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## Naturalize Modern Life with Dynamic Spirituality

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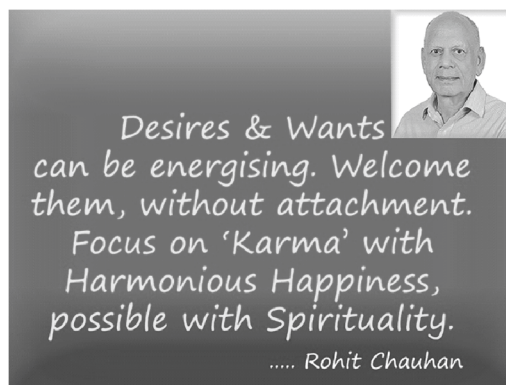
*Greetings to all of you and my sincere thanks for this opportunity.*

### **OBSERVATIONS:**

Have you noticed that never on our planet there have been so many people, so much technology, so much materialism, and so much of 'talk' about spirituality. Yet, misery among the masses has gone practically unabated, and spirituality is continuing to remain mystical. Why so? The reason has to do with consciousness that is largely limited to what a person can see and reason.

It is also interesting to note that socially transformational advances have come through people with practical spirituality in life. Yet, masses have remained in their constricted attitudes and behavior, despite strong reverence and lip service to Geeta and other scriptures. The fundamental reason for this is human presuppositions, imbedded in people's 'boxed-in' thought processes. The subconscious mind tends to be guided by the images within.

Everyday people are enjoying benefits of technology and social constructs, with an unconscious presence of spirituality. While there is respect for spirituality in our society, it is also true that most people think it is



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only for ascetics. Perhaps part of this distance stems from scholarly approaches, mostly limited to parsing of words, rather than sharing spiritual experiences that are of value in every day life. Our formal system of education is limited to scientific reasoning or comparative interpretations of who said what, when, and why. The literary conclusions may be entirely based often upon a limited 'logic', which may not have been validated by human experiences.

Note that while scientific logic itself is limited to a universal domain where the speed of light is constant and the maximum speed attainable, the logical approaches are valuable in implementation of constructive ideas that are usually conceived during human passages through spiritual states.

#### **OPPORTUNITY:**

Above observations could have been presented in a way to bring out tears in sensitive people. Social media seems full of finger pointing at what and who is 'wrong', rather than collectively working toward solutions. It appears people feel their responsibility is only to point shortcomings, with an expectation someone out there should solve all problems. Some feel that if only they had the political power, the world would be so much nicer.

With growing mental challenges and nonconstructive human attitudes, there continues to be a tremendous opportunity to reintegrate healthy spiritual presence into human consciousness, for dealing with contemporary issues and towards launching humanity to higher levels of evolution.

This session is directed to gainfully positioning spirituality as a natural happening in life. It is more about benefiting from practical aspects of spirituality, with 'inside-out' (Yathā Pinde Tathā Brahmande) observations and 'outside-in' (Yathā Brahmande Tathā Pinde) contemplations, rather than limiting only to visible aspects of human-self that often remain confined to lower levels of consciousness.

For those who are ambitious, I have a message. Without getting bogged down with the 'How's', imagine after you have achieved your desires, and more & more desires, ultimately, what would you want? What self-developments will take you there? That would be a place to begin your journey. That is the real opportunity before you, and it is best to begin right now.

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## THINK: WHY ARE YOU HERE?

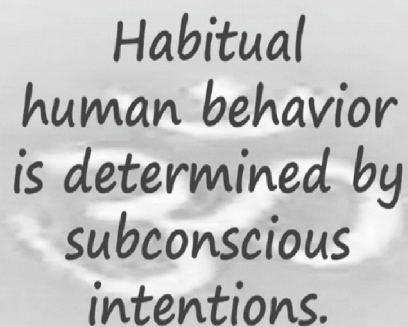
Let us begin with some basic questions. You are knowledge seekers - right? That's excellent. Think further! How much of what you know, you have been using to create the life you really want? How much more knowledge do you want? It is ironic, most people deep down couldn't care much for knowledge. They just want 'money'. On the surface, just like money, most people want to accumulate more knowledge without enough attention to using it gainfully. It is akin to having a powerful computer that is collecting all kinds of information, with owners not knowing how to use the information for getting what they really want in life.

