

KNOWING LIFE

We get into different types of intelligence with experience, potential gain and connectivity. Multiple intelligence is the integration and development of various components of environment, human organs as information exchange which is vital in transforming one to transhumanism, the stage of enlightenment, selflessness which is preferred to design the future as the same involves only the personal space without intersecting with others ,but certainly complimenting to them as the ability is multiplied.

The transhumanism is not to be attained, but to be found which is already in every human beings as we could infer the functionalities of brain not defined fully yet, we could infer the mind too in the same state that for many to be too materialistic the life ends without utilising the phase of transhumanism and the progressive development is in finding the same and tune it to be in optimal with



“Knowing self is the way to progress without corrosive emotions, preferring the designed future of our own for our strengths and weaknesses”



potential intelligence. Most of the conflicts that exist in humanity in recent times are the outcome of greed and comparison.

Every one lives their own life and they get what they deserve and if the living conditions conforming to the governance assures the individual development adding to the society as a whole, for which the understanding of the rules to the core is essential universally which should realise the human rights and globalisation as the platform on which the existence of each society is built that it provides the due personal space to reach the preferred future of every individual that again contributes to the society.

The global community is on the look for universal rules to be followed which can reach beyond boundaries to prove humane everywhere. This special issue on Knowing life describes the basics to connect the philosophical, physiological behaviours of individual to keep self convinced and go convincing others that promotes positive relationships everywhere. It is not sufficient that an individual knows himself, but should contribute his might to execute the holistic approach in governance that the self is satisfied which will evolve to reach the light of transcendence through various transformation in

ones own pace that a country without defence, security, military forces get modified to contributing as forces to local peace keeping and attending to accidental issues with nature.

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Knowing life

Introduction

On the journey of knowing life we all enter into finding the meanings of everything we come across and interpret, relate things till we get satisfied and the self satisfaction makes the difference whether we live or we survive. Living comes out of satisfaction and accomplishment where as survival comes out of compromise and undue response. Those who live do not simply respond but prefer situations. For a preferred living one should acquire balance of intelligence and mind as it is the complete attainment towards surpassing others, the transcendence, which exists in every human mind that is to be activated by human intelligence and experience. We live in different stages as connected to the surrounding world which determines the status of existence as individual in society. This defines the status of as to receive or to contribute, with the confidence levels.

Phases of life

The existence of any human being experiences different phases of life as expressed by many schools of Vedic, spiritual thoughts and amounts to 36 principles. These phases includes impure, pure and impure, pure phases of life and the interaction of nature with the existence of an individual takes him through all these phases in his own pace and the phase where every individual stands decides his interaction with the nature and his well being and is not certainly out of age but openness to experience. The concept of frequency set, like minded group, team defines only the like phases of experience where the group lives and the effect will be cumulative and on the vice versa, neutralising such that the net effect will be the maximum or minimum as the frequency set of the involved individuals. This defines whether the society is balanced positively or to be reformed for constructive output. When we set limits for us, to survive, leaving others as they are, understanding them to their status of temperament and the reason is really a sin on our part as we were selfish and making them believes they are right when they are actually wrong. Every human is set to changes, respond to conscience, when tuned that needs a bit of effort towards his self indicating the attitude is wrong, and if we do not

set to do the same, we are not complimenting them, we are cooperating them for their disastrous end.

Impure Phase

Impure phase is where the physical elements earth, water, fire, air and space of environment reacts with individual body, mind, intelligence, awareness and consciousness through organs of actions for locomotion, dexterity, excretion, reproduction , speech and sensory impulses as nose, tongue, skin, eyes and ears, which results in sensorial mind and ego where the physical perception as such predominates. This mainly results in registry of events with memory and interaction with environment from commands there from. There is always a long term interaction, with ample suggestive exposures that lead to intuition, with the guidance of which we reach the mind.

Pure-Impure Phase

The energy of body and mind moves further to get into the next phase as pure –impure phase which defines illusion as limitations of time, space, desire, knowledge and power. This phase will last for a long time depending upon the response and enhancement of the individual that majority will stay in this phase till their end for the

fantasy they enjoy which is completely materialistic filling the ego, compete with others without knowing their self, enter into pull downs, corruptions and all such unethical things that they enjoy the immoral wealth by the dint of deceitful labour which accumulates finally reflecting on the entire humanity. This is the phase which need to be utilised fully for the common cause tuning the conscience for it is full of energy and vibrancy to be channelized to positive cumulative effects to self and the society.

