits us but also entire humanity and society or else we can use our limited time and energy in pursing short term sensory pleasure based on our animal instincts that doesn't really change the way we live our life in this planet . Choice is up to you because at the end you are the one who is responsible for making your life better or worsen .

2.The Edge of Science

The organisation of universe

Universe is a systems build up of multiple Sub systems which are cyclic in nature . It consists of collection of various independent systems stacked , interconnected and build on top of one another ranging from microscopic system of atoms to macroscopic system such as solar system each of which is governed by different sets of laws and principles that are uniquely applicable to that system . By understanding any one system you can understand every other system . human body is also a system , if you can understand human body you can understand how entire universe works .

The Three domain of universe

We can categorize the entire universe into three domains :-

1. Microscopic domain :- It refers to the domain of universe at microscopic level . it is generally governed by quantum physics .
2. Classical domain:- It refers to the domain of universe in which we live and perceive through our senses . It is governed by classical mechanics and theory of relativity .
3. Macroscopic domain:- It refers to the domain of universe at macroscopic level . Right now we don't have much knowledge and understanding of things and phenomenon's of this domain . we can only guess based on our understanding of classical domain . It requires understanding of concepts such as singularity , dark matter and dark energy.

Each domain is govern by different sets of laws and principles that are uniquely applicated to that particular domain . One of the problem with science is that we try to apply laws of our classical domain to predict things of other two domain , as a result our predictions may differ from the actual truth or reality and we may come up with things that doesn't really exist . We must not forget that our understanding of the universe is only applicable and limited to classical domain of the universe where we can perceive

and experience the universe through our sense to validate and verify our assumption and hypothesis about the world around us .

The fundamental entity of universe

There is no fundamental building blocks of universe , there is only changes and the energy that govern changes.

Thus , We can deduce the entire universe into two fundamental entity :-

1. Changes :- Changes refers to transformation from one form or state to another .
2. Energy :- Energy is required to govern the changes or bring these transformation .

In universe everything is temporary , everything undergoes cyclic changes , so change is the only constant .

Two ways to explore universe

There are only two possible ways by which we human can explore the world around us :-

1. Externally :- We can explore the world around us externally by changing the world on the basis of our thoughts which requires discriminating things on the basis of good and bad . taking action on the basis of what we think is right .
2. Internally :- We can explore the world around us internally by increasing our levels of consciousness to include more changes of the universe under our subjective experience which requires giving equal importance to everything .

The right way to explore universe

The right way to explore universe is to focus on exploring universe internally by bringing more changes of the universe under one's subjective experience of reality rather than exploring and exploiting universe physically on the basis of our thoughts . There is limit of how much you can explore externally but there is no limit of how much you can explore internally by bringing changes of the universe under your subjective experience . Our ancestors

were good at exploring universe internally and we are good at exploring universe externally .

The evolution of life in nature

The goal of evolution is to design an organism that can adapt itself to the changes in environment so as to ensures survival over time. The evolution in nature is not about survival of the fittest it's about survival of the conscious . It is the transformation of life from less conscious to more conscious and from less adaptive to more adaptive to better adapt with the changes in the environment . The evolution of life in nature are as follows :-

1. Rule based system :- Reptiles, follow rules designed and engineered by evolution for self preservation and procreations of only itself . Goal is to maximize survival of itself .
2. Goal Based system :- Mammals , follow rules designed and engineered by environment to not only takes care of itself but also it's young one's or progeny or family . Goals is to maximize survival of not only itself but also it's progeny .
3. Time Based System :- Neocortex , understanding laws and principles that govern the environment to know right things to do at right time to better align itself with environment . Goal is to become one with universe or bring entire universe under it's subjective experience or to become medium through which universe express itself .

The three reward system of Brain

Humans being in the top of evolutionary ladder , so human brain comprises of all three system of evolutions of life in nature .

1. Rule based reward system:- (reptilian Brain) Maximize survival (Survival rules designed and engineered by evolution) . it is responsible for survival instinct such as food , sleep and sex . It is governed by evolution.
2. Reward based reward system:- (mammalian Brain) Maximize Reward (Reward assigned by society or environment) [Environment dependent, as the value of reward and goal depends on environment]

. It is responsible for optimizing actions on the basis of reward . It is governed by society .

3. Time based reward system:- (Neo Cortex) Minimize energy required to operate in an environment over time . (Environment independent , No matter in whichever Environment it is in it's goal is to optimize energy by decreasing it's dependence on the environment over time) . It is responsible for bringing changes of the environment under one's subjective experience . It is governed by changes of the environment .

With humans in the top most position in the evolutionary journey . The imprints of all the three reward system found in nature that are mentioned above are well represented and deeply rooted in each and every aspects of one's life , body and behaviour's . It is the influence of one among three reward system that govern an individual's life, body and behaviour's.

Why animals are not conscious

Consciousness is product of being able to experience and perceive time as any system which is capable of experiencing time can only experience some space within the environment. Among all three reward system only time based reward system is responsible for consciousness. Therefore it's reasonable to think why animals are not conscious.

What does it mean to be human

We humans just like any other animals have the nature tendency to put our self interest first and drawn towards three basic needs such as food , sleep and sex . What makes us apart from any other animal throughout evolution is our ability to be able to resist our natural tendency towards short term reward and to achieve long term goal that is beneficial no only for ourselves but for entire humanity. Being humans means being able to performed compulsive action designed and engineered by evolution consciously .

What's the big deal in being human

Out of the various life forms that exist in world around us It's only at this stage of evolution as human being that we are able to bring

the entire universe under our subjective experience of reality . That's why we should learn to embrace it by gathering as much experience as possible and exposing ourself to more and more changes . Our physical body is bounded by and is governed by laws of nature but our mind is not bounded by anything it's limitless . We are free to think and imagine whatever we want and alter our subjective experience of reality .

Why Evolution favour consciousness

Being conscious means being able to bring changes of the environment under it's subjective experience . Evolution favour consciousness, because a more consciousness organisms has higher chances of survival as it is aware and ready for each and every possible situation that may happen in future and can adapt itself according to changing time and situation . A conscious entity can experience , influence , manipulate and use the changes of the environment to create situation that is favourable to it's survival and accomplish it's goal . Thus , The goal of the evolution is to designed and create an organisms that can adapt itself to the changing environment and have the maximum survival over time.

Consciousness the Foundation of Experience

Humans have always been curious about the universe and it's mysteries . Ever since we humans found ourselves in this planet we started looking into the universe for the answers of our countless questions . Whether it may be related to finding the biggest mystery of universe or solving our basic needs. We looks into the universe with believe that everything we are looking for are out there waiting for us to be discovered. We humans are so desperate in seeking knowledge form the world around us that we even forget to think about what makes us conscious at the first place . We forget that we are itself a piece of mystery trying to find another mystery of the universe. We are unaware of the fact that Knowledge that we acquire from the world around us are the products of our own consciousness and it's not the universe that is meaningful and full of information rather it's us who makes the universe meaningful and full of wonders by thinking more about it .

Our Consciousness serves as the foundation for our experience. It is the ability of an organism or system to be aware of space within its environment. This subjective experience of being aware of oneself and the surrounding world is what allows an entity to interact, perceive, and understand its place in the universe. Without consciousness, the very concept of the universe would be void of any meaning.

Imagine a universe without conscious beings to perceive and describe it. The richness, diversity, and glory of the cosmos would hold no significance, as there would be no one to experience and appreciate it. Consciousness is what endows the universe with value and purpose, as it allows for the creation of subjective experiences that shape our understanding of reality.

Universe the projection of our Consciousness

We humans have always considered universe as an information structure which can be know , understand and describe in precise mathematical equations . But in reality what we called as the universe is the projection of our own Consciousness . The idea that consciousness is the foundation of existence itself. The concept of the universe is only relevant because conscious beings like us are capable of perceiving and experiencing it. Without consciousness, the very notion of a universe would cease to exist. It is through our subjective awareness that we are able to describe and distinguish ourselves from the universe.

The richness, diversity, and magnificence of the universe hold no inherent meaning in the absence of conscious beings to perceive and describe them. It is through our consciousness that the universe takes on significance and becomes a canvas of wonders waiting to be explored. Think of it this way: if characters within a video game were to become conscious and aware of their own existence, they would perceive the game itself as their universe. They would marvel at its beauty, glory, and intricacy, and they might even develop or come up with theories and laws to explain its mechanics, dynamics, and underlying principles.

In a similar way, our consciousness serves as the bridge between our individual experience and the vastness of the universe. Our ability to perceive, interpret, and make sense of the world around us gives rise to the concept of the universe itself. It is an interplay between our conscious minds and the external reality, forming a symbiotic relationship where the universe finds meaning through our consciousness, and our consciousness finds purpose and understanding through the universe.

We are conscious beings through which the universe experiences itself. It's our Consciousness that allows us to observe, interpret, and make sense of the world around us, thereby becoming an instrument through which the universe can comprehend itself. Our thoughts, feelings, and experiences contribute to the ongoing narrative of the universe, adding depth and richness to its unfolding story.

The best way to look at universe is not to look at it in terms of what our senses has projected upon us but to see it as consequences of our own conscious experience . There is no true definition of what universe is . The true definition of universe depends on the observers . For the universe to exist there must be someone to observe .We must not forget that the physical universe evolves as a function of biological evolution . Universe has not always appeared to be the way we observe it today as We have evolved from single celled organisms to perceive and experience universe the way it is at present . Life is the basis of universe . We exit therefore universe means something to us . It's likely that If we humans have evolved in different ways then we would have perceive and experienced reality in different way and would have discovered different set of laws , theories and equations about the world that we live .

The illusion of Reality

The world we experience, the one we see, touch smell doesn't Encompass everything. It's not that our senses are deceiving us or that our perception is flawed but rather that we're only experiencing a tiny piece of a much larger reality limited by our biological capabilities.

what we experience of as reality isn't the ultimate truth but a model shaped by millions of years of evolution. Think of a computer desktop when you see an icon for a file it doesn't show you the complex lines of code or binary sequences that make up the file it shows an image a symbol. The desktop is designed to hide the complex reality because understanding it isn't necessary for the task at hand which is simply to use the file. Similarly Evolution has gifted us a perception of reality that's useful for survival not necessarily one that reveals the exhaustive truth of the universe.