A big reason why people want everything, without always caring for their real needs, is the lack of clarity about what is wanted, and when? How's and Why's, although important for justifications, often cloud the vision. People keep on collecting for just the 'someday needs', guided by fear due to presumed feeling of scarcity, insecurity, and uncertainty. In their present moments, they are just too busy in reacting to external events and dealing with “what they don't want”, with a silent belief, acquired while growing-up, that when all unwanted stuff is out of their way, then, they would magically have everything.

The Universal Energy doesn't work by elimination of wrongs. To the contrary, the subconscious is not known to understand 'right' or 'wrong' logic. It duplicates the patterns it experiences, non-judgmentally. Remember that was so far

you during your infancy, the years of your initial programming. At that time, your rate of growth was much higher. Your spiritual consciousness was in control, then. Just imagine the practical benefits that are waiting for you by a restorative expansion of spiritual consciousness. It is possible and can be simple as well as easy.

With spiritual consciousness, you can be assured that there is knowledge all over, with no need to



*Habitual  
human behavior  
is determined by  
subconscious  
intentions.*

*..... Rohit Chauhan*

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collect it. Perhaps the Google cloud is a step in that direction, but, limited by Google's capabilities and to quantifiable aspects of knowledge. All one must do is ask the right questions, which requires skills that can be developed with practical aspects of spirituality.

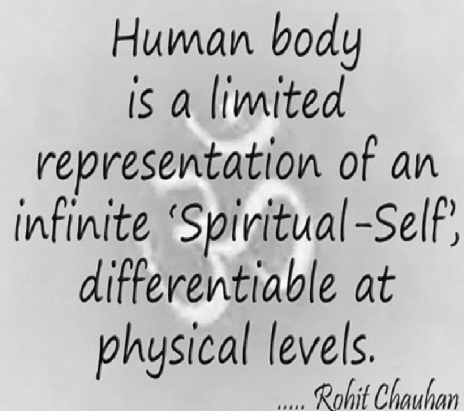
Surely, since you are here for knowledge, you will receive knowledge; depending upon how open are you to receiving it? However, be aware of a popular misconception that 'Knowledge Is Power'? I am sure, you know several people who are highly knowledge and, yet, powerless. You also know of several who are in power with very little knowledge. Therefore, by itself, knowledge is only potential power. Just like money becomes wealth only when used prudently, knowledge becomes power when used effectively. Knowing what you really want is more important than knowledge, and clarity about real wants comes naturally with Spirituality.

Like potential wealth and potential energy, knowledge is plentiful all over. Of course, what people receive depends upon the receiver's mindset, which determines receptivity as well as how the knowledge will be utilized.