Pure Phase

Once the mind crosses all these limitations, it enters into perfection, to maintain equilibrium between self and objectivity, in the process of which it takes the transformation to absolute existence as conscience, with components as light, the soul and awareness of light, energy of the soul. When they both get neutralised it leads to transcendence (Surpassing others), complete freedom from physical environment and limitations. To reach transcendence, one should possess multiple intelligence and understands the existence as the purpose to live as a human for human development. This is the phase where one becomes selfless though there is certainly concern for self. The soul and energy of soul for every individual is different as they see

it with different forms, in spirituality on self conscience, in patriotism on nation, in faith on God, in faith on leaders and so on. This is the driving need to remain in transcendence, the priority over others and surpassing others.

Whole brain

The brain has three evolutionary phases as reptilian brain, and mammalian brain covered by Human brain and all these three are interconnected by neurons. Nearly, 80% of the mass contains the neo cortex, the unique component of the human brain. At birth we have a raw but integrated (whole) brain to a level where synaesthesia is common. Synaesthesia, a neural based condition in which stimulation of one sensory or cognitive pathway leads to automatic, involuntary experiences in a second sensory or cognitive pathway, which defines the brain to be looked upon as a whole unit capable of functioning any different activities in any different combinations that there is a light of uniqueness in every individual performing the task. The various functions as observed from the different studies have been from samples drawn with specific learning and training pattern that we cannot take them as the scientific knowledge of the brain functionalities as left part is to specific function and right to others.

The brain comprises of billions of cells interconnected with neurons to form powers of billion patterns that the complete use of brain power is unknown and it is to be understood that the innovation and creativity energises new cells that we increase the usage of brain widely. It is to be noted that we got to come out of all old myths as left and right hemisphere and related functionalities and is to be taken as a part of the body which controls human activity through sensory organs and organs of actions with preregistered events of analysis of information obtained from memory. The evolution of brain is by the way we train it as to have maximum exposure to different situations that the neural network gets trained to react to many different possible combinations of events. This activity of multiple exposure leads to enhancing skills to multiple tasks mostly at a time that makes them stand out. Every single individual has the ability to get multiple intelligence and is on the way they get exposed which substantiates experiential learning.

Multiple intelligence

The more one gets exposed, the more one gets out of routine, and the best will be the training pattern and registry of different

combinations of events that one excels in multiple intelligence. The extraordinary input of information and inferences makes one to be confident to choose the best of options for the aspirations and deserving capability. One who does not fear for experiences, to learn from anything and everything has no limits to reach at all.

Physical Intelligence

Physical intelligence is the capacity to maintain physical balance with body in good health, integrating positively with the environment and the mind. Wise nutrition to satisfy the energy requirements as chosen food pattern according to the work as more of carbohydrates to physical efforts, more of proteins to mental efforts and minimum fat to supplement skin care makes one physically balances. Consistent balance in doing the daily routine by ones self is sufficient to burn the extra calories and these efforts make one to breathe deeply that intake best of oxygen for brain functionality and blood circulation.

The physical exercises at a defined time period , accelerates the blood circulation, oxygen intake at a rapid rate, burns the calories rapidly that squeezes the fat off the flesh much at a rapid rate and the chances of gaining obesity is more if exercising is not regular and it

gives detrimental health implications in the long run. The oxygen intake rapidly causes oxidation of many enzymes responsible for cell growth thus forming free radicals, thus causing several diseases and gloomy appearance. Proper rest which the feel of satisfaction indicates after sleep is the sufficient sound sleep and there is no need for count on the hours of sleep. It is all in the mental status and involvement in routine, one exhibit. Relaxation certainly revives the energy and is an inducing force to supply sufficient power to brain in the form of electromagnetic frequency through sensory stimuli. Stress cannot be managed but has to be accepted as it is and when you do accept the cause there is no way for stress at all and is the preventive measure to ill health. Drinking more water keeps the blood diluted and all nerves can transfer it freely which is the base to keep the body and brain well nourished. Water is the vital element without which any amount of nutrients will not serve the purpose to the best.