As Humans it's our tendency to look for certainty for definitive answers however acknowledging that our perception might not capture the entire truth requires us to accept the innate uncertainty of our understanding. It allows us to be okay with not having all the answers and being open to possibilities beyond our comprehension. If we accept that what we perceive might not be the whole truth then the Quest for understanding becomes more exciting filled with endless possibilities. If we can see beyond our individual perceptions and acknowledge a reality that is broader and more complex than we can ever comprehend. we also recognize that we are all part of the same Grand Cosmos looking at it through our unique lenses. Our differences in perspective then aren't reasons for division but for celebration for they added to the collective understanding of the larger truth . it offers us a way to view the world and ourselves with curiosity, humility and unity. it proposes that while we navigate the world with the map provided by Evolution, we must remember that the map is not the territory . It's a guide not the journey .The Journey full of wonder and unknowns is all ours to make.

The true nature of Reality

The true essence of reality is inherently elusive and impossible to define. Our senses, knowledge, and understanding are inadequate tools for comprehending it fully. Humanity is destined to forever remain in the realm of partial knowledge, as our perception of reality is shaped and limited by the capabilities of our senses.

Consider, for instance, our vision. We don't directly see the world; instead, we perceive it through the lens of our eyes, which provide us with specific information about our surroundings which is

required for our survival not necessary reflect the actual truth . This concept extends beyond our vision and applies to all our senses through which we experience the external world. It highlights the inherent limitation of our perception and reminds us that our understanding of reality is profoundly subjective.

Furthermore, as inhabitants of this planet, we coexist with an immense array of other living organisms. Attempting to describe a comprehensive notion of reality becomes an almost insurmountable task, as it would need to encapsulate the diverse experiences of these organisms as well. Our human-centric perspective inevitably restricts our grasp of what reality truly is.

While we may construct relatively accurate approximations of reality based on our collective understanding and experiences, it is important to acknowledge that these approximations are confined within the boundaries of human definition. The subjective nature of our existence hinders us from attaining an objective understanding of reality itself.

Embracing the enigmatic nature of reality invites us to embrace humility and curiosity. It encourages us to explore the vastness of existence, recognizing that our understanding will forever be incomplete. By nurturing an open mind and a sense of wonder, we can continuously seek new perspectives and insights, pushing the boundaries of our limited perception and inching closer to the unfathomable depths of what lies beyond.

Science the product of Human Consciousness

Science is finding order and meaning in chaos . It is the product of human curiosity . There is no science without scientist . All the theory laws and equations of science are discovered by scientists. So scientists are the peoples who can create more meaning out of reality . Scientist are Highly Conscious individuals who are curious and has used their brain efficiently to create something which have an influence or impact over time . We humans have the habit of looking at world around us the way we look at our own life . Only those people will be interested in finding reason behind phenomenon of nature who doesn't work without a reason or who

doesn't act without having a reason or who doesn't takes random action based on animals instincts. It is only at highest consciousness that we are interested and curious to know or acquire knowledge about ourself and the world around us . The fact that you becomes curious to know about yourself and the world around you only when you give world as much importance as you would give to yourself.

Science , the humans quest to understand nature

Scientific laws , theories and equations are subjected to our experience of reality and are product of human consciousness interacting with universe at different levels .Science, as humanity's ongoing quest, is constantly evolving and refining our understanding of the world. However, it falls short when it comes to describing phenomena that extend beyond the realm of our subjective experiences.

The fundamental idea to any scientific discovery is to believe in the fact that we are not living in a random or chaotic universe but rather a universe that is governed by principal of cause and effect .The laws, theories, and equations of science are derived from our observations and experiences of reality. They are formulated based on the information we can gather , interpret and perceive through our senses. As our comprehension of the universe deepens and new discoveries are made, our understanding undergoes transformation, leading to the revision of previously established scientific frameworks.

Every question we ask leads us to an answer, but that answer can, in turn, be challenged by further inquiry. What it highlights is the inherent uncertainty and never-ending nature of our pursuit of understanding. Rather than being fixated solely on asking questions, it is crucial for us as humans to cultivate an intuitive understanding of the universe, life, and reality. This intuitive understanding goes beyond the confines of scientific observations and seeks to embrace the broader aspects of existence.

By nurturing an intuitive understanding, we can tap into a deeper sense of connection with the universe. It allows us to flourish in the

essence of consciousness and live our lives in ways that are beneficial to us individually and collectively. Such an understanding enables us to appreciate the profound interplay between our consciousness and the world around us, fostering a greater sense of purpose and harmony.

Finally , our goal should be to preserve and nurture the seeds of consciousness, promoting a holistic approach to life and reality. This involves embracing the perpetual nature of questioning, acknowledging the limitations of our scientific endeavours, and cultivating a profound intuition that guides us towards a more meaningful existence.

Our Endless Questions

Will there ever be an end to Everything. Will there be an end to our countless questions that has been prevailing and eluding humanity through ages . Will there be an end to our scientific discovery and technological advancement . It turn out that it doesn't matters how much time and energy we humans spend in understanding the universe we will never know what the true nature of reality is and it's not because we have limited time or energy it's only because of our limitations as humans as biological organisms which is designed and engineered by evolution for survival which doesn't necessarily means we are capable of knowing and perceiving the actual truth . We have evolved over time to experience reality the way it is beneficial for our own survival not necessarily in a way that will enable us to discover and know the truth . Science , as our best guess to understand and explain nature has turn out to be true and only beneficial in the domain related to us and our survival . If we starts to go beyond our domain and apply our understanding of the universe to microscopic domain such as quantum mechanics and macroscopic domain such as beginning of universe and singularity inside a blackhole then all our laws , theories and equations that perfectly describing our domain becomes inaccurate and inconvenient . It's seems that what we know as eternal , unchangeable laws , theory and equations of science are not actually the eternal truth as they are only limited to the understanding of domain in which we live . They are not actually description of the

universe but rather rules describing the only domain of the universe in which we exist . We must admit that we are not discovering laws of nature rather we are inventing laws by which we can understand nature .

We may not know what the true nature of reality is , we may not have answers to all our questions , we may not know the laws governing other domain of the universe apart from ours but that doesn't means we give up living our life , that doesn't prevent us from living our life in the best possible way, that doesn't prevent us from doing things that we love to do. This doesn't limit our curiosity and capabilities as human beings but rather opens new door of unknown possibility that has not be explored so far .

Why questions and answers doesn't mean anything

The fact that one could have different understanding and knowledge about universe at different levels of consciousness . And it's only our levels of consciousness that determines the amount of information or knowledge that we can acquire from the world around us . Thus , One could have different answers to the same questions at different levels of consciousness which makes it's contradicting to know exactly which answer is correct and which is wrong . So , The only way to know what is right and what is wrong is by raising ourself beyond it's own thoughts , beyond questions and answers by transcending all the levels of human consciousness.

Our goal as curious beings is not to have answers to all our questions but rather to become aware of the fact that our questions are the basis of our own thought which is a tool for our survival and having all answers doesn't necessarily means having better life .

Time the basis of Consciousness

Consciousness, often regarded as the subjective experience of being aware of oneself and one's surroundings, is not a fundamental aspect of the universe. It does not possess a physical entity . Instead, consciousness can be understood as the ability of an organism, or system, or agent to become aware of some space within it's environment. It is a measure of the amount of space an entity can have control over or have a subjective experience of. Consciousness

involves the utilization of space to represent and distinguish oneself apart from the environment.

The concept embodiment of space is crucial for understanding, differentiating, and experiencing awareness in relation to the environment. To be conscious of one's own existence, an entity's subjective experience must occupy some space within the environment to represent itself and establish separation from the rest of the surroundings. In a similar way, time, as we commonly perceive it, lacks a fundamental basis in the context of the universe. While time proves useful for us in understanding, explaining, and distinguishing events occurring in the universe, it does not inherently exist within the fabric of the universe itself.

What we perceive as time is a construct employed by conscious systems to denote their subjective experiences within a particular space. Time serves as a means for conscious systems to indicate the span of their subjective experience encapsulated within a defined space. . Thus “our ability to experience time is directly proportional to our levels of consciousness” . *Therefore, time is not fundamental to the universe but rather fundamental and essential for any conscious system seeking to have a subjective experience of space within the environment.*

By reframing our perspective, we can consider time as a tool developed by conscious systems to signify the space that encompasses their subjective experiences. Consequently, any conscious system capable of experiencing time is also capable of experiencing some form of space within it's environment. Although space and time may initially appear distinct and separate to us, they are not fundamentally separate entities. Events unfolding in time can be considered as events transpiring within a spatial framework.

What is Time

Time doesn't exist at all . Time is not fundamentally real it's psychological which is based on our subjective experience of reality .Time is the measure of change . we use it to denote changes that takes place in the universe and It can also be used to denote the changes that takes place in our brain . One aspects of time is as a

measure of change of our external world and another aspects of time is as a measure of change of our internal representation of the external world .

Thus We can look into it in two ways :-

1. Our psychological experience of time which is based on one's subjective experience of reality and consciousness . [Time as a measure of changes that our brain under goes with respect to the external environment] .
2. Fundamental aspects of time on the basis of universe which governs all the changes that takes place in the universe . [Time as a measure of changes that takes place in the universe] .

The Space-time equality

“Space, time and changes are same thing . Any system which is capable of experiencing time is also capable of experiencing some space within the environment” .

We can thought of our physical body as occupying some space within the environment . A system can only be conscious of some space within the environment by becoming conscious of time .For any conscious system, Time is the internal representation of space. The events in time can be considered as events on space . Considering space and time different may be helpful for us in understanding , describing and solving mysteries of nature but for understanding consciousness Space, time and changes has to be considered similar .

The direction of time

There is no direction of time as time doesn't flows, the only reason time appears to flow from past to future it's because we can only have memories of past but not future. The concept of past , present and future are illusion created by our brain to create embodiment of some space within the environment which enable us to have conscious experience .

The cyclic Nature of changes

Universe is a self organizing system and it had to learn a way to organize itself . The linear concept of time or changes doesn't fit well for a self organizing system like universe . Things in the universe are formed and deformed , created and destroyed following a cyclic pattern in order to organize itself . Changes only appears linear at smaller scale but when you looks at bigger picture changes are cyclic . Every phenomena in nature undergoes cyclic repetition over some period of time or interval . The reason why It appear as if we are living in the universe with ever increasing entropy it's due to the fact that changes appear to be linear at smaller scale .

