



AKASHA

THE MYSTICAL DELUGE

THE FIVE ELEMENT SERIES



OOJ Foundation
Life Energy Invigorated

Akasha - The Mystical Deluge

The Five Element Series



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Message of

Yogi Priyavrat Animesh

We warmly welcome you to the fourth volume in the Five Elements series Akasha: The Mystical Deluge.

From the sacred silence of the Brahmanḍa arose the Pancha Mahabhutaḥ — the five eternal forces that weave the fabric of existence. In their divine interplay lies the rhythm of creation, preservation, and transformation.

Our journey began with **Water (Apas)** the element of flow, adaptability, and emotional intelligence. We then contemplated **Air (Vayu)** the force of movement, breath, and life itself. Thereafter, we entered the transformative blaze of **Fire (Tejas)** the power of illumination, will, and inner alchemy.

Now, we arrive at the fourth realm Akasha, the subtle womb within which Water flows, Air moves, and Fire burns.

If the earlier elements were expressions, Akasha is the silent field that allows expression.

If they were movement, Akasha is the boundless expanse in which movement appears.

It brings us profound fulfilment to see this series unfold as a living sankalpa. What began as contemplation has matured into a structured exploration of the Pancha Mahabhuta. The thoughtful appreciation received from seekers across the world strengthens our resolve to continue this inward and outward quest.

But what is Akasha?

It is the most subtle, the most elusive, the most incomprehensible of the elements. Even accomplished yogis have described it as the hardest to stabilise within awareness. In the human constitution, it is said to constitute barely four percent, while water dominates nearly seventy-two percent. Yet this smallest proportion governs the vastest principle.

Akasha is not emptiness. It is not a void. It is fullness without form, presence without weight and stillness without inertia.. To the restless mind, it appears as nothing. To the contemplative heart, it reveals itself as everything.

Our sages intuited this truth in profound simplicity. The revered shloka describing Lord Vishnu says:

**“Shantakaram Bhujaga Shayanam
Padmanabham Suresham
Vishvadharam Gagana Sadrusham
Megha Varnam Shubhangam...”**

“The One who is the support of the universe, serene in form, and expansive like the sky.”

The phrase **“Gagana Sadrusham”**, ‘like the infinite sky’ is not merely poetic. It is metaphysical. It points directly to Akasha. The sky is untouched by what passes through it clouds, storms, lightning, birds. It accommodates all, yet remains unaltered. So too is Akasha the substratum that holds all phenomena without being disturbed by them.

Akasha is the first of the primordial elements from which the universe was projected. Fire, Air, Water, and Earth are subtle modifications arising within it condensed vibrations of a cosmic continuum. They operate in Akasha, through Akasha, and never independent of it.

In my years of spiritual sadhana, Akasha known in yogic parlance as Vyoma has been the most demanding to approach. The challenge has never been its existence, but its expression. How does one speak of that which contains speech? How does one describe that which accommodates even thought?

In this book, we shall not skim the surface. We shall explore its corridors, confront unsettling questions, and stretch the intellect beyond its habitual comfort. For without such an inward expedition, even intellectual comprehension of Akasha remains partial.

Akasha teaches release rather than accumulation. It reveals that silence is not absence but fullness. The seers who dissolved into its vastness did not speak of conquest as they spoke of expansion. To master this element is to transcend even the faintest desire for liberation. For the one who still longs , however subtly , has not yet dissolved into boundlessness.

Therefore, I invite you:

Listen ; not merely with ears, but with awareness.

Enter ; not merely with steps, but with surrender.

Feel ; not merely with senses, but with the boundless rhythm of being.

After flowing as Water, breathing as Air, and burning as Fire, we now expand as Sky.

Akasha does not ask to be studied. It asks to be realised.

Let us begin.

Yogi Priyavrat Animesh

Prelude

Before we can begin peeling back the layers of akasha, we must stand at the precipice of the beginning. We must time-travel to a moment before ‘before’ even existed, to a state of being

that defies the logic of our waking minds. To understand akasha, the subtle, pervasive element of space, we must first understand the stage as it was set in the absolute dark.

What was there before the void itself spoke?

There was only darkness. This was not the darkness of a night sky filled with stars, but a heavy, primordial gloom, a density of non-being. Everything was stationary, locked in a state of deep sleep. There was no wind to stir the air, no heat to agitate the atoms, and no mind to perceive the passing of a second.

In this pre-cosmic dawn, the three Gunas, the fundamental forces of nature, were held in a state of perfect, suffocating equilibrium. Because there was no tension between them, there was no movement. The universe was a silent, frozen statue.

Then, a ripple.

A golden shell manifested in the heart of the dark: the Brahmanda, or the Cosmic Egg. For a fleeting moment, the stillness broke, a shiver ran through the dark, and then... nothing.

Everything fell silent again. The egg sat in the centre of the nothingness, cold and motionless.

It was Mrta-Anda, the Dead Egg. It possessed the shape of life, but none of its heat. It was a vessel waiting for a spark.

How does death become life? How does a "dead egg" become the source of all vitality? The Puranas answer this through the enigmatic figure of Martanda.

In the Vedic pantheon, the Adityas are the solar deities, the sons of Aditi (the Infinite). Most of these deities represent the eternal, unblinking, and perfect light of the high heavens. But Martanda is different. His name is a cosmic riddle, literally meaning ‘born from a dead egg’ (Mrta-Anda).

Legend tells us that when Aditi gave birth to her sons, she cast Martanda aside

because he appeared "unformed" or "dead." He was the eighth son, the discarded one. Yet, it was precisely this "falling away" that made him the most important figure in our creation. While the other solar lights remained in the realm of the pure spirit, Martanda descended into the "egg" of matter.

Suddenly, the Dead Egg roared.

This was the first physical manifestation of the universe: Light. But it was not just a static glow; it was a violent, golden eruption. Martanda is the "Golden Embryo" (Hiranyagarbha) that shattered the darkness from the inside out. He is the bridge between the eternal spirit and the perishable world. He did not just bring light; he brought the pulse. He took the cold, silent potential of the cosmic egg and cooked it into a living reality.

The appearance of Martanda signaled the birth of Kala, Time. This is a concept we often take for granted, but before the Sun, time was a flat, meaningless line. There was no day, no night, no 'before,' and no 'after.' There was no rhythm to existence.

The Sun became the great measuring stick of the cosmos. As Martanda rose and set within the vastness of the embryonic universe, the cycles of seconds, minutes, years, and the massive Yugas (cosmic ages) began to tick. If we think of the universe as a grand clock, Martanda was the first turn of the key.

But a clock needs a casing. Time needs a place to happen. This brings us to the profound relationship between the Sun and Akasha.

In Vedic thought, Space and Sound are inseparable. Before the Sun was born, there was a primordial vibration, a subtle, cosmic hum. This sound is the inherent property of Akasha. However, without the Sun, Akasha was like an empty theatre with the lights turned off.

The relationship between Martanda and Akasha is the ultimate power-coupling of creation:

The Stage and the Performance: Akasha is the "Where"; Martanda is the "When." Without the vastness of Akasha, the Sun's light would have no path to travel, no medium to illuminate. Without Martanda's heat, Akasha would remain a frozen, sterile vacuum—a gallery with no art.

