

# Mechanism of Meditation and the Human's Plexus System for Acquiring Transcendental Powers

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## Abstract

The process of meditation resembles the principles of string theory, wherein the individual's unit or personal mind traverses through infinitesimal quantum strings, swiftly arriving at desired destinations. Meditation, being a construct of thoughts, facilitates the enhancement of the human mind's wavelength to infinity, aligning it with higher planes and unlocking mystical abilities. Each plexus possesses unique propensities, expressed through vibrating words, dimensions, or vrittis. These plexuses emit specific sounds, termed acoustic roots, which exert control over corresponding physical organs. Spiritual practice involves the purification and regulation of these plexuses. Throughout history, certain ascetics or spiritual practitioners, commonly known as sadhus or babas, have reportedly attained miraculous powers and prolonged their lives beyond 250 years by energizing their plexus systems through meditation.

**Keywords:** plexus systems, meditation, acoustic roots, propensities, vibrating words, dimensions, Vritti

## 1. Introduction

The human mind serves as the orchestrator of the body, acting as its powerhouse and issuing commands that the body dutifully follows. Within this intricate framework lies the theta wave, embodying both Sagun Brahman (Prakriti) and Nirgun Brahman (Purush), with a wavelength extending almost infinitely in nature. Through meditation, we gain mastery over these plexuses, elevating the human mind to realms beyond the physical world.

Expressed internally or externally, the fifty primary propensities (words) of the human mind find manifestation through the vibrational expression of chakras. At a micro level, these chakras govern and regulate the corresponding human physical organs, potentially aiding in the healing process by facilitating the flow of oxygen and melatonin from the brain and pituitary glands during meditation. Thus, achieving equilibrium between the physical and spiritual worlds becomes imperative, necessitating a harmonious blend of daily professional responsibilities and meditation practices. This integration fosters control and balance among body, mind, and soul within the vast macrocosmic universe (Shrii Shrii Anand murti, n.d.).

The fifty primary propensities of the human mind are further expressed through the vibrational expression of plexuses, triggering the secretion of hormones from the corresponding glands within the human body. Through cosmic consciousness, this phenomenon extends its influence over the energy and quantum dynamics of cosmic objects. Operating predominantly through the mental and spiritual waves, aligned with the sentient, mutative, and static forces of thought, this process serves as a mechanism for directing individual desires towards the Ajna Chakra, also known as Sagun Brahman or Nikola Tesla's 369 triangles.

## 2. Mechanism of Meditation

The meditation process parallels string theory, where the unit mind of an individual traverses through minuscule strings, swiftly reaching desired destinations. This energy embodies the amalgamation of cosmic and physical energy, serving as the driving force behind our physical, mental, and spiritual development. The human mind,

designed to govern and regulate the body, acts as its powerhouse, dictating its actions. With nearly 100 billion neurons composing the human brain, concentration leads to a reduction in neural system disorder, sharpening the focus of the mind. As this synchronization progresses, individuals experience varying degrees of bliss and happiness.

Typically, the human unit mind emits alpha and beta waves in erratic and fluctuating patterns, resulting in restless thoughts. However, as concentration deepens, brain waves slow to a calm rhythm, inducing a state of deep and serene concentration. Continued focus leads to further slowing of brain waves to theta waves, accumulating tremendous psychic energy within the mind. Repeated chanting of a guru-offered mantra during meditation calms the restless unit mind, facilitating deep concentration. The theta wave embodies both Sagun Brahman (Prakriti) and Nirgun Brahman (Purush), with a wavelength approaching infinity in nature.