Expressive intelligence

Expressive intelligence is the capacity to express ourselves and to understand others to communicate what is in mind. The tools used could be the languages, expressions and silence, which the recipient could better understand. It is not that what we know, but what must

be understood to make the purpose served holds the preference in communication. Knowing many different languages opens up wide spectra of information and interpretations while knowing English serves the purpose universally. It all lies in ones state of mind as we observe more verbal and body expressions with the conscious state of mind and that goes on diminishing to silence merely when the conscience prevails.

Expressions are with the use of organs of actions and facial movements, the interaction of which could complete the entire purpose if effectively used and to the surprise they don't need to be drawing the attention of those who are not part of conversation, which makes the verbal conversation of less priority. There are ample books on personality development and body language that generalises each attitude and expression to convey a specific meaning, but to the crux, the body language and expressions are unique for every one and experience helps finding the message conveyed better. When there is perfect mind set, mere silence conveys the best of what is in your mind. The effectiveness of expressions improves when verbal communication is replaced by writing, expressions and silence as once the frequency is set, the mind could interact free of space that it is not

necessary that the involved be in the same place or need a media, and the air serves the purpose. This has been proved by many facts in Meta physics and is to be furthered with interest as it makes the world efficient and provides best of understanding.

Logical intelligence

Logical intelligence is the capacity to find the causal system, root, effect and consequences of any issue with analysis of fractional details, as individual entity, their interaction within themselves and with external and remote information contributing to the existence. It is not simply, mathematics, science, every fact in the universe has got authentication at different levels and is to the reach of the research. Every fact in the universe has a proof to the level of understanding. Understanding makes the interpretation and application effortless, converts the pain of learning as joy and for which we got to shake the concept to the core that the brain functionality for its unpredicted reach has much more to do from the dormant reserves.

None so far have identified a single individual who has used the brain capabilities to the fullest and the theories as left, right brain capabilities are to be set aside as conventional since those were

performed on persons who were trained for the belief of arts and science as two different categories which have no connectivity. The brain as a whole with its interconnected neurons activated by electromagnetic radiations has innumerable capacities which need to be understood as unique for every one which works on different learning patterns and networks it has been exposed with. Again, more the exposure, more accurate will be the logical reasoning as pattern recognition uses multiple sets of facts stored in memory.

All the assumption made in any theory are the experience of an individual to his understanding and need not be followed as gruesome blue-sky stuff but are to be questioned which leads to new evolutions, screw the brain to be creative always to get a different innovative solution better than that available as it had been proved that there is no single fact or problem in the universe which has only one answer. All mathematical and scientific problems when transformed to real life situations will always have more than one answer, the simple addition of one and one may not always be two, it depends on the situation, context, object, discipline which uses the fact.

Mathematics and science, like languages are confined to universal predefined set of rules for the sake of conveying single discrete meaning to a concept but in real life situations the perception levels are different that is giving way to many different disciplines as artificial intelligence, fuzzy logics, genetic algorithm, ants colony algorithm and so on and again it is to be understood that every experience and registry is from the study of nature. All the advanced sophisticated research and scientific equipment functions on these and they never failed to replicate the nature to perfection, but can go only to the nearest. Most of the automatic house holds work on these logics and they are proving their best that nature has got a lot to do for us. This gives rise to Meta sciences which is again a science that deals with thinking beyond thinking and stops when the observer gets convinced, the truth is that the analysis and synthesis are never ending.

Meta means 'beyond' and physics 'matter', it attempts to clarify notions by which the people understand the universe including existence, objectivity, property, space, time, causality and possibility. The interpretation has connectivity to the environment surrounding us; there will be several different meanings and output for the supportive environment which will give out not even a single answer in a

suppressive, disgusting environment. For this reason we always stress upon mindful activities, the mind should focus upon the object when the conscience is to its best bet and we get the ultimatum of a situation beneficial to all.

The best environment for an ultimate output is silent, self seeking, progressive to fill the soul of an individual and we cannot provide a physical environment as above to every individual which a virtual space can. Each fact is not a single entity but a connected group of many different component contributing to the characteristics of the fact, which is understood for the fact as a whole, meta thinking gets into finding the matter which is to the Pico units and further to latent energy that constitute the content of matter in the universe. Thus for now, it is the energy and the media gives a soul and body be it human or substance. Logical intelligence works to the ultimatum when the fact is approached with an open mind without any predefined beliefs and set thoughts, which gives way for innovations.