The Anchor of Direction: Before Martanda, the universe was directionless. There was no "up" or "down," no "East" or "West." By moving through the

pathless sky, Martanda carved out the cardinal points. He created the heavens, the earthly realms, and the celestial peaks of Mount Meru. He gave the void a centre.

From Silence to Symphony: Akasha carries sound, but Martanda provides the energy that makes that sound audible. He turns the stillness of the ether into the rhythm of Prana (life force). He is the conductor who takes the silent "Om" of the Akasha and turns it into the music of the spheres.

Why do we begin a book on Akasha by talking about the Sun? Because Martanda is not merely a celestial ball of fire hanging in the sky, it is a symbol for Consciousness itself.

Just as the physical Sun illuminates the physical world, our inner 'Sun', our awareness illuminates the space of our mind. Without the light of awareness, the space of our consciousness would be just like the pre-cosmic void: dark, silent, and frozen.

All motion, whether it is the spinning of a galaxy or the firing of a neuron in our brain, finds its origin in that first solar roar. The journey of the Sun through the sky is a mirror of the journey of the soul through the element of Akasha. We realise our own divinity when we understand that the heat in our blood and the light in our eyes are the same heat and light that cracked the dead egg at the dawn of time.

As we prepare to peel back the layers of Akasha, we must keep this "power-coupling" in mind. Akasha is the bridge. It is the most subtle of the five elements, the one that holds the other four (Air, Fire, Water, Earth) within its embrace. But it is a bridge that was built by the fire of Martanda.

In the chapters that follow, we will explore how Akasha functions as the record-keeper of the universe, how it stores the vibrations of every word ever spoken, and how it serves as the connective link between the physical and the spiritual. But we must never forget that this 'Great Void' is only visible to us because of the 'Great Light'.





Introduction

The OoJ Foundation, a distinguished non-profit service and spiritual organisation based in New Delhi, was established with a clear and unwavering intent: to nurture inner balance and foster conscious living through the science and practice of energy alignment. Over the years, the Foundation has quietly cultivated a space where spiritual inquiry meets disciplined application, and where inner well-being is treated not as a luxury, but as a necessity.

The present volume, *OoJ Akasha*, *The Mystical Deluge*, emerges as the fourth movement in the Foundation's elemental journey. After exploring the fluid intelligence of Water, the vital dynamism of Air, and the transformative radiance of Fire, this work turns toward the subtlest dimension the field that accommodates and sustains all the others. Rooted in the timeless wisdom of the Pancha Mahabhuta, this book reinterprets the ancient elemental framework through the lived experience and applied methodology of OoJ.

This is not merely a philosophical treatise. Nor is it only a manual of practice. It is a bridge between concept and embodiment, reflection and action, subtle awareness and daily life. It invites the reader to recognise that the element of space is not distant or abstract, but intimately woven into thought, emotion, environment, and relationship. Akasha is encountered not in isolation from life, but in the very way life unfolds.

We live in an age marked by acceleration of information, expectation, ambition, and unrest. Anxiety, fragmentation, and emotional fatigue have become pervasive. The absence of inner spaciousness has translated into personal and collective imbalance. In this context, the work of the Foundation extends beyond individual practice; it seeks to restore equilibrium at a deeper level. Inner harmony is not separate from planetary harmony. The quality of our consciousness inevitably shapes the world we inhabit.

In recent years, the Foundation has actively addressed concerns that affect the global community environmental degradation, climate instability, and the rapid depletion of natural resources. These are not merely ecological crises; they are reflections of a deeper disconnect between human activity and elemental balance. Re-establishing harmony within the individual becomes,

therefore, an essential step toward restoring harmony in the larger ecosystem.

This book is offered as a contemplative companion in that process. It encourages a rediscovery of spaciousness, not as withdrawal, but as clarity; not as emptiness, but as capacity. When space is recognised and honoured, perception sharpens, responses soften, and life begins to move with greater coherence.

Structured into ten chapters, each unfolding through reflective exploration and practical insight, this volume continues the Foundation's commitment to presenting elemental wisdom in a manner that is both accessible and transformative.

Let us pause before proceeding further.

What lies ahead is not an argument to be won, nor a doctrine to be adopted. It is an inward journey into that dimension which quietly pervades all dimensions ; subtle, ungraspable, yet ever-present. Before we step deeper into this exploration, it is worth remembering that Akasha cannot be grasped through intellect alone; it reveals itself through attentive presence. Just as space silently holds the movement of stars, breath, and thought, it also holds the unfolding of human awareness. When one begins to recognise this subtle dimension within and around, life is no longer experienced as a series of fragmented events but as a connected flow within a larger field of existence. In acknowledging this silent expanse, the reader is invited not merely to understand Akasha, but to experience the quiet spaciousness through which clarity, balance, and conscious living naturally emerge

With attentiveness and openness, the exploration begins.

Chapter 1 -

Akasha : The Primordial Element

“यत् शून्यमिव चलितमनसां प्रतिभाति तदेव जाग्रतहृदये अनन्तं विभाति;
न रूपेण सृष्टेरारम्भः, आकाशे पूर्वं सर्वं सम्भवति।”

**“That which appears empty to the restless mind is infinite
to the awakened heart. Creation does not begin with form -
it begins with space.”**

- Yogi Priyavrat Animesh

In the ancient understanding of the Pancha Mahabhutas, the world is fundamentally shaped and projected through the five primal elements: Earth, Water, Fire, Air, and Akasha (Ether). These elements are not just physical substances as we see them, but expressions of life in essence, as a whole, each carrying its own nature, rhythm, and even intelligence.

Isn't it a wonder that all this projection stems from just five elements?

It's remarkable to comprehend that all these have manifested from a combination of only these five substances. Everything that appears as life, what we see, hear, smell, taste, and touch, has developed from them in ways far beyond what we can calculate or foresee. When something transcends numbers and mathematics, it is no longer merely science or logic; it becomes pure magic.

The Subtlest of the Five Elements-

Among them, akasha is the first and foundational aspect of this creative projection, the quietest, and the most subtle of all the elements. Why is it so?

While others define movement, sensation, and form, akasha is the void, the emptiness, the space that holds everything together. The backdrop against which all creation can unfold and manifest in this present spacetime continuum.

To understand it clearly, here is an instance.

It is like the movie screen that supports the lights as they project the images we enjoy in the theatres. For those three hours that we sit tight in the theatre, often riding and falling with the emotional tides that overwhelm us, it is possible because of the screen, the white backdrop, allowing the recreation to happen and reach us.

When we speak of akasha, we often refer to emptiness. But emptiness is only the surface impression. In truth, akasha is full. Full of possibility, full of potential, full of quiet strength. It is the vast field where life prepares itself before taking shape. In a way, it is the launching pad, the springboard, from where swimmers dive into the pools.

Every breath, every spark, every ripple in the universe arises because akasha allows it to happen. Without its gracious offering, nothing can move, nothing can grow, nothing can even exist.

We must understand that akasha is the prelude to all beginnings. It is like the mother who cuddles her child in the womb before giving birth.