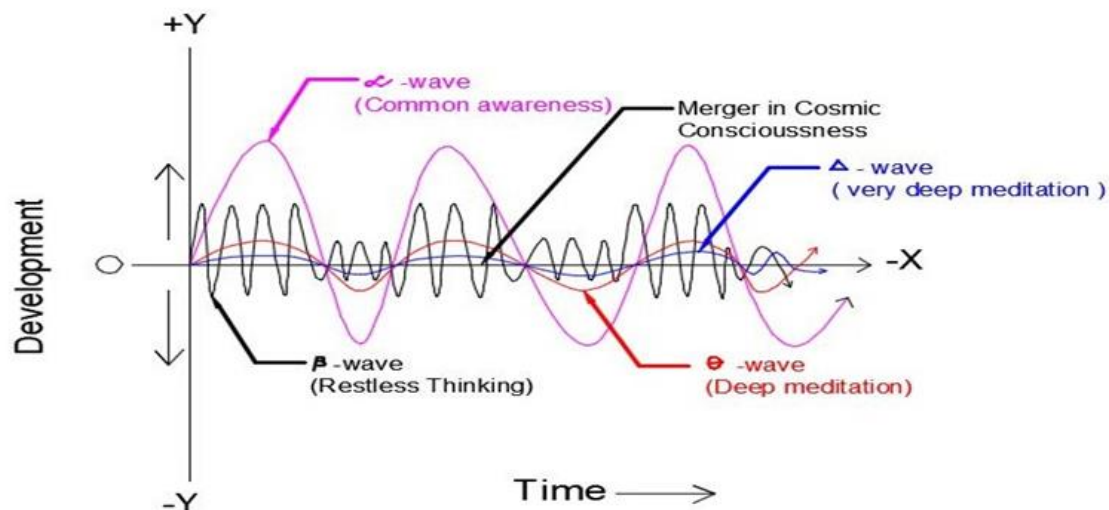


Figure 1. Frequency of alpha, beta, theta and delta waves

Through meditation, humans can elevate their unit or personal mind's wavelength to infinity, aligning it with the theta wave, thereby ascending to a higher plane and accessing mystical powers. The potential of the human mind is boundless, with increased power achievable through concentration. By mastering these plexuses through meditations, the human mind transcends the limitations of the physical world. This sentiment is echoed in Nikola Tesla's alleged statement, "If you only knew the magnificence of the 3, 6, and 9 (Table 1) then you would have a key to the universe," suggesting that these numbers represent a flux field or vector from the physical realm to higher dimensions, capable of manifesting any desire. Osho Rajneesh asserts that "just as science relies on investigation rather than blind belief, meditation is rooted in rational and divine experience, free from age-old theories or communal beliefs" (Mahesh M Shrestha, 2018).

### 3. Words and Its Vibration Causes Different Elements and Activities

It's remarkable to note that our alphabets aren't arbitrary creations or chance inventions by artists; rather, they stem from the collection of internal sounds within our bodies. Every form of existence, whether it's matter, motion, or activity, generates corresponding sounds or bits, termed as acoustic roots. These roots embody the essence of existence itself. The fifty primary propensities or words (as shown in the figures of chakras) of the human mind find expression internally or externally through the vibrational manifestations of chakras. As long as these propensities exist, the human mind remains alive. Ancient yogis, attuning their inner senses to these energy centers, discerned subtle vibrations emanating from each, totaling fifty distinct vibrations. They vocalized these vibrations, transforming them into the letters of the Sanskrit alphabet. Thus, Sanskrit, often revered as the mother of all languages or Deva Bhasha (God's language), was derived from the externalized sounds of our subtle internal energies — a timeless hymn of the human body. In the Bible, John 1 proclaims, "In the beginning was the Word, and the Word was with God, and the Word was God." This echoes the concept of "*sabdda bramh*" or the words of God in the Vedas, signifying the divine essence inherent in language (Mahesh M Shrestha, 2018).

### 4. Plexus Systems in Human Body and Its Roles at Micro and Macro Levels

The plexus system operates on both micro and macro levels. On a micro level, it governs and oversees the functioning of corresponding human physical organs, facilitating the potential healing of related ailments

through the influx of oxygen and melatonin from the brain and pituitary glands during meditation. Each plexus emits its own distinctive sounds, termed acoustic roots, which exert control over the corresponding physical organs (Figure 1) (Mahesh Man Shrestha, 2022).

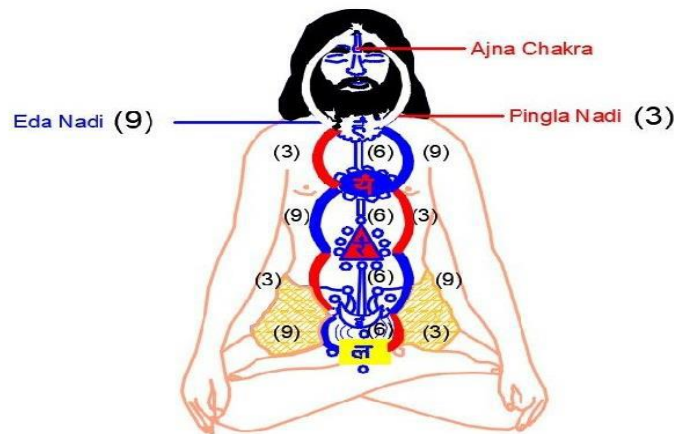


Figure 2. Plexus system in human body

The plexus system operates on a macro level through the Ajna Chakra or Nikola Tesla's theory of 369 triangles, encompassing a scope and area beyond one's imagination. Spiritually awakened plexus systems within the human body aid in regulating physical and mental attitudes towards positivity, fostering strong moral ethics. Despite misconceptions labeling spirituality as irrational, those with deeper knowledge recognize its tangible effects. True spiritual practice extends beyond mere physical rituals, requiring full concentration, devotion, and efforts towards cosmic consciousness through positive thoughts, aligning one's mind waves (alpha waves) with the waves of cosmic consciousness (theta or delta waves) (Figure 1) (Mahesh M Shrestha, 2018).