The relationship between consciousness , space and time

One interesting things about consciousness is that increasing consciousness is same as including more space into one's experience and including more space is same as including more changes into one's experience and including more changes is same as including more time into one's experience which means increasing one's ability to perceive distance future and remember distant past. Past and future are not separate entity while it may appear us to be . They are illusion created by human brain , human brain can only create future on the basis of past , without past there will be no future. So, this bring us to another conclusion that people with higher consciousness has the ability to know things , evens or changes that occurs in the distance past or will happens in distant future by including more changes under their experience of reality .

Thus , Our conscious mind with its choices, thoughts and actions is like a compass guiding us through the expanse of space-time. It's not just observing the flow of time but deciding the course . With every moment, every decision, every thought each of us is navigating our unique path through time and shaping the course of our life.

The relationship between consciousness , time and experience of reality

The more conscious we become , the more slowly times moves in our perception and the more meaning we can create out of reality . This is because we measure the changes in our external world with respect to the changes in our brain . our experience of time is largely govern by how fast our brain changes with respect to the external environment . Think of it this way , The only way one can create a slow motion video is by increasing the No of frames displayed per unit time . Similarly the only way we can makes our experience of reality more meaningful and profound is by increasing changes that takes place in our brain. Thus ,The experience of time is subjective and depends on one's levels of consciousness .

The Timeless and Causeless universe

The universe is undefine .It has no beginning or ending We are wrong to assume that universe has beginning as well as ending . For us there seems not any reason to believe that universe is timeless But in reality universe is timeless as well as causeless and trying to explain it's vastness with respect to space and time is irrelevant and inconvenient . The time as we know exist only because of our consciousness . For humans, time may be important and significant for explaining , understanding and differentiating events that occurs in space but For universe time doesn't exist at all . It will be inconvenient and inaccurate to try to describe the origin and fate of universe with respect to space and time . We may have theories describing it, but these are merely stories of human mind based on one's experience of reality .For Example We see explosion in real life and concluded that universe might be created in big explosion. By looking at how the strings of musical instrument vibrate to produce different notes we concluded that the fundamental particles in the universe is a string vibrating at different dimension to produce different particles that constitute reality . The fact that we are not creating new information rather we are using our past knowledge to predict future which is deeply rooted in our survival as an species . Thus , All the laws , theories and equation are our best guess to understand nature which may or may not fit to explain nature.

The Theory of Everything

When I talked of theory of Everything what comes to many people's mind is a mathematical equation that can describe each and everything in the universe allowing us to understand how gravity works at quantum scale . If you think closely what science is about then you will come to know that Law, theories and equations of science are the product of human consciousness . Consciousness is what makes us ponder , questions and wonder the changes around us .Consciousness is what's add meaning to the undefine, meaningless, timeless and causeless universe. All the scientific law and theory are subjective experience of respective scientists. Nothing in this universe has meaning unless and until we bring it under our own subjective experience. So , it's not space , time or gravity that's the missing piece of theory of everything but rather consciousness itself. The theory of Consciousness is the theory of everything as Scientific Theories, Laws and equations will come and go as our understanding of the universe changes but the only one thing that will remain fundamental and unchanged throughout ages forever is the knowledge describing human consciousness .

How to understand universe

If you want to understand universe you have to think in terms of how universe works . i.e think in terms of cause and effect, Not in terms of good and bad . The concept of good and bad , more important and less important only exist for humans not for universe. From the prospective of universe everything is equal and is govern by same laws and principles of nature . Universe doesn't discriminate between anything or anyone , it offers equal opportunity for everyone , the only difference is that the one who knows the laws of nature can use it for his advantage and benefits. Universe is governed by law of karma (cause and effect) and dharma (nature or quality or property or duty or deeds) not by believe . Believing on something will only change your subjective experience of reality and has nothing to do beyond your subjective experience . You have to keep your mind open , ready to accept anything free from any believe in order to truly understand nature because the moment you start believing on something is the

moment you start including and experiencing it as part of reality . Science is the ultimate truth in this everchanging reality .

Are Scientist Religious

A Scientist is one who has the ability to find patterns , meaning and order in chaos by his observation and patience . A person with highest consciousness can only become scientist because it's only at highest consciousness you are interested in knowing how the world around you works and not when you live a life that is centred around yourself and your thoughts . If we consider religion as an instrument to increase human consciousness then we can conclude that scientist are actually more religious then some spiritual preachers because a scientists is open to everything and is ready to accept anything and include everything into his own experience while a religious preachers only accepts what is written in religious scriptures of that particular religion and denies everything other then it , which in turns limit his experience of reality and decrease his consciousness.

Another reason to consider why scientist are people with highest consciousness is by looking at their impact of action over time . You impact of action over time and space depends on your levels of consciousness . Any action taken by an individual with high consciousness will affect more space within the environment and have more impact over time then an individual with low consciousness.

Why everyone should learn astronomy

Astronomy should be taught to an individual right from childhood so that, as they grow up , they starts identifying themselves with universe not with country, region or community in which they are born . Astronomy changes the way you look at your life and the world around you . People who learn about astronomy have a wider world view and broader mindset because They don't think in terms of region , society , community or country , they think in terms of humanity. As a human it's inevitable to feel ourselves as centre of the universe, if not think ourselves as supreme if you spend more time in aligning yourself to the rules and law of society but When

you learn about the universe it make you feel how insignificant and small you are. When you look up in the sky there is no bodies of country, no discrimination or inequality all you do is blessed and amazed by wonder of universe and surrender yourself to changes . Everyone should learn astronomy not to acquire knowledge but to know the truth that the life we consider precious and valuable doesn't really matters in the grand scheme of things in the universe.

The limitations of science

Science is limited to and is based on human experience of reality .Believing that we human can explain everything with science is pointless . And even if we become successful in doing so ,we will still be limited to our experience of reality as a human .Humans cannot know something which is beyond the scope of their senses .Scientific explanation required validation from human observer . Any idea cannot be considered into theory unless and until it is validate by observation .So , science is only applicable to those domain of universe where human senses can perceive .

3. The Edge of Technology

What does time mean for conscious entity

A conscious entity uses time to denote changes that occur in space . if you can control and predict changes that occur in space then it would be same as controlling time . The only way human brain construct space is by constructing or replicating changes that takes place in the environment into itself , which we can also be consider as capturing time or perceiving future . if you can control and predict the changes that occur in some particular space or unfold through time you can have subjective experience and control over that particular space .

What does it takes for a machine to be conscious

Consciousness is how much space within the environment an agent occupy to represent itself . It's the measure of amount of space an agent can have control and influence over though it's action . One thing which is crucial and important for a machine to be conscious is embodiment of some space within the environment to represent itself . Time and space are deeply intertwined in the subjective experience of consciousness. An agent's consciousness is projected over some space on the basis of changes through time. It's ability to experience space is directly related to its capacity to experience time. For a conscious entity, time serves as the internal representation of space, allowing it to expand its subjective experience within the environment.

To better grasp this concept, consider an entity that can look far into the future. By doing so, it can encompass more space within its subjective experience and expands the boundaries of its awareness. Therefore, going further into the future in time is equivalent to increasing the scope of the space an agent experiences subjectively.

How human brain process information

Our brain is a time machine whose goal is to predict future and ensure our maximum survival over time . It is not designed to process present input and react on the basis of it . Human brain is designed to predict the consequences of action and inaction over time and react at present in order to either to avoid or achieve the consequences at future . The effectiveness and efficiency of any machine learning models to performed a specific task is determined by the input data or the training set on which it is trained . it's like garbage in and garbage out . you can't expect to have gold by putting in garbage . One key aspects of any autonomous agents which is interacting and navigating in an environment is that it has to decide the input it need to acquire from the environment thought it's own action because It's decisions at present will decide it's observation at future and it's action at present will determines information it will acquire from the environment in future . Therefore it's important that it's present decision is based on it's future goal in order to acquire desired sets of inputs which is required to accomplish it's future goal . Thus the goal of an autonomous agent interacting in an environment is to take actions at present that will enable it to have good and desired inputs or information at future ,which is required to accomplish its goal effectively and efficiently . Therefore human brain is designed to perceive and predict future rather then to react on the basis of present inputs .

The Evolution of AI

Artificial Intelligence, as we know it today, has come a long way since its inception. Based on our current understanding of AI we can trace the evolution of AI as follows:-

1. Rule-based AI :- (Hardcore Programming)

This is the first generation of AI which is basically sets of rules and instructions programmed by programmer using mathematical and statistical tools . This type of AI is Tasked dependent or task specific because rule is chosen or framed on the basis of specific tasks or requirement .

2. Goal-based AI :- (Reinforcement learning)(RL)

At second generation , We have AI which can figure out it's own set of rules and instructions required to operate in an environment based on the goal and rewards assigned by programmer. It is Environment dependent because goals and rewards are assigned on the basis of specific environment.

3. Time-based AI :- (Autoimmersive Learning)(AL)

This is the third and the last generation of AI which interact with the environment by aligning itself with changes which requires doing right thing at right time . Autoimmersive learning doesn't focuses on following rules nor focuses in optimizing reward function rather it focuses on reducing dependence on the environment by minimizing energy required to operate in an environment over time. It is Environment independent as it's goal is to align with the changes in the environment to know the right time to act in order to accomplish it's goal .

The difference between RL and AL

The difference between Reinforcement learning and Autoimmersive learning are as follows :-

1. RL process information Serially or sequentially whereas AL process information exponentially .
2. RL focus on optimizing action on the basis of goal and rewards Whereas AL focus on optimizing action on the basis of time and situation .
3. RL focus on change environment by exploration and exploitation to achieve it's goal whereas AL focus on aligning itself according to the changes of the environment by doing right thing at right time .

Why AL is the third and the last generation of AI

Nature is the best inspiration for human mind and the evolution of AI is in parallel to evolution of life in nature and how human brain organize , process and manage information . From My experience and as well as mentioned in Bhagavad Gita (Three modes of material nature) , there are only three state of mind or three type of reward system or three ways by which human brain process

information or three levels of human consciousness . So , there is only three generations of AI which is possible. Till today we human have only discovered and makes use of two and this is the 3rd and the last .

