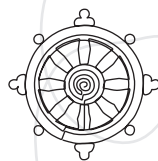


HOW AM I BORN?

CHAPTER 2



How am I Born ?

All humans have bodies, but not aware how it is formed from a single cell in a womb through step-by-step development of different parts.

Chapter 2 - How am I Born ?

The formation of the Universe is explained in the chapter titled 'Creation', which is available in website: www.lifsourcecode.com

Now let us see how our human body is formed:

In Hindu scriptures it is explained that formless Brahman has manifested as cosmic (self conscious) energy and Nature in space, with the association of Maya or Illusion.

Without Cosmic or Self Conscious Energy- the Nature cannot sustain life. Through Nature, Conscious energy which is unseen expresses itself.

Human, animal and plant kingdom is alive because of this 'Self Conscious Energy'. Conscious energy is also present in other mineral kingdoms in dormant state.

In Hindu scriptures it is shown that Lord Siva (Consciousness) as half man and half woman – Ardhanareshwara, (androgynous) depicting his spouse Parvathi as Nature. With their combination only the creation emerged.

This is to explain that Nature came from God and we can see God in Nature only.

When we say 'God' or 'Nature'-it is not duality, but one entity appearing differently.

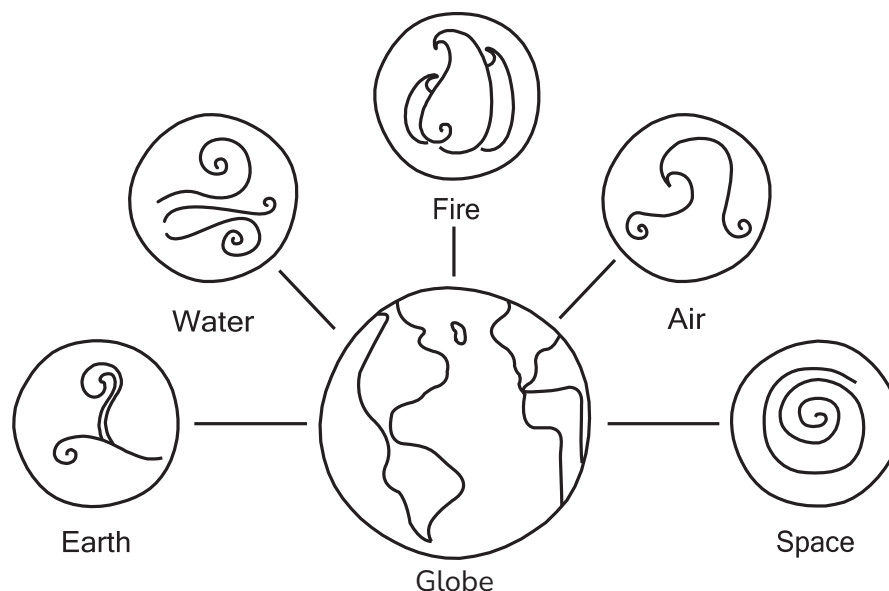
Consciousness is appearing as Consciousness in Consciousness

How life is evolved?

Modern Science explains how energy and matter (which is nothing but condensed energy), came into existence and formed the materialistic universe. It has no answers as to how inert matter and energy combined in just the right proportions to form the first living cells like amoeba and how this unicellular creature, intelligently evolved into different species including humans. In other words how dead and inert stuff became alive. This is where the realm of science ends and the frontiers of spirituality, begins.

Evolution of Human and other kingdoms:

Nature has provided a finite container, called the physical body for humans and all other species. This body is made up of mere combination of the five fundamental elements; Earth, Water, Fire, Air and Space; as per Hindu scriptures..



Everyone should have heard of the periodic table of 118 elements, or at least seen it hanging on the wall of any high school science classroom. This famous table classifies all the atoms in the universe into 118 different types, known as Elements. Science says, they all were used in the right proportions to produce the first living cells!

Our Planet world is literally made up of Elements formed from the core of stars now long dead. As Britain's Astronomer Royal Sir Martin Rees said, "We are literally the ashes of long dead stars."

The perennial process of combination and separation of these elements in different permutations and combinations, resulted in 'Nature' consisting of different physical forms including mineral, plant and animal kingdoms on our planet Earth. Man is a microcosm of the universe; and, therefore, the basic elements present in the macrocosm, invariably exist within each individual.

