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Applied Spiritual Biology

Integrated Modern Healthcare and Wellness

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Ruchira Maheshwari

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3 CHAPTER

Introducing Spiritual Biology Units of Human Body

INTRODUCTION

The secret of human spiritual biology lies essentially in deciphering the human biology subparts, the way these evolve *embryologically* and function along with each other as a "total human being" and not in isolation. However one learn about each part in a step-by-step manner (as in next few chapters) so as to discipline each of the part and divert our neuronal energy expenditure in creating a spiritual cognitive pattern of our most brilliant human existence thus to cross the mental cognitive threshold of these of nerve-related spiritual body units, from nerves,to internal brain tracts, and finally get into the central primordial embryological resource, the heart.

This understanding of six neuro-cognitive spiritual embryological units finally yields spiritual empowerment through the spiritual biology-based cognitive technique of visualizing the origin of human existence through the primordial embryological resource of spiritual wellness that is the *human heart* **Table 1**.

TABLE 1: Spiritual neuroanatomy.

Body part	***Directly connected with sensory and motor nerves***	***Directly connected with autonomic nervous***	***Subparts and functionality***	***Corresponding spiritual anatomy***
Spinal cord	64 (32 on each side)	Majority (Except a few L4, L5, S1 nerves)	Physical actions (sensory, motor, autonomic)	*Karam Indriya* from kundalini
Lower brain	24 (12 on each side)	8 (4 on each side)	(Sensory, motor, autonomic) + special human sensations	*Gyan indriya* from *kundalini*
Lower brain and spinal cord	88 (64 + 24) Spinal and cranial nerves	68 (30 + 4 = 34 on each side)	Exit sites for nerves on left as well as the right side	*Indriya* from *manas* (one of the four parts of *antahkarana chatushtaya*
Lower brain	Yes	Yes	(Sensory, motor, autonomic) brainstem, both side cerebellum, both base of cerebral hemispheres	Bilateral cerebellum is unconscious part of brain processing joint position and movement without user being aware
Emotional brain or limbic system of brain	No	Yes	Amygdala, hippocampus, thalamus, hypothalamus (repentfullness, memory, etc.)	*Ahankar* (one of the four parts of *antahkarana chatushtaya*

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Body part	Directly connected with sensory and motor nerves	Directly connected with autonomic nervous	Subparts and functionality	Corresponding spiritual anatomy
Social brain or prefrontal cortex	No	No	Part of the frontal lobe (social behavior, survival, judgment, dreams, etc.)	*Chitah* (one of the four parts of *antahkarana chatushtaya*
New brain or neocortex	No	No	Recently evolved part of the human brain in Homo sapiens (motor, sensory, and many higher centers)	*Budhi* (one of the four parts of *antahkarana chatushtaya*
Uvula	Yes	Yes	Most dense goblet cell population containing human organ	*Pseudophallus* or linga responsible for *khechari kriya*
Heart	Yes	Yes	Heart pain due to ischemia or infarction (damage to heart muscles cells) is carried by sensory sympathetic nerves fibers (not parasympathetic)	*Chit* or seat of *sushupti* and *samadhi*

THE SPIRITUAL EMBRYOLOGY

The Neuro-Myotome-Dermatome-Autonomic Supply Organizational Units of Somites (Gupta Model)

The human body evolves from a single cell zygote to three germ layers called ectoderm, mesoderm, and endoderm (for details see Chapter 1) that yield various body organs, that further work together to make organ systems such as circulatory system, respiratory system, urinary system, gastrointestinal system, etc., finally, all systems constitute a single organism called human **Figure 1**.

It is basically the *epiblast* of the future ectoderm that essentially derives total formation of the *embryo*.

Note: Trophoblast cells give rise to the placenta and chorion membrane and not the embryo. The epiblast cells of future *ectoderm* cells essentially give rise to *endoderm* and later mesoderm. Then distinct parts of the *ectoderm germ cell layer* give rise to various parts of the brain, spinal cord, as well as related specific corresponding areas of skin. Thus, five ectodermal embryological subunits can be defined for the human body that can easily be defined with skin regions supplied by various subdivisions.

Human brain has around 50 functional centers made from about 90 billion neurons. Most human brain tracts are internal and remain on the same side of the brain except a few nerve tracts cross over to the opposite side of the brain (corpus callosum, brainstem tracts).

There are *24 electrical wire-like collections* of nerve fiber bundles that exit from the lower part of the brain are called *cranial nerves*. Only eight out of these 24 cranial nerves have cranial autonomic nervous system (ANS) outflow (four on each side). Also 62 spinal nerves have spinal ANS outflow. Thus a total of 72 nerves have ANS outflow in human body. Only the cranial nerves (no spinal nerve) carry the special sensations of smell, taste, vision, hearing, and space orientation (up, down, left, right, etc.).

The spinal cord has no dedicated internal tracts that remain confined to the spinal cord alone. Each of the nerve fibers either carries impulses from organs to brain or brain to organs (never both; to and fro; electrical impulses) are carried from the same fiber, this is very much like in a classical electrical circuit diagram.

