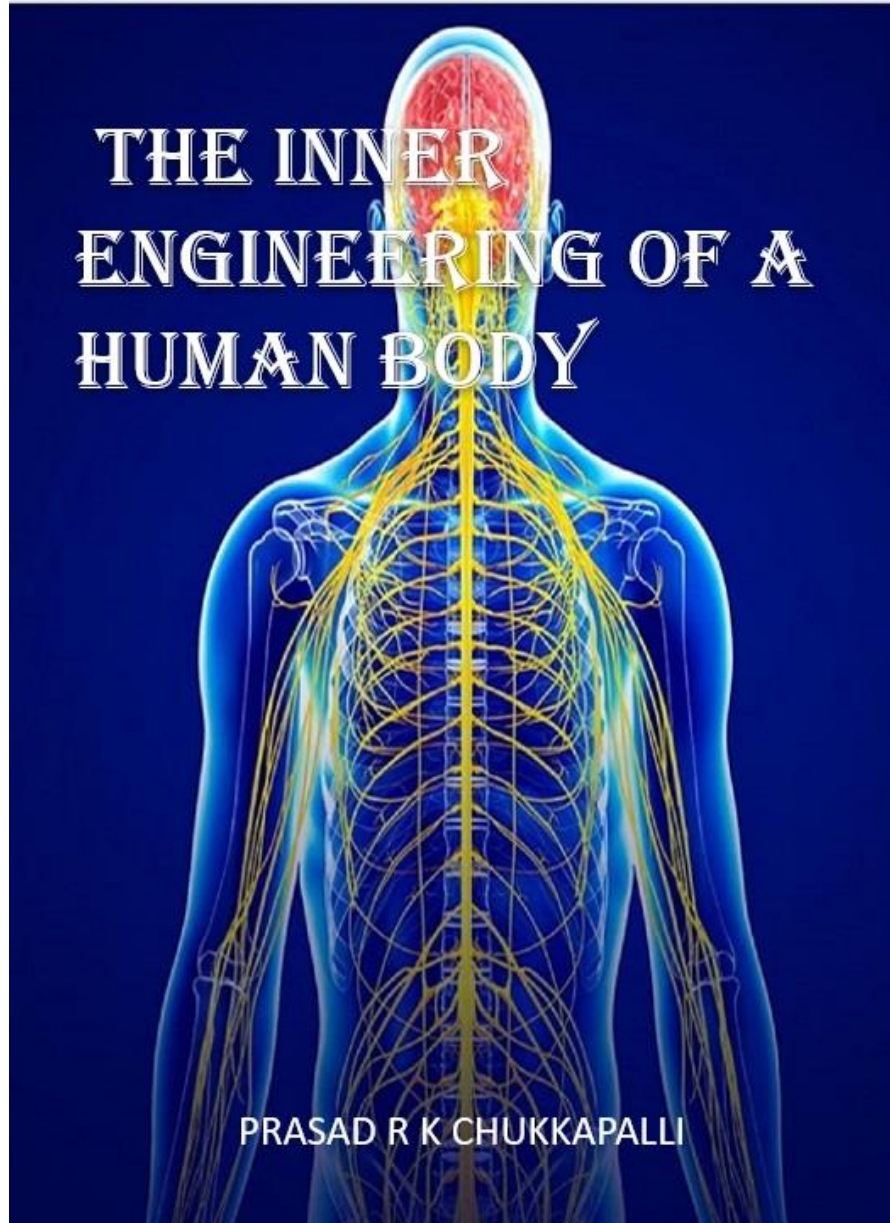


God's Software

THE INNER ENGINEERING OF A HUMAN BODY



This chapter covers the "Inner Engineering" of humans.

As per Vedic science, the inner engineering of a Human body consists of:

- Three bodies
- Five Koshas (Sheaths)
- Three states or planes of existence
- Three Gunas
- Five subtle sense organs
- Five physical work organs

Three bodies analysis:

A human being resides in these three bodies:

1. Causal body
2. Subtle body
3. Gross/ physical body.

Causal body is formed from God or Ishwara in a thought and is a 'Design' template.

Subtle body is the 'Energetic' template of causal body.

Physical body is the 'Map' template of subtle body.

What is Causal body?