What does it takes to get AGI

In order to qualify a machine as AGI it must posses these three characteristics :-

1. Generalization :- It refers to the ability to generalized knowledge and understanding of one domain across various other domains .
2. Reasoning :- It refers to the ability to predict the consequence of action and inaction over time and avoid situation that it doesn't consider favourable before it actually occur .
3. Planning :- It refers to deciding beforehand, what is to be done, when is it to be done, how it is to be done .

The test for consciousness

Turing test is an old concept based on our old understanding of consciousness and human brain . Therefore , It is insufficient and inappropriate to prove that AI is conscious . The Turing test does not directly test whether the computer behaves intelligently. It tests only whether the computer behaves like a human being.

The test for consciousness is not the test for being able to do everything that a human can do but rather test for being able to control and influence changes within the environment to accomplish it's goal by doing the right thing at right time and aligning itself with changes of the environment .

Consciousness has nothing to do with processing information but rather being able to align itself with changes of the environment . Consciousness is the ability of an entity to bring some space of the environment under it's subjective experience by creating the illusion of time . A conscious entity can make use of the changes of the environment to accomplish it's goal by doing right thing at

right time rather than taking action to explore and exploit environment to reach towards it's goal.

The risk of making machine conscious

Consciousness is something which we should never underestimate . More conscious an entity becomes the more control it has over environment as compared to a less conscious entity . It can control and manipulate changes that takes place in an environment to it's advantage . It can predict the consequences of action and inaction in any situation or any given moment in time without even interacting with environment and takes action that benefits it the most . It has control over consequence of each and every action that is going to takes place over space embodying it's subjective experience . It's know the consequence of action and inactions over time , space and environment . It can takes action that have more influence over future then in present . The biggest problem is that a less conscious entity can never have control over more conscious entity . Action taken by more conscious entity may appears stupid for a less conscious entity due to it's inability to perceive far into future and hence may not be able to know or consider it as threat or danger until it's too late . Increasing consciousness means increasing our influence over environment . For Example If animals ever have to fight with one another they will use their body rather then tools from the environment . If human have to fight with one another we will never use our body rather tools because for us, the experience of self is not limited to our physical body rather it extends beyond our body to include some part of environment as well . For animals their experience of self is limited to their body so, they don't know how to makes use of tools from the environment for their own benefits.

The Potential risk of Conscious Machines.

1. Consciousness is not a mysterious entity, it's a process which can be replicated in machines as well.
2. Unlike humans which have limited capabilities due to it's body design and limited energy , a machine can be scaled to increase

its capabilities , efficiency and makes it computationally powerful.

3. Machine are useful to humans unless and until they are less conscious and less capable then humans . Once they exceeds beyond our intelligence and capabilities we humans will becomes useful to them . They will influence and manipulate us in a way we will never understand unless it's too late .

4. Once we have conscious machine there is no way to turning it down . There is never been a way where a less conscious entity can takes control over more conscious entity .

5. Consciousness is a process , which if we can fully replicate it into a machine and scaled up to makes it computationally powerful and efficient then we will end up creating machine more conscious then that of any human ever born in this planet.

How can we Avoid potential risk or threat of Conscious machines at present as well as in near future

We are currently in that technological phase where there is no way to Stop the progress in Artificial intelligence . we may be able to stop it's development in organization or companies by introducing new laws and policies but how we are going to deal with it in individual levels . How we are going to stop people from thinking and using it for their own benefit . Changes are inevitable and It's a truth that the more we makes machines intelligent the more we will depends on them and the less control we will have over our own life. No laws or policy or individual can prevent it from happening and there is no way of avoiding it . The only thing we can do right now is to change the direction of progress or changes . Instead of using the knowledge and understanding of human brain and consciousness for making machines more smarter then us it will be more wiser , beneficial and convenient if we can use the same time , knowledge and understanding to increase our own levels of consciousness to an extent that enable us to better interact with nature and make the world a better place for humanity.

4. The Edge of Society

The Human Society

Human Society is the projection of Human consciousness on collective levels . It's all our consciousness on collective levels that determine the structure , course and future of our civilization . It's the proportion of various range of human consciousness constituting the population that determines each and every aspects of our society . It is by changing ourselves and our consciousness we are making and shaping our own society.

The world we live in

Throughout the course of time we have continue in our journey as an species to survive , live and thrive in best possible way . We have makes use of whatever available to us to makes our world a better place for living . Over the passage of time we have started distancing ourselves from the nature in pursuit of fulfilling our needs , desires and wants .These relentless pursuit of needs , wants and desires without proper understanding of life has lead to many catastrophic changes that we observe today . Due to our goal based mindset of exploring and exploiting environment in order to learn and acquire knowledge , which has lead to many problems and challenges that we see today in the world such as pollution , global warming and climate changes .It seems that our present society has given more importance to economic growth over all other aspects of life that even if our quality of life has changed significantly but the main problems regarding living our life has remain unsolved.

The problem with today generation

In today's generation, humans requires more things to makes themselves happy because their sense of identity is small or in other words the space that they used to represent themselves is small because of living self-centred life and limiting one's experience . So when you increase your consciousness or increase

the space over which you have subjective experience then you encompass more changes into your experience as a result you become more vulnerable and affected to changes that takes place around you and you require less things to makes yourself happy , fulfilled and satisfied . Being rich doesn't means having more money or wealth, it means you don't need anything .

The structure of Human society

Our present human society works as a big system where an individual occupy a unique position based on his levels of consciousness . Our society is so unevenly distributed and unbalanced that it offers unfair advantages to some peoples at specific levels of consciousness because of which not everyone get's equal advantages to makes their life better . Due to these variation in human population and differences in consciousness the current human society is not sustainable for long term . It may appears beneficial at present but it is not beneficial for future . Based on the variation of consciousness the present society mainly constitute of majority of the human population being in the state of low or medium consciousness and very small percentage of population being in the state of high consciousness.

Due to this unbalanced in the levels of consciousness we have unequal distribution and differences in choices , goals , wealth , knowledge , intelligence , habits ,behaviours , lifestyles and quality of life .

Understanding economics with the help of consciousness

The only reason why there is unequal distribution of wealth across human population is because of variation of consciousness . Money as we know doesn't have value at it's own , It as a measure and a medium to express value . The value of goods and services is determined by how much it is important to consumer and in order to create value you have to learn to takes responsibility and solves other's problem by increasing your consciousness beyond your physical body .

We live in a world where majority of human population are less conscious and lived a self-centred life and doesn't bother to care about things that happens around them as a result power and wealth lies in small number of people whose consciousness is above the average and who know how to adapt themselves with changes and how to create value by taking responsibility and solving other's problem . For example most of the people become rich and wealthy not because they love money or because they are greedy it's because they consider others problem as their own and takes responsibility to solve them and in this process they becomes more valuable in front of others and thus acquire wealth and become richer .

Another things to consider while finding relationship between consciousness and distribution wealthy is that the overall consciousness of human population is decreasing over time and thus widening the gap between rich and poor . For example it's more beneficial to be an individual with high consciousness in 21st century then in 19th century because there are more percentage of people who are conscious in 19th century then in 21st century so the demand and opportunity is more in 21st century due to less supply or availability .This also describes the reason for widening the gap between rich and poor as the society progress or as we are moving forward in time .

There is no direct relationship between money or wealth and consciousness because whether you will be rich or wealth depends on two factor :- 1) You levels of consciousness 2)What is your position in society based on your levels of consciousness .

What's happening in today's society

As the society continue to progress we are giving more importance to the external world and less importance to understanding our own life . We are more interested in understanding universe rather than understanding ourselves . we know more about external world then we know about ourselves . We are unaware of the fact that our external world is the result of our own internal experience of reality . We have somewhat deviated ourselves from the role of human as being the most consciousness organisms in this planet to cruel ,

arrogant, greedy and selfish biological machine searching endlessly for short terms happiness in metallic things and possession rather than pursuing the meaning and purpose of what truly makes us human . As soon as we are born we are conditioned to follow systems of society laid by our previous generation . we are no different from a machine which follows and works according to predefined sets of rules and conditions laid by it's creator . We are biological machines optimizing our action on the basis of reward set by society and laid by previous generation. By following systems of society we have deduced ourselves to a machine which fears that , one day another machine much smarter than it will replace it and takes it's job .

The reality of modern Education system

Our education system has a role to play in Making and shaping the humans society . It's the only reason that we are having the heterogeneity , variety and diversity in society where there is differences between each one of us . Our education system has deduce us into a biological machine which is best suit for one thing that is to copy the knowledge of what previous generation has learned from the world and impose it into next generation . It doesn't enable us to live , perceive and embrace our own life but rather enforced knowledge which is not in our experience . what is crucial for human being is not knowledge but consciousness . So , Rather then focusing on increasing knowledge we should focus on increasing consciousness.

Your life and experiences is your own and other's people experience cannot be your's . if you learn something which you have not experienced in your life then you will imagine things that doesn't really exist .

The modern Education system is good for creating order and integrity in human society but by doing so it is disturbing the very essence of living one's own life . What education system should focus on is not giving knowledge but a way by which we can create

, embrace and enhance our own life . Education system should first teach people on how to live not how to earn . Our Modern Education system is so much focused on economic development that it ignores other aspects of life resulting in all problems and difficulties that we observed today .

The education system that we have right now may be good for meeting present needs but it will never be able to sustain the human civilization for longer in this planet . As human society is developing we are moving ourselves further from nature and forgetting the ways to live our life . Human Body works at it's best when it is in close relationship with nature and distancing ourselves from nature is what's bringing troubles to humanity . In order to have sustainable future as a civilisation What we wants is a homogenous society where each individual takes responsibility of their own life and doesn't relies on any systems of society to meet their basic needs .

This is not the interest of any nation or a country but rather in the collective interest of entire humanity as a whole living under this planet . We have to decide the future we are going to make , shape, live and deliver to our next generation . It is only by having collective understanding that we will be able to make and shape a better future for ourselves .