To understand akasha is to recognise the value of spaciousness in everyday life. On a lighter note, such is the potency of its force or call that even we have to speak of space in relationships nowadays. Isn't it? We often say that a relationship becomes sound and stable if there is adequate space between the couple. So that one individual doesn't impinge on the other.

Even though we keep furniture in our rooms, we don't stack it on top of one another. We keep a distance, a space between them. We try to keep our rooms clutter-free so that there is enough space to move around.

When we declutter a room, we usually take a breath before reacting and step back to see the situation with fresh eyes. Precisely then, though we remain unaware, we are actually working with the energy of akasha. It softens us, widens us, and keeps us open to possibilities we may not have imagined.

Akasha is not a general idea or merely a trivial concept. It is here, now, gently surrounding us and quietly alive within us. To begin this journey is to acknowledge the space that makes everything possible: the first element, the silent origin, the limitless field of potential.

Role as the Field of all Existence -

**आकाशं सर्वभूतानां मूलाधारं निरामयम् ।
तस्मिन्नेव प्रवर्तन्ते रूपगन्धरसाः स्पर्शध्वनयः ॥**

**Ākāśaṁ sarvabhūtānāṁ mūlādhāraṁ nirāmayam,
Tasminneva pravartante rūpa-gandha-rasāḥ sparsa-dhvanayaḥ.**

Akasha is not just around us; it is within us. This verse expresses **Akasha as the subtle, silent field that enables all elements and sensory experiences to**

arise, serving as the foundational backdrop of creation.

The spaces in our mind where thoughts arise, the pause between one emotion and the next, the quiet moments in our day when we notice life more clearly- all of these are expressions of akasha.

We often fill our lives with noise, urgency, and movement, forgetting that clarity can only emerge when there is space for it. This is precisely why sages and seers worldwide advise eliminating all sources of noise in life.

In many ways, akasha teaches us to trust the unseen. Just because something is not visible does not mean it is absent. Space holds memory, intention, and the quiet blueprint of our choices. It shapes the tone of our relationships, the quality of our thoughts, and the way our life direction unfolds, often in ways too subtle to notice at first glance.

To better understand this, we will take two examples: one has a positive impact on our lives, and the other is shabby and unwanted.

In the preceding section, we discussed furniture and why to leave space between them. Now, replace this furniture with our very own thoughts.

In real life, many of us fail to create space between thoughts; they overlap. To make matters worse, most of us have no control over the quality of our thoughts. The surge of indecent and rogue thoughts makes us struggle and feel panicky. We become depressed. We lose interest in life and become prey. We give in to strife and tussle.

The root cause of all these is failing to create a space, a break in the continuous flow of unwanted thoughts. We suffer heavily.

Now the second example.

There has been considerable debate in the yogic circles about whether to make the mind completely free of thoughts. It is possible, and spiritual experts with a very high level of awareness and a high detachment quotient can materialise it. We must remember, not everyone is an expert.

Actually, the mind is nothing but where our thoughts come, stay with us for a while, play with our emotions and psychology, and then make way for future thoughts and leave us. It happens continuously and very fast one after the other.

Many people nowadays are taking up meditation. Meditation initially slows this flow of thoughts. There is a gap between one thought and the next. The trick

lies in prolonging this gap and the interval between thoughts. An ideal practitioner focuses on the gap and tries to increase it. In common parlance, it is referred to as a gap, but in yogic etymology, it is the space, the pervading of the akasha element in us.

The more this permeation takes place over longer intervals, the individual slowly transcends limitations, boundaries, and the trap of ignorance (avidya). It is not that thought is harmful, but it is the toxic thoughts that hit us hard. We should remember one thing- a mind without thought is like asking for meat without bones and tea without leaves.

As the primordial element, akasha invites us to slow down and listen, not with the ears, but with a deeper inner awareness. It asks us to make room in our minds, our hearts, and our surroundings so that life can flow more easily.

Scriptural Origins and Symbolic Meanings -

In this section, we will explore the subtle facets of akasha and examine what the Vedanta has to say about this enigma.

Before that, let us understand the three aspects of akasha.

The first aspect is the Bhut Akasha, the outer space we see around us. It is here that the entire cosmology, including the solar system, the planets, and the galaxies, is reflected.

The second one is the Chit Akasha. It is the basis of all mental projections, where our thoughts and emotions arise and dissolve. The Pashyanti Vak in seed form manifests here. It is also home to one of the biggest repositories of an individual's life – that is, memory.

The last and the final one is the Chid Akasha. This space deep within us is free of all memory, tendencies and impressions. It is consciousness itself. The seedless and formless Shabda (the primordial sound), the origin of Para-state, the principle of communication, the bridge between the form and formless, exists. It is the foundation through which Nada (cosmic sound) is expressed, echoing the idea that all creation begins with a vibration, whether we call it Om, Aum, or the primordial hum.

Now, we will pay attention to what the Vedanta educates us on this.

Vedanta says, akasha is that in which everything is accommodated. It is the metaphor for the inner spaciousness we all seek.

The Taittiriya Upanishad hints that akasha springs from Atman, the Self. Therefore, akasha is the first sign of differentiation, the primal moment where the infinite manifests as finite. All finite projections happened. Thus, akasha becomes the mirror in which Brahman (Consciousness) begins to be known. Vedanta also teaches that the individual mind has its own akasha the chidakasha, or the 'inner sky of consciousness'. Meditation often aims to touch this inner sky, a quiet, boundless place untouched by the turbulence of daily life.

Symbolic Interpretation -

इदं विश्वं यदाकाशे अहं चिदाकाशे स्थितः ।
तयोर्मध्ये सदा सेतुः शान्तिरूपो महान् नभः ॥

**Idam viśvaṁ yad ākāśe ahaṁ chidākāśe sthitaḥ,
Tayor madhye sadā setuḥ śāntirūpo mahān nabhaḥ.**

In yogic interpretation, the terms 'idam' (macrocosmic) and 'aham' (microcosmic) are often used. This whole life that we see and interpret is a play of these two subtle forces. The universe and its play of forces that we outwardly observe, though briefly, in moments of high-concentration zones, is ever-present in us in a minuscule way. Our inner world is contained in a seed form, similar to a data card we use in our computers, the whole knowledge of this infinitude.

And the bridge between these two extremes is the akasha. It carries a quiet, timeless symbolism that speaks to both the outer universe and our inner world. At its heart, it represents spaciousness-the gentle reminder that everything needs room to grow, breathe, and simply be. Just as the sky holds clouds without effort, akasha teaches us to have life's experiences with openness and ease.

It also symbolises clarity. The inner space (akasha) allows us to see things as they are, without clutter or noise. In the same way, when we create space within ourselves, our thoughts settle, and understanding becomes clearer.

Akasha stands for possibility. It is the field where all creation begins, the unseen ground from which ideas, movements, and moments arise. It reminds us that even in silence, something beautiful is taking shape.

At a deeper level, it reflects connection. Everything exists within the same vast space, the emptiness, just as all of us share the same inner sky of awareness. This sense of shared spaciousness brings humility and togetherness.

