

Concluding Remarks

If there is an elixir of life, this book introduces you to that experience. Now, we are ready to summarize the experience of a healthy bio-system: There is an internal framework of a skeleton, whose bones possess the texture and consistency of fine ivory. The tips of the bones are soft and cartilaginous. Many of the flexible joints are further buffered by cartilaginous sacs containing gel-like fluid. The bones are held in place, firmly, by tough ligament fibers. In the interior of the bones, fresh blood cells are continually manufactured from a constant source of energetic stem cells. These fresh cells help refresh the blood, which is further monitored and maintained by the kidneys, liver and spleen, lymphatic circuit, the endocrine glands, the digestive tract and the lungs for a healthy composition. Such nutritious blood travels throughout the body, supplying the working cells the requisite nutrition for their respective metabolisms. The brain, one of the beneficiaries of the blood supply, uses a specially filtered version of the available nutrition to generate energy to integrate and coordinate the myriad activities. An important and exclusive function that the brain performs is to channel the cognitive force of bio-intelligence, which permeates the total bio-system.

In this book, we examined the major systems in the human bio- system and their components. It is, however, important to keep in mind that none of those systems works alone. The systems inevitably interact. For example, the nervous system manages the whole bio- system. But its viability depends on the supply of nutrients from the cardiovascular system. The blood cells of the cardiovascular system and the defense cells of the immune system are fabricated in the bone marrow of the skeletal system. The skeletal system is an internal support system that also is designed for movements. But the skeletal system cannot hold spatial postures or generate the power for movements without the skeletal muscle system. The skeletal muscle system, in turn, cannot generate power to move the body without the nutrients from the digestive system and oxygen from the respiratory system, conveyed by the cardiovascular system and the stimulation from the nervous system. The innumerable metabolic activities in trillions of cells will have to be coordinated so that some critical parameters of the bio-system may be practically stable within the homeostatic plateau, which is a requirement for stable good health.

The homeostatic balance at the plateau cannot be achieved without the neuro-endocrinal system. So, I recommend that you try and practice all the exercises at least once a week, perhaps one exercise each day.

All space-time realities are rooted in the formless, timeless Quantum Realm. The realities of good health or bad health of a bio-system are, therefore, rooted in the Realm. The first projection of the bio-system reality in space-time occurs in the chromosomes. In the chromosomes, the wild energy of the Realm is tamed to more disciplined energy by the chromosomal architecture. The discreteness of the base units (nucleotides), their linear linkage and the protein wrap in the chromosomes combine to create the necessary discipline for an organized life. This is the path that nature followed to precipitate life. The same path is followed in these exercises, naturally.

When a fertilized egg spawns all the living cells in a mature human body, it does so by following the algorithm (formula) spelled out, normally, by a vigorous set of chromosomes. This results in a healthy adult. In preserving good health, the exercises follow the same natural path. What if one is trying to restore lost good health in one of the systems? One follows the same path and while in a state of Consciousness, one subjectively experiences the healthy reality. The subjective experience in a state of Consciousness, combined with a vigorous set of chromosomes brings about the new healthy reality. It is this process that ensures healthy cells in each system. This is not a new innovation on my part, only a recognition that we are but expressions of Nature and as such, Nature's ways flow through us. The early traits of an individual were determined by the

chromosomes under the influence of subjective experiences, which were dictated by the happenstance of the environment. The difference between the precipitation of the traits in the formative years and the willed guidance of these exercises, is that under the former conditions, the individual came under the influence of the original environment by serendipity.

Pure Consciousness, as part of the Realm, has no space or time dimension. In that ultimate state, awareness encompasses everything that ever was, is and will be, anywhere. Space-time-bound humans can only approach Pure Consciousness; but we can get much closer to it than was assumed possible. An essential aspect of this approach is the slowing down of the inner time, which act approaches the timelessness of the Realm. With practice, you can slow down your inner time and simultaneously expand your awareness to include the experience of the total as well as the details of the systems in section III. This is the role Consciousness plays in the exercises.

The connective tissues are necessary components of the physical bio-system that emerges from the chromosomes. An enormous amount of energy is generated by trillions of cells of a mature human bio-system. That energy has to be counter-balanced like a ballast or counter weight, in order to extract stable, usable energy. But for the best results, the counter-weight has to be aptly designed to match the energy generated. The connective tissues in a healthy bio-system are such counter-weights. Stiff connective tissues may upset the optimum counter-balance for the corresponding cell activities, resulting in a counterproductive hindrance to the functions of the bio-system. This is a major element in age-related senescence.

If you enjoy normal good health, you may still have occasional, unexpected problems. You need two things to revert back to normal health. One, you need to understand what went wrong. This book may help you get started. Do additional research, if necessary. Second, use the processes described in section III, Exercises, to bring about the change back to good health. Keep in mind that there is no assurance that you will diagnose the problem in your first attempt. Try various possible diagnoses. You may be surprised as to how much influence you wield in solving your own health problems, when the diagnosis is correct.

Finally, can a person be bored with perfect health? For the few, who achieve this state, a potential may exist for boredom and hence a tendency may exist to sabotage good health for excitement. But, for most of us, who have grown up with a baggage of bad habits, solving health problems may be a lifelong adventure. There is, however, a sense of satisfaction and security that accompanies each success.

These exercises can be practiced by persons of any age, that can comprehend the contents of this book. Those of you, curious and intrepid readers, who believe that the ideas in this book may help you and wish to live your belief, you may be pioneers in a new personal health movement. Posterity may doff its hat for your contributions.

Do not **try and make** a reality; just **prepare and let** the reality happen.

Keep in mind:

Natural good health is attractive, inexpensive and enhances the quality of life. It is within your reach!