Vedanta tells us that Causal Body is merely a body formed due to whatever be the reason from the Brahman, which is the cause of the other two bodies, subtle and physical.

It is the Cause and Effect relationship between the causal body and the subtle+ physical bodies.

Ex: Cloud and water:

- * How did the water form?
Because of the rain
- How was the rain caused?
Because of water vapour
- How did water vapour form?
Because of the clouds

So, here we can say,

- Cloud is the Causal form of water
- Water vapour is the Subtle form of water and
- Water is the Physical form.

Essentially, there is no difference between these three states of existences, as they belong to the same water.

Causal Body is essentially the same as the subtle and physical bodies, the only difference is Causal Body is the unmanifested form of the subtle and physical bodies.

Causal body is the sole cause for the formation and growth of the subtle and physical bodies and determines every aspect of the next birth until the soul is liberated or detached from the causal body. It is like seed energy which sprouts the subtle and subsequent gross physical bodies.

What is the subtle body?

How is the individual subtle body created?

The subtle body is the energetic template of causal body.

Subtle body emerges from the causal body, like a prototype. Based on this prototype the physical body takes birth.

The difference between the physical body and the subtle body is the continuity factor. Physical body perishes at death, whereas the subtle body survives and accompanies the casual body.

Subtle body is the individual Soul - which people talk about leaving the body, at death, along with 'prana' (Cosmic energy) and 'citta' (our past memories).

We actually think that the physical body as 'My Self,' and try to satisfy its needs, but physical body is only an instrument or vehicle of subtle body.

Through the sense organs, knowledge of the external world is perceived by the mind, which in turn directs the organs of action to act. The results of action make impressions in the subconscious mind of a human being.

When a person dies, his physical body is burnt, but the subtle body inside the physical body continues its journey along with the lifetime impressions. So, subtle body is the repository of all our desires and tendencies, which provide the conditioning of present thoughts.

After death, in the astral world, the causal body undergoes mutation and loads the new software into the subtle body, to experience fresh life in new body, based on the results of good and bad deeds performed in the past life. As per the newly uploaded software, the subtle body maps suitable physical body to fulfil its unfulfilled desires. Then it enters the fetus along with the causal body in a preselected mother's womb.

Ex: This can be compared to people changing an old or damaged computer with new one, and shifting the old software.

So we all have a subtle body, in addition to our physical body which doesn't perish till it recognizes as Brahman, its source of origin.

What is physical body?

Adi Sankaracharya says:

That which is constituted of the gross elements and is made by the permutation and combination, of the five supreme elements; and that which experiences - happiness or misery born of past good or bad actions is called the physical body. The body undergoes the following six transformations: it is born, it lives, it grows, it changes, it decays, and it dies.

Why we need this physical body?

The subtle body which is the repository of a person's pending merits, demerits, desires and tendencies, needs an instrument to experience them. After taking birth in a physical body, a person experiences as per his tendencies and past desires. The balance left over, along with any new desires, merits etc will be carried forward by the subtle body at the death of the physical body.

Paramahansa Yogananda's explanation of the three bodies:

"Imagine a small bottle filled with ocean water and fitted with a tight cork as causal body.

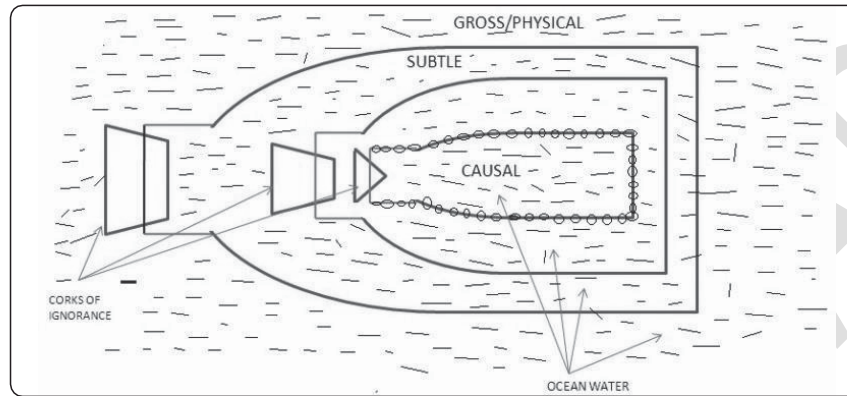
Put this in another bottle which is also filled with ocean water and call it as subtle body. Put these two bottles in another bottle filled with ocean water with cork called physical body.