Above all, akasha symbolises freedom. The quiet assurance that we are more than our limitations, more than our worries, more than just this body. There is always more room within us to expand, understand, and live with calmness.

To fully discover who we are as people, we must learn to quieten and become aware of the outer mind so we can tap into our inner mind. Connecting with the inner part of ourselves is the true art of going within. Once we connect with this inner mind, we can see the outer mind for what it actually is.

The spiritual levels are not up in the clouds; they reside within us all. Going within allows us to connect with spirit. To experience our spirituality, we need to take a few moments each day to become aware of our thinking by being fully aware of our conscious outer mind. We then experience the deep spiritual nature of ourselves and shut down the personality. We get the chance to connect with the True Self: the inner soul, our true impersonal nature.

And for all of these to happen, we need to work on the akasha element. We can only master this dimension once our inner awareness remains non-negotiable and firmly aligned to the art of 'nivriddhi-marga', the path of renunciation of ordinary tendencies and impressions.

Akasha is nothingness, a void so profound and teeming that it can hold only immense potential and possibility; so tremendous is its essence that it retains formlessness. In this way, akasha gently reminds us that the journey from idam to aham, from the vast universe to the inner self, is not a distance to be travelled but a space to be realised. When the mind learns to rest in this inner expanse, the noise of limitation dissolves and a deeper awareness begins to emerge. What once appeared as emptiness reveals itself as fullness an infinite field of presence, wisdom, and possibility. To recognise this silent dimension is to rediscover the boundless sky within, where the individual and the universal are no longer separate, but quietly one.

Chapter – 2

Akasha as an Energy Parameter

आकाशे शक्तिराविर्भूता न चलत्येकतन्त्रता।
तस्मिन्निव प्रवर्तन्ते स्पन्दनानि जगत्त्रये॥

**“Energy does not move in isolation; it unfolds within space.
When space is understood, energy finds its harmony.”**

- Yogi Priyavrat Animesh

We usually consider space as something empty, a silent gap between one thing and another. But according to the wisdom of the elements, akasha is far more alive than it seems. It is the gentle field that carries energy in its softest and most expansive form. Nothing moves, breathes, or comes into existence without this subtle support. Every vibration, every spark of thought, and every shift in emotion rests on the quiet presence of akasha.

When we look at it from the perspective of an energy parameter, we gradually come to understand that akasha is not just the backdrop of life but also the quiet force that holds everything together. It gives room for energy to flow, ideas to rise, and life to unfold without resistance.

As we now step into the heart of this chapter, we begin by exploring this unseen parameter, akasha, as the ever-present energy that shapes our experience, gently guiding the rhythm of our inner and outer worlds.

As Openness, Clarity, Resonance, and Stillness -

Akasha is a living quality that shapes how we experience the world and ourselves. In its most profound sense, it manifests itself through four gentle attributes: openness, clarity, resonance, and stillness. Each one brings its own subtle understanding, and together they form a picture of how space works not just outside, but within us.

We will take them up one by one.

Openness -

Openness is the primary gift of akasha. It is the sensation of having space to breathe, think, create, and feel. Just as the sky allows clouds to drift freely,

openness offers us the room to hold our experiences without feeling overwhelmed. It reminds us that we do not need to cling to everything that comes our way.

When life feels tight or constipated, akasha teaches us to soften, allowing us to step back and create more space inside. In this state of openness, we realise that we are not as limited as we believe. There is always a greater organic space within us waiting to be felt and embraced.

That is why health experts suggest taking nature walks and spending more time in the company of natural surroundings, such as trees, plants, or even grass, to move around. Sitting in front of thick green foliage or a large tree not only reduces mental stiffness and stress but also fosters strong positive affirmations along with a vast inner sense of expanse.

If anyone can settle down, even briefly, in the presence of this natural bounty, the surroundings gradually nurture them; one might even begin a reciprocal journey that not only heals them from within but also brings them a step closer to stilling their mind.

In such quiet moments, we begin to realise that the spaciousness of nature gently reflects the spaciousness within us. The calm presence of trees, sky, and breeze slowly eases the restlessness of the mind and softens our inner tensions. As we remain open to this subtle influence, thoughts settle and a natural clarity begins to emerge. In this way, openness becomes not just a concept but a living experience of inner balance and ease.

Stillness -

In the past hundred years, the dichotomy of life has changed significantly. We have become more unfriendly and hostile towards the environment and our surroundings. While nature remains the same, gentle and caring for us, our own excessive temper and ignorance have been significant factors in the decline of this mutual reciprocation.

Because the five sense organs always drive us, compel us to see and work accordingly, we have become outlandish, hugely extroverted. We depend on the outside world more frequently than before. The result is that we bring in a lot of unwanted stuff, making our inner world feel fluffy and discordant. For us, stillness is just a vague term that often seems overrated.

But to master this phenomenon, the akasha, the energy reservoir, we need to

withdraw within, maybe even briefly, to practice stillness. We have to constantly remind ourselves of what sage Patanjali taught in his seminal work, 'The Yoga Sutras' - '**chitta vrtti nirodh**'.

We are now familiar with the word chitta, because we have understood in the earlier chapter what it means. It is the short form of chit akasha, where our memory and impressions get stored. As we continue to bring new impressions one after the other from our association with the external world, the reservoir always remains full. At times, it overflows. We remain overactive, moving from one object to another in no time.

Let's understand this more clearly.

The surface or the transaction mind can only work in alliance with the external world to bring in impressions, knowledge and experience that we gain and relate to through the five sense organs and prana. This is a vicious circle that repeats itself. The understanding of the world we get is just a reflection in our mind, like a movie in a theatre. And we know how deeply a movie can penetrate into our psyche to affect us.

Patanjali understands this very well. The inner functioning was clear to him. That is why, phonetically as well, there is an automatic stress on the middle word, 'vritti'. It simply means impressions, tendencies and habits.

The world, as the reality we see outside, has always been addressed in ancient texts and Vedanta as apparent, not real, but only a projection and a reflection of objects in our mind. That is precisely why Adi Sankaracharya's epitomic shloka, "brahman satyam, jagat mithya, jivo brahmaiva naparah", despite being composed around 1700 years ago, still remains one of the most quoted, often misunderstood and cited citations across the globe.

Now look at the subtle intermingling of occurrences. The mind, relying on the ego, instructs the sense organs to look out and roam, gathering new experiences. This desire to look out ignites the moment the prana (the breath) becomes restless and rapid. It supports the misadventure of the sense organs. Misadventure because the experiences are never permanent; they are transitory and almost always rest on opposites, like sadness and happiness, good and bad, etc., which invites suffering for us.

Now, if the prana can be regulated, controlled and slowed down, the whole process is decelerated. The mind does not get what it wants. Reality is not

tainted; the mind doesn't manufacture anything as a projection. Experience in its primal form settles.

In the same breath we can remember another towering quote that ideally resonates with the same concept as spoken above, still retaining a seamless flavour. It says- “dhiranam nischalam manah”. Here we should understand the word ‘nischalam’ as stillness, calmness, and without any obscurity.

Stillness is not just the absence of movement; it is a peaceful presence that holds everything without demand. It is like the calm background behind all activity, steady and unchanging. In stillness, we find a sense of grounding, a gentle return to ourselves.

