

# The Inward Journey

We live in a very tricky world. What we see we believe. What we do not see we always question. That is what is called 'Maya' or the illusion. All the answers to these unseen facts and the illusions are available within us. Our heart knows what is true and there is no data required for proving it. So let us be very clear on the point that whatever we read here can only be acknowledged by our heart. This inner essence can only be discovered through the processes of meditation.

What is our alchemy essentially? We know that all matter is ultimately energy. Energy can neither be created nor destroyed. Energy just exists. It can only be changed. So we are clear that our body is nothing but energy. After we shed our gross body we know we live on. That means there has to be some other form of energy having a subtler form. As we turn inwards we start connecting with these subtle bodies. Totally there exist seven bodies the outer being the densest. It all depends on our degree of evolvement of consciousness to which form we associate ourselves with. People who do not meditate perceive themselves as gross form or outer body only. People who meditate get associate with subtler forms, which we call turning inwards or the process of involution.

First we have to evolve. Evolution is all about learning. Then we enter the phase of Involution. Involution is our homeward journey, the phase of ever increasing awareness of consciousness and then being one with the pure infinite consciousness or the "Oversoul". With the increase in awareness we have the realization of gross body, subtle forms, causal forms and finally our Atman or the Soul. As we turn inwards we associate ourselves with these various forms. Thus meditation increases awareness of our essence. Our final aim to associate with the 'Atman'.

When our awareness is gross which means we want gross experiences only, we are aware of our gross body or the 'sthul sharir' only. When our awareness is gross we can only experience gross experiences. Subtle experiences are beyond our comprehension. We are thus also completely unaware of our other bodies and forms. As we turn 'inwards' our awareness turns to subtler forms and experiences. Inwards, the first form is the subtle body. This body is similar to our gross body but is energy at a higher state of vibration than gross body. It acts as a covering to the ever-subtler bodies inside. This is connected to the gross body through the Chakra systems. We have seven main chakras, which are connected, to our spinal chord. All the universal energies like Reiki etc move to our gross body through the chakra systems. Thus the subtle body is directly linked to the gross body. When we experience death this subtle body with the other bodies inside it leaves us. On the other dimension or the astral plane we exist as subtle body. Astral death is of two types either we reincarnate on to the gross world with the gross body or we shed our astral or subtle body to move into the causal plane with the causal body.

When we shed our astral body or the subtle body we are in our causal body. This body is evolved and operates on a higher plane, which is the causal plane. The causal body is a subtler form and we shed this body as a so-called causal death and the Atman or the soul is released.

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The existence of these bodies has a definite reason and each death on various planes signifies a reason. As we investigate the inner world further we will realize the greater design. The higher we evolve the awareness connects to subtler and the ever-subtler. At the deepest meditation we connect with our causal body and then the 'Atman' or the soul. The more spiritually aware we are the faster involution takes place.

The entire struggle of human evolution is to shed all these bodies and become aware of the soul, which then becomes a part of the 'Oversoul'. This is the homeward journey or the 'moksha'. The whole struggle of 'Who am I?' ends here.

Have we embarked on to our homeward journey is the million dollar question now.

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