Now if we throw the big bottle which has other two into ocean, the water inside all these bottles will not merge with ocean due to the bottles.

In this example, the Infinite consciousness (ocean water) is filled into three bottles and thus arises the sense of individuality. If we are able to uncork them the water contained in all the three bottles become part of the ocean, until then, they are treated separately.

THE INNER ENGINEERING OF A HUMAN BODY

The Soul which permeates all the three bodies, cannot mingle with the omnipresent ocean of spirit because the soul is held in its three bodily containers by the three corks of ignorance."



What happens to these bodies at the time of death?

At the time of death, both the Causal and Subtle bodies, separate from the physical body and carry our karmic files i.e., intense desires and impressions acquired during the life before death. In the astral world, basing on this information, Causal body creates a new blue print for next Subtle body for next birth. Accordingly subtle body creates new physical body to enter a new earthly incarnation.

Life span of each of the three bodies is different:

- Physical body depends on gross food therefore has very less life.
- Subtle body survives longer and continues until the dissolution of the Universe, where it resides in causal body in potential form.
- Causal body survives longest life compared to the other two bodies and continues even after the dissolution of the universe.

3 bodies Vs computer:

In computer language, we can compare our bodies as follows:

1. Causal body - Hardware architecture and software source code.
2. Subtle body - Computer software
3. Physical body - Computer Hardware

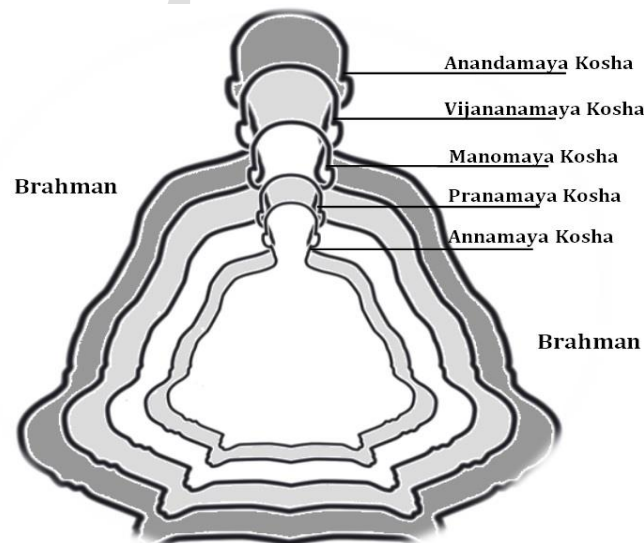
1. The causal body is the main template for both subtle and gross bodies. So, it is compared to the architecture, a base for the design of the computer mother board. Similarly, it can handle suitable software programs basing on software source code.
2. The subtle body is compared to all the subtle software functions of mother board along with operating system and application software.
3. The physical body is compared to a computer Hardware.

After understanding the 'Three bodies', let us see the 'Five sheaths'. These 'Five sheaths' form layers over the 'Soul or subtle body' within the physical body just as in the onion.

Five sheaths

They are

1. Annamayakosha (Body sheath)
2. Pranamayakosha (Vital air sheath)
3. Manomayakosha (Mind sheath)
4. Vignanamayakosha (Intellect sheath)
5. Anandamayakosha (Bliss sheath)



In the olden days, kings and their soldiers used to fight with swords with their enemies. The swords are kept in a sheath, to retain the sharpness and to carry it by tying around the waist.

It is like a holster to keep a revolver.

Each body is associated with these five sheaths. The sheaths are the layers of awareness that covers the Soul or True Self. By understanding these and eliminating each layer, it is believed to make a person move closer to the source of the universe.

1. Annamayakosha: Physical Body

This sheath is the "physical body" which constitutes of skin, flesh, blood, bones, marrow etc.

It is called Annamayakosha or food sheath because it is formed in the womb from the food consumed by mother. After birth, it survives on the outer food. This body after death will become food for other organisms. It is like a cosmic vehicle for us to move, enjoy the experiences of physical world.