The world may move fast, but stillness reminds us that we do not have to. When we touch this inner quiet, even for a moment, we feel lighter, more transparent, more centred. Stillness becomes a refuge, a source of strength we can step into at any time. It helps us listen to our breath, to our thoughts, and to the quieter truths we often ignore.

Clarity -

From stillness comes clarity. When space is uncluttered, things naturally become easier to see. The same is true for the mind. When we stop filling every moment with noise, urgency, or worry, a clear knowing begins to appear on its own.

Akasha is like a quiet morning sky. When the dust settles, the light comes through. Clarity doesn't always mean having the answers; sometimes it simply means seeing things as they are. It helps us separate our fears from facts, our reactions from reality. It gives us a gentler way of understanding ourselves and others. Through clarity, akasha invites us to slow down, observe, and trust that profound insight will arise in its own time. Through this quiet clarity, our responses also begin to change. We react less impulsively and respond with greater awareness and balance. Decisions become simpler, not because life becomes easier, but because our perception becomes steadier. In this spacious clarity, we learn to listen more deeply to our thoughts, to others, and to the subtle guidance that arises from within. Gradually, clarity becomes a gentle light within the mind, guiding our actions with calmness and understanding.

Resonance -

Akasha also carries the quality of resonance, the subtle vibration that connects

everything.

In physical space, sound travels because Akasha allows it to. In human life, resonance appears as the invisible threads that link us to people, places, and experiences. It is why certain words touch us deeply, why music stirs emotion, and why silence sometimes speaks louder than speech.

Resonance reminds us that nothing exists alone; everything vibrates within a shared field. The way we speak, act, and think sends ripples through this field. Sometimes resonance shows up as intuition, a quiet sense that something feels right or wrong without explanation. It is the inner echo that helps us understand life beyond logic. Through resonance, akasha teaches us that connection is not something we create; it is something we discover.

We are about to reach the most interesting portion in this chapter.

Over the years, with so much already said and discussed about akasha as a subtle tattva and concept, both philosophically and spiritually, we at OOJ Foundation decided to examine it from a different perspective and with a fresh focus. We aim to explore what modern science has to say on this matter. We genuinely believe that a scientific outlook is equally vital for understanding this. Excited? Yes, we too are. Let us begin.

Drawing Parallels - Quantum Fields -

To set the course right away, it would be appropriate to start with two quotes: one from Einstein, in which he commented on ether (akasha) at the University of Leiden on 5 May 1920, in his lecture on 'Ether and Relativity'. And the other from Mendeleev. To fully understand what they said, we must present the entire quote, not just a portion.

Let us start with Albert Einstein.

"The ether of the general theory of relativity is a medium which is itself devoid of all mechanical and kinematical qualities, but helps to determine mechanical (and electromagnetic) events. To deny ether is ultimately to assume that empty space has no physical quality whatever. The fundamental facts of quantum mechanics do not harmonise with this view."

Now we will find out what Mendeleev has to say.

"One cannot imagine that the problem of all energy can really be solved without a real understanding of ether as a world medium that transmits energy over

distances.”

Modern science, like Quantum Physics, which conforms to the duality of wave-particle theory, has never undermined the value of the ether. It is closing in on the concept of ether, and a chunk of their scientific explorations is based on it.

If we pay a little attention to what Goran Marjanovich, a Serbian electrical engineer, feels as he advances Tesla's non-Hertzian waves and scalar energy fields, it would be very interesting.

Goran Marjanovich offers a simple way to understand scalar energy. He compares it to an accordion player and the ether to the accordion itself. Scalar energy acts like the player's hands. His exploration furthers the concept that the ether is gently pressed and then allowed to open again. With every movement, the space within expands and contracts. Nothing is being pushed in a straight line; instead, the change happens in all directions at once.

We can simplify this concept. Let us take the act of breathing.

The lungs do not push air in one direction; instead, they expand and contract as a whole. When the lungs expand, space opens up. When they contract, space gently closes in.

In this way, scalar energy can be seen as the force behind this movement. It causes the ether to expand and compress, not in a straight line, but in all directions at once. This creates a rhythmic pulse, an inward and outward motion, much like a calm, steady breath.

Nothing is struck, pushed, or projected outward. The change happens from within, through a smooth cycle of expansion and contraction. The ether responds by subtly reshaping itself, guided by this silent, breathing-like movement that happens everywhere at the same time.

Now the question is: Why does it seem to be breathing? The universe seems to be breathing because scalar energy is compressing and rarefying it.

This subtle concept, which modern science has now been able to break through, is not new in Indian philosophy and spiritual heritage. This discovery, if it can be said so, was long ago explored and known by sages. In fact, our ancient scriptures and texts, which are nothing but visions and explorations of seers of the highest orders, have all confirmed this subtle and intricate dimension of akasha.

Not only does it breathe, relax and compress, but it is interconnected.

The idea is that everything is connected through the fabric of the ether. Because of this connection, any change is felt immediately.

Imagine a stretched sheet. When one part is pulled, the other responds immediately. It does not delay or pause. The movement spreads across the entire sheet instantly.

In the same way, the universe is woven together. When something shifts in one place, that change is felt everywhere, right away. This is not about distance or time. It is about a deep, underlying connection that holds everything together as one continuous whole.

We will conclude this section with an inviting quote from Erwin Schrödinger, the pioneer of quantum mechanics, who echoed a similar truth: "There is only one alternative, namely the unification of minds or consciousnesses. Their multiplicity is only apparent; in truth, there is only one mind."

Neuroscience of Silence -

Silence is often misunderstood as the absence of sound. From the brain's perspective, however, silence is not emptiness but a dynamic and meaningful state. When external noise diminishes, the brain begins to function in a more integrated and restorative manner. The constant effort required to process sounds, notifications, conversations, and sensory distractions gradually subsides. As this outward reactivity slows, the brain gains the opportunity to reorganise and shift its focus inward. This transition allows deeper neural networks to become active and more coordinated.

One of the most important systems engaged during quiet states is the **default mode network (DMN)**, a set of interconnected brain regions associated with self-reflection, memory consolidation, emotional processing, and creative insight. When the brain is no longer overwhelmed by external stimuli, this network supports introspection and the integration of experiences. In many ways, silence becomes a neurological space where the mind can observe itself, recognise patterns of thought, and cultivate a clearer sense of awareness.

At the same time, silence influences the autonomic nervous system. The body gradually shifts from the sympathetic "fight-or-flight" mode toward the parasympathetic "rest-and-restore" state. Heart rate slows, breathing becomes more regulated, and stress hormones begin to decline. This physiological

transition allows the brain and body to repair and recalibrate. Emotional responses become less impulsive, enabling individuals to witness their feelings with greater composure rather than reacting immediately.

Research in neuroscience also suggests that periods of quiet reflection may support **neuroplasticity**, the brain's ability to reorganise and form new neural connections. Some studies indicate that silence can even stimulate the growth of new neurons in the hippocampus, a region closely linked to memory, learning, and emotional stability. In this way, silence becomes not only restorative but also generative, nurturing cognitive clarity and long-term mental resilience.

