

# YOGA RESEARCH

The Yoga Research Society Newsletter

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## The Consciousness Model

excerpted from the book

*Yoga & Ayurveda: An Evolutionary Approach*

by Paul Dugliss, M.D.

*Mind, soul and body -- these three are like a tripod; the world is sustained by their combination; they constitute the substratum for everything.*

--Charaka Samhita  
Sharma/Dash Translation

What follows is a model for the reality. In that model, the body is more than a physical system. It is also an energetic system. Even beyond energies, there is a field out of which energy arises. That is what modern physicists are telling us. Given this, the body is not just energy. We are more complex than that, more intelligent, more organized. This model provides a way to set common illusions aside and understand reality and how we heal -- the reality that Charaka and Patanjali both understood.

In the grand scheme of any given life, the body is really a fleeting event. If you have the assumption that you *are* your body, that your cells have somehow gotten together and created a mind and soul, then you have to know you were not here a year ago. Consider these facts:

- 98% of the molecules that make up the body are replaced in one year's time. The lining of the stomach replaces itself in five days.
- Liver cells are constantly being destroyed and replaced. Cut off a lobe of the liver, and it can replace itself in two months.
- Even the most solid part of us, our skeletal system, gets replaced continuously. Bone is constantly being reabsorbed and rebuilt. Osteoporosis is then the end result when there is an imbalance within this regeneration process.

Given these facts, the person you saw in the mirror this morning was not there a year ago. The body has been almost entirely replaced. Even brain cells, once thought not to regenerate, are constantly replacing their internal structure, if not creating new dendrites and losing old



ones. The body is impermanent, yet we still exist. The only logical conclusion is that we are not just our physical bodies.

Another way to reach this understanding is to look at human memory. The human brain contains within it approximately 100 billion neurons. Yet despite this enormously vast number, we know these cells are highly organized in terms of their function. The cells at the back of the brain, for instance, relate to visual functions and to the processes responsible for sight, while large areas of the brain relate to movement and balance. However, even if the entire brain were utilized just for memory, it would still not be sufficient to store all the data that an average human can maintain and access.

Even the most sophisticated compression schemes to store data are unable to compact information small enough for us to "fit" all that we know and can remember into the human brain. So where is it stored?

The only logical conclusion is that it is not stored in the brain. But if not the brain, then where?

Consider the possibility that the information does not reside in the brain but in a field of energy and intelligence that the brain can access.

The brain is like an amplifier in your radio. You seek a certain station to tune into -- for instance, a certain thought -- and this is amplified or brought to awareness. Because we know the brain can perceive a single photon or a single quantum of green light, we know the brain can operate on the quantum mechanical level. The nervous system is able to amplify things from a quantum level and create out of them an impression or thought.

This means that that which makes us uniquely human has nothing to do with the material world. The human being is essentially *not* a physical being.

If we are all just energy in the same field, how come we have the sense of being isolated and separate from other people? The field that underlies all energy and all life is the field of consciousness. And consciousness is a field that is alive.

Think of it like an ocean. The underlying field of energy and intelligence that forms and organizes creation has much diversity among its waves on the surface of the water. In this manner, we are individual beings, nonmaterial and independent, yet connected, as we are all part of the same ocean.

The model of the human being described in Ayurvedic medicine *is* a model of consciousness. At the base of the sea of consciousness, there are no waves, just stillness. On the surface, waves and vibrations form. Like any vibration, these are composed of different frequencies. The various aspects of human existence such as spirit, mind, emotions or the body, are the expressions of the various frequencies of consciousness. Just like a prism and the frequencies of light that form different colors, our entire existence is organized around transforming energy and consciousness into the human experience:

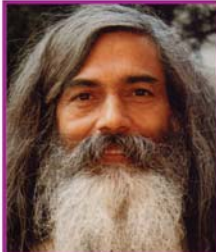
"Mind, soul and body resteth on that."



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