Each plexus possesses unique propensities, vibrating words, dimensions, or vrittis, and an acoustic root. Acoustic roots of human plexuses include "Lan" for Muladhara chakra, "Van" for Swadhisthana chakra, "Ran" for Manipura chakra, "Yan" for Anahat chakra, "Han" for Vishuddha chakra, and "Om" for Ajna Chakra (Shrestha, M. M., 2021).

NASA's discovery of the sound "Om" in deep space parallels the acoustic root of the Ajna Chakra, audible in singing bells. These sounds represent quantum waves controlling clusters of words or sounds and corresponding physical organs in the human body. The 50 primary propensities of the human unit or personal mind find expression through the vibration of these plexuses, triggering the secretion of hormones from corresponding glands, playing crucial roles in disease control. Through meditation, these plexuses can be controlled, elevating the human mind beyond the physical realm, as the human unit mind possesses immense subtlety, capable of moving faster than the speed of light.

#### 4.1 Muladhar Chakra / Terrainian Plexus

Muladhar Chakra/Terrainian plexus has four propensities/dimensions and an acoustic root (Figure 3). The main source of energy in human body is Muladhar Chakra. It is golden yellow color in nature. This chakra situated between sex organ and anus (rectum) about one inch inside (or two fingers above the anus or rectum and two fingers below the generative organ). As the Muladhar Chakra gets energized all eternal power starts moving upward and charges all other plexuses automatically. In Muladhar Chakra the Ida Nadi comes from left as a sentient force, Pingla Nadi as a static force from right and Sushumna Nadi a mutative force from middle flows. That is why this plexus is called the mother of all the three forces sentient, mutative and static energies. If we could energize this chakra we will be freed from diseases and remain with bright and cheerful face. This plexus controls upper portion of Sushumna, lower portion of stomach, small intestine, big intestine, anus, coccyx, lower gate of Sushumna, main tantu of sushumna and whole muladhar chakra. Concentration of mind in this chakra imparts qualities of good health, efficiency in works; proficiency in capability development in a person. We do not pay attention to this tremendous latent energy which mostly remains buried at the base of our spinal cord trapped in our Mooladhar chakra. Activation of the Muladhar Chakra initiates the upward movement of eternal power, subsequently charging all other plexuses automatically. Within the Muladhar Chakra, the Ida Nadi, representing a sentient force, flows from the left, while the Pingala Nadi, symbolizing a static force, flows from the right. The Sushumna Nadi, a mutative force, flows from the middle. Consequently, this plexus is aptly referred to as the mother of all three forces—sentient, mutative, and static energies. Despite its immense

potential, the latent energy within the Muladhar Chakra often remains overlooked, lying dormant at the base of our spinal cord. In Sanskrit it has been said:

*“Lan bijam dharni dhyayett chaturshram supitbham I*

*Sugandham swarnam baranatwam aarogyam dehalaghawam II”*

When you meditate on the “Lan” root seed, symbolizing the earth or solid matter, envisioning its rectangular golden hues, delightful aroma, and radiant structure, it helps maintain our body’s health and guards against diseases (Shrestha, M. M., 2022).

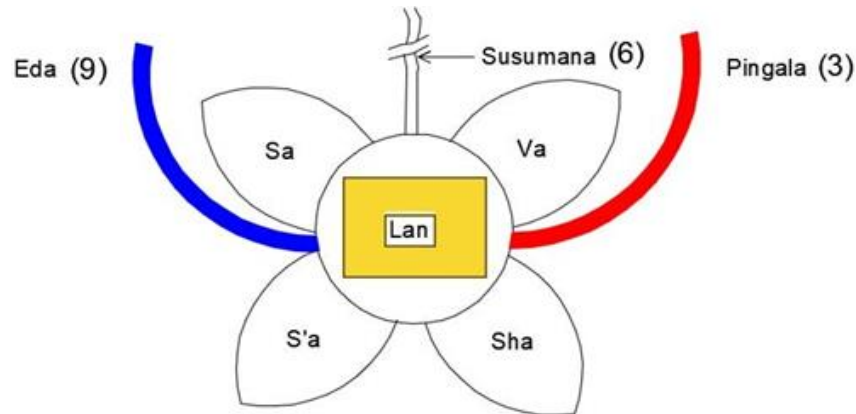


Figure 3. Muladhar Chakra / Terrainian Plexus

#### 4.2 Swadhisthan Chakra

The Swadhisthana Chakra, also known as the Fluid plexus, governs six propensities to regulate various organs (Figure 4). Symbolizing the element of water, this chakra possesses a moon-like coloration. Situated approximately 1 to 1.5 inches above the Muladhar Chakra, or two fingers above the Muladhar Chakra near the lower part of the abdomen at the front of the pelvis, it plays a crucial role in the body’s energetic system. Concentration on this chakra bestows upon an individual the capability of creation, nourishment, and destruction. The Swadhisthana Chakra controls organs such as the kidneys, urinary gland, and back side of the penis, bladder, seminal vesicle, testicles, prostate glands, and penis itself. In Sanskrit it has been said:

*“Wan bijam barunam dhyayett ardhachandram shashiprabham*

*Chuttipasha sahishnutwam jalmadyesu manjjanam II”*

When you focus your meditation on the “Wan” root seed, embodying water or liquid, envisioning its shimmering half-moon shape, it bestows the ability to remain free from hunger and thirst, while also granting the capability to stay submerged underwater for extended periods (Shrestha, M. M., 2022).