This example explains it better how the mind goes finding answer to prove his belief. When a problem is given as 2 divided by 10, to be proved as 2, majority would go stating that as per universal set of facts

available in mathematics $2 \div 10$ is 0.2 and can never be 2, blaming the question set is wrong, but a creative mind, innovative to find new answer will integrate the knowledge logically that he transforms them first to two /ten and cancels 't', gives numeric equivalent of the rest of the alphabets as $23+15/5+14$, which is $38/19$ as 2. This is holistic, meaningful when life science is concerned and not for materialistic sciences. But the true value of education is in finding applications of life science and not materialistic science.

This may seem to be a fun but it holds value in advanced life sciences as integration of knowledge gives rise to numerous advancements in research and when we wish to promote research and application, the education need to be integrated assessing the individual for his conceptual and experiential learning holistically. Not a fantasy, this sort of integrated approach is the base for new findings in applied research. When we get into the applied research, there will be more of understanding and similitude to nature and that is really an enjoyment. Making the applied research reach every common civic is the responsibility of education which is much simple, finding the correlations of mathematical and scientific proofs to life, application of them in real time situations. Learning materialistic concepts make one

conscious and alert, whereas the living concepts make one to be conscience and awaken. The basic science is clear and to the fundamentals, the advanced science is complex and conscious, forcing the proof to lie within the set constraints and assumptions to form complicated equations formed after the name of the inventor and the same had been accepted for him where it wont exist in reality as the constraints will not be there in a real time situation. The Meta science is the applied science which makes life simple and comfortable within the reach of every individual and the integration of basic and applied research in every application result in products with optimal utility in every aspect. For understanding, the advanced research to the finest detail is essential and for application, the same need to be holistic always.

Spatial intelligence

Spatial intelligence refers to the ability to assess where we stand with a reference point from x, y, z directions. Superficially, we would not be able to scroll down this page without having spatial awareness. We cannot walk towards the door to open without having spatial awareness. It starts with parallel horizontal(X), perpendicular horizontal(Y), vertical (Z) positions where one is with respect to a

reference point. It gives a reasonable justification for comparison as the same has to set as target to be achieved to reach that comparison point be it a position or set standards. People with good spatial intelligence can always maximise their true potentials to reach their desire. Planning, organising, pace setting are the tools of spatial intelligence.

Studies have suggested a link between a well-developed sense of spatial awareness and artistic creativity, as well as success in mathematics. It can also be important in the development of abstract thought. The ability to organize and classify abstract mental concepts is related to the ability to organize and classify objects in space. Visual thinkers, in particular, will tend to use their visual imagination to organize abstract thought.

Because spatial awareness is so important in all activities of human life, from the most basic to the most applied, deficiencies in spatial awareness can hold people back from achieving their true potential. However, because spatial awareness requires integrating the information from the different senses into the three-dimensional model of the world provided by the vestibular system., Vestibular

system of brain supports balance with respect to spatial position and the sense of spatial orientation, which prevents from falling down, leaning to the front, back, and sideways.

It includes rhythmic skills too as use of sensory organs to respond spatially to rhythms of life like colour, sound, words with variations in beat, pace, tempo, time, measure, cadence, pulse, stroke, accent, modulation, tone, shade, tint to get various different interpretations in different situations. Rhythm originates from Greek word rhythms meaning any measured flow of movement or symmetry. It involves basically the regular recurrence or alteration of different quantities or conditions. Naturalistic skills involve discrimination among the matter found in nature in various forms and shapes with pattern recognition and break in continuity. When the spatial intelligence is with everyone he can analyse his pattern of existence, and tune to his expectations much easily as the life of human is in his hands for he could analyse himself and form favourable rhythms for his ultimatum.

Existential Intelligence

Existential intelligence is sensitivity and capacity to tackle deep questions about human existence. The core ability is the capacity to

locate oneself with respect to the furthest reaches of the cosmos, the infinite no less than the infinitesimal, and the related capacity to locate oneself with respect to the most existential features of the human condition, the significance of life, the meaning of death, the ultimate fate of the physical and the psychological worlds, such profound experiences as love of another human being or total immersion in a work of art.