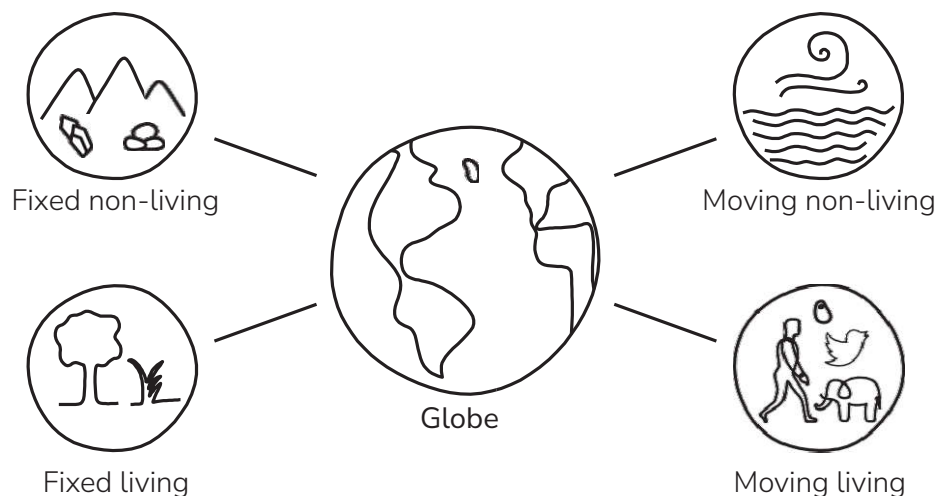
But science is not clear on 'How Consciousness has entered into living beings'?

Living and Non- Living beings :

How the different species of all living things existing on earth, their varied forms came into existence?

On planet earth, different species manifested from a single cell and they can be classified into four gross types as follows.

- A) Fixed non-living beings- like mountains, minerals, stones etc
- B) Moving non-living beings-like river, wind etc
- C) Fixed living beings- like trees and plants
- D) Moving living beings - like microbes, humans, animals, birds



In moving living beings sub divisions took place: Each species, in the kingdom of flora and fauna; further divided into various sub-sects adding to the prevailing variety. The variety seen in different forms of humans, plants, animals, birds, fishes, insects etc; were neither by accident nor coincidence; but, by purposeful sheer divine providence.

Though we wonder, why God created so much diversity, we will find lot of interdependence between all things in existence, if we study deeply about this subject. Knowing fully well what is necessary for this world, God gave different characteristics to his creation .

God's software prescribes the laws of nature, to ensure that the universe sustains itself, by default.

Human origin?

Since beginning, humans always wondered as to how the universe and they came into existence. How they were born? Where were they before birth and where they will go after death?

Will everything end in the funeral pyre or is there something which survives it?

Scientists have been investigating who our ancestors were and when exactly life started. Have we evolved from Apes; or have we come from a different solar system or Galaxy to live on the already existing Earth?

Today most scientists believe that a human being is simply a combination of the ordinary chemical elements. But based on available scientific evidence, a human being is composed of three separate existing substances: Matter, Mind, and Consciousness (soul).

But the question remains, how did we get here in the first place? For an answer to that question, we have to consider the Vedic account in its simpler terms. We did not evolve from matter; rather, we have devolved, or come down, from the level of pure spiritual consciousness (Michel A Cremo)[#]

Who prearranged all things needed for the subsistence of humans?

All living creatures in the human, plants and animal kingdoms are intelligently designed and preloaded with some Operating system, software programs to self-sustain their physical bodies, by default. Before, giving them hunger, their food was kept ready; before creating thirst, water was made; before they felt the need to breathe, air was made available!

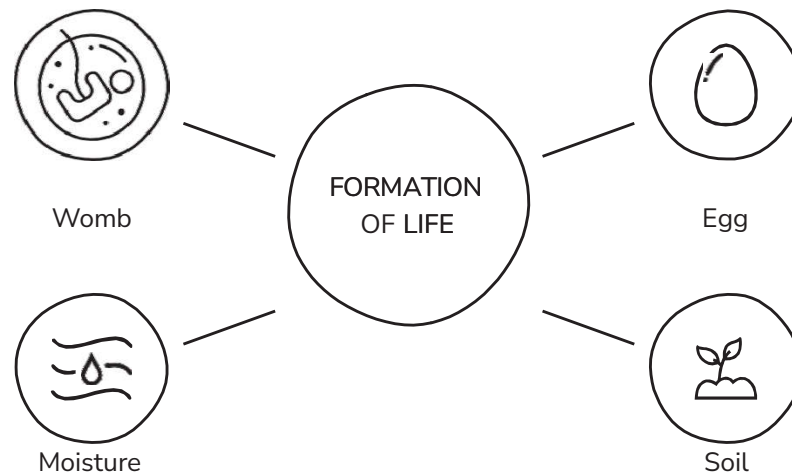
As soon as the ducklings were born, they make their way towards water and start to swim. Who taught this to them? It was observed that the ducklings knew how to swim, deers to run and birds to fly "by the instinctive intelligence", embedded in the DNA of their genes.