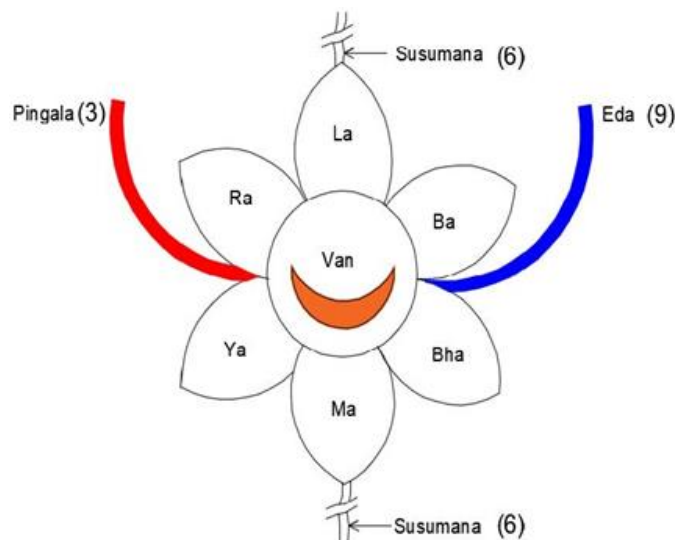


Figure 4. Swadhisthana Chakra / Fluid plexus

#### 4.3 Manipur Chakra / Igneous Plexus

The Manipura Chakra, also known as the igneous plexus, encompasses ten propensities (Figure 5) and is characterized by a fiery coloration. Situated near the back of the navel, this chakra contains a significant accumulation of heat and is closely associated with the adrenal gland.

Excessive secretion of adrenaline hormone from the adrenal gland can result in constant tension and may lead to high blood pressure, heart disease, ulcers, and even cancer. Organs such as the pancreas, intestines, and all digestive organs derive energy from this plexus. Concentration on this chakra aids in alleviating fear, diseases, indigestion problems, diabetes, and constipation. The Manipur Chakra regulates organs including the stomach, liver, pancreas, and intestines. It exhibits a static nature within the body's energetic system. In Sanskrit it has been said:

*“Ran bijam shikhanam dhyayett trikonam arunprabham I  
Bahawanna panbhoktrittwam aatpagni sahishunuta II”*

If you meditate at “Ran” root seed which represent the fire with half triangular shape shining will give you the capability to digesting power and give ability to walk on the fire without any pain (Shrestha, M. M., 2022).

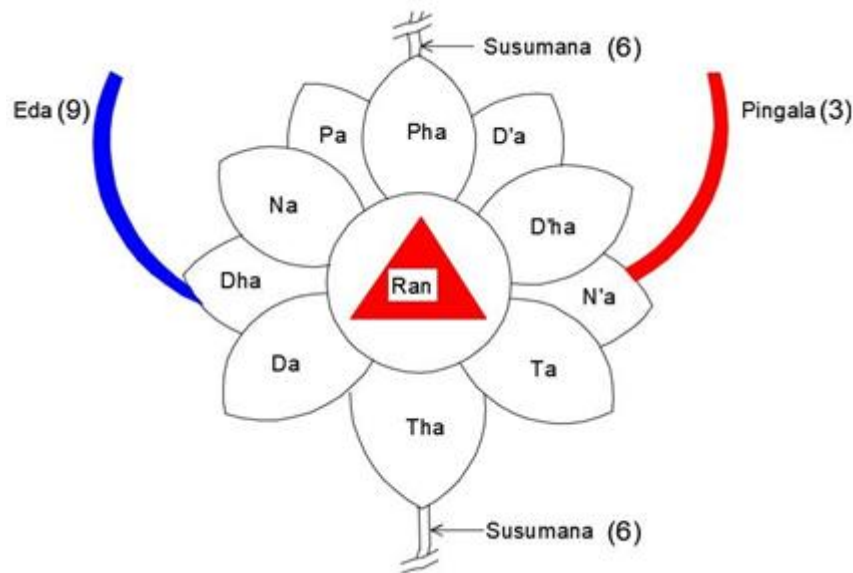


Figure 5. Manipur chakra or igneous plexus or epigastric plexus or Agni mandal

#### 4.4 Anahat Chakra / Solar Plexus

The Anahat Chakra, also known as the Solar plexus, comprises twelve propensities and serves as the origin of Omkara (Figure 6). Positioned near the heart, between the two nipples and slightly above the Manipur Chakra, this chakra exudes qualities of eternal love, kindness, service, and sympathy when focused upon. Concentration on the Anahat Chakra facilitates the cultivation of these virtues, enabling individuals to overcome heart diseases. Representing the element of air, this chakra is characterized by a whitish coloration. Within the body's energetic system, the Anahat Chakra exhibits a sentient nature. In Sanskrit it has been said:

*“Yan bijam pawanam dhyayet bartulum syamal pravam I  
Aakashgamanadyancha pakchhivat gamanam thatha II”*

If you meditate at “Yan” root seed which represent the air having shape of rounded light blue sky color will give you capability to fly in sky like a bird (Shrestha, M. M., 2022).



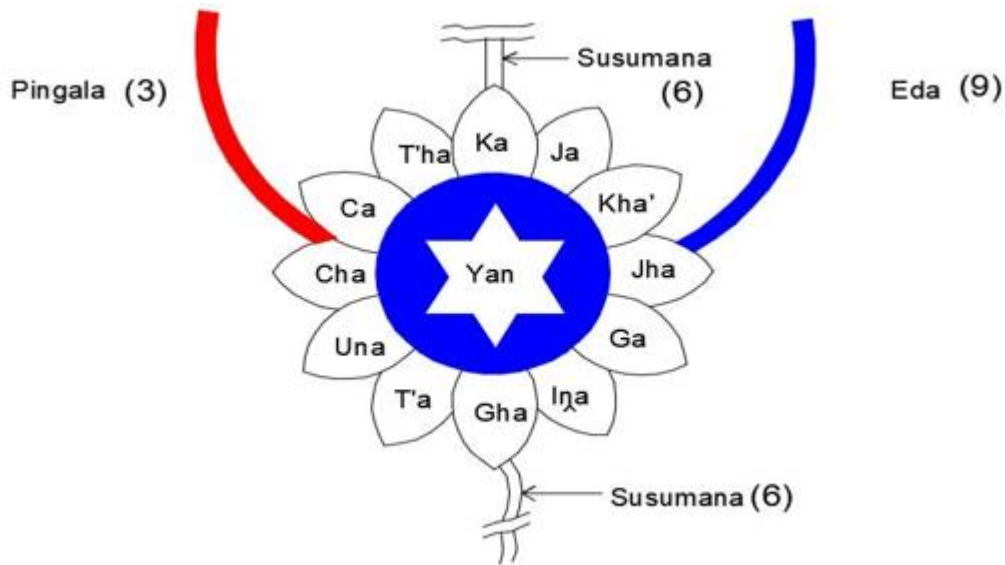


Figure 6. Anahat chakra or solar plexus or cardiac plexus or Saora mandal

#### 4.5 Visuddha Chakra / Sideral Plexus

The Visuddha Chakra, also referred to as the Sidereal plexus, comprises sixteen propensities and serves as the source of thyroxin hormone secretion, which plays a crucial role in balancing the physical and mental health of an individual (Figure 7). Situated at the throat, this chakra is associated with qualities such as poetic inspiration, profound knowledge, inner peace, a healthy life, freedom from sorrow, and longevity when focused upon.

Representing the expansive sky, which embodies a combination of all seven colors, the Visuddha Chakra offers relief from thyroid diseases to those who concentrate on it. Thyroxin hormone, secreted by the para-thyroid organ within this chakra, maintains the equilibrium of physical and mental health. Excessive thyroxin production can lead to hyperthyroidism, characterized by weight loss, fairness, nervousness, and quarrelsome behavior, while inadequate production may result in a fatty body, mental weakness, and drowsiness. Concentration on the Visuddha Chakra not only grants poetic insight and profound knowledge but also promotes inner peace, a healthy existence, and longevity. This chakra is closely linked to the lungs, internal lung tissue, and throat tract within the body.

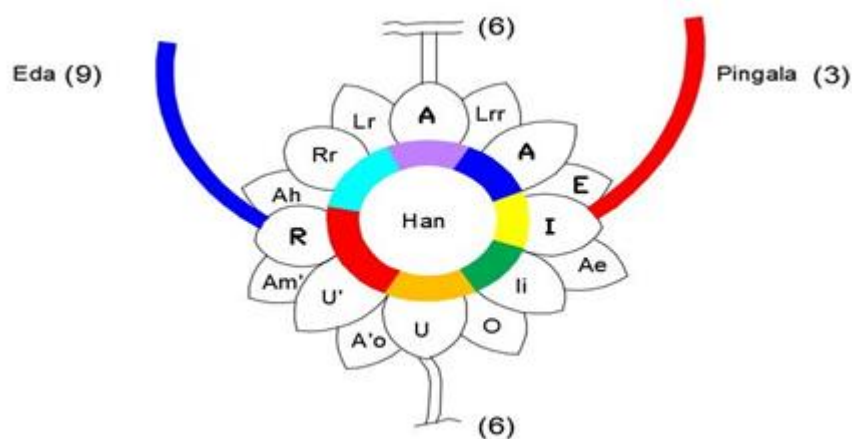


Figure 7. Visudha chakra /sideral plexus/carotid plexus/Nakchatra mandal

In Sanskrit it has been said:

*“Han bijam gaganam dhyayett nirakaram bahuprabham I  
Gyanam trikalbishayam aishwarya manimadikam II”*

If you meditate at “Han” root seed representing the colorless and shapeless space with all kinds of power which give you the capability to know the past, present and future and equipped you with a lot of fame, money, gems and gold etc. (Shrestha, M. M., 2022).

According to Nikola Tesla’s Theory of 369, the digital root numbers 1 through 9 encompass all other higher or lower numbers as combinations of these fundamental digits. 0 numbers represent Purush or Absolutivity. This principle aligns remarkably well with the Theory of Absolutivity. When the numbers 3, 6, and 9 are arranged together, they form the sacred syllable “Om” (AUM), symbolizing Sagun Bramh or Nikola Tesla’s 369 triangles- a component of Nirgun Bramh comprising higher dimensions. This triangle represents the projection of the Real Universe, with 3, 6, and 9 being fundamental to its structure. In Nikola Tesla’s theory, these numbers form an equilateral triangle symbolizing static, mutative, and sentient forces, akin to a Black-hole within Sagun Bramh. Through the Big Bang event, Sagun Bramh projects itself as the Visible World, while simultaneously giving rise to the five basic elements: Ethereal, Areal, Fire, Liquid, and Solid. Thus, the Theory of Nikola Tesla’s 3, 6, 9 harmoniously aligns with the concept of Absolutivity, offering profound insights into the nature of the universe.

Table 1. Comparison of Plexus System with the Nikola Tesla’s 369 Triangle

| <b>Plexus System /Chakra</b> | <b>Propensitie s/dimension</b> | <b>Acoustic root</b> | <b>Vedic Name</b>   | <b>Digital roots</b> | <b>Cosmological Name</b> |
|------------------------------|--------------------------------|----------------------|---------------------|----------------------|--------------------------|
| -                            | -                              | -                    | <b>Nirgun Bramh</b> | <b>0</b>             | <b>Prusha</b>            |
| <b>Sahasrar</b>              | <b>1000</b>                    | <b>Ohm</b>           | <b>Satyam</b>       | <b>1</b>             | <b>Omega P</b>           |
| <b>Anja</b>                  | <b>2</b>                       | <b>Ohm</b>           | <b>Tapah</b>        | <b>9, 6, 3</b>       | <b>Sagun Br</b>          |
| <b>Visuddha</b>              | <b>16</b>                      | <b>Han</b>           | <b>Janah</b>        | <b>8</b>             | <b>Eathereal</b>         |
| <b>Anahat</b>                | <b>12</b>                      | <b>Yan</b>           | <b>Mahah</b>        | <b>4</b>             | <b>Areal</b>             |
| <b>Manipur</b>               | <b>10</b>                      | <b>Ran</b>           | <b>Swah</b>         | <b>2</b>             | <b>Fire</b>              |
| <b>Swadhisthan</b>           | <b>6</b>                       | <b>Van</b>           | <b>Bhuvah</b>       | <b>7</b>             | <b>Liquid</b>            |
| <b>Mooladhar</b>             | <b>4</b>                       | <b>Lan</b>           | <b>Bhuh</b>         | <b>5</b>             | <b>Solid</b>             |

However, the higher levels of meditation, utilizing the theta or delta waves of Sagun Bramh (Purush), can intentionally achieve this purpose (Table 1). The seven Lokas, astral positions corresponding to the seven chakras of our plexus system, are present within our bodies, known as bhuh, bhuvah, swah, mahah, janah, tapah, and satyam in Vedic language. Chakras serve as the centers of various mysterious energies within our bodies. The entire cosmos, or Universe, is encapsulated within the human body through its seven chakras. The first five chakras, from muladhar to vishuddha, represent the five basic elements: earth, water, fire, air, and ether. The sixth chakra, ajna, serves as the seat of the mind, while the seventh chakra, sahasrara, located in the brain, symbolizes a fraction of Cosmic Consciousness, also known as the Omega point. Sahasrar

Chakra is the combination of all above chakras and has all together 1000 propensities. Pineal gland of a person works with 50 propensities with 5 internal and 5 external making together 10 and the Pituitary gland controls other two glands (Table 1).

Each plexus possesses its own words or sounds, known as acoustic roots, which control corresponding physical organs. (Mahesh Man Shrestha, 2022) The role of human plexus systems is to influence mental attitudes through spiritual practices, indirectly aiding in reshaping individuals to exhibit positive behaviors and lifestyles. Spiritually evoked plexus systems play a crucial role in regulating human behaviors towards positivity and maintaining strong moral ethics.