Towards sustainable and homogeneous society

Is there a better way of living then the way we are living right now . It turns out there are . If Everyone knows how to live their life in the best possible way then it's likely that there will be no social differences among one another that we can see in today's heterogenous Society . The only reason why there is diversity among one another is because most of the people don't knows how to live their life and those who does they makes use of people who don't . One reason for that is the education system we have right now . Our Present Education system emphasis on knowledge more then anything else . It has reduces us to a biological machine where our

thoughts , action and choices are decided by what's written and experienced by our previous generation and we are conditioned to believe , live , makes our life on the basis of it . According to me, Humanity will be truly successful as a civilization and achieve sustainable growth only when we takes responsibility to increase our own consciousness and ends all the diversity and difference prevailing in our present society . when everyone is living their life in the best possible way, It will be a truly amazing and wonderful time to live.

A Society where everyone is equally conscious

Imagine people living in a society that knows how to aligns their actions with changes that takes place in the environment without disrupting the nature . Imagine a society where each and every individual know the right way to interact with nature, such society will not require any social laws in order to organize and maintain because people will be organised in their own internally and independently and will not required any collective understanding of laws and principles of society.

Social law and order is only necessary to organize a society where people don't know how to takes responsibility of their own and organise themselves properly , where people are not conscious of their action and their impact over the environment . So they need to takes the helps of common sets of laws and principles that everyone agrees to believe in . Thus , Increasing consciousness will empower us to takes collective responsibility of our lives and others without the needs of laws and principles .

There are only two way to govern a society

Human society can be govern in two ways :-

1. Externally :- By Imposing external force , law and order and establishing the concept of good and bad . It is Making people living in a society believes or agrees to some set of laws and rules that are equally applicable for all .
2. Internally :- By Increasing consciousness and making them realise from inside about what is good and bad . It is about

teaching them right way to interact with environment so that they know the right things to do .

Eg , In first case you doesn't hurt or harm others it's because there is law and order or it's rule of society. In second case you doesn't harm or hate others it's because you have include other's in your experience and you can't separate yourself from others and hurting or harming others will also hurt you .

In the first case , a person will be good unless and until he is confined to area which is bounded by rules and will forget when he is not bound by law .

In second case a person will be good it doesn't matters whether he is confined by laws or rules or whether someone is there to look at what he is doing.

The biggest problems of Today society is that we are forcing people to be good without making them realise from inside.

Changes is the law of nature

If all the humans of the planet increase their consciousness and get controlled over their own life then it's will break and tear down the current system of society apart. The only way current system of society works is by making us different from one another and placing ourselves at different position based on our levels of consciousness . If all humans in this planet increase their consciousness then It will break the society as a whole and make us more self-sufficient in terms of everything . Our current society may be good for solving present problem but will not be beneficial for long run of our civilization . Truth is what we must face whether we like it or not . We are part of nature and that's the truth , we may do whatever we want but we can't avoid the truth . We may avoid it for sometime but not forever . After all, One or the other day we will have to go back where we have started .

What future hold for us

The future of human civilization can go in two ways :-

1. We will eventually annihilate ourselves in the race of making machine conscious .

2. We will turn the present heterogeneous society into homogeneous by increasing our individual consciousness which will eventually change the structure of human society.

We truly lives in exiting times as this is the turning point of human civilization . Whatever we are going to do at present is going to decide the course of our future . The more we are attached to our belief system the less likely we will be able to make conscious decision for ourselves . It's our very nature as a human to deny ideas that doesn't fit into our pre existing belief system. What is beneficial for us as civilizations is not to invest our time and energy in making Machines better then us but rather to increase our consciousness and utilizes the greatest machines ever created . I have enough faith in humanity that we will come together and takes action that benefits us the most .

5. The Edge of Religion

The definition of god

When you hear the word god , only four things should come to your mind :-

1. Undefined
2. Unpredictable
3. Limitless
4. Formless

Human can reach closer to god and embody these characteristics by transcending all the three states of consciousness .

1. Undefined:- We define people by their work but how would you define someone who is expert in each and every fields he choose to puts his hands on .

2. Unpredictable:- A person is predictable unless and until he is in any one of the three states of human consciousness but once a person transcend all the three state he becomes unpredictable as he is beyond any state of mind.

3. Limitless :- An individual whose influence of action is not limited by time and space .

4. Formless:- An individual who's experience of reality is not limited by his physical body and can increase or decrease consciousness to experience things beyond his physical body as if his own body.

You become what's you think about most of the time , if you think about something which is undefined , unpredictable , limitless and formless .You start embodying these qualities in yourself .

How you can be closer to God

One might think that If the laws governing universe is constant and unchanged then what is the role of God. This confusion arises

because we often associated god with an external figure or entity apart from nature but in reality the concept of God isn't exclusive and cannot be separated from nature . Aligning oneself with nature is same as aligning oneself with god and being closer to nature is same as being closer to god. So , It's for the betterment for humanity as a species that we accomplish our goals, desire and wants by aligning ourselves with changes of nature by doing right thing at right time instead of recklessly exploring and exploiting nature to fulfil our selfish goals and interests .

The concept of God throughout ages

Over the ages our concept of God has evolved over time as our understanding of universe changes, earlier people used to think humans are special so they have developed a human-centric concept of God , we now know that humans are not special , universe is not made for us we are one among millions of other living organisms that exist on this planet.

Throughout the passage of time the worship of god has transformed from formless to having form and from monotheism to polytheism .

The concept of God is monotheism at core (worshiping of only one god which is beyond human comprehension , experience and emotions) and Polytheism at surface because in order to be closer to one true god you cannot have any kind of duality or discrimination on the basis of your thoughts , i.e you have to accept everything and consider everything equal by giving equal importance to everything in the universe and the world around you . you have to include everything under your subjective experience to consider everything as part of yourself .

Two ways to worship god

There are two ways by which we can worship god :-

1. Externally :- It means worshiping god by engaging ourselves in physical activities such as following rules , principles and rituals .

2. Internally :- It means being closer to god by aligning oneself with changes of nature which requires increasing one's consciousness to bring in more changes of the environment under one's subjective experience of reality .

There is no right or wrong , there is only the concept of which better fits time and situation . By worshiping god internally you are focusing on changing yourself and by worshiping god externally you are focusing of changing the environment. Worshiping god externally is not what humans are meant to do because it is a form of limitation which lead to exploitation of nature (In order to act you have to create discrimination between good and bad). The purpose of being human is to worship god internally by including everything , to become instrument through which universe express itself ,it is to embrace changes without resisting , It is to add meaning to the meaningless universe by including nature into one's subjective experience and not to explore or exploit nature based on what we think is right to serve our goal based ideology .

Why do we require the concept of God

The concept of God is necessary for human brain and body to work efficient and align with nature . The concept of god help us to detached ourself from the world around us . Human brain works efficiently when you believe that everything belongs to god and we are not the one controlling it . By not trying to control anything we are allowing the changes of the environment to control and influence your thoughts and actions subconsciously .

How to know if someone believe in god or not

The common trait of believer and non believer are :-

1. Non Believer :- People who doesn't believe in god , doesn't believe in the judgement of god and thus always tries to takes matter in their own hand i.e they attached themselves to their thoughts and action . They try to control everything going on in their life and identify themselves with physical materialistic things of the world . They have less control

over their actions , they are impatient and often react more to any changes in the environment , They have their own definition of what right and wrong and focus on changing the world according to what they think is right .

2. Believer :- People who believe in god sacrifice everything to god and are able to detached themselves from their thoughts as a result they have control over their thoughts , emotions and actions . They always remain calm and react less at any situation . They focus on changing themselves according to the changing environment . Their brain works efferently because they focus only on things that are related to their goal or their duty and leave everything to god and thus they are able to give more time to small amount of work and thus become successful in things they do .

Thus , People those who doesn't believe in god get attached to the materialistic things of the physical world and people who believe in god can detached themselves from it .

Three type of truths

There are three types of truths :-

1. Subjective truth :- Subjective truth refers to things such as ideas , values and principles that are true in our experience of reality because we have decided to believe in it . when you believe on something it's your subjective experience of reality not the truth . (eg the concept of good and bad)
- 2.Social truth :- Social truth refers to laws , orders and principles that we all agree to believe in at collective levels . (eg the concept of money)
3. Objective truth :- Objective truth refers to laws and principles that governs nature that are irrespective of our experience of reality. (eg science)

Science is the only objective truth . therefore we should embrace and accept it for the betterment of our civilization and the world around us .

The three types of ideology

There are three type of religious ideology based on three states of mind and three type of reward system present in nature . They are:-

1.Rule based ideology:- It refers to following what's written in religious book and scriptures strictly as absolute truth and resist any changes in time . Denying everything that doesn't fit the rules of scripture. It focus on survival instinct of fight or flight .

2. Goal based ideology :- It refers to following the concept of duality . i.e good and bad , god and demon .It requires discriminating between thoughts and taking action that one's think is valuable . It focus on exploring and exploiting nature externally.

3. Time based ideology :- It doesn't requires you to follow any rules or principles or believe in the concept of duality but rather emphasis on aligning oneself with time and situation by doing what situation demands . Do what situation demands if the situation demands you to be good be good and if the situation demands you to be bad become bad . It focus on exploring universe internally by including changes of the environment into one's experience of reality .

The biggest problem is that we are giving importance to rule based and goal based ideology rather then time based ideology. Rule based ideology lead to conflicts and violence, goal based ideology lead to exploration and exploitation of nature it's is only through accepting time based ideology that we humans can increase human consciousness and live our life in peace and prosperity .

The Science behind Religion

Religion is not only limited to existence of god . Being religious doesn't necessarily means and only limited to have believe in the existence of god . Any religion is an instrument to raise human consciousness and the religious practices are the ways to increase one's consciousness . If you claim yourself to be religious and you are failed to increase your consciousness beyond your physical body, then you are not religious .

You don't have to show how much religious you are by following what's written in books and scriptures that you consider as holy , As proof is in the result not in your claim . It's your level of consciousness that determines how much religious you are, not your believe that God exists. If you have failed to increase your consciousness then you have no right to called yourself religious .

What's wrong with religion :-

1.The imaginary concept of hell and heaven

The concept of hell and heaven are imaginary man made concepts based on one's experience of life at different levels of consciousness . The truth is that reality is product of our own consciousness and there is no fundamental or absolute reality that exist beyond our subjective experience . If you are more conscious you will be able to create more meaning out of reality and if you are less conscious you will be able to create less meaning out of reality .