2. Pranamayakosha: Vital Air sheath

Prana or Life force is a different form of 'Cosmic energy' like gravitational, electric energy etc., due to which life sustains in all living beings. This Cosmic energy helps the life force to operate in the form of 'Prana' indifferent parts of the body.

If 'prana' is the horse, then 'Cosmic energy' is its rider.

The oxygen we inhale with the help of 'Cosmic force' enters the body as Prana and later it functions inside the body through five main branches and another five sub branches.

The Prana along with the five organs of action, constitutes the Prana (Vital air) sheath, and makes the physical body to perform all its activities. This is also referred to as 'Kriya Shakti or the power of action'.

The physical body is maintained with these five vital air Energies:

1. Prana - (Respiration and crystallising)
2. Apana - (Evacuation of waste)
3. Vyana - (Circulation of blood and digested food)
4. Udana - (Metabolism)
5. Samana - (Digestion)

The physical body, due to this vital air energy, functions through the five organs of action.

Some consider it is part of the gross body as the oxygen we inhale is gross and others treat it as part of the subtle body, as it functions subtly. It is the bond between the physical body and the subtle body.

3. Manomayakosha: Mind sheath

This is the part of a subtle body and also called 'Iccha Shakti- the power of Desire'.

This is made up of three constituents of Mind - 'Thinking', 'memory' and 'ego' faculties. Manomayakosha is that powerful force, which creates all the apparent differences in the world as plurality—the plurality of names, forms, qualities, activities and utilities.

Since it pervades prana-the vital air-sheath, it is known as Soul of Pranamayakosha.

4. Vignanamayakosha: Intellect Sheath

This is also part of the subtle body and also called 'Jnana Shakti- The power of Knowledge'

This is made up of three constituents of Mind - 'Intellect', 'memory' and 'ego' faculties.

The Vignanamayakosha is the sheath of the intellect -which gives us intuitive knowledge, wisdom and discrimination, that helps differentiate between good and bad; right and wrong.

Since, it pervades Manomayakosha, it is known as Soul of Mind sheath.

5. Anandamayakosha: Happiness Sheath

This is related to causal body. Anandamaya kosha, is where we experience happiness when mind is transcended, which is expressed as Bliss (happiest).

The happiness that is illumined gives us Pleasure, Joy and Ecstasy together; is said to be the Anandamaya kosha.

Everyone experiences this in deep sleep unconsciously, because of absence of mind.

Even during our waking state, we sometimes experience this bliss-sheath, depending upon our relationship with the object of our liking. But both these bliss experiences in deep sleep and waking state are not stable and permanent.

After 'Three bodies', 'Five sheaths' let us understand States

Three states (or planes) of existence:

1. Wakeful state
2. Dream state
3. Deep sleep state

Explanation of three states of mind existence:

Wakeful state: I am said to be in waking state as long as I am connected with the various external objects and activities in the physical world. The mind perceives the external objects through gross senses and identifies itself with the gross body.

Here the seer (person) and seen(object) are different.

Dream state: In the dream state, the subtle body experiences the subtle objects through subtle senses. 'Consciousness' in the mind alone projects the dream world during a dream, while physical body is at rest and the physical senses are disconnected. Everything I experience and various forms I see are created by 'Consciousness' in the mind and are felt to be real.

Here the seer (person) and the seen(object) are also different, as long as I am in dream. But once I get up and come to waking state, I realise that in the dream 'the seen and seer' were one and same.

Deep sleep state: At one stage, I experience dreamless sleep. Here, there is total absence of thoughts, so mind is not working or transcended involuntarily.

Here only the seer (witness) exists, the seen (objects) does not exist; so, the person recollects the absence of all thoughts; but, not consciously aware of the presence of seer.

We can compare these states to a Computer:

- Working - as wakeful state
- Hibernation - as dream state
- Switched off - as deep sleep state

Analysis of three states of existence, three bodies and three universes analysis:

1. When my Consciousness identifies itself with the state experienced in 'deep sleep', I am in the 'Causal body'; I experience a state of existence in which there are no objects. Everything is in a latent seed form.
2. When my Consciousness identifies itself in sleep with thoughts, feelings and emotions, arising in the mind, during 'dream state', I am in the 'subtle body'.
3. When my Consciousness identifies itself with body, thoughts, feelings and emotions in the 'wakeful state' of existence, I am in the 'physical body'.

