



PROGRAM E-3

**OM SRI SURYA VA NAMAH**

THE AWAKENING  
**YOUR FOUR BRAINS:** Part 1 of 3

A reminder: the Goal is to become 'sane'. I prefer to say become mature.

Most of the human race is ill with various types of mental malfunctions or illnesses. Thus, humans have varying degrees of 'lunacies' (from the word 'lunar', i.e., Moon).

Despite the vast diversity of neuroses and psychoses, all these malfunctions can be put into two core classifications, mystically speaking.

The first group consists of those souls whose lives 'jump' from crisis to crisis.

The second group consists of those souls who are in a rut and thus function from an outdated, inflexible and thus ineffective reaction to life's ever-changing situations.

Each Seeker needs to regain sanity, or to remain sane, so as to remain and move forward on the Path of Wisdom and Happiness.

By staying away from extremes, and by staying away from the two classifications mentioned, the Seeker is safer.

To remain on the Path, and to benefit all life forms, including yourself, you need to remain stable, flexible, and fluent, so that you can effectively deal with the complexity of life's ever changing conditions that karma brings.

As I have said many times before, what makes one Seeker happy may cause another Seeker to become unhappy.

What is a solution to a specific problem for one Seeker may not be so for another Seeker.

What helps to bring Enlightenment to one Seeker, may be a hindrance to another Seeker.

Decades ago, in my study of Greek thought, it was Plato who said that the soul could be symbolized by a chariot being pulled by two horses.

The names of the horses were 'Mind' and 'appetite'. The driver was called 'reason', in the Greek sense.

I leave Plato's thought for you to reflect upon, and move on to the modern concept of the brain . . .

*The modern concept is that the brain is not a single organ, but four organs, operating together yet separately. This modern concept is one of the oldest concepts in mysticism: the concept of **the four Worlds**.*

The **first brain** is known as the 'brain stem' or the 'reptilian brain', in modern terms.

The reptilian brain is operational at the birth of the physical body as part of the karmic cellular memory from the past. Its key karmic function is to protect the physical body by automatically responding even before the mind thinks of what to do.

Some people's karma is good, and the reptilian brain functions well to protect them. Some people's karma here is slow to respond and it does not do a good job of protecting their physical body.

A good example of the reptilian function is when your body responds to physical danger, like an object coming at your body. The reptilian brain acts even before the other brains begin to think of what to do.

However, the reptilian brain cannot help you to learn languages or math.

The next two brains are often referred to as the right and left hemispheres.

The **right** hemisphere is known as the 'mammalian brain'.

The **left** hemisphere is known as the 'neo-mammalian brain'.

The right brain manifests first, and develops very actively during the first three years of life. During this time, the left-brain is much less active.

The **right brain** is the primary seat of most of your feelings and emotions, and relates to how we bond to others, to life, and how we trust. It relates to how comfortable we are with ourselves, and how fast we make peace with ourselves after being upset or hurt.

Then, during the next four years the left brain begins to become very active, and the right brain begins slowing down, losing much of its development.

The **left brain** has to do with language development, and deals with language, logic and reasoning. It thus 'processes' and translates into language the 'meaning' of your feeling experiences.

The right and the left-brain develop mostly during the first seven years of life, yet they both continue to develop slowly through the rest of one's life.

The development of these brains is a matter of individual brain cells linking up, and thus making what are called 'neural pathways'.

This linking of 'neural pathways' is shaped and fashioned as a result of interactions with other souls, as well as one's environment, during the first seven years of life.

How your brains develop and unfold has more to do with your karmic relationships, than with hereditary factors in the mammalian brain.

Yes, it all relates back to the Natal Moon . . .one cycle is seven years.

All depends upon the neural pathways formed in those early three years when you were unaware, and past life karma was in a robust reproducing pattern.

The **right brain**, the **feeling (emotional) brain**, and the **mammalian brain** rapidly develop in the first three years of earth life, remaining master of your life—that is, unless you do something to improve early negative, neural patternings.

Kriya yoga is a major approach for reducing *constrictive* neural patterns, and increasing more *positive* neural pathways, bringing freedom and Enlightenment, and thus happiness and the attainment of your life goals.

### **The Neti Technique:**

“Aham neti, neti” may be chanted as a mantra, or said as an affirmation.

‘Neti’ is from the phrase ‘na iti’, meaning ‘not so’. In Sanskrit, with sandhi, the ‘a and i’ become ‘e’ forming the word ‘neti’ and is generally translated ‘not this’.

“Neti, neti, neti” is a watchword found in the Upanishads. The formal form is: “Aham neti, neti”. ‘Aham’ means ‘I’; however, one generally drops the ‘aham’.

The neti technique has the potential of producing profound positive and freeing results in a short time.

Now, take a few moments and relax.

Allow your breathing pattern to become tranquil and regular. However, do not concentrate upon your breath.

Next, allow some time for your mind to automatically remove its thought pattern from the immediate concerns in your life.

Now, focus your mind upon your feet. Once your mind has focused itself, say to yourself, "Neti, neti, neti", or just "Aham neti, neti". In this case it means, "I'm not this foot". Then think: "Aham neti, neti" meaning, "This foot is not I".

Repeat this process using your legs, your hands, your arms, your body trunk, your neck and head.

Finally, practice the Neti technique utilizing your whole physical body, mentally re-affirming twice: "Aham neti, neti", which in this case means, "I am not this body! This body is not I."

If you are NOT the body, what then are you?

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OM

Shanti & Prem,

Goswami