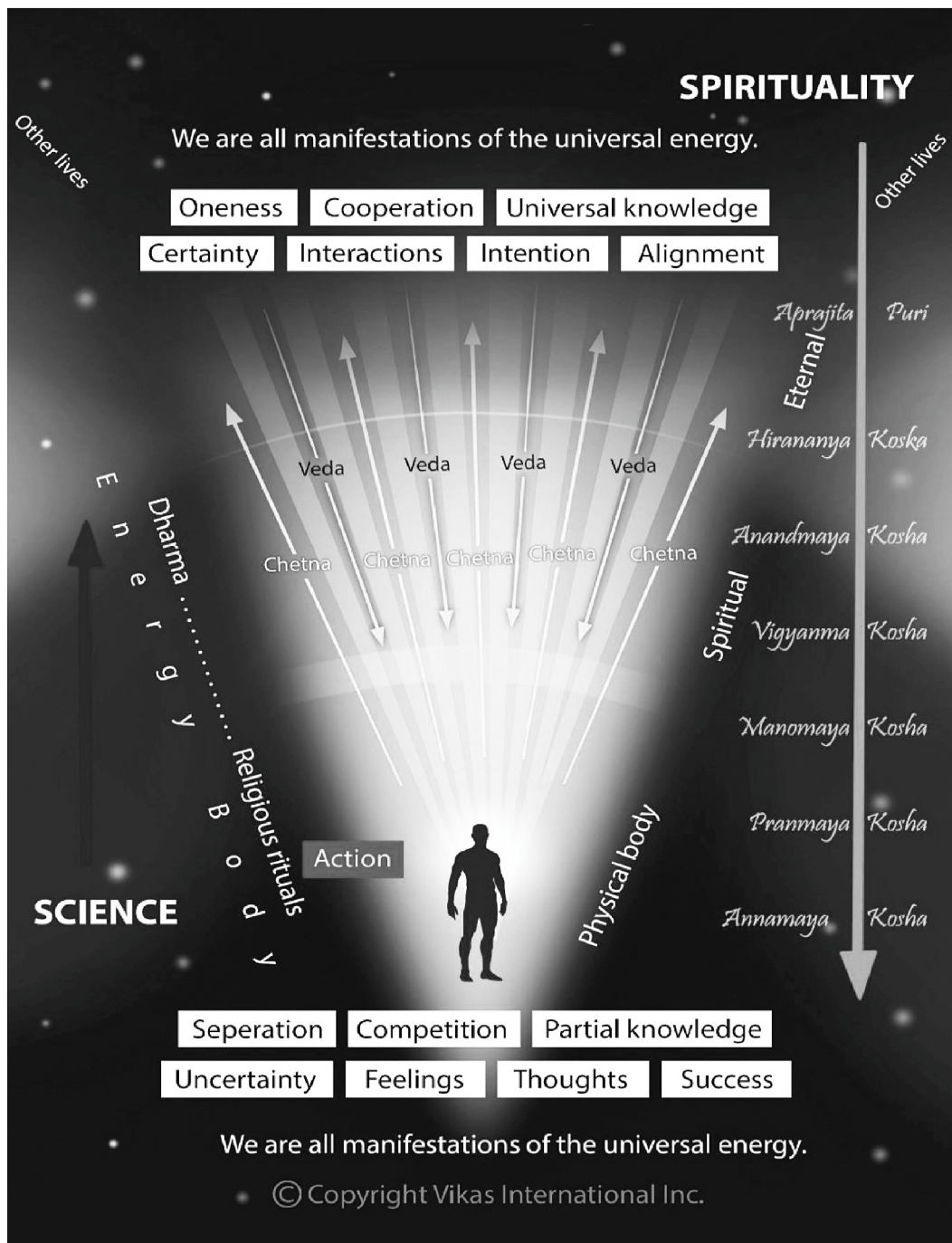
### **'WHOLE-SELF':**

Just imagine how would you conduct yourself if you were a dynamic spiritual energy body? Only a small portion is visible in form of a physical body that you assumed for certain purpose and duration. Your physical body is always surrounded by your invisible spiritual body that expands and contracts in resonance with Universal Energy.

Does this possibility seem logical? Of course, not. Human reasonableness is limited to visible body. Laws of the physical world don't extrapolate well into the spiritual world. Therefore, for the time being, let us play along and experience being surrounded by a powerfully capable spiritual body and feel what it does to



Human body  
is a limited  
representation of an  
infinite 'Spiritual-Self',  
differentiable at  
physical levels.  
..... Rohit Chauhan



Human 'whole-self' in the Sea of Universal Consciousness

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your confidence. Note that human subconscious does not differentiate between what you imagine and what you see. It simply replicates the patterns registered in subconscious, which, when lacking clarity, may be jumbled up with other patterns. The clarity can be sharpened with spirituality.

At the base of everyone's thoughts at a given moment is always spiritual awareness, or . These thoughts would make more sense after a good understanding of the 'whole human-self', as depicted in the full-page diagram in this article, and what you will experience by being involved in my live presentation; be sure to attend.

Lack of Spirituality is the main reason that, despite abundance of knowledge, assets, modern comforts, technologies, Pooja's, Guru's, and talks of Spirituality & Meditation, humans have continued to remain standstill, or regressed on the axis of humanity. This thought can be appreciated by positioning of the 'Whole Human-self', in its entirety, in relation to the Universal Energy, as in the full-page diagram in this article, which is discussed in my book 'Success Is Natural'. Please study it thoroughly, with contemplation and cogitation. This full-page diagram will be referred many times. It could very well be the most significant representation of essence of the elemental Veda. It is understandable that pure knowledge seekers may want to contest this contention, which, having not read any Vedic scripture, is a conjecture on my part. For now, let us stay with the current purpose to experience how Spirituality can be practically helpful in clarifying what we really want in life and achieving the same.