Silence, therefore, is far from passive. It is a fertile cognitive environment where the brain realigns with its natural rhythms. Within this calm inner landscape, awareness deepens, mental clutter begins to dissolve, and the mind rediscovers its innate capacity to listen quietly, attentively, and from within.

Energy Theory -

Akasha, as we have already discussed, is the subtlest of all the elements. It is the quiet field that holds all forms, movements, and changes. Without akasha, there would be no room for energy to flow or take shape.

Energy theory fits naturally into this understanding. Energy does not move in isolation; it needs a medium, a space to express itself. Akasha provides that space. It allows energy to expand, contract, resonate, and connect. Every vibration, whether seen or unseen, arises within this vast openness.

When energy flows freely through akasha, harmony prevails. Movements feel natural, and systems, whether in nature, the body, or the mind, remain balanced. When this flow is disturbed, noise, friction, or confusion results. The change is not because space is broken, but because the movement within it has become unsettled.

Akasha also explains why everything feels interconnected. Since all energy originates within the same field of space, nothing is truly separate. A change somewhere subtly resonates elsewhere. In this way, akasha is the silent foundation, and energy is its living expression—one providing the openness, the other bringing it to life.

As we are about to conclude this chapter and the section, we will do so with a small summary assessment.

Modern science and ancient wisdom may seem worlds apart, yet both share a common goal: unlocking the mysteries of existence. Far from being fanciful imagination, India's philosophical scriptures and texts reveal a striking scientific conviction, one that continues to resonate in today's age of discovery.

What makes the seer's visions exceptional is their remarkable alignment with modern scientific discoveries. The vast universe described by ancient sages echoes the Big Bang Theory. The relativity of time and space aligns with Einstein's equations. The mysteries of dark matter and quantum entanglement mirror ideas of unseen forces and interconnected realities, also present in Vedic thought.

This dialogue between the old and the new reveals something profound: human potential expands when wisdom and discovery intersect. Ancient yogis, in their states of deep exaltation, and modern scientists, equipped with their instruments and equations, are companions across time. Together, they help us explore not just the universe outside, but the science of human possibilities within.

Modern science and ancient wisdom, then, are not contradictions but companions. One speaks through equations, the other through metaphors, but both celebrate the same human spirit of curiosity, courage, and limitless potential.



Chapter – 3

Akasha and Harmony

यदा अन्तः आकाशः शुद्धः स्यात् तदा स्वयमेव साम्यता ।
न साध्यते समत्वं तत्र, स्वभावेनैव प्रकाशते ॥

“When space within is honoured,
harmony does not need to be created - it simply reveals itself.”

- Yogi Priyavrat Animesh

We have chosen the title of this chapter after deep reflection. As we move further into our exploration, it becomes evident that each step is subtler than the last. If the earlier discussions introduced the nature of Akasha, this chapter seeks to understand its living expression.

Akasha and harmony are not separate ideas. They are like two sides of the same coin , or perhaps more accurately, like twins wrapped in a single blanket. To understand space is to understand balance. To stabilise in Akasha is to naturally enter harmony. Mastery of the Akasha element is not an achievement of control; it is the attainment of alignment.

It is the alignment here that we are emphasising. When space is kept open and undisturbed, life arranges itself with quiet intelligence. What follows is not effort, but ease; not noise, but resonance; not commotion, but a gentle sense of belonging with all that is.

This chapter looks at harmony as a living process, not a fixed state. It emerges when space is honoured within the body, the mind, relationships, and the world we share. When there is room to pause and breathe, tension loosens, and understanding deepens.

As it unfolds and the peeling off happens slowly, one can embark on an intuitive journey that may momentarily rattle us and unsettle us, but in the end will empower us in our quest for self-discovery.

When we say that akasha and harmony are intricately intertwined in perfect symmetry, it becomes all the more important to understand the role of harmony. We will find what harmony is and try to understand it through a few examples.

Harmony is the syncing between the idam (macrocosmic) and aham

(microcosmic). It is the synthesis between the outer and the inner dimensions. But how?

Imagine a wardrobe as an example. Inside it is a smaller locker, set aside for confidential items, rarely opened or shown. The surface mind is like the outer wardrobe we use daily to face the world. Beyond that lies the original state of mind, like the hidden locker, untouched, free from projection, unruffled, and pure.

The surface or transactional mind acts like a hood, covering and overshadowing the original mind (chid akasha). The innermost mind, unobstructed and pure, forms the foundation of true understanding. It is never in a hurry to judge or act because the ego does not separate itself. Here lies experience in its purest form, free from grasping. This purity and freedom form the basis of harmony. Those who preserve this essence live without opposition, strife, or suppression, but with perception flowing seamlessly.

A swimmer might try various tricks to cut through water, but the one who knows how to float enjoys it most. The first struggles against waves, carried away from his goal, while the second rises and falls effortlessly, enjoying the flow, unhurried by destinations.

Harmony is what aligns outer and inner energies. Even machines require correct tuning-cars need regular checks of brakes, tyres, and oil. A troubled car can cause accidents; a troubled mind, equally, brings disorder to life. It is sad, when it comes to our own well-being, we remain ignorant and negligent.

Now we nose-dive into the main topic of our chapter without any further lingering.

The OOJ Foundation has remodelled the contents of this chapter into five pillars, the foundation columns, one may say, that define and orchestrate the relationship between the two.

These pillars are not rules to follow. They are mirrors. Each one allows us to observe where we are, without judgment, and gently realign ourselves.

We will take them separately and expound.

Spatial Purity- *The condition of the space we inhabit, inside and outside*

Every experience begins in a space. A room, a body, a moment. Spatial Purity speaks of how clean, open, and undisturbed that space is.

This does not mean perfection or minimalism. It means clarity of arrangement. When a space is cluttered, physically or emotionally, it creates constant low-grade noise. The mind remains alert, scanning, adjusting, reacting. Even silence feels restless.

A pure space, on the other hand, allows the body to relax without effort. Breathing deepens. Thoughts slow down naturally. There is nothing pressing for attention.

Diagnostic insight -

Do we feel uneasy or distracted in your own surroundings? Do certain places instantly calm us, while others feel draining?

Our response reveals the state of spatial purity in our surroundings.

Purifying space is not about removing things; it is about removing confusion. Keeping what supports life and letting go of what no longer serves it. When outer space is cared for with awareness, inner space follows quietly.

Mental Silence - *The pause between thoughts, where truth becomes audible*

Mental silence is often misunderstood as stopping thoughts. That is neither necessary nor possible. It is not the absence of thinking; it is the absence of noise within thinking. A silent mind can think clearly. A noisy mind thinks endlessly but understands little.

Most of us live in a continuous internal conversation, remembering, predicting, justifying, worrying. Over time, this becomes our normal background sound. We do not even notice how loud it is until it briefly stops.

In those rare pauses, perhaps while watching the sky, listening to flowing water, or sitting quietly at dawn, we feel an immediate sense of relief. That relief is mental silence revealing itself.

Diagnostic insight -

Can we sit for a few minutes without reaching for a distraction? When we close our eyes, does the mind settle or rush to fill the gap?