It is more of intrapersonal, to having an understanding of one's self, of knowing who they are, what they can do, what they want to do, how they react to things, which things to avoid, and which things to gravitate toward. We are drawn to people who have a good understanding of themselves because those people tend not to screw up. They tend to know what they can do. They tend to know what they can't do. And they tend to know where to go if they need cooperation.

Hence, it is interpersonal too, as to how we understand the existence of others, cope up with them and be contributing to them for their growth, get what is needed from them and grow together, cooperative and with solidarity for a good cause. It is to be made clear that intrapersonal skill is not to go with the majority, get from them

what we want on agreement or mutual benefits, but the virtue of one gets what is needed by heart willingly for the value of truth in it.

Emotional Intelligence

Emotional intelligence is how you use your emotions constructively to show what you feel, to correct what others ought to be to form a cooperative environment for living. The basic emotions are joy, trust, fear, surprise, sadness, disgust, anger and anticipation. There are a complex combination of these emotions that drive one to let out what he feels, out of an event or incidence and categorised as healthy emotions and corrosive emotions.

Emotion is derived from the Latin word *emovere*, *e* for 'ex' meaning 'out' and '*moviere*' for 'motion' and as 'out move', which implies to show out the feelings in a mental state that arises spontaneously rather than constant efforts and is often accompanied by physiological changes. Various schools of thoughts in personality development and management administer to control emotions which reflect in personal and professional well being of the individual.

Hence all the basic emotions, be it anger or disgust, joy or anticipation, are to be moved out to have physiological balance. When the emotions not being expressed as it is, accumulate in the subconscious mind lead to corrosive emotions as blame, self pity, humiliation, desperation, anxiety, bitterness, vengeance, meanness, envy, possessiveness, self righteousness, greed, self blame, false responsibility in the long run, which are the causes for social calamities existing today from family, local, region to global society.

The emotions are to be taken as healthy if responded for the disturbance of personal space which is unique for every one and do not interfere with that of the other. It is to be taken that emotional control is not being calm, kind and passionate, but to reciprocate the evil doers equally that they get back to their own personal space to focus on their own development for their contribution. Emotional balance or control is impossible as it will find its way out reflecting back on the individual's own health that the same need to be let out as one's own feelings. Interruptions into personal space have a distinct impact on one's personal and professional life that interruptions could well be justified to receive reactions.

Spiritual Intelligence

Spiritual intelligence calls for multiple ways of knowing and for the integration of the inner life of mind and spirit with the outer life of work in the world. It can be cultivated through questing, inquiry, and practice. Spiritual experiences may also contribute to its development, depending on the context and means of integration. Spiritual maturity is expressed through wisdom and compassionate action in the world and can be expressed as intuition.

Spiritual intelligence is necessary for discernment in making spiritual choices that contribute to psychological well-being and overall healthy human development. The spiritual intelligence gives the capacity for transcendence to go beyond the limits of created environment , the ability to enter into heightened spiritual states of consciousness well above all when nothing pains, the ability to do every day activity, events, relationships with a sense of completeness, ability to apply spirituality to solve problems in living.

It is certainly not related to religion, following predefined principles of monks, preachers, seers, but finding ones own way to feel holistic. It is related to subconscious mind, a state of connectedness

to all life, honouring diversity in unity. It is an experience of being, belonging and caring. It is sensitivity and compassion, joy and hope. It is the harmony between the inner life and the outer life. It is the sense of wonder and reverence for the mysteries of the universe and a feeling of the purposefulness of life. It is moving towards the highest aspirations of the human spirit giving the entire responsibility to a supreme power as will, fate, power or God as where one's mind can focus.

Social Intelligence

This part is lagging in almost all human globally across the world in recent times due to self motivated activities. Growing together for global cause is the thought behind social intelligence and must be promoted as this exists within a few and needs promotion for its richness in rewarding the globe the integration and peace. It only takes one to look into the magic mirror and see a great and profound, unique truth, for the rest of them to begin to wake up.

The tools of social intelligence is in treating every human with dignity, no reservation and bias, but equitable use of resources, mindfulness to resources conservation and giving up non green

technologies though they are profitable, altering the processes to be sustainable, promoting green consumerism, instilling ethics and morality in life styles. The progressive tools of global integrity are simple and beneficial both in short term and long goal, and is to be remembered that only individuals have brought revolutionary changes in the historical evolution of mankind and should be 'you and me' in the years to come. Single person is enough to cause phenomenal changes in the social outlook and it must be believed that a single can do the needful to cause the change. The abstract thought as the majority has given up for the unethical and 'so am I' is to be eradicated from the core and is to be informed that several individuals only form the majority and can bring in ethical living again.