In the Universal context, a human is only a dot, or not even that, in a state of disconnectedness. With expansion of human consciousness to connect with the Oneness, every dot can enjoy the infinite power of the Universe. There is a lot more to every human than what is visible to physical eyes. Those who see so are destined to greater success, by contributing to its creation.

In a larger context, humans must remain open to venture beyond their presupposed solution space. This involves being aware of every breath and its rendezvous with the Oneness of Universal Energy. That is Spirituality – nothing mystical, unless you want it to be.

Ideally, just like breath, Spirituality has been, and is, naturally with us in a background mode. It is part of our journey. Everyone has a spiritual presence,

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however disconnected it may be from time to time. You were spiritually well connected, at birth. As such, you were born with a connection to the source of all answers that you may call God. You got your way every time, naturally. As part of the Oneness, you were even more powerful packet of energy before birth. Otherwise, how could you have transformed yourself from energy to a living body? Upon birth, you started attracting what was wanted by you for survival of the mind-body and growth towards becoming what you have uniquely become for fulfillment of your life purpose.

Although these thoughts have been omnipresent, it is valuable enough to be conveyed again in a way that demystifies spirituality. The spirituality is a mystical non-sense for most adults, since, invariably, they have been brought to limit their awareness to what they can physically see, hear, touch, and logically relate to within the known laws of science. Spirituality requires extending human awareness into the universal space that is invisible to physical eyes.; hence the mystery. Let me explain.

The essence of what I am sharing in the full-page diagram is said to be mentioned in the Atharveda and Taitreya Samhita, over 3000 to 5000 years ago, by ancient seers possessing highly expanded awareness. With expanding koshas of consciousness, humans can achieve enormous strength, stability, and access to collective wisdom of Oneness. I have attempted to summarize it in my book entitled “Success Is Natural – with practical benefits of spirituality”. The book can be purchased from Amazon, or a softcopy of it can be obtained free of charge by joining (free) the virtual community dedicated to practical benefits of spirituality at <http://bit.ly/2jlngIt>. Of course, during this conference, Vedic scholars can be expected to elaborate upon the 7 koshas of consciousness.

For practical everyday purposes, it is enough to look upon our physical body as surrounded by our multi-dimensional spiritual energy body that extends all the way into

*Spirituality is  
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.....Rohit Chauhan



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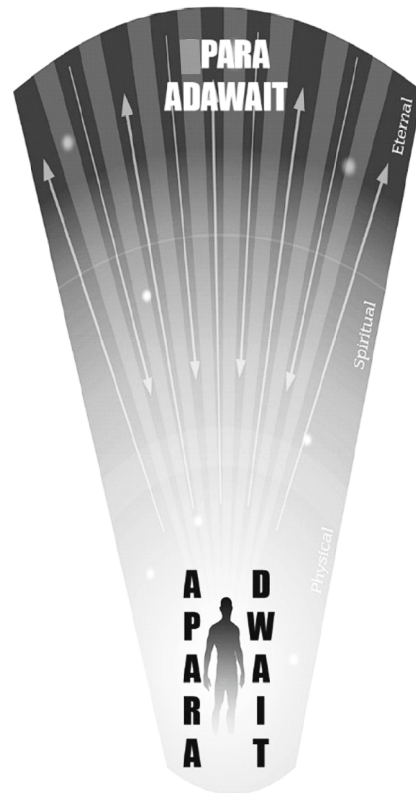
infinite Oneness and permeates through us, as shown in the full-page diagram that needs to be kept in mind for best results.

Humans need to keep on regularly expanding their awareness, to be receiving Universal knowledge, which is the elemental 'Veda', coming directly from the Universe rather than through various interpretations of scriptures. It is possible. The seers like Ramakrishna Parmahansa have lived with such awareness.