Mental silence grows when we stop forcing answers and start allowing space. Even a few moments of quiet attention each day can soften the grip of mental chatter and restore balance. With time, this gentle pause begins to reshape our relationship with our thoughts. Instead of being carried away by them, we learn

to observe them with patience and calmness. In that quiet witnessing, the mind slowly discovers its natural rhythm, where clarity, steadiness, and inner ease begin to unfold on their own.

Energetic Openness - *The free movement of life force within us-*

Energy is not something mystical or distant. It is what makes us feel alive or heavy, open or blocked. Energetic Openness refers to how freely this life force moves through the body and being.

When energy flows smoothly, there is ease in action and rest in stillness. When it is blocked by fear, unresolved emotion, or constant tension, we feel tired even when we do little. Often, the body knows this before the mind does. Tight shoulders, shallow breathing, a clenched jaw these are quiet signals that energy is being held back.

Diagnostic insight -

Do we feel drained without a clear reason? Does our body often feel tense even when nothing is wrong?

Energetic openness returns when we listen rather than push. Gentle movement, conscious breathing, honest emotional expression, and rest are natural gateways. Energy does not need to be controlled; it only needs to be allowed. When we give ourselves this permission, the body gradually releases its stored strain, and the mind becomes less resistant. In this relaxed openness, energy begins to circulate more freely, restoring a quiet vitality that supports both physical ease and emotional balance.

Vibrational Alignment - *Living in tune with what truly resonates*

Everything carries a certain tone-places, people, words, intentions. Vibrational Alignment is the state of being in harmony with what supports our deeper nature.

When we are aligned, decisions feel simple. There is less inner conflict. Even challenges feel meaningful. When misaligned, life feels forced, as if we are constantly swimming against an unseen current.

This alignment is not about positivity. It is about truthfulness. Acting in ways that match our values, choosing environments that nourish rather than numb, and speaking words that reflect what we truly feel.

Diagnostic insight -

Do our daily actions feel in tune with ourselves? Do certain interactions leave us uplifted, while others leave us unsettled?

Alignment is restored not by changing the world, but by adjusting our inner tuning listening carefully to what resonates and what does not.

Intentional Clarity - *The quiet power of knowing why you act*

Intent is the direction in which energy moves. Intentional Clarity is not about strong will; it is about clear purpose.

When intent is unclear, even good actions feel scattered. Effort increases, results diminish, and confusion follows. When intent is clear, actions become precise and straightforward. There is less struggle, even when effort is required.

Clarity does not demand grand goals. It asks a simple question: Why am I doing this?

Diagnostic insight -

Do we often act out of habit rather than awareness? Are we busy but unsure of where our energy is going?

Clear intent acts like a compass. It does not control the journey, but it keeps us oriented. When intent aligns with inner truth, action becomes graceful rather than exhausting.

Closing Reflection -

To sum up before concluding this chapter, this is what we have to say-

These five pillars are not separate compartments. They influence one another continuously.

A cluttered space disturbs mental silence. A noisy mind blocks energy. Blocked energy disrupts alignment. Misalignment clouds intention.

And when one pillar is gently restored, the others begin to respond.

The OOJ Akasha Model is not about fixing oneself. It is about remembering spaciousness, the natural state in which clarity, harmony, and quiet strength arise on their own.

It gently reminds us that balance is not something imposed from outside; it unfolds when we stop resisting the natural intelligence within us.

In reconnecting with akasha, we do not add anything new to life.

We simply make room for what has always been there with quiet awareness, effortless harmony, and the boundless potential of the inner sky.



Chapter 4 -

Diagnosing Akashic Imbalances

अन्तराकाशं यदा ज्ञातं तदा साम्यं प्रवर्तते।
यद् न पश्याम्यन्तरे तच्च बहिर् रूपेण वर्तते॥

**“Before harmony is restored, space must be acknowledged.
What we refuse to notice within eventually shapes
what we experience without.”**

- Yogi Priyavrat Animesh

Akasha is profoundly subtle. Because it is subtle, its imbalances rarely announce themselves loudly.

Fire declares itself through heat.
Water through excess or dryness.
Earth through heaviness or rigidity.

But Akasha (space) speaks in whispers. It reveals itself through restlessness, through quiet confusion, through the feeling of being crowded even in solitude, or strangely hollow even in company.

Most of us do not ask whether there is sufficient space within. Instead, we measure ourselves through productivity, achievement, approval, and pace. Yet beneath these surface concerns lies a deeper and more essential question: Is there room within me , to breathe, to feel, to listen, to simply be?

In the OOJ understanding, diagnosing Akasha is not an exercise in labelling or analysis. It is an act of awareness. It is the cultivation of sensitivity to the language of space in the mind, in the body, and in the environment.

This chapter does not ask you to correct or condemn. It invites you to slow down and observe. Not to fix. Not to judge. Simply to notice where space moves freely, where it feels constricted, and where it has silently collapsed.

Only what is gently seen can begin to rebalance.

Understanding Akasha Balance

Balanced akasha feels like inner spaciousness. There is room for thoughts to arise and pass without collision. Emotions are felt fully but do not overwhelm. Silence does not feel threatening. One can be alone without loneliness and with others without losing oneself.

In the body, balanced akasha is experienced as lightness and ease. Breath flows without effort. Movements feel coordinated rather than rushed or heavy. There is an underlying sense of alignment, even during activity.

In the environment, balanced akasha feels supportive. Spaces feel breathable. Sound is present but not intrusive. Order exists without rigidity. There is a natural harmony between emptiness and form.

When akasha is balanced, life feels connected. Calm and coherent all the time. Imbalance begins when this calmness and coherence are disturbed.

Excess Akasha - *When There Is Too Much Space*

Excess Aakash is often misunderstood. It does not always look peaceful or spiritual. In fact, too much space can feel unsettling, disorienting, and ungrounded.

Let us break it down with regard to the mind, the body, and the environment.

In the Mind

Thoughts feel scattered and disconnected

Difficulty focusing or completing tasks

A sense of floating, daydreaming, or mental drift

Feeling detached from emotions or situations

Overthinking without emotional anchoring

People with excess akasha in the mind may appear calm on the surface, but feel hollow inside. There is awareness without engagement, observation without participation.

In the Body

Lightness bordering on weakness

Poor coordination or balance

Shallow breathing

Sensitivity to sound or movement

Difficulty maintaining physical routines

The body feels less "inhabited," as though the person is present but not fully anchored.

In the Environment

Sparse spaces that feel cold or empty

Over-minimalism that lacks warmth

Too much silence that feels isolating

Lack of sensory grounding (texture, colour, scent)

Excess akasha often shows up in people who live largely in the mind-thinkers, observers, and seekers, who have not balanced space with grounding elements.

Deficient Akasha - *When Space Is Missing*

Deficiency in akasha is far more common in modern life. It arises when space is constantly filled by noise, activity, information, expectation, or emotion.

In the Mind

Constant mental chatter

Racing thoughts and inner pressure

Difficulty pausing or reflecting

Fear of silence

Feeling crowded by one's own thoughts

Here, the mind has no breathing room. Thoughts collide instead of flowing.