States of Mind

Mind is a component of innate qualities of an individual integrated with intelligence and consciousness evolved through thoughts, reasoning, memory, perception, will, emotion and imagination including all unconscious cognitive-knowing or recognising processes.

As we had discussed earlier, the brain is made up of billions of brain cells called neurons, which use electricity to communicate with each other. The combination of millions of neurons sending signals at once produces an enormous amount of electrical activity in the brain, which can be detected using sensitive medical equipment (such as an EEG), measuring electricity levels over areas of the scalp.

The combination of electrical activity of the brain is commonly called as Brainwave pattern, because of its cyclic, 'wave-like' nature. Our mind regulates its activities by means of electric waves which are registered in the brain, emitting tiny electrochemical impulses of varied frequencies which we refer as rhythms that operates, regulates and controls the human existence in the universe. We are accustomed to using the beta brain rhythm as we always feel we are responsible for what we ought to be. When we alter the brain rhythm to alpha, we put ourselves in the ideal condition to learn new information, keep facts, data, perform, elaborate tasks, learn languages, analyse complex situations that we enjoy living the present.

Rhythm	Frequency range	State of relationship Existence	State of body Alertness	State of brain Consciousness	State of energy Intelligence	State of mind Conscience	State of soul Enlightenment
Null	<0.5 Hz	Social	Coma, focussed internally	Unresponsive	Universal	Brilliant	Transcendent
Delta	0.5Hz - 4Hz	Community	Deep sleep	Inclusive	Spiritual	Silent	Celestial
Theta	4Hz - 8Hz	Colony	Drowsiness	Ingenious	Spatial	Vibrant	Psychic
Alpha	8Hz - 14Hz	Family	Relaxed but alert	Sensitive	Emotional	Relaxed	Intellect
Beta	14Hz - 30Hz	Individual	Highly alert, focused externally	Responsive	Expressive, Logical	Excited	physical

Meditation, relaxation, and activities that enable the sense of calm like music and colour schemes as scenery, arts, also enable this alpha state. According to neuroscientists, analysing electroencephalograms of people submitted to tests in order to research the effect of decreasing the brain rhythm, the attentive relaxation or the deep relaxation, produce significant increases in the levels of beta-endorphin, nor epinephrine and dopamine, linked to feelings of enlarged mental clarity and formation of remembrances, and that this effect lasts for hours and even days. It is an ideal state for

synthetic thought and creativity, the proper functions of the brain. As it is easy for the brain to create images, to visualise, to make associations, to deal with drawings, diagrams and emotions, as well as the use of good-humour and pleasure, learning is better absorbed in a relaxed state, if these elements are added to the study methods.

We classify the mind as conscious, sub conscious, super conscious, supra conscious and unconscious. Conscious mind refers to wakeful mind, the ordinary, thinking state of mind in which the majority of people function most of the day. Subconscious mind refers to impression mind. The part of mind beneath the conscious mind, the storehouse of all experience, past impressions, reactions and desires, whether remembered consciously or not. Also, it is the seat of involuntary physiological processes. The area of the subconscious mind formed when two thoughts or experiences of the same rate of intensity are sent into the subconscious at different times and, intermingling, gives rise to a new and totally different rate of vibration, normally referred as synaesthesia.

This subconscious formation later causes the external mind to react to situations according to these accumulated vibrations, be they

are positive, negative or mixed. Super conscious mind, the spiritual mind, the all-knowing intelligence of the mind is the psychological condition is beyond the states of wakefulness, dream, and deep sleep. The super conscious mind working through the conscious and subconscious states will bring forth intuition, clarity and insight. At its deepest level, the super conscious is universal. The super conscious level is spirituality as 'my mind is the God and my body is the temple and I worship my mind that I dedicate myself completely to satisfy all its queries to go global'.

The supra conscious mind is beyond super conscious and there is complete interlinking of conscious and conscience with the removal of limited mutations by sensory stimuli which can last for seconds to days together and throughout life if transitional stage is reached. This is how the mood swing arises and we hypnotise or mesmerise to get things done. Getting into the stage of delta and theta could also be for a fraction of second with the mutations, the chemical reactions stimulated with the sensory perception.