While it so possible for everyone, I want common people to retain the possibility of reaching higher levels of consciousness ('Para Shakti') and return to worldly plains ('Apara' level) for deployment of Universal knowledge to elevate humanity. It is like frequently diving into ocean (Para – Oneness) and resurfacing to sail through the challenges of the oceanic waves (Apara – World). With practice, we can blissfully stay afloat even in ocean, letting the waves go by while we simply enjoy being cradled in the process of purposeful living.

#### **HARMONIOUS HAPPINESS:**

A side effect of growing up has been an increasing disconnect with powers of the Oneness that propelled you to be born. This disconnect appears in form of unhappiness emotions. Note that happiness, in harmony with humanity, is the key to knowing to what extent you are living as your 'whole-self'. Let us call such a happiness as 'Harmonious Happiness'.





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Although humans are inherently spiritual, most have grown up to limit their awareness to their discrete-self of a physical body. Their awareness of their energy-self (bigger-self) has, over time, decreased to a state of near total blockage. They have learned to believe in human logic, which is centered on their physical existence. Everything else is routinely delegated to some unforeseen forces of the Universe, often referred as God, via religious rituals or scholarly pursuits.

Many people are highly confident about their prowess, yet, not achieving what they think they want out of life. This shows they are in a state of disconnect with their spiritual-energy body. This state is always accompanied by unhappiness. On the other hand, when people feel they are attracting more of what they want in life, they feel happy, elated, confident, at top of the world, etc. They are in harmony with their bigger-self and operating with greater power. No wonder they are achievers in life.

All forms of emotions are a feedback from the Universal Energy that you are alive. They should be valued. The seemingly negative emotions, such as anger, frustrations, rages, pains, etc., are also important if you can train yourself to switch to positive emotions of harmonious happiness. You can train your bigger-self to automatically fire harmonious happiness. Let us attempt a simple procedure, during the live presentation.

This could put you on a path to regularly engaging with your spiritual field, preferably even when your body is fully involved in purposeful actions. The process would involve going from an 'Apara' (Dwait) state to the 'Para' (Adwait) state and returning back to 'Apara' for action with certainty, knowledge, and wisdom of the 'Oneness'.

### **NON-DUALITY & DUALITY FOR SPIRITUALITY:**

All life on earth is closely coupled with 'Oneness', known as 'Non-duality' or 'Adwait', with exception of Humans. They follow the 'Separation' paradigm, with a clear majority believing in a super natural power, separate from them, that must be revered and kept happy. This is known as 'Duality' or 'Dwait'.

To me the Non-duality and Duality are simply different states of the same spiritual energy. I look upon duality as a discrete and temporary manifestation of the Oneness for purposeful actions; an elusive blip over large time scale. Highly creative

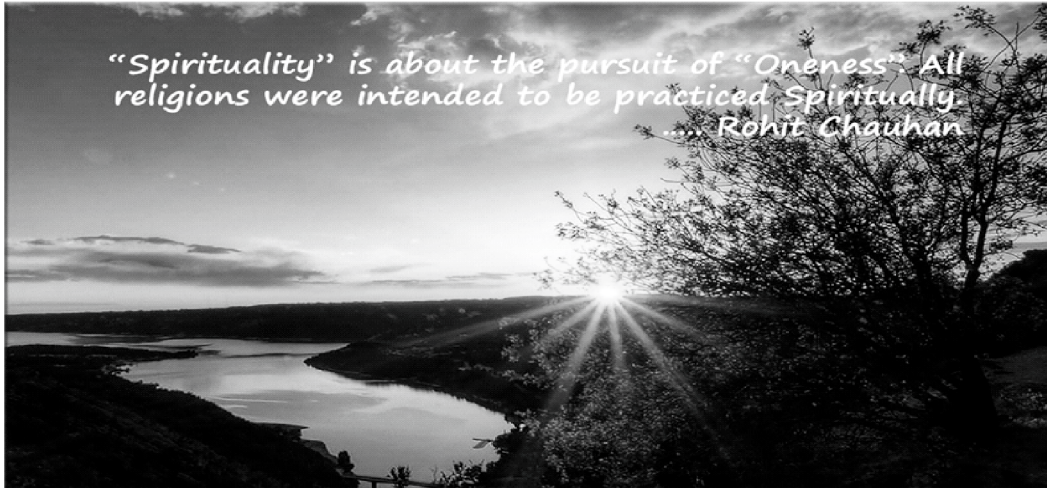
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minds keep passing between the two states frequently. Interestingly, this is consistent with an extrapolation of Quantum Physics, where matter and energy are interchangeable.