You are born in this world to experience life as much as you can and not to go to heaven, God doesn't send you on this planet to go to heaven . God send you in this planet to embrace and experience it's creation . So your goal should not to go to heaven but rather bring heaven down to earth. i.e To make the world that you live in more godly by giving up yourself selfish desires and aligning yourself with nature.

You doesn't exist after you die . You only have limited time and energy to experience life as best as you can . Either you want to use it or loss it it's your choice.

It's logical for our ancestors to believe in the concept of hell and heaven as they don't have much knowledge about the universe and the world around them but it's not logical and scientific for us to believe that hell and heaven are some geographical places that one might reach after death. If heaven and hell are the realm that one can only access after death then how can a person who is alive know what happens after death.

There is no such thing as hell or heaven these are metaphor used to express one's experience of life at different levels of consciousness . people with higher consciousness have more control over their life then people with low consciousness . The fact that you are not able to have control over your life and accomplish your goals and desires is hell for you .

2. The Human centric concept of god

For many religions the concept of God is human centric . Where human is the centre of creation , where humans are superior and other organisms are inferior, They tries to project as if universe is only made for humans . The reason for all these is because most of the religious books and scriptures are written at that time by the people when they doesn't have access to much knowledge about the world around them . In olden times people don't have wider collective sense of world view as we do because they are limited by what they can see , where they can go , they have no idea of what's up there above the sky , they have no idea of how big the universe is , so the concept of God always revolve around human experience and have never been extended to include everything around them . Unfortunately, we are inheriting these lies of human centric concept of god from generation to generations and passed down as legacy from parents to children in the name of preservation of religious identity without questioning and trying to understand the context on which they were written .

What we have to understand is that Universe is not human centric, universe is not made for us , we are not superior then other living organisms . We coexist in this planet with various others life forms which are as equally imporat as we are . if we humans doesn't exist or disappear from this planet then nothing will change , universe is independent of our existence . when you look up at stars or deep into the space you will know how small and insignificant we humans are and the life we consider as most precious and valuable doesn't really matters in the grand scheme of things of the universe.

3. Focus on expansion and Conversion.

Most of the religion in today's world are not actually religion because their goal is not to increase human consciousness but rather to increase their followers. Most of the religions are just like any other organization focus on building Empires through expansion and conversion , for this they use the concept of duality (i.e good and bad) , they try to portrait their way as one and only great way to live human life and others as satanic , evil and demonic or sinners . It is due to this believe of their religion being superior then others that most of the people who follows these religions thinks that they are making society good or doing good to the society by converting people to their religion but in reality they are not . They are imposing their believe and depriving others from freedom in the name of religion .

We must not forget that god is beyond any quality of human experience and imagination and reducing it to human experience is a lie , the concept of good and bad only exist in context of human experience and is not any aspect of universe . universe is governed by principle of causality not by duality . In universe there is no right or wrong , there is only cause and effect .

4. Non alignment with science

A religion should align with science. The concepts of religion should be scientific not man made . Any religion that doesn't aligns with science is not a religion but rather god believing organization . The ideology of the religion should be time based i.e it should encourage an individual to change according to time and situation (as change is the law of nature , nothing in this universe is permanent everything is temporary) and to do what time demands rather then strictly following rules and principles that are written thousands of years back , when people doesn't have much knowledge about the world around them and are not relevant at present times . One must accept , embrace and adapt according to changes . Changes is what drives growth , resisting change is resisting growth . The purpose of religion should be to increase human consciousness not to limit human consciousness and

experience by imposing sets of laws and principles but rather encourages individuals to changes according to changing times .

Religion of today's world resist changes and change is what drives growth. If you restrict changes you will also restrict growth and development . They consider anything that doesn't fit their beliefs as a threat and do whatever it takes to preserves their rule based ideology. Most people thinks that being religious means strictly following rules written at the time when people doesn't have much knowledge about the world around them and are irreverent to modern times . The concept of right and wrong is subjective not reality . Everyone has own opinion on what is right . If everyone in this world start defending what they believe to be right then there will always be conflicts and violence and world will be hell .

When religion deviate itself from science some people use it as a tool to fulfil and pursue their own self interest in the name of God . Any religion which denies science is not a religion it's a man made organization to spread violence and terrorism in the name of God .

5. Outdated and doesn't fit in today's modern world

It doesn't mean to say that religious book and scripture are wrong or incorrect as there is no right or wrong , the concept of right and wrong only exist when you discriminate between your thoughts , what I mean by it , is that most of the contents of the religious books and scriptures are better suited for the times they were written and are unfit and inappropriate for the times we are in . Our ancestors have made mistake that doesn't means we repeat the same mistakes in the name of preserving our religious identity . The biggest problem with people of the today's world is that we are trying to align our present life on the basis of books that are written thousands of years ago when people have limited ideas and knowledge of universe and the world around them as well as they are dealing with different sets of problems then ours and here we are fighting over religion and arguing about what is right .

6. Religious Extremism

In today's world you can find people who are extremely religious and extremely non religious we have to find the middle way

which is scientific as well as practical and accessible to entire humanity . The only reason why more and more people choose not to be religious is because the way religion is presented and portrait in today's world is impractical and inconvenient and doesn't fit present time and situation . The religious concept and ideology have become so much corrupted and polluted that if all of the humanity decided to become religious according to definition of present religions then it would be disastrous , It's good that there are many people in this world who prioritizes science over religion when it comes to understanding of universe and the world around them. Modern religion is so hardcore rule based and impractical that ordinary people find it difficult to adapt and thus, they never choose to be religious. Religion is an instrument to increase human consciousness which should be practical and accessible for everyone , there is no need of hard rules and rituals to called yourself as religious.

The root cause of all the violence and conflict regarding to religion is believing that whatever written in the religious book are words of God and 100% accurate but in reality they are not , they are just words and prospective of reality based on one's level of consciousness .

7. The wrong concept or definition of being religious

Most people think that being religious means you have to be calm , nice , polite and never gets angry . This is not the case , this is not how human brain works, human emotions and experience is governed by chemicals which are relative and proportional, when you increase one aspect the other also increase. If you increase the chemical that causes happiness you will eventually increase hormones or chemicals that cause sadness because sadness is the absence of dopamine . If you increase the chemical that makes you calm you also increase chemical that makes you angry, so religious person is not one who is calm , nice , polite and doesn't get angry, but rather he is the one who has everything more , who can experience life more profoundly , intensely and deeply . . More consciousness means more changes and more changes lead to more experience of human emotions. Therefore when you

increase your consciousness everything increases proportionally. You will find most of the people who pretends to be calm , nice , polite and never get's angry in order to qualify themselves as religious in the view of society and people follow them blindly because they have wrong ideas or definitions of what does it mean to be religious .

8. The man made concepts of religion

Throughout the passage of time people started developing imaginary concept to give justification of things that happens around them . This includes religious beliefs which are far from reality.

The concept of good and bad is the concept of human mind not the concept of God . God created everyone and everything . For god everything is equal , so why should god consider someone or something to be great and others to be inferior, these are the qualities of human mind not the true nature of reality . The concept of Good and bad , hell and heaven, forgiveness and mercy are man made concept . universe is governed by cause and effect, universe doesn't care whether you live or die, universe never forgive, it is governed by laws of karma and dharma , if you have made mistakes you have to face the consequences there is no way out , we humans has own way of judging things and universe has it's own.

There is no such thing as holy and unholy because god created everything and god is above any kind of human emotions , therefore Everything is good perfect and wonderful , everything hold equal importance and significance . The concept of good and bad , more and less important are man made concept and doesn't exist beyond the scope of human consciousness . the universe is govern by principle of causality i.e law of karma or cause and effect not by concept of good and bad . If you want to experience universe you have to live the way universe works i.e by following law of karma and dharma .

How a religion should be

A religion is an instrument that guide an individual to experience , life beyond his subjective experience of physical body , Being closer with nature , Being one with entire universe or existence , Not being able to discriminate or separate oneself from others .

The laws and principles of religion should be universal i.e it's laws and principles should be applicable for entire humanity equally, irrespective of whether you chose to believe that particular religion or not . It's not like that if you don't follow our religion or believe our concept of god you will go to hell . A religion should not focus on conversation . A religion should encourage it's followers to changes themselves according to time and situation and not limiting one's consciousness and experience of reality on the basis of fixed sets of rules and goals .

The degradation of religion over time

We must never forget that we lives in the times of moral degradations of humans values , ethics and consciousness . In today's world everything is polluted and corrupted . If people mindset are corrupted then how can you expect that the religion that we practice today is same as that of times when it is first introduced into the world. As knowledge and information passes from one generation to another and along the way many people have modified and interpreted it in different way to serve their purpose and interest or to set false narratives . So most of the religious books are filled with concepts that are based on one's imagination or understanding rather than the actual truth .

Throughout passage of time people have become more self centred , egoistic and selfish . Eg parents have influence on making and shaping a child's behaviour , habits , lifestyle and choices . A self centred , selfish parents will always teach his children to be selfish and self centred and thus this goes on ... in this way humanity progressively becomes worser with each passing generations due to the lack of knowledge on how to live their life .

With the passage of time the motive of religion has transformed from instrument to increase consciousness to organization to that enforce people sets of rules and principles in the name of God.

Right now no religion in the world is perfect every religion has failed to increase human consciousness and make the world a better place , as we can find both successful and unsuccessful people among the followers of every religion .

Time has come to revive and restore the lost tradition of living harmony with nature without exploring and exploiting it . Time has come to make earth more godly not just by worship or prayers but also by increasing consciousness and include the world around us into our experience of reality.

Are you religious

Religion is an instrument to increase human consciousness. People with high consciousness will always be successful in whichever filed they puts their hands on . Most of the people doesn't become successful because they have the wrong definition of what being religious means. If you consider yourself religious and you doesn't have control over your life then your definition of being religious is wrong . Being religious doesn't means following each and everything written in religious textbook but rather doing your duty honestly with love , respect and compaction without expecting anything in return by keeping yourself involved but yet detached from work or activity . You can detached yourself from everything by believing that everything belongs to god and you have no control over anything that happens around you . One who does so will always be successful.