The true value of the visible physical world cannot be actualized without establishing a positive and continuous relationship with the spiritual realm. Therefore, it is imperative to strike a balance between the physical and spiritual worlds, as neglecting either can hinder the achievement of a successful and peaceful society. Human

thought waves contain vast cosmic energy capable of influencing both micro and macro aspects of global systems. This can be realized through meditation, which purifies physical organs via corresponding plexuses (Shrestha, M. M., 2022).

## **5. Some Sadhu's or Baba's Who Have Acquired Miracle Powers by Energizing the Plexus Systems Through the Meditation**

### *5.1 Siva Pravaker Baba*

Shri Siva Prabhakara Siddha Yogi was born on the night of 16th March 1263. Throughout his life, spanning 723 years, he inhabited 17 different physical bodies. His first and original body was born to Brahmin parents in the renowned Akavoor Mana household. Renowned for his extraordinary abilities, he possessed the gift of foreseeing the past, present, and future of individuals. Additionally, he had the remarkable capability of flying, akin to a bird, showcasing his transcendental powers (Google search).

### *5.2 Baba Ratan*

No concrete historical records exist regarding Baba Ratan; rather, information about him is derived from oral traditions passed down through generations. According to local beliefs, he was a close companion of Muhammad and was bestowed with the blessing of an exceptionally long life, reportedly spanning over 700 years (Google search).

### *5.3 Devraha Baba*

Devraha Baba, known as "The Ageless Yogi," attained mastery over the khecheri state of yoga, enabling him to control his hunger and even the time of his death. His remarkable longevity was verified by Dr. Rajendra Prasad, the first President of India. Remarkably, Devraha Baba accurately predicted the time of his passing five years in advance. Born allegedly in 1740 in Deoria, India, Devraha Baba resided beside the Yamuna River in Mathura. Revered as an "ageless Yogi," some sources claim he lived for an astounding 250 years.

He also undertook penance in Nepal, China, Mansarovar, and Tibet, demonstrating his profound dedication to spiritual practices. Devraha Baba's life was replete with miracles and spiritual insights. Despite his ascetic lifestyle, he possessed profound knowledge of the Puranas and Upanishads. Notably, he conversed with foreigners in their own language, showcasing his universal understanding and compassion. Throughout his life, Devraha Baba emphasized the importance of consuming pure food for both physical and spiritual well-being. He cautioned against consuming impure food, attributing it to the root cause of many diseases. In 1926, at the age of twelve or thirteen, Devraha Baba left home to learn Sanskrit in Kashi. On June 21, 1990, he peacefully breathed his last, leaving behind a legacy of spiritual wisdom and devotion (Google search).

### *5.4 Tapaswiji*

Tapaswiji was a *hatha yogi* who had performed such austere tapas that he became known as Tapaswiji, a name meaning respected *tapas win*, one who performs tapas. He had mastered the ayurvedic science of *kaya kalpa*: a regimen of Samadhi, specially prepared herbs, silence, and complete isolation in a cool environment devoid of all light. Three times Tapaswiji underwent *kaya kalpa* and each time his aged body was restored to youthful vigor. He dropped his physical body in 1955 at age 185. Throughout his remarkable lifespan, Tapaswiji traversed the length and breadth of India, sharing spiritual wisdom with countless seekers of truth and providing healing to the sick and needy. In 1955, after an extraordinary life spanning 185 years, he chose to depart from his physical form with the sacred sound of 'Aum' resonating on his lips, symbolizing his profound connection with the divine (Google search).

### *5.5 Pravat Ranjan Sarkar*

Prabhat Ranjan Sarkar, born in 1923 in Jamalpur, India, is also known as Shrii Shrii Anandamurti since 1955. His father was a railway accounts clerk, and Sarkar himself worked as a railway clerk until 1955. In the same year, he founded and became the leader of the Ananda Marga Yoga Society in India. Three years later, in 1958, he established the Renaissance Universal and introduced the Progressive Utilization Theory (Prout) under his name, Sarkar. Pravat Ranjan Sarkar was renowned for his linguistic prowess, having command over more than 100 languages. Through his dedicated meditation practice, he acquired numerous miraculous powers. Additionally, he authored numerous books and writings on ideology and spiritual practices. P. R. Sarkar's teachings are innovative yet rooted in the historical spiritual tradition of Tantra. He imparted new wisdom tailored for the modern world, guiding individuals on a path of personal and societal transformation (Shrii Shrii Anand murti, n.d.).