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By Me, To Me, For Me (Poster)

(Black)- Sacral+Coccygeal Spinal nerves unit
(Red)- Lumbar Anti-gravity muscle spinal nerves supply unit
(Orange)- Cervical + Thoracic + Lumbar spinal nerves unit
(Yellow)- Brainstem + Bilateral Cerebellar + Cranial nerves unit
(Green)- Limbic (emotional) brain unit
(Light blue)- Neo Cortex brain unit
(Dark blue)- Prefrontal Cortex brain unit (Cognitive; worrisome thought cum SELF divinity contemplation centre)
(Purple)- Uvula+Soft palate (Ling+Yoni); Uvula+Tongue (Khechari kriya)unit
(Dark green)- Crown (vortex)point; Junction of spiral and cranial nerve (Keelak point)
(Pink)-Junction of Opthalmic division of Trigeminal nerve(Bhrikuti; Bindi and Sindhoor line)
(Orange line)- Sympathetic supply all over body from single source i.e. Cervico+Thoraco+Lumbar nerves unit
(Red Orange line)- Parasympathetic supply of cranial nerves.
(Yellow Line) – Facial somatic supply of cranial nerves.
(Black filled space) – Parasympathetic supply of spinal nerves (Sacral+coccygeal unit)
(Yellow filled space)- Cranial division of parasympathetic outflow
(Red filled space)- Lumbar nerves antigravity muscle supply unit
(Black line)- Somatic supply of Sacral+Coccygeal unit
(Red line)- Somatic supply of lumbar antigravity muscle unit.
HEART: 5 States of spiritual awareness beyond zero (by default)
0Zero. (Rainbow colour Heart)- Uninitiated heart (without Holy Word and Holy Light)
1. (Violet Heart)-Holy Word starts in lower spine (Kshar/ Sadhu/ Kundalini Jagran with HW)
2. (Grey Heart)- Holy Word reaches Heart; last station (Akshar/ Upadhyay)
3.(Green Heart)- Holy Light starts in lower spine (Pra/Acharya/ Kundalini Jagran with HL).
4.(Yellow Heart)-Holy Light reaches Heart; the last station (Paratpar/ BrahmSwaroop)
5. (White Heart)- Spiritual being (of Holy Light) after willful death in Samadhi(Pooran/Adi Purush&Adi Maa/ Adi Shiv & Adi Shakti/ Adi Ram & AdiSita Maa/ Adi Krishna&Adi Rukmani/ Adi Narayan & Adi Narayani/ AdiNiyanta/ Adi Avdhoot/ Adi Siddh/Adi Naath/Adi Param Hans.
* Swastik depicts the presence of Holy Word or Holy Light

Fig. 1: The jigsaw puzzle Gupta model of neuro- skin-muscles-cognitive divisions based on somatic and Autonomic nervous system supply of particular external and internal organs.

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The book delineates the unique "Human Spiritual Biology Divisions" based on *embryological* distribution of autonomic nerves (sympathetic only, parasympathetic only, both or none).

After practicing visualization of individual's own spiritual being (light from the heart unto whole body and back) to yield unique neural pattern leading to *spiritual experiences* by activation of "Singular Unique Pathway of Autonomic Nerve Supply (ANS)" that has potential of promoting health of body organs through augmented favorable stem cell biology.

Based on "unmet global need" of a "spiritual biology based" clinical technique, for promotion of "mental wellness" and "spiritual well-being for sick as well as non-sick"; "believer" or "non-believer", the book reveals the unique spiritual intervention that promotes the executioner own inbuilt "ANS pathway of recovery".

For non-sick, "spiritual biology-based practice" integrates *spiritual wellness continuum* from temples, churches, mosques, etc. into psychologists and psychiatrists, who are well versed with spiritual biology-based practice.

For sick, spiritual biology based "spiritual intervention" yields dual benefit from *modern medicine* (doctor, drug, and devises) as well as that of "ancient wisdom" using executioner own individual efforts and inbilt ANS biofeedback mechanisms (*without drug, doctor, and devices*).

Site: mdspiritualbiology.com

Google play App: SBlibrary, SBworkshop

Puneet Gupta MD (Oncology) DNB (Oncology) DM (Oncology) MBA (HA) is India's most qualified, innovative, and star-trainer Cancer Superspecialist, advocate of cancer safe lifestyle, early detection, and total cancer care including physical, mental, social, economical, and spiritual well-being. His innovative psychology-oncology interventions are based on unique spiritual biology. He initiated for first time in India—DNB medical oncology; Diploma nursing oncology; Diploma psychology-oncology; cytotoxic mixing facilities at DCHRC, Apollo, Max Smart City, and Metro Hospital and Cancer Institute (MHCI), New Delhi. He has oncology related experience at the University of Texas MD Anderson Cancer Center (MDACC), USA (twice); VUH, Austria; Singapore; Tokyo, Japan; Toronto, Canada; Switzerland; New York, USA; Melbourne, Australia; Cairo, Egypt; Dubai; Hong Kong; Beijing, China; Athens, Greece; Netherlands; London, UK; University of Hertfordshire, UK; San Antonio, USA; Italy; France; Germany; Brazil; Argentina; Spain; Turkey; Sweden; Taiwan; Adyar Cancer Institute, Tamil Nadu; RCC Shimla & Cuttack; Tata Memorial Hospital, Mumbai, Maharashtra; Safdarjung Hospital, New Delhi; Batra Cancer Center, DCHRC, Apollo, Max Hospital, and MHCI, New Delhi, India.

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