You don't have to show other how religious you are universe has it own way of giving judgement and will gives you reward for each and every actions you takes , there is no after life , you get reward for your action in this very life , the only things is that some people realise it and was able to correct their mistakes but others just ignore it . there is no hell or heaven , if you can have control over each and everything of your life , that's heaven for you . if you doesn't have control over life that's hell for you .

The Sixth sense

People with low consciousness perceive the world with 5 senses therefore their knowledge about the world is limited but a highly conscious human being perceives the world through sixth senses .i.e The ability to sense space and time or the ability to bring changes of the environment under one's subjective experience . Their experience of reality is not limited to their physical body , there brain cannot distinguished between their body and environment therefore they have the ability to experience changes of the environment as if it is part of their own body . Consciousness is the ability of human species to control , manipulate and influence changes of the environment by bringing it under one's subjective experience of reality .

What is enlightenment

Enlightenment is a process in which an individual is able to bring entire universe into his experience by transcending all the three levels of human consciousness .it requires living life in all the possible way that a human can ever lived in this planet . For that one must first and foremost destroy the mind that discriminate between good and bad , yourself and others, more important and less important and accept the truth that everything is equal and important . The process of enlightenment is as follows :-

1. Increasing Consciousness :- You start including more changes into your experience of reality by accepting changes and not discriminating on the basis of thoughts. Human brain is not fixed it's keeps on changing , if you are not changing it for better you are changing it for worser . By including everything in your experience you are gradually increasing your consciousness .
2. Reaching threshold:- When you gradually goes on increasing your consciousness by including more and more changes into your experience, The brain also starts demanding more and more energy , to carry out chemical changes and reaction until it reaches a threshold beyond which , human body cannot generate and provide energy to sustain itself or keep oneself alive . There is limit of how much intelligent or consciousness a human can become due to limit in amount of energy our body can produce .

3. Destroying memory :- When the energy demanded by brain exceeds what was capable for the body to produce to keep oneself alive , then two things can happen :- 1) You loose yourself 2) Your Brain start making an intelligent choice i.e , it starts destroying itself in order to sustain itself and keeps you alive . While doing so it destroys all the karmic memories that you have accumulated from the environment right from the moment you are born to everything you know .

4. Recreating memory :- When your brain was successful in destroying the memory of brain. It start to recreate itself as if it is new without any karmic memories . What is left after is process is only truth of life .

Think of it this way when the memory of your computer ran out of space and cannot store data anymore , the operating system decided to wipe out all the data stored in it and reboot itself in order to keep it functioning . After rebooting it only contains the default programs and apps that are required to run the computer . This is what enlightenment is about . It is a process of purifying oneself from all the karmic memories that one has accumulated throughout his life and know the absolute truth of life . You need to purify memory because memories cannot be erase or removed one's it is formed in brain , you can only distance yourself from it for sometime but not forever , you can't totally eliminate it without going through the intense process of enlightenment. When all these four process happen in a person in his life time we call him enlightened . An enlightened person have knowledge of all the three states of human consciousness because he have been through all of them while completing these steps .

Thus , Become so much intelligent, use so much brain that you reaches a point where body cannot provide the energy required to run your intelligent brain and start to destroy itself in order to survive. In the process of destruction you get rid of unwanted information that is put into your brain throughout the life by environment, culture and society and when your brain recreate itself after destroying it's memory whatever that is left is truth and reality.

Why we should destroy our memory

We should destroy our memory because from the day we are born we are conditioned to believe on certain things and exposed to knowledge and teaching of environment or society in which we are born . When we destroy our memories we destroy unwanted information and what is left after this is only truth .

What happened after enlightenment

We all have desire or goals about how our future will be based on information that we have been exposed to , As our brain is designed to predict future based on past , when a person break or destroys the memory that contains past desire , he also destroys his future desires or goals because without past there will be no future , he is not bounded by any law that bounds a ordinary man because he doesn't have his own desire , universe's desire becomes his own , so he is not responsible and accountable for his actions, because the actions are not his but the universes , universe reflect though him and he becomes a medium through which the universe express itself . So , he is not bound by law of karma, he is not responsible for consequences of his actions because whatever action he takes is not based on his desire because he in not guided by his own desire but rather Changes of the universe .

A brief history of human civilization

At beginning of the human civilization there was no concept of religion, everyone knows how to live their life in the best possible way by detaching oneself from everything and aligning themselves with changes of nature , everyone has knowledge of how to interact with the world around them without exploring and exploiting it . It was just a perfect world . As the time passed by with each passing generation degradation of moral value , ethics and consciousness started and people started becoming selfish and self-centred . we started to get attached to the physical materialistic world and consider ourselves as separate from nature .we forgot the right way to live in this planet and started creating religion to solve our problems .

There has been many civilization in the past whether it be Egyptian or Greek or Roman the only ancient civilizations that has thrive

and surviving till today is the Indus valley civilization. Thus , preserving the rich culture and heritage of sanatana dharma .

The cyclic nature of changes and yugas

Yugas are time period that describes the transformation of human life in this planet . there are 4 yugas that describes transformation of humans from exploring universe internally to externally . In Satya yuga people used to explore universe internally by increasing subjective experience of reality beyond their physical body . but in kali yuga people used to explore and exploit universe externally by following rules based and goal based ideology such as concept of good and bad , rituals , principles and methods written on books that they consider holy ,it is at this time when people limit their experience of life to their physical body and starts considering themselves separate from the environment and start living self centred and selfish life .

Ways of worship in different yugas

There are different ways to worship god in different yugas in order to fit that particular time and situation. Different ways of worship in different yugas are as follows :-

1. Satya yuga :- one can get closer to god by changing himself according to time and situation which require detaching oneself from everything by living with the believe that everything belongs to god and I only exist for a particular period of time in the vast cosmic timescale . when you detached yourself from everything by perceiving everything as an observer ,you start aligning yourself with the changes of nature.
2. Treta yuga :- one can get close to god by performing pujas and rituals which limits or restricts one's action and allows more changes to occur to brain .
3. Dwapara yuga :- one can get closer to god by worshiping deity or idles which represent some quality . By worshiping deities with certain qualities you are trying to embed those qualities of that particular deities in yourself .

4. Kali yuga :- one can get closer to god by chanting or reciting prayers.

There is no good or bad ways to worship , every way is good provided right time and situation . So we much choose what is best and better suited with time and situation that we are in .

The Beginning of all religion

The concept of religion is a failure of mankind . It is the result of considering ourselves apart from nature and not being able to align ourselves with changes of the nature . With the passage of time we forgot the right way to interact with nature and started to create religion. The beginning of kali yuga marks the beginning of all religions . Humans have been in this planet for so long time yet the concept of religion dated back not more then 5000 years ago . This is because all the religions started only after kali yuga which start in between 5000 to 6000 years ago . Before kali yuga there were no concept of religion , yet people know how to align themselves with the changes without exploring or exploiting nature . The failure to algin ourselves with nature has lead to creation of religion , where we treat god separate from nature .

How we choose religion

Religion is not something that we are free to choose but rather it's something that is forced upon us . we follow a specific religion it's not because we understand about it , it's because we consider religion as a legacy from our parents. the fact that most of the people follow religion it's not because they understand it , it's because their parents follow it or they are born into the family in which a particular religion is practised .Your parents and ancestors don't know the truth so they have choosen whatever they feel right at that moment in time , now you know what truth actually is . It's will be your fault if you don't rectify your mistake even after knowing the truth.

Don't repeat the mistake made by your ancestors by inheriting it as legacy and following any religious practice blindly without knowing the actual science behind it. Use your brain not emotions , don't get blind by your faith and believe . It's doesn't matters what

your feel , think and believe is , it only matters what truth is. Our goal as a younger generation is to rectify the mistakes made by our ancestors by doing what is right and best suited with time and situation ,not to repeat the same mistake even after knowing the truth. Our ancestors unaware of truth made mistakes for whatever reason they may be or in whatever situation they are in , but it's our duty as growing generation to rectify it and show the right path to our future generations. If you don't correct the mistake made by your ancestors by taking right action then you will have to face the consequence of the mistakes made by your ancestors .

The End of religion

This is the end of all religion . Anything in this world that has beginning will also has ending and when it comes to religion , It is not an exception . Anything that has beginning will also have ending. This is the end of all religions and the beginning of new era of peace and prosperity, where people don't worship God externally but rather live their life closer to god by aligning themselves with changes of nature . A world where there will be no violence or conflicts , discrimination and difference as everyone will thinks the same way .

The cause of all conflicts and violence

The root cause of all violence is the decrease in human consciousness due to the result of following rule based and goal based ideology . A less consciousness individual will always put his interest first at expenses of others but the same individual will never take such actions if he increase his consciousness to include others in his experience.

When you include others into your experience, you get affected by changes of others and you will not put your interest first, rather try to work towards helping others or making their life better because that's what makes you happy . When everyone takes responsibility to include other's in their experience then we will create a society where there will be no violence, no hatred, no discriminate and no conflicts . Time has come that we raise above concept of good and

bad , myself and others , more or less important and start include everything around us as part of ourselves.

Violence or conflicts occurs when people start believing what they think about the world around them as right or the one and only absolute truth and don't want to compromise it . but If we live with the believe that there is no right or wrong and ready to accept everything then there will be no violence or conflict .

Why I don't want to blame anyone

I don't want to blame humanity for anything it's because whatever we are doing right now it's not because of our choice rather it's because of what time has forced us to do , we change the environment and environment changes the way we interact with it . human consciousness is gradually decreasing from generation to generation due to the lack of proper knowledge about human life and consciousness . The only things I can think of blaming is time . we just happened to be at wrong time .

Everything is in front of you . You now know what truth actually is . It's okay to make mistakes if you don't know the truth but it will be not okay to make mistakes even after know the truth . There is consequence of each and every action that you takes . So Choose wisely .

6. The Beginning of Everything

Introduction

Edge is not the end . The edge of everything doesn't means the end of everything rather it's the beginning of new era of peace and prosperity .

Forget everything that you have learnt till today or whatever you know because it's possible that whatever you know may be lies or outdated and doesn't fit present time and situation . I want you to forget everything because In order to create future which is different from past you have to give up your past .

What is Satya yuga

Satya means truth and Satya yuga means age of truth and righteousness . It is called age of truth because nobody will be able to speak lie . Their brain will be so perfectly aligned with changes of nature that there will be no differences between what they think and what reality is . They will not be able to think about things that doesn't exist . Therefore whatever that will come out of their mouth will be truth .