[#]Ref - Page 483- 'Human Devolution' - Author : Michel A Cremo

"Lower beings and animals just go by their basic instinct for survival and satisfying their hunger. God has created a food chain from lower level species to the higher animal kingdom; wherein, one animal becomes a hunter for its food; while the other turns a prey for another's food.

The Body Takes Birth in Different Ways:

Living beings get their bodies in one of the four ways according to scriptures and also confirmed by science: through the womb, egg, moisture, and soil. Higher beings are born of the womb; lower beings from the egg; still lower from moisture; and the lowest from the soil.



So this is how Human and other species were formed on the planet Earth.

Why Brahma created female species :

As per Srimad Bhagawatham - Brahma who is responsible for the creation, has ensured equal ratio of male and female species, to enable them to self procreate resulting in a self sustaining Nature.

The scholars believe the fusion of masculine and feminine energies inside the womb is necessary for manifestation, like 'XY' chromosomes in male and 'XX' chromosomes in female. So, the two forces always co-exist. This fusion is depicted by the union of Shiva and Shakti, as the androgynous (halfman-halfwoman) deity.



Sadguru Jaggi Vasudev says “there will be masculine and feminine characteristics in every male and female, like strength and emotions. The purpose is to realise that we are two equal parts of a complete, ecstatic whole, where one cannot exist without the other. In every woman there is a man, just as in every man there is a woman.”

In masculine - strength, aggression, anger etc are predominant.

In feminine -love, tenderness, sensitivity, patience etc are predominant.

The evolution of Consciousness:

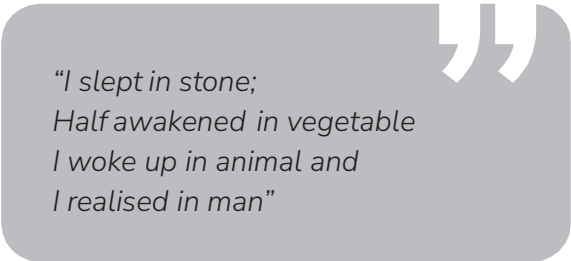
As per the science of spirituality, the finite universe exists in the Infinite Cosmic Ocean of Consciousness which pervades each and every particle that is in existence. Though present equally everywhere and in all living beings, it expresses itself and is aware of its existence, in varying degrees as per the capacity and level of evolution of the particular being.

The same Consciousness is experiencing different experiences, in different bodies and all the impressions of experiences are stored as memories, in the sub-conscious mind of an individual.

God's software ensures that, once born, in the course of many incarnations, the Consciousness transforms from lower to higher states of existence, incarnating in various species, evolving from mineral to plants to animal. After death, individual Consciousness, just takes up another living form, in an ascending sequence; until, they reach the human level of existence.

Nature, unlike other living creatures, gave humans the power of discrimination; the intellect, which could analyse the thoughts of the mind. In the incarnation of a human being, alone; it has the capacity to realise its real own 'Self'.

There is an English poem:



*"I slept in stone;
Half awakened in vegetable
I woke up in animal and
I realised in man"*

It is noted that only humans using intellect can realise the divinity in one's self.

Human body- Who owns this body?

Each individual assumes that the body is his own; neither the person nor parents were responsible in its making, though parents were simply instrumental in bringing the right ingredients together. This body of ours is the product of food and forms in a mother's womb, without any conscious knowledge of the mother.

Actually the bodies are made with the five elements and will dissolve into the five elements after death.

Human beings identifying with their bodies, think they are Kings, Presidents, CEO, Great Saint etc and take pride in their positions. Once they are dead, that body is eaten by bacteria and insects or become ashes when burnt.

Then who is the real owner of this body?