Perhaps in the beginning there was no duality even for the humans. In ancient times, naturally spiritual lifestyle of maintaining spiritual connectedness was reflected in the 'Sanatan Dharma' – meaning what always was and always will be. As the population grew and geographically spread out, regional preferences evolved over time giving rise to various religions. Although originally all religions may have been aware of their spiritual basis, through Sanatan Dharma, over the years they have degenerated into ritualistic dogmas. Religious rituals are often blindly out-sourced to professionals as mechanical processes. With such as mechanization of religions, while idols may have been well intentioned as an aid to spirituality for helping people transcend into Oneness, today, the natural coupling between a human's physical and energy bodies has weakened to a state of near hopelessness. The masses seem to have compromised their ability to reach ('Para') beyond the duality created via idol worship, and regularly visit temples with an expectation of blessings.

My focus is on helping people accomplish what they want in life, with practical benefits of spirituality that come by staying conscious of the Universe in which our infinite spiritual-self is persevering to express itself through physical body. At the same time, it is noteworthy that all spiritual bodies tend to merge into the Oneness and that is what keeps, the seemingly separate, physical bodies directed to their purposeful actions. It is common to see that the coupling between physical and spiritual (energy) bodies gets significantly eroded, enough to find the physical bodies tipping away from their intended purposes. Like a “spinning top”, an active physical body keeps on dissipating energy and eventually falls sideways. It can be kept active by maintaining enough

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QUNATAS OF  
UNIVERSAL ENERGY.  
.....Rohit Chauhan



spiritual nourishment through frequent rendezvous with the Oneness, which must reach beyond a symbolic idol worship.

The coupling between physical and spiritual bodies is self-restoring with a constant awareness of a physical body is purposeful material representation of its spiritual-energy (Atman) body. A logical question is how does one know if so is happening? In a natural state of consciousness, you will know so by the degree of your happiness as well as the happiness of others at that time.

Every one of us is surrounded by energy body, as in the full-page diagram, that keeps on pulsating via expansions and contractions. In extremely contracted state we are just a mass, while in extremely expanded states we are all unified into the Oneness. Our energy body is represented to the world by our physical body, through our mind. The 'energy body' is also known as one's 'Spirit'('Atman').

Contrary to a colloquial belief that our 'Atman' is inside us (physical body), the fact is that we are inside our Spirit (Atman). Upon death, the physical body ceases to be energized by the Atman (spirit) and it no longer represents our spiritual-self.

A human mind-body system can be perceived like a mechanism through which one's energy body (Spirit or Atman) performs all actions if the associated physical body is alive. The so-called 'problems' happen during the states of disconnect of a physical body with its potentially infinite and ever-living spiritual energy-body. These blockages happen through the brain and beyond, due to lack of

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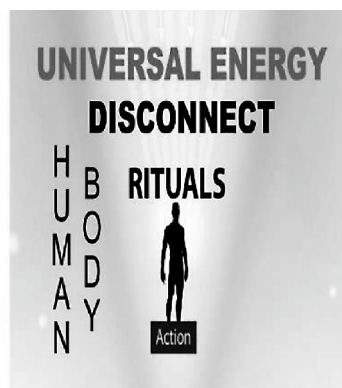
enough awareness that has dulled over time by excessive preoccupations with delusional separateness of the physical body.

The natural way to alleviate such blockages is to periodically vacate our sailings through a sea of worldly involvements and dive deep into the underlying ocean of spiritual consciousness to recharge from our immense energy-self (Atman). This process is called meditation. Its practice has far reaching consequences towards pursuits of self-actualization.

There are apparently different procedures or styles for meditation, ranging from 'mindfulness' to extended sadhana in seclusion in places high natural energy places in Himalayas. Serious meditation is said to begin by practicing techniques for emptying your mind presumably to experience various states of 'nothingness'. To initiate a meditation mindset, Yoga traditions suggest Pranayama, Mantras and Mudras in strict postures like a 'lotus' posture that may be difficult for the elderly.

My techniques are adaptive to varying audiences and conditions. While I believe that duration of meditation should not be a consideration, I often find myself submitting to time constraints. That is ok. To me, meditation doesn't have to involve sitting in lotus positions or intense concentrations for hours. It could be as simple as living with mindfulness and with awareness of your bigger spiritual-self. I find it enjoyable to connect with my bigger-self and expand within to oneness, in short bursts throughout the day.

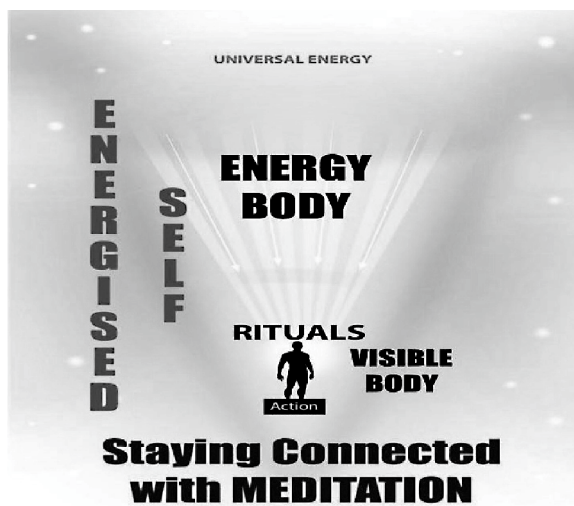
The popular technique that I frequently use is to effortlessly track my breath, often beginning with the popular Anuloma-Viloma pranayama. I think of the entire Universal Energy going into me and energizing every cell in my body. Perhaps Vedic scholars would look upon it as coming back to the 'Apara' state ('Avarohan'). During the exhalations, I feel my entire energy body going into rare friction to merge ('Arohan') with the Oneness for nourishment, knowledge, and guidance; akin to reaching towards the 'Para' travel to Vedic scholars. This is self-



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**RECONNECT  
WITH MEDITATION**  
Meditation allows us to  
reconnect with our  
powerful 'bigger-  
self'(energy-body) that,  
with practice, expands  
to amalgamate with the  
infinite Universal Energy  
as needed for wisdom  
and strength.

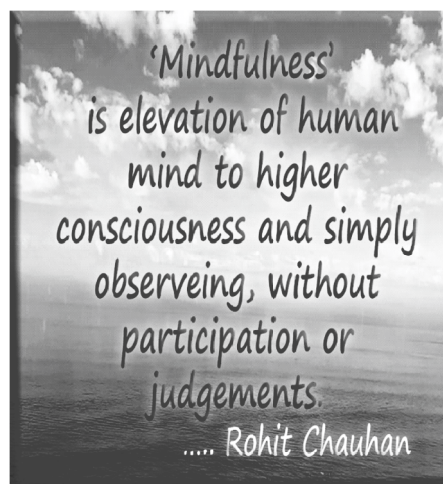


conceived process has become a second nature to me. Note that this process may or may not take you into deep meditations. However, it can be very practical for worldly living. I can engage with it at anytime and anywhere, and so can you once you experience benefits that are sustainable; for example, a greater clarity of life purpose.

Let us jump right-in. We will engage in a little experiment, individually and, yet together, right now.

Sit in open body position, comfortably with spine in gently erect and comfortable position. Engage in Anuloma-Viloma Pranayama, or, simply in deep and slow breathing, for 3 minutes. Now you should feel energized as well as relaxed; fully centered.

If not, go through the body awareness exercise for 5-10 minute or, what I call 'Connective Meditation' process (simple, 5-10



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minutes). Both are described in my “Success Is Natural” book. Think only of your energy-body surround, as if it is dissolving into the Oneness. For some, this may happen immediately. The experience could be like 'Samadhi'. For worldly human beings, simplicity has value. Thinking of spirituality in a simple way allows more humans to be spiritual, for practical benefits in everyday life. Lately, I have been finding myself engaging more and more in what could be called 'Dynamic Meditation' which I habitually slip into several times during the. It has become an instant phenomenon for me. I am in such a state, even right now, while writing this article. Clearly, its value is in staying meaningfully 'connected' with the Oneness while being involved in 'action' towards fulfillment of our purpose of life.

It is my intent to take you through my process of instant meditation during my presentation. It will involve an experimentation with what I call Cellular Breathing, combined with tracking of consciousness between the 'Para' and 'Apara' states.

**SUMMARY:**

Here are some pointers for fulfillment in life:

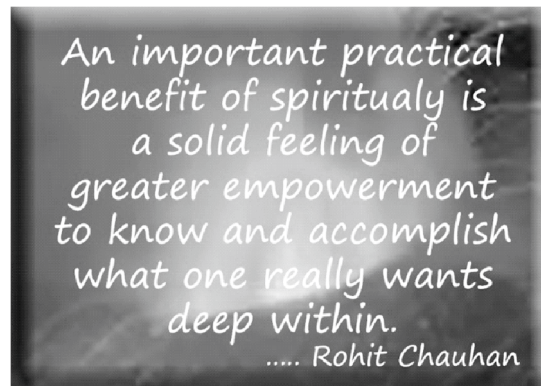
- Be aware that your 'bigger-self' is with you – always. That is being on spiritual path of your journey.
- Be joyfully sailing the waves of living, without any labels such as good or bad, hard or easy. As often as needed, fire your triggers for happiness in harmony with humanity. Such states of happiness tend to raise your level of consciousness, thereby attracting greater success.
- Frequently and regularly in short bursts of meditation to transcend the physical self and dive deep into sea of consciousness to reconnect and recharge with, and refresh guidance from your associated bigger-self (Aman or Spirit).
- Religion is just a personal way of life that can be different for every physical existence, with a certain name or no name. This is essential for justification of the separation paradigm for a physical-self, in the process of living. Religious rituals or lack of them are a means for

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cultivation of a sense of belonging, and not for delegation of your responsibilities to super-natural powers. Know that with an active spiritual bias religious rituals can contribute to greater fulfillment.

- Simply with short and frequent burst of meditation, it is possible to stay connected with the Oneness (can be called God, when in the state of duality), even when the physical body is in a state of worldly action. All one must do is to allow it to happen, with an awareness that we are only a significant conduit of Universal Energy for purposeful actions.

Note that what I am sharing are just my views, based upon personal experiences, that may or may not conform with scholarly interpretations of Vedic or other scriptures. I suggest you validate them for your situation, only via your personal experiences, after knowing what your situation really is. Of course, the ideas contained herein will be helpful in generating the needed clarity within you, which could be a significant validation for a new beginning. With gratitude, I have grown up hearing from my father & spiritual Guru, late Dr. Fatah Singh, that, as in Rigveda, “Ekam Sadviprah Bahudha Vadanti.” This means that there is one truth experienced by people in several different ways. Tulsi baba has written in Ramayana “Jaki Rahi Bhawana Jaisi, Prabhu Moorat Dekhi Tinu Taisi”, pointing to the importance of cultivating feelings that will get you what you want in life towards fulfillment of the life’s purpose.



Often spirituality is considered a big deal to be studied and practiced according to specific rules, prescribed by various Gurus. It needs to be re-normalized, in our human minds. Each one of us is born in a physical form to represent one's spirit. As such success is natural for everyone. It has not changed during the process of growing up. However, for almost everyone, its perception has

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changed to conform to their social norms. The reason you may not be feeling spiritual or successful is because your brain comes in the way due to its programming by social conformation, during the process of growing up with social 'rights' and 'wrongs'.

Just about everyone believes that it is hard to reconnect with our bigger-self. With regular practice, it can be as easy as beginning to see natural colors even when you have become used to wearing colored glasses. Of course, staying aware of your 'state' will make a big difference to be able to keep on sailing and diving deep, into the sea of deep consciousness, frequently to reconnect & energize. Know that “doing” is easier than “trying” (with doubts) or understanding with limited human reasoning.