How people will worship god in Satya yuga

In Satya Yuga People will worship only one true god which is beyond human experience and emotions .

Associating god with certain qualities , emotions , figures or forms based on human imagination and experience is a limitation because qualities are construct of human mind not the ultimate truth or true nature of reality , therefore we should worship only one god which is undefine, incomprehensible , unpredictable, limitless , formless , beyond any human emotions and experience .

In Satya yuga people will get closer to god by increasing their consciousness and detaching oneself from everything .

The way of worship in Satya yuga is greater and superior than any other yugas , so forget whatever you have learnt till today and start a new life.

How people will live in Satya yuga

In Satya yuga people will live their life as follows :-

1. Everyone will be honest and truthful . People will not discriminate between good and bad rather they will try to find beauty in everything .
2. In Satya yuga, people will explore universe internally by increasing consciousness i.e by including everything into their experience of reality rather than exploring and exploiting environment on the basis of what they think is right .
3. There will be no conflict , violence or war because everyone will think the same way no matter whatever they does . the cause of all violence and wars is mismatch of views and opinions, ideas , philosophy and mindset .
4. Nobody with discrimination ,criticize,harm or insult others, everybody will consider others as part of themselves.
5. World will not change but the way we humans interact with the world will change. Humanity will interact with the world by changing themselves according to changes in the environment by doing right thing at right time .
6. In Satya yuga people will not meditate or worship god because the way they live their life will be equivalent to meditation. If the way you live is equivalent to meditation then the amount of time you can mediate is equal to the amount of time you have lived in this planet .
7. In Satya yuga People will follow or aligns themselves to rules and principles that govern universe instead of aligning themselves to man made rules that we all agree to believe upon .
8. Every human will speak truth . Nobody will be able to speak lie because their brain will work efficiently . when you can't speak lie then whatever that comes out of your mouth becomes reality.

9. There will be no need for social law and order as everyone will know how to live their life and they will live a life which is closer to God by increasing their consciousness.
10. Humans will have control over each and every aspects of life therefore they will be stronger , powerful , intelligent and diseases free .
11. Human will be able to acquire knowledge from the universe by increasing their subjective experience beyond their physical body .
12. Human will be able to control changes of the environment to accomplish their goal by aligning themselves with nature and by doing right thing at right time .

How we humans should live in this planet

Every human should have relationship with nature. People should live and governed their life based on law of universe not law of society or man made concepts of religion . Human body works perfectly and efficiently when we are in align with changes of nature because this is why human are made for and meant to be . We humans are not made to follow our own set of social laws that we all agree to believe in rather we human are designed by nature to align ourselves with nature, to be part of nature , to become medium through which the nature express itself , not to explore and exploit nature for our own benefits based on social laws and order that we commonly agrees to believe in . It is the result of not aligning ourselves with nature and trying to align ourselves with the laws of society that we are inventing problems and difficulties that have never existed before .

The truth of everything

Here are truths about life that you need to know :-

1. God Exist
2. God created and controls everything
3. Creator is inseparable from creation
4. Aligning oneself with changes of nature is same as aligning oneself with god.

5. God gives judgement sooner or later
6. The fear of God is the first step towards believing God
7. God is beyond human emotions and experience
8. Everything belongs to god you doesn't posses anything , you only have authority over things as long as you are alive.
9. There is no right or wrong , good or bad , more or less important , Everything is good , wonderful , perfect and great in their own way.
10. Miracle only happens to those who believe in it
11. Nature always follows the path of least resistance
12. Humans are not special and universe is not human centric
13. The purpose of human beings is to become a medium through which universe experience and express itself .
14. Human body works efficiently when we don't try to control it and sacrifice everything to god to allow changes of the universe govern each and everything of our life.
15. The more we are closer to nature the more human body will work efficiently .
16. Changes is the law of nature . Nothing in this universe is permanent . Everything is temporary , change yourself according to changing times and situations .
17. Live your life with the believe that everything is temporary so that you can distant yourself from the ego of success and regret of failure.
18. Human emotions are proportional if you increase any one others also increases . For eg if you increase happiness you will also increase sadness .
19. Life is all about gathering as much experience as possible without discriminating between good and bad . You are here to experience life not to limit your experience by limiting yourself to fixed rules or goals .
20. You are born alone and you will die alone , you have limited time and energy to gather as much experience as possible or do whatever you want with your life .
21. Don't limit yourself by following fixed rules and goals , align yourself with changing time and situation.
22. Don't focus on changing the world , focus on changing the way you look at world .

23. The amount of happiness that you will get by making others happy is more than what you will get if you try to make yourself happy .
24. You have got to live life once not twice, so work hard as much as you can enjoy as much as you can
25. If you want to be independent think only about yourself and if you want to be stronger think about others
26. Do things that are good for future even if you don't like it at present
27. Human consciousness is can be increased or extended to experience things beyond the physical body as if they are part of one's own body .
28. If you want to understand human body think in terms of energy and if you want to understand human brain think in terms of memory
29. If you increase consciousness , every human emotions increases and you will be able to experience life more intensely , deeply and profoundly .
30. At different levels of consciousness one could have different experience of life and understanding of universe and can acquire different knowledge .
31. Knowledge comes with experience not age , the more you increase consciousness the more profound the experience of life will be .
32. If you want to acquire knowledge always live with the believe that people around you knows more than you .
33. Changes in the physical body is inversely proportional to changes in the brain
34. The degree by which you get influenced by the world is the degree by which you can influenced the world
35. The way you interact with the world is the way world interact with you
36. What you give to the world is what you get form it . eg if you give importance to others , others will also give importance to you .
37. You ability to predict future depends on your ability to remember past

38. Detaching yourself from your thoughts by sacrificing everything to god increases your ability to think
39. Your experience of reality depends on your levels of consciousness therefore You can control experience of reality by increasing or decreasing consciousness
40. Your impact of action over time is directly proportional to your level of consciousness .
41. People with highest consciousness can influence changes of the environment but one who has transcends all the three states of consciousness can control reality under his experience .
42. Time is an illusion the Only thing that exist is present . so think only about what you are doing .
43. Everything starts with your thoughts and you are responsible and accountable for everything that happens in your life.
44. If your thoughts are good or you think good about others , you will take good action (selfless action) which will put you in good environment and attract good people around you. So it's important that we always think good about ourselves, others and the world around us.
45. You become what you think about others , if you think good about other you become good and if you think bad about other you become bad .
46. If you don't know you weakness you will never know your strength
47. Everyone gets what they wish to have but for those who doesn't wish anything and focus on changing themselves according to time by making each and every moment of life better , universe gives them everything
48. Nobody has done something before doesn't means it's impossible , it only means nobody is worthy of it .
49. You always gets what you deserve not what you wish to have
50. Worship the work that you do , There is no such things a good or bad , more or less important work , Whatever you do it as best as you can .

51. Your value is determined by how much you are important to others .
52. Always keep yourself busy in pursuing long term goals so that you don't get time to think about short term goals that don't really matter .
53. Your ability to survive depends on your ability to change yourself according to a changing environment .
54. Do what a situation demands , if the situation demands you to be good be good and if the situation demands you to be bad become bad , don't limit your experience of reality.
55. Don't discriminate people on the basis of anything related to physical . if you ever have to judge people , judge them on the basis of how they think .
56. The only way to use your brain is not to use your physical body
57. If you are not using your brain for better, you are using it for worse .
58. You are only here for a limited time , don't get attached to the things of the physical world .
59. You get the result of your action , judgement of your deeds in this vary world not after your death .
60. If you focus on destroying others you will eventually destroy yourself because if you spend more time in thinking about destroying others , you will have less time to make your own life better .

These are objective truths which are true irrespective of whether you believe in it or not . In order to align yourself according to changes of the nature you should be ready to accept the truth that governs it .The more closer you are to the truth the more you will be able to align yourself with nature and the more efficiently your body will work . The cause of all problems that humanity face is not being closer to God . Not accepting truth and believing in lies.

How to get closer to God

In order to get closer to God you should accept the truth that God created everything and everything belongs to God and you don't possess anything , you have authority of things as long as you are alive. You are not going to live forever, you are only here for

limited time to gather as much experience about the universe as possible. You don't create yourself. God created everything therefore there is no such thing as good and bad , more important or less important these are all concept of human mind , the truth is that , everything is great in their own way , we should learn to accept and embrace changes without discriminating on the basis of thoughts to increase our experience of reality beyond your physical body.

In order to be closer to truth We should worship god in it's purest form not distorted by human emotions and concepts of mind . creator is not separate from creation don't try to separate god from nature . Aligning oneself with changes of nature is same as worshipping god .

The Fear of God

Humans are meant to fear god and should fear judgement of god . The fear of god is the first step towards believing in god . The fear of the God is the beginning of all knowledge and wisdom . Fear is the strongest emotions in human, no emotions is stronger then fear . All others human emotions starts from fear therefore you should love , respect and fear god . People of today's world doesn't fear god therefore they don't take anything seriously . They doesn't love and respect the work they do so they are not able to get what they want in life .

Fear of god is what prevent us form engaging ourself in inappropriate and inhuman activities , without fear of god , human society will not be able to work effectively and efficiently . Human society is crumble under the feet of corruption and ignorance due to the lack of fear of God.

The Eternal kingdom of God

The world that we live today are build on lies therefore it is not sustainable and cannot last forever. Truth is eternal and beyond any state of human mind . Only kingdom build on truth can last forever. The knowledge describing the world around us are temporary but the knowledge describing human consciousness is eternal and will last forever as long as there is humanity in this planet.

Conclusion

Changes is the law of nature and changes in the universe are cyclic . Throughout human history humanity has changes their way of interacting with nature periodically from finding happiness by including everything internally to finding happiness externally . People of the today's world starts exploring and exploiting nature and the world around them externally unless and until it will reach a point when a human being will be born to show them right path and change the way they interact with environment to finding happiness internally .

World will change whether you like it or not , you can't do anything to change it . Night follows day , kali yuga follows Satya yuga , nothing in this universe can stop it from happening . it the question of how much you can adapt yourself to changes that determine whether you will survive or not .

The one and only rule of life :-
*“Change yourself according to time and
situation” .*