It was understood from earlier stages that every whole is observed as complimenting parts of two , starting from brain – inner

and outer, living beings –body, energy, skills – hard and soft, and that extends till the spiritual level too, as light and energy to light and man kind as men and women, which has been expressed in many different forms right from the beginning of civilisation as men and women are complimenting parts to each other who could contribute their might to form a well framed society.

Men and Women – Integral components of existence

We have interesting interpretations about men and women which could be conceived as adaptation by natural selection.

Cell numbers: Men have 4% more brain cells than women, and about 100 grams more of brain tissues.

Cellular connections: Even though a man seems to have more brain cells, it is reported that women have more dendrite connections between brain cells.

Corpus collosum size: it is reported that a woman's brain has a larger corpus collosum which connects between right and left hemisphere, which facilitates women transfer data between the right

and left hemisphere faster than men. Men tend to be more left brained, while women have greater access to both sides.

Language: For men, language is most often just in the dominant hemisphere (usually the left side), but a larger number of women seem to be able to use both sides for language.

Limbic size: bonding, nesting instincts - Current research has demonstrated that females, on average, have a larger deep limbic system, a set of brain structures responsible for emotions, smell, feelings, behaviour, and long term memory than males. Due to the larger deep limbic brain women are more in touch with their feelings, they are generally better able to express their feelings than men. They have an increased ability to bond and remain connected to others, for which women are the primary caretakers for children; there is no society on earth where men are primary caretakers for children.

Women have a more acute sense of smell, which is likely to have developed from an evolutionary need for the mother to recognize her young. Having a larger deep limbic system leaves a female somewhat more susceptible to depression, especially at times of significant

hormonal changes such as the onset of puberty, before menses, after the birth of a child and at menopause.

Women attempt suicide three times more than men. Yet, men kill themselves three times more than women, in part, because they use more violent means of killing themselves and men are generally less connected to others than are women. Disconnection from others increases the risk of completed suicides.

All the above interpretations are given certainly not to support any gender, but make one to think, as the brain is ever evolving, we cannot take the existing structure and functions observed as the ultimatum and it still evolves. The stagnation in the life styles, perspiration of life as survival and existence as the mass and not an individual made the studies on brain functionalities true to this level. Hence a logical analysis of all the above facts shows the identified forms of brain are evolution due to usage as more dendrite connections, and what all the differences mentioned above between men and women are merely due to adaptation and natural selection.

When the global reach was restricted for limited access, the behaviour of men and women were to the regional traits and culture that they entered in to social life differently. But since then globalisation and reach of literacy, the work ethics becomes common for both men and women and the behaviour was to the best adoptable and comfortable to satisfied living, the culture , traditions and heritage have widened their boundaries that humane is considered as the global culture in majority of the humanity. The gender parity still exists in many places not for the people who suffer out of this, not for the society which uses them could treat them equally but for the barriers in between as formulators who could not give up for the limited exposure and the authority they execute.

Nature is the fair judge who has no bias that it has given both men and women the same large brain which gets activated by the impulses we produce to function. Women were able to get more time to activate the subconscious mind that they get special advantages than men who in the existing societal set up, works in the conscious state of mind all through the day. If women are accepted to be primary care takers, why do they stay back from social reformation till this time?

When the hormonal balancing are done with boosting nutrients why can't the depression be unique for an individual rather than male and female?. The existing life system had given a variety of choice of selection for males including food, for which they get the best out of everything. Women do not need reservation, they are to be treated not as counter part, but complimenting part to evolve a global society with gender equality. There is fifty percent chances every where with complete involvement and there is no need for 33% reservation by which we tend to reduce the chances though it appears as encouraging women.

There are many strategies and principles with the evolution too, but the simple fact is the flow of energy into the particular part which exhausts energy by doing work, that the uninterrupted, frequent flow in high volume proportion to the part in focus, in major work, makes it to evolve to suit the increased micro details found due to continued usage and hence the adaptation and subsequently the evolution. It may be the colour change of chameleon, the skull of turtles and so on. The more you think, you get convinced as individual which will make

you adapt to yielding principles and finally we find the new world of peace evolved.