The birth of human body:

From the stage of formation of the 'Single cell' in a female womb – body goes through different stages of development of all parts of human body from blood, flesh, fat, bones, nerves, organs etc., for a period of nine months.

How human body is formed:

Human body formation starts with one cell, but later it becomes owner of about 30 trillion cells, each with the same DNA which provides “the blueprint” to make a human being. There are about 200 different types of cells in the body like red blood cells, skin cells, nerve cells etc., which are specialised to perform a unique and special function. For this reason, each of the 200 different types of cells in the body has a different structure, size, shape, and function. These cells all work in harmony to carry out all the basic functions necessary for humans to survive.

What is that single cell?

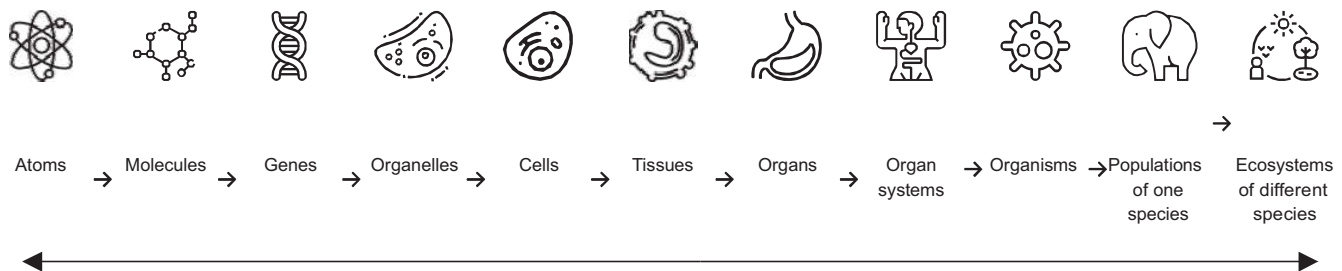
We all started out as an egg cell from our biological mother, which contributed half the DNA and a sperm cell from our biological father, which contributed the other half of the DNA. These two cells unite to form a single cell, by the process of fertilization, called a 'Zygote'.

Inside the nucleus of that Zygote cell, the DNA present in its chromosome has the blue print of what the end product will eventually become, a human, a plant, an animal etc. It is difficult to imagine how it all happens.

How does a single cell become a whole body?

How does an egg, a tiny cell, grow into a fully formed organism? Even today, it is one of the biggest mysteries confronting and baffling all biologists. How this tiny cell keeps dividing and growing itself to form all the internal parts of living beings like spine, heart, liver etc with perfect sync and produces different bodies, like that of an elephant, an earthworm, a tiny fly, a bird etc?

Some unseen cosmic intelligence in those cells guides the chemical forces, in mysterious ways, to knit various cells together to form different kinds of cerebral; nervous; muscular; cells, tissues and organs.



That same intelligence commands cells to form blood, to form hard bones wonderfully worked into a skeletal frame to which flesh clings with all life-supporting organs and makes it a full fledged body ready to function on its own. Like a new computer assembled and preloaded with the Operating software installed and ready to work.

How do body cells reproduce?

A single zygote cell quickly starts to divide, so that one cell becomes two. All the chromosomes of the parent cell duplicate themselves, forming two identical cells in place of one. Later two cells becomes four, four cells become eight, and keep multiplying. At this point, the zygote becomes an embryo. As the embryo starts growing, oxygen, nutrients and blood are transferred from the mother to the embryo through the umbilical cord.

Each cell has 80,000 DNA recipes, but uses only the required recipe to make the next cell, though all of the recipes are still in each cell. The great thing is that from a bunch of identical cells, specialised cells organise themselves in a particular way to form different parts like body, bone structure, tissue, nerves, blood and organs. Cells convert into an active organ, secreting insulin in your pancreas, or a heart- a nonstop pump.

A group of cells make a tissue; a group of tissues make a muscle and a group of muscles make an organ; a group of organs make a system (Nervous, Digestive, Circulatory, Respiratory, Excretory and Immune systems); and the group of systems make a living organism.

How does a cell know when and what to do?

By using inherited information from parent's genes, the cells are to perform logical operations to calculate in a (God's) complex software program. The mother cell which has unknown intelligence will guide the next cell onto a different developmental path to build other complex organs and knit them all into a system.

There are thousands of programs in different sequences, with many chances of its going wrong, but God's software is so perfect, it runs without any bugs. The bodies of all living creatures are formed in a characteristic way.

By the time, a human embryo begins to take its final shape, the original single cell is no more identifiable. The mystery is- how do these cells learn to be in constant communication with its neighbours to develop facial features, colour and all organs accurately in the body. Out of 600 crore people, we very rarely see, people with similar facial features.

It's easy now to picture how an aspiring fertilized egg ultimately turns into a human or an animal or a bird. So the evolution looks Simple? But there's much more mystery left.

No one knows, if the single cell is going to develop into male or female or transgender. And when it evolves or manifests into male or female, all the required changes for male and female take place, differentiating the reproductive organs, vocal cords etc.

If we look at a human skull-how did the bone cells know fit in themselves into a dome, while those in the jaw formed a trap-shaped mandible? And how did those on your left side arrange themselves in a mirror image of your right, and how were holes left in the skull just in the right places for your eyes and nose?

The statement 'God only knows' is true, perhaps.

Which organ develops first:

As per science, all human beings bodies formation starts from bottom tip of back bone, the first proto organ. The rest of your body develops from there. As per Swamy Sivananda's book on Kundalini Yoga, it is where the subtle Muladhara (main base support) chakra (root chakra) is located.

How many cells does the human body produce daily?:

Human Cells are constantly dying, and being replaced; about 2 to 3 million red blood cells are produced daily, every second new ones are being made. Every four months all our cells are replaced by new ones. Yet, we continue to be the same person.

Only cells in the brain which has more than 100 billion cells on average, will stay alive much longer than Red Blood Cells. This may be the reason for the person's memory power.

Human Brain:

The human **brain** is treated as '**Hardware**' and '**Mind**' as **Software** in the body. The brain is compared to computer's '**Mother board**'; it is connected to the rest of the bodily peripherals through trillions of nerves, wires; and controls the rest of the body and bodily functions.

Mind is Software: The mind is a subtle cosmic gadget embedded with programmable software. It is responsible for our thoughts, feelings, memory storage and general perception of the world. God has given this **Consciousness** to all living beings to be aware of their environment- to think on their own.

Who digests our food?

We are aware of the food we eat only to the extent of putting it in our mouth and relishing its taste; how it is ingested, digested and energy extracted from the assimilated food is a process we are unaware of.

Try to answer these questions:

- Who is instructing the tongue to push the food between the teeth to munch or grind?
- Who is producing the saliva in the mouth to mix with the food?
- Who is producing and mixing the gastric acids in right ratio to the digestive system to process the food?
- Who is converting glucose mixed with oxygen in the blood into energy?
- Who is sending that energy throughout the body?
- Who is excreting the waste products through the urethra and anus?

On the lighter side-Human body is a typical and strange machine which converts mouth-watering spicy food into excreta with foul smell.

Our human system needs involvement of lot of body parts internal and external for any action.

To give an example:

- just to move a finger, it involves so many things-muscles, ligaments, skeletal system, mind, and energy to function in a particular way.
- To talk -the air has to come from lungs, which is twisted by tongue as per the thought and then only the speech is heard perfectly by others.

Just try if you can talk without air or without moving tongue or without thinking !!!


Human tongue and taste buds:

Our tongue has taste buds that contain sensory receptor cells allowing you to experience tastes that are sweet, salty, sour and bitter. The taste receptors are located on the tongue and run up to the throat. We can enjoy taste of the food as long as they are touching these taste buds.

Though food is required to generate energy for our body- please note the tongue and palate are the only points where you can enjoy the taste of the sweet-smelling food in front of you.

Once it crosses the throat- it is just dumped into the stomach, like loading coal into a steam engine.

Our Guru Rama Rao Garu says:



Eat liquids
Drink solids

The inner meaning is:

Liquids should be lingering in the mouth for some time before we swallow to enjoy the taste-like scotch, juice or cola.

Solids should be crushed into liquids in the mouth with the help of saliva and sent inside in liquid (slippery) state. This will make you enjoy the taste of the dish and help in digestion too, as we reduce undue burden to the stomach.

Another important point to remember about 'tongue' is that it is very dangerous. It should be kept under control, or else -

- it keeps 'eating' whatever it likes.
- it keeps 'talking' unnecessarily.

Human body is Amazing

Body temperature

- World wide, the temperature of different places vary from 0-120 degrees Fahrenheit. Some places it goes to less than zero also.
- But human body temperature is constantly maintained at 98.6 degrees Fahrenheit everywhere.
- From where the heat is being generated and maintained at constant temperature without a Thermostat? It's a mystery

Though I am not trying to teach human anatomy, let us check one key organ, with which we can see the complexity of our human system. Let us try to know about our 'eyes' in brief.

All parts of the eye are extremely delicate.

The eye is protected by the eyelids and the eyelashes, which help to keep dust and harmful light from causing damage to the eye. Tears help protect the eyes against infection.

How Do We See?

The wall of an eyeball has three layers, like the layers of an onion. Retina captures all the light rays, processing them into millions of light impulses, and then sending these light impulses through over a million nerve fibers to the optical nerve, which transmits signals to the brain.

The brain separates the incoming information into two parts, one containing colour and details, and the other movement and contrast. Then it allows the images from both eyes to be combined and mind interprets them as visual images. The image on the retina is inverted; yet, the mind sees it as upright!

Mind shows 3D images:

When the two eyes independently see a 2D image, the mind processes it creating depth perception, thereby we are able to see images in 3D affect.

Human body is an intelligent design:

The structure of the human eye itself is so complex, we have to admit that the design is a product of super-intelligence. If it is just an eye we are talking about, think of rest of the human body parts.

Do you know that?

- Your heart beats non-stop more than 35 million times in a year!
- Your body has about 5.6 litres of blood. This blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km!
- If all arteries, veins, and capillaries of the human circulatory system were laid end to end, the total length would be 100,000 km!

Also, note how perfectly all the organs have been arranged from top to bottom. Head placed at the top of your body, containing four out of the five sense organs; the eyes, the nose, the ears and the tongue; the sense of touch pervades our entire skin.

Just imagine, how disastrous it would be if our head was turned back 180 degrees permanently and if the oral and excretory organs are interchanged?

Normally, we are unaware of our breathing or the pumping of our heart; which takes place involuntarily, automatically, by default. It runs with Zero error even while we are asleep.

God has built our body as an excellent automatic, cosmic vehicle, using which we undertake the cosmic journey and partake in life. The Operating Systems to sustain the body, are in-built and work without our knowledge.

Although we think, we are in total control of our body, business, and society -please note, we don't even have control on our own breath. That is the reason, when the body needs food it makes us hungry; when it needs water makes us thirsty. Mind tells us 'it is hot' when we catch a burning utensil and makes us withdraw our hand immediately.

As sexual maturity is reached, by instinct, nature creates an attraction between opposite sexes, to ensure the continuation of progeny of all species.

Whenever diarrhea occurs because of food poisoning, the system flushes out all the bad bacteria on its own, without asking your permission, as it knows it is not good for the body to retain them. These are some fundamental scientific truths.

Though scientists are trying to build robots with artificial intelligence, they can never match the technology of the human system. Till now no one is able to develop human blood.

Unfortunately, there is no one to tell or give us complete technical know-how, of how this wonderful, human machine functions in all its dimensions.

One most important thing to note is, once the baby is born, milk is ready with the mother to feed the baby. People happily celebrate the new arrival and play with them, teach them and help them to grow and life goes on.

No one questions how the baby is born and no answers even if asked.

Medical students, who never believed in God, before joining MBBS medicine course- now, accept the presence of an invisible, intelligent cosmic force; regardless of what ever names they may call Him by. They know all the parts and composition of the body; except, its Operator!

How about bodies of other species?

All species, like human beings have similar type of intricate mechanism. All have eating, excreting, procreating organs and some have extraordinary sensory perception skills for survival.

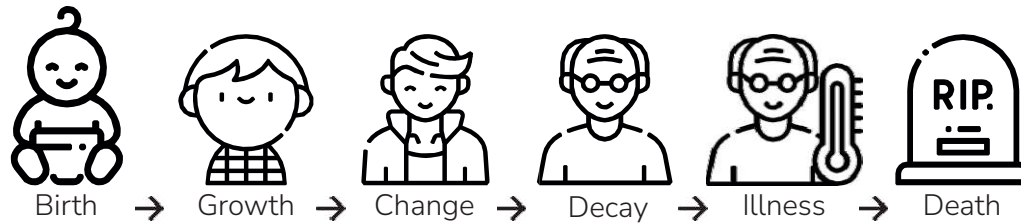
Sexual urge:

Sexual urge is same in all species, irrespective of male or female; and was meant for the sole purpose of continuing their progeny. Humans alone, indulge in this act, as a means of gratification pleasure, also.

Since shyness is absent among in animals, for them sex is another routine act like eating, sleeping etc.

Changes in Body:

The bodies of all living creatures undergo the following changes:



What sustains life in the body?

The human body is similar to an automobile battery. The thousands of billions cells inside the body act like little batteries. Just as batteries need chemicals and distilled water to perform, human body need certain external inputs for its performance.

1. Sunshine 2. Food 3. Water 4. Oxygen

Inspite of external inputs, a battery needs electrical energy for charging. Similarly cells in a human body need 'Cosmic energy' to sustain life in a body.

Maintenance of your body (BMI vehicle):

“Your BMI (Body, Mind, and Intellect) vehicle is more valuable, than your BMW, in the garage. You spend more time and money in maintaining your BMW car, than you do to your BMI vehicle without which who will drive the BMW?

Every vehicle runs on some fuel or the other. If our petrol BMW car is filled with Diesel at Gas station by mistake, it creates havoc. We know that our body gives the best performance, when it is run on Cosmic energy, fresh vegetarian food, fresh air and clean water. We knowingly, keep refueling it with stale non-vegetarian food stored in deep freezers, polluted air and carbonated colas. Many people even add alcohol, smoke or drugs and expect the vehicle to run smoothly and give a great mileage.

Life is a journey from the 'womb to the tomb' and our Body-Mind-Intellect equipment (BMI), is the only vehicle we have, to travel this distance. Hence, its maintenance is of paramount importance to ensure we have a smooth and trouble free ride, till the end of the trip and finally reach our destination." Anil

Body at death:

When someone dies-whatever position he might have enjoyed, like being a Chairman, President, Managing Director; or, whatever name he has been given by parents is kept aside. They do not call by designation or name-but are referred to as a 'body'.

When we inform others about death of a person, they express regret and ask when the 'body' is being taken for cremation?

Conclusion:

You began life as a single cell. You became a fully-functioning, independent unique human after the first cell multiplied into trillions of cells that make up your body. Though the first cell was destroyed, the essence of 'who you are' continued to be passed along with each cell division, until all the trillions of your cells had been completed. From a scientific and philosophical perspective, the original cell lives on in all of your cells.

None knows how this 'first single cell' evolved into an organism, with so much information in it; and scientists try to explain the process of how it does so; but no one can say 'WHY' it is evolving exactly the way it wants to.

Here it would be interesting to mention the last scene from the movie 'Lucy'

In the ending scene of the movie 'Lucy' - Morgan Freeman, asks Lucy to find out "what was there before the first single cell is formed".

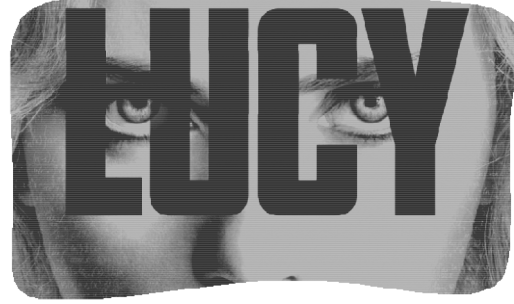
She goes back in her mind from the present situation to primitive stages of human evolution and far beyond, to reach the single cell. Finally, when she goes beyond the single cell, the screen goes blank. She gives a USB of all info she had to Morgan Freeman. Of course the info is not disclosed in the movie. We have to ask Morgan Freeman if we want know it.

Look at this - Lucy movie last scene Youtube links

1. <https://youtu.be/nELxnSK1SHk>
2. <https://youtu.be/NdLTEC6X3pk>



Scan QR code
to watch video



Scan QR code
to watch video

So, we should first realise that none of the activities in our body are being done by us, but they are happening due to some Intelligent Force. This will be the starting point to peep into ourselves and start a self enquiry.

- Do I own my body?
- Who is performing the activities in my body?
- If not me, who else is the owner?

And it doesn't end here.

Apart from physical body, we are having one more body inside ours. It is called the Soul.

It's Surprising? Where it is located without our knowledge?

Upanishads, the Hindu spiritual scriptures say it is not just two bodies, there are three bodies.

Another Surprise!

So let us analyse this in the “Inner engineering of Human body” chapter.

This chapter is available in website: www.lifeforcecode.com

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