### *5.6 Khaptad Baba*

Khaptad Baba, also revered as Swami Sachchidananda, was a revered spiritual saint who journeyed through the lofty mountainous terrains of Nepal, finding solace and enlightenment in various sacred locations such as Ilam,



Kalinchowk, Swargadwari, Mushikot, Chandannath, and ultimately settling in the serene Khaptad Valley in Nepal during the 1940s for meditation and worship. Born on February 10, 1880, in Kashmir, he passed away on May 9, 1996, in Pokhara, reaching the remarkable age of 116.

Originally trained as a medical doctor in England, Khaptad Baba's life took a transformative turn when he encountered a hermit from Jammu-Kashmir who demonstrated the profound healing power of Himalayan herbs and the practice of Yoga. Witnessing the miraculous recovery of a child on the brink of death, the young doctor realized the potency of willpower and traditional remedies over modern medical science. Moved by this revelation, he relinquished his thriving medical career to delve into the study of Vedas and Upanishads. Embracing the path of spiritual enlightenment, the once-accomplished doctor transformed into Sri Paramahansa Schitananda Saraswati, renowned as Khaptad Swami. Preferring solitude and seclusion, he concealed his past identity as he embarked on his quest for Nirvana, seeking inner peace and spiritual fulfillment away from the worldly gaze. Throughout his life, Khaptad Baba exemplified a profound commitment to spiritual exploration and the pursuit of transcendence (Google search).

## 6. How the Desire of Person Manifested by Ajna Chakra / Nikola Tesla's 369 Triangles

The Ajna Chakra of Sagun Bramh (3, 6, 9) is an immensely powerful entity capable of controlling the energy and quantum states of cosmic objects through cosmic consciousness. Activated properly by an individual's unit mind, this entity operates through extra-dimensional mental and spiritual forces to fulfill desires by acquiring necessary energy or quanta from the cosmos. Through meditation, individuals can direct their unit mind towards the Ajna Chakra/Sagun Bramh, entering through the tiny strings of Planks, and with sincere repetition, achieve desired results.

Yet, despite the efficacy of these spiritual practices, there exists no physical mechanism or scientific formula to prove such activities. Many scientists have attempted to validate these phenomena through complex mathematical models and laboratory experiments, but physical proof remains elusive. Operating primarily through mental and spiritual waves influenced by the thought wave of sentient (9), mutative (6), and static (3) forces, this process involves focusing one's wishes towards the Ajna Chakra/Sagun Bramh/Nikola Tesla's 369 triangles. While challenging to reconcile with modern scientific understanding, the undeniable longevity and miraculous powers exhibited by some yogis throughout history defy conventional explanation. Though current physical science lacks the tools to validate these phenomena, it is conceivable that future advancements may uncover subtler dimensions yet unexplored (Mahesh Man Shrestha, 2022).

This concept is further explored in the book *Science of Thought* by Swami Khaptada Baba, which provides logical scientific reasoning. Indeed, the thought process is the essence of all religions, and meditation, a product of thoughts, can significantly influence outcomes. By understanding the roles of plexus and concentrating or meditating at certain points, individuals can achieve desired results. While physical proof may remain elusive, the power of thought and spiritual practice holds immense potential for shaping reality and influencing outcomes. To lead a successful life, balance among the mind, body, and soul is essential, as emphasized by P. R.

Sarkar's discourse "*Brahma Satyam, Jagadapi satyamapekshikam*," highlighting the equal truth in both the spiritual and physical worlds. Striking a balance between these realms is crucial for societal peace and progress, enabling the discovery of innate goodness within individuals (Shrii Shrii Anand murti, n.d.).

Some experts cautioning about the dangers of artificial intelligence (AI), overlook the gradual and diffuse progression of technological advancement. There's the potential for a breakthrough in the future that significantly broadens AI's capabilities (Amar Bhide, 2024). Within this framework, integrating AI technology into meditation without harming human's body that could revolutionize the field, streamlining the process and reducing the time and effort required to achieve results. Looking ahead, there's speculation that scientists might one day implant AI chips into the human plexus system to enhance its energy for faster outcomes. While new technologies inevitably bring new risks, life continues.

## 7. Conclusions

In conclusion, the meditation process operates akin to string theory, with the unit mind of an individual traversing through tiny quantum strings to reach desired destinations swiftly. Through meditation, we gain the ability to control our plexus, elevating the human mind beyond the confines of the Physical World.

Our alphabet, far from being random creations, is a reflection of the internal sounds inherent within us, originating from our bodies. Spiritual practice involves the purification and mastery of the plexus, functioning both at micro and macro levels, influenced by the Ajna Chakra or Nikola Tesla's 369 triangles.

The existence of matter, motion, or any activity necessitates the presence of corresponding sounds, known as acoustic roots. These roots form the basis of communication between cosmic consciousness and individuals, facilitating the acquisition of necessary energy or quanta from the cosmos through the mental and spiritual

realms to manifest desires into reality.

Integrating AI technology into meditation without harming human's body that could revolutionize the field, streamlining the process and reducing the time and effort required to achieve results.

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