Brilliance

A frequency of Brilliance is a unique energy healing process that involves the activation of energetic doorways on both the front and back of the body. These energy doorways are opened through a series of light touches. This activation introduces high-level Frequencies into the emotional and physical bodies. It works within all the cells and with the entire nervous system which activates new areas of the brain. It is a self-remembrance work because the activation that occurs as the body is touched awakens at the quantum level of our spiritual aspect.

Though quantisation, the minimum entity of energy as first experienced with electromagnetic radiation for energising cells of body and brain, it is well beyond the response of photons. When this happens we begin to express from the “**Purest**” part of our self, bringing the fullness of “**ME**” into the forefront of our life, a complete understanding of self. Living our life from this place allows a limitless potential for transformation at the emotional, mental, physical and spiritual level, we can travel all along and across the rhythms of life

mindfully with less effort and contribute best to the society and form progressive global society.

Acupuncture, acupressure and reiki, more and more of like healing techniques use this idea to the healing. It is to be noted that all these techniques to spirituality are again taught and understood focussing materialistic and physical gain that spirituality, social intelligence and universal awareness seem to be at a long way to reach. In this materialistic world, for every one to feel the frequency of light, auto suggestion and self appreciation to proceed are the keys to start with. Once you get into to transcendent state, it makes you to compliment others by which the mass gets multiplied. We need not be taught, we feel the frequency of light which is not the same for all, but unique by sensation and touch.

Conclusion

It is understood from the above discussions that the body need to be honoured with physical intelligence, with balanced nutritive diet, rest and relaxed environment of being both personally and professionally. The brain need to be conscious when it ought to be alert, and for the rest of the time we should bring up the subconscious

mind by practicing silence that we register, process and control the actions constructively. Only these two states of mind prevail for the majority those who do routine, and for the others it is possible to reach till supra conscious state of mind. The unconscious state of mind revealed many gained extra sensory perception and the like skills which are justified scientifically as it is the stage of rejuvenation of body and brain that brings out the inactive parts into life. This emphasises the proper balance in work and home environment that the professional work scheduled for every one should be 10.00 to 3.00 PM as mandate.

It must be assured to every dependent as children to parents, students to faculty, citizens to governance a personal space where they can be they are with their own sensations enhanced that they perform their best. The rules with the governance are to be modified for every one to have their own preferred space until they do not interfere with that of others, be it the subordinates or superiors. This avoids the situations to corrosive emotions and builds positive attitude as their self is satisfied and their dignity is respected. They must be connected when needed and liberated when they need to be alone. All the civic are achievers in their own way as human brain power is same for all

and are to be motivated by providing suitable environment to reach their set goals that form the criteria for assessment and evaluation. Money is not the only thing that needs to be provided for work exerted but will to take care of their being too. This will extend to the idea of integrated schools with experiential learning at their own pace.

Every one is unique. The human mind is to have conscious and conscience state interlinked which is normally separated by limiting barriers as self centric attitude that the information on which the conscious mind works are always independent of the conscience that we see the scenario of terrorism, pull downs, corruption, outlying democratic governance etc, etc. By assuring the prioritised environment for every one, we find the conscience communicating to the conscious state of mind with cooperation by the sensorial mutations of external stimuli by prioritised environment which dissolves barriers.

We bring in ethics then to exert honest labour. Assuring prioritised environment is not a tough task to be achieved and is simple leaving them as they are with their own identity, to experience self esteem, dignity and to enjoy liberated behaviour free of dress code,

corporate personality and uniformity which in no way related to work ethics and output. The volume of work done that matters, and not the physical presence, that they can take flexible pace to complete a task. This should be given due concern by the governance while reforming rules with the corporate and private organisations.

If we design our own preferred environment setting to our own biological clock which will bring out the best output with the use of optimal potentials and intelligence within us." **Know thy self** "is the way to peace both to the individual and the universe in transformation and hence intrapersonal skills deserves the preference. Designing the future and improving ones true potential to suit the needs of the designed future adding to others in the journey make the life meaningful and make them the survival as the fittest for the global prosperity. Multiple intelligence make one to comfortably travel all along the stages of mind that the individual take over the charge to include all others. This effort on potential gain make one well exposed and realise his potentials that he remains satisfied and convinced of what he gets that we finally reach universal oneness, complimenting each other.