

The Science of Directing One's Own Life

by Robert L. Peck

How can one possibly direct one's life when besieged with so many external controlling forces? One has to conform to bosses, neighbors, family as well as all of the body's demands such as hormones and other inner chemical and neural forces which certainly attempt to dominate. The largest controlling force is when aging of the body and mind start to take over and not only limits activities but also raises strong doubts about what one can do in life.

The chief problem is that our minds and bodies were conditioned to serve the institutions of society, starting with the family, religion, work place, and traffic lights. Obedience to the control of others is enforced primarily with fear. Fear of being rejected, imprisoned, becoming helpless or sick, and of course, fear of dying. Institutions offer rewards for adherence to their controls which consist of unsubstantiated promises of longer, happier and secure futures, and in the case of most religions, the added bonus of a rebirth into an unimaginable glorious world after death (or of course a private hell for those who don't follow the rules or meet the final judgments).

There is a universal maxim about people being given a blessing or a curse with their life. They have a blessing if they choose to evolve or are cursed with death if they fail. The best known example of this is presented in the story of the Garden of Eden where a couple can live in peace and security forever by following the dictates of the managers of the Garden or find a source of inner power, leave, evolve and become equal to the managers as evolved gods. Modern institutions invariably publicize and endorse the first choice, while the second choice of becoming a god is largely ridiculed and considered to actually be a punishment with its challenges, pain, frustration etc. Who can possibly be a god? Surely not you!

There are also ancient and universal descriptions of the inner god-like powers that can be found in almost all original religious writings. The ancient Hebrew writings, as a starting example, describe that an individual can direct one's life trusting in an inner higher creative power. Consider for instance, *Proverbs* 16:9 which states that an individual can set the direction to travel in life, but must then rely upon a higher power within the self to control the steps to go in that direction. Verses 17 and 18 of the *Parātrimsikā* of ancient India state that what is asked for, perceived or desired is manifested with faultless understanding from the inner unseen power. The *Emerald Table* of Egypt ends by stating that the inner power within individuals creates that which is, as well as the perfection of tomorrow. The *Sermon on the Mount* by Jesus tells of having an inner power that can change the earth to create a heaven on earth. Almost all ancient writings also teach that the inner powers open the door to creating your own chosen eternal life.

The Western world has references to ambrosia, inner living waters and inner fires which promise god-hood, while the East has *amrita*, *soma*, *chi* as well as inner fires that accomplish the same purpose. Modern physiologists can identify these inner forces as resulting from hormone and neurotransmitter production which is known to provide super

powers to little old ladies who lift cars to release pinned children, heroes who know without thought what has to be done and find the strength to do it, or the geniuses of society who manage to enrich the future of all.

Unfortunately, modern science is still far from explaining how the hormonal type response can be controlled other than by strong emotions. It also cannot explain what preparations are required for the body and mind to create and utilize the transcendent powers.

The ancient documents offer, however, some excellent instructions on how to find the source of inner power, but everyone needs to be warned that most modern translations have not only changed the original view of the body but also altered any references to inner powers. For instance, the location of the heart and its nature has been shifted over the millennia to be the blood pumping heart in the chest instead of being an organ in the center of the body deep in the bowels. Ambrosia, *amrita*, and *soma* are no longer inner fluids in the body but have become intoxicating drinks given to the gods in heaven. The active centers within the body have also become external rooms or temples. The inner fires, instead of being in the loins, guts or bowels, have become only warmth in the chest. The stimulation of the breasts or nipples is now an entirely unknown subject. Ecstasy is now related to hedonism and considered to be destructive to the soul. Similarly, stimulation of the perineum or churning of the guts is considered to be primitive and pagan although many people still experience and rely upon the positive results. Instead of using strong exhalations to stimulate the inner production of hormones, ambrosia or *soma*, modern people are taught to control themselves to meet societal demands by taking deep breaths and then relaxing and slowly exhaling without effort.

One great obstacle facing individuals who wish to bring control to their lives is the nearly absolute modern belief that the future cannot be changed. This false idea results from the perceived teachings of both modern religion and science. Modern religion teaches that everything has already been determined or that only God can change an individual's world, while science denies the existence of any metaphysical forces. The claim of religion is easily countered by the large numbers of people who do find an inner strength to fulfill their goals in life despite great odds. The claim of science is likewise easily countered by pointing out that the basic units that science uses are metaphysical terms of mass, distance, energy and time derived from the ancient metaphysical four elements of earth, air, fire and water. Energy, for instance, is defined as residing hidden in a moving mass which can mysteriously reappear as visible light, sensual heat, sound, vibration or any physical change.

The ancient philosophy about an inner power within individuals, however, still faces a difficult and opposing world today because of the ability of institutions to maintain their controls by suppressing any threatening topics against their authority as not being politically or religiously correct.

Further specific information on the various subjects above can be found in separate articles and books on this site as well as from quoted references.

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