In the Body

Tightness in the chest, throat, or head

Shallow or hurried breathing

Fatigue without physical exertion

Feeling compressed or heavy

Stress-related discomfort

The body mirrors the lack of inner space through tension.

In the Environment

Cluttered rooms

Continuous background noise

Overcrowded schedules

Lack of personal space

Visual overload

Deficient akasha makes life feel suffocating. Even joy feels exhausting because there is no space to receive it.

OOJ-Style Diagnosis : *Observing Without Judgement*

The OOI approach does not diagnose solely through checklists. It begins with observation, gentle, honest, and non-intrusive.

Key OOI Reflection Questions

Do I feel spacious or rushed most of the day?

Am I comfortable with silence, or do I fill it immediately?

Do my thoughts flow, or do they collide?

Does my body feel inhabited or neglected?

Does my environment support clarity or distraction?

These are not questions to answer quickly. They are questions to live with.

OOJ diagnosis encourages noticing patterns rather than incidents. A single restless day means little. A consistent sense of crowding or emptiness reveals imbalance.

Common Akasha Imbalance Patterns

If we observe sincerely over time, certain patterns will emerge.

The Overfilled Pattern

Busy schedules

High mental activity

Emotional overload

Constant stimulation

All these may reflect a deficient akasha.

The Disconnected Pattern

Withdrawal from action

Emotional distance

Lack of grounding

Avoidance of responsibility

This reflects excess Aakash.

The Oscillating Pattern

Periods of overload followed by withdrawal

Intense engagement followed by numbness

Noise followed by isolation

This pattern often arises when Aakash is not consciously understood.

Recognising the pattern is more important than naming the imbalance.

The Akashic Records

In ancient understanding, akasha is not only space but also memory. It is believed to hold impressions of all experiences, thoughts, and actions. This vast field of memory is often referred to as the akashic records.

In the OoJ lens, the akashic records are not distant or mystical archives. They are alive within us. Every unresolved emotion, repeated thought, and unconscious habit leaves an imprint on akasha. These imprints shape our tendencies, reactions, and inner landscapes.

When akasha is congested, access to this deeper intelligence feels blocked. Life feels repetitive. Patterns repeat without clarity. When it is excessively open without grounding, impressions float without integration, leading to confusion.

Balanced akasha allows memory to surface as wisdom rather than a burden. Insight arises naturally. Patterns are seen clearly. Healing begins not by effort, but by recognition.

Closing Reflection

Akasha does not bend to control. It collapses under it. Space cannot be managed, measured, or forced into order. The more we try to dominate it, the more it disappears from our lives, leaving behind noise, pressure, and confusion.

When akasha is honoured, something fundamental shifts. Thoughts stop fighting for attention. The body stops shouting through discomfort. Memory stops replaying the past and begins revealing meaning.

In the OoJ understanding, diagnosis is not an exercise in fault-finding. It is an act of courage to pause, to look honestly, and to admit where space has been denied.

Life does not ask for perfection. It asks for a room. And until we allow that room, balance will remain an idea rather than a lived reality.



Chapter 5 -

Inner Akasha Practices : *The Path of Spaciousness*

न शब्दाभावमात्रं तु मौनं साक्षिचेतनम्।
यदा मनो निर्वर्तेत तदा आकाशतत्त्वं प्रकाशते ॥

“Silence is not the absence of sound; it is the presence of undisturbed awareness. When the inner noise settles, space begins to reveal its truth.”

- Yogi Priyavrat Animesh

This introduction may feel longer than expected and perhaps even unsettling. Yes, unsettling for those of us who speak of freedom yet remain comfortably bound; for those who aspire to rise yet repeatedly surrender to habit; and for those who sincerely wish to loosen their inner chains but do not yet know how.

The world we inhabit today is saturated with sound, language, commentary, and endless narration. A constant hum surrounds us. We are told that words possess the power to shape destiny and in the tangible world, they certainly do. Words organise society, direct action, and define relationships. But when we turn toward inner spaciousness toward that which cannot be touched or measured words begin to lose their authority.

Most of us search for well-being outside ourselves. We chase achievement, recognition, security, and conditions that promise validation. Rarely do we pause long enough to turn inward not conceptually, but experientially. And so a quiet yet profound question emerges: How does one enter silence? How does one sustain inner spaciousness in a world that constantly fills it?

In this chapter, we attempt to approach that question not as theory, but as lived possibility. The path will not be casual. It requires willingness to observe, to soften, to relinquish control. Before we move into practical disciplines, however, we will pause briefly. A simple story will guide us inward, offering clarity before method, understanding before technique. For spaciousness cannot be practised mechanically. It must first be

recognised.

In Kushinagar, a long-standing, devoted disciple of Gautama, named Shravana, struggled to improve his practice. Sensing his frustration, one day the Buddha asked him to climb a hill carrying a sack of stones.

At first, the climb seemed simple, but the weight soon overwhelmed him. Following Buddha's guidance, he emptied the bag step by step, eventually reaching the summit free of burden. Lying under the vast sky, he felt peace and unity. While returning, he understood the idea behind this. As he sat beside Buddha, the Master gently told him, "My son, the baggage you carried made your climb unassailable."

We all carry this baggage day in and day out, constantly. What is that baggage?

Our heaviest burden is the ego. It splits life into opposites: right or wrong, love or hate, acceptance or rejection. Experience becomes just a series of events, and the sense of completeness vanishes. Living through such extremes leads to suffering. Stress builds up, serotonin levels decrease, and mood and thinking decline.

What's this ego?

It's simply an agent, a middleman. Thriving on our false perceptions. It's thriving because our own sense organs have betrayed us. We have misused them. We know only one way of living- the tussle between matter and spirit. The dimension where there's a continuous tussle. Tussle between desire, confusion and fear. This constant struggle ultimately leads to suffering. It's like keeping all our essential and confidential files only in the C drive. We don't use other drives in our laptop. Results: We risk losing them once the machine crashes.

A crash is equivalent to a crisis. We have so many of them now. Early life crisis. Midlife crisis. Old age crisis. Aren't we? We are not prepared to handle a crash. A crisis. We have never been prepared. We choke. We concede. We fail us. And we fail life. We fail a promise, a possibility, an opportunity.

Because we have been trusting this agent since childhood, we don't question its integrity. We become prey. We love to be preyed upon. We have accepted that the only way to live is through this middleman.

To cultivate inner silence, this cycle must be broken. On the road, we cannot control how others drive, but we can govern our own vehicle. Similarly, in life,

the mind and the ego must be managed with awareness and skill.

Slowing down, sitting still, and resting the mind are not luxuries; they are necessities. In a world where we are constantly chasing, from social media to endless other distractions, we must surely be vaccinated. Calmness is that vaccine, a reassurance, and protection that helps us experience life in its multiple dimensions.

To enter into the gracious state of akasha and the inner spaciousness, first and foremost, we need to make our inner space silent and abiding. We have already spoken about what Patanjali's Yoga Sutra tells us. Carrying on from there, it is essential that we adopt practices aligned with that concept.

Inner silence is not the absence of thought but the refinement of thought. It is the art of carrying less baggage, of rising and falling with the waves of life, without resistance. In that state, well-