After 'Three bodies', 'Five sheaths', and 'Three States' Now let us understand Gunas

Three Gunas or qualities:

1. Satva
2. Rajas
3. Tamas

Details of Three Gunas:

Nature consists of three primal qualities, which are the main driving force of Cosmic Intelligence. These are called Gunas in Sanskrit, meaning “what binds”; and they keep us in bondage to the external world.

Cosmic evolution consists of their mutual interaction and transformation. All objects in the universe consist of various combinations of the three gunas. They are compared to flame, wick and oil; and work in unison. Here, flame may be taken as Satva, wick as Rajas and oil as Tamas.

The three gunas behavior in a human being are described below:

S. No	Features	Satva	Rajas	Tamo
1.	Functional power	Protective	Projective	Distinctive.
2.	Nature of activity Characteristics	Active as necessary	Excitement of activity	Inactivity
3.	Characteristics	<ol style="list-style-type: none"> 1. Happiness 2. Soft nature 3. Selflessness 4. Contentment 5. Honesty 6. Peacefulness 7. Positive 	<ol style="list-style-type: none"> 1. Anxiety 2. Egoism 3. Self centeredness 4. Dynamism 5. Insincerety 6. Restlessness 7. Pessimism 	<ol style="list-style-type: none"> 1. Ignorance 2. Viciousness 3. Individualisation 4. Laziness 5. Dishonesty 6. No Clarity in Action 7. Negativity
4.	Action	<ul style="list-style-type: none"> • Virtuous • Detached • Without expectations 	<ul style="list-style-type: none"> • Agitated • Attached • Craving for objects 	<ul style="list-style-type: none"> • Violence • Diffusion • Disregarding consequences
5.	Food	<ul style="list-style-type: none"> • Fresh food • Vegetables 	<ul style="list-style-type: none"> • Spicy food • Non vegetarian 	<ul style="list-style-type: none"> • Impure food • Sour food
6.	Donation	<ul style="list-style-type: none"> • At right time • No publicity • No expectations 	<ul style="list-style-type: none"> • Delays commitment • Full publicity • Expects favour in return 	<ul style="list-style-type: none"> • No donation • Curse and disrespect to persons asking donation

How a Guna becomes dominant:

Every action or thought contains all three gunas, but dominated by one particular Guna. The intention and expression of an action or thought determines the Guna which is overpowering in the present.

THE INNER ENGINEERING OF A HUMAN BODY

It is an individual's natural choice how to react to an external situation, by virtue of the power of free will, bestowed upon him. The inputs fed into a person's mind with the qualities of a particular Guna, becomes dominant. Thereafter, that Guna will grow & multiply and becomes predominant in all his acts. Knowing the characteristics of Gunas, help us understand the quality of a person's thoughts and actions.

Let us see the relationship of Koshas, Gunas and three states of existence, with the three bodies:

Body	Kosa	State	Guna
Causal Body	Ananadamayakosa	Deep sleep state	Tamas
Subtle Body	Pranamaya, Manomaya, Vignanamaya Kosas	Dream state	Rajas
Gross Body	Annamaya Kosa	Waking state	Satva

After understanding the 'Three bodies', 'Five sheaths', 'Three states' and 'Three Gunas' -let us see 'Sense organs' and 'Work organs'.

Five subtle sense organs:

These are also called organs of knowledge, as we get knowledge of outside objects through them. Organs of knowledge are subtle like software, which are identified with body hardware parts as shown below:

Subtle Sense	Sense Organ (Physical part)	Activity
Sound	Ears	Power of hearing
Touch	Skin	Power of feeling
Image	Eyes	Power of seeing
Smell	Nose	Power of smelling
Taste	Tongue	Power of tasting

These are the five senses present in all living beings, however, some people claim they have a sixth sense, which is known as intuition.

Five Physical work Organs:

'Organs of action' are called the work organs which make the body function due to desires created in mind through the 'organs of knowledge' called as work organs.

Physical organ	Activity
Mouth	Power of speech
Arms	Power of grasping
Legs	Power of walking
Reproductive organ	Power of sensual pleasure
Anus	Power of evacuating

Let us compare a human inner engineering with a computer. Both need inputs and output is achieved after processing.

INPUT->PROCESS->OUTPUT.

For Computer - Data is the input and after process the output we get is in the form of images, files, visuals etc.

For Human - Data input is through sense organs and after process output is in the form of action-pleasure, suffering, energy, speech etc.

Computer	Human Body
1. Three Bodies a. Hardware b. Software c. Hardware & Software Architecture	1. Three Bodies a. Physical Body b. Subtle Body c. Causal Body
2. Computer Inputs are through Keyboard, Mouse, Scanners, Pens, Joy stick etc.	2. Human inputs are through sense organs like Ears, Eyes, Nose, Skin, Mouth etc., and also by Contemplation, Visualisation, Impressions and so on.

<p>3. Computer Outputs through Monitor, Printer, Speakers etc.</p>	<p>3. Human outputs are through Work organs like Hands, Legs, Mouth (Speech), Procreator organ and excretory organ.</p>
<p>4. Computer has four functions and operates through</p> <p>a) RAM Random Access Memory, often referred to as RAM, is memory that can be accessed randomly. Like our brain can recall from memory quickly to react to situations or problems. Essentially, RAM will allow you to execute multiple programs at once.</p> <p>Application Software That can perform a specific task for the user.</p> <p>b) Hard Disk: It is known as permanent memory and does not get erased even when the power is shut off. This is where all your documents, pictures, programs, videos and movies are stored in the form of files, folders etc, and kept safely</p> <p>c) CPU The CPU is the "intellect" of the computer. CPU's function is to select instructions, process them, perform arithmetic and logical comparisons, and store results of operations in memory.</p>	<p>4. Mind has four functions and operates as</p> <p>a) Manas - Thinking, Contemplation Planning, Checking and signals execution through Work organs</p> <p>b) Memory Faculty - Which stores all the input data, impressions, experiences, opinions, emotions etc in the subconscious mind</p> <p>c) Intellect Faculty - Verifies past experiences from memory and is the deciding factor for any situation presented to it, it has the unique power of discrimination.</p>

<p>d) Operating systems software - OS Operating software consists of a group of programs that control the operations of a computer equipment including functions like managing memory, managing peripherals, loading, storing, and is an interface between the application programs and the computer.</p>	<p>d) Ego Faculty - It takes ownership of all actions done by a human through work organs integrating all functions done in mind.</p>
<p>5. Electrical Energy – Power Supply Unit</p>	<p>5. Energy – Prana (Cosmic) energy gives power to the body to perform internal and physical actions</p>
<p>6. GPU/Graphic Cards/Video Cards The Graphics processing unit (GPU) often referred to as a graphics card is used primarily for 3D applications and computer puts out very beautiful visuals.</p>	<p>6. Eyes-This is equivalent to how our eyes function and produce 3D effect for us with the help of mind</p>
<p>7. Mother board & wiring circuit Mother boards often referred to as a logic board and is the “back-bone” of the computer. Its purpose is to connect all the parts of the computer to communicate, including the CPU through the wiring circuit.</p>	<p>7. Brain and nervous system Brain is central organ of human nervous system including the spinal cord. It connects and controls most of the activities of our body, processing, integrating and coordinating the information</p>
<p>8. Computer virus - Corrupts all programs & data, which comes through USB, Disk, emails etc.</p>	<p>8. Human virus causes diseases, allergy suffered by body through wrong inputs of food and thoughts.</p>

9. Computer System


- a) Computer Hardware, Computer mother board and its parts
- b) Wiring circuit with PSU
- c) RAM along with application software + hardware device memory with operating system software
- d) CPU with Hardware Memory along with operating system software
- e) Smooth functioning of all hardware & software.

9. Kosas

- a) Annamaya Kosam - consists of Physical Body and its parts
- b) Pranamaya Kosam - Functioning of main internal nervous system through input of prana or Breathing
- c) Manomaya Kosam - consists of Thinking memory and Ego - faculties
- d) Vignamaya Kosam - Consists of Intellect
- e) Anandamaya Kosam - State of Bliss - When desires are fulfilled

Hence, we can say that when a new baby is born; a new computer with a preloaded Operating System is born.





To know more about yourself,
Please visit

www.Godssoftware.org

If you need any further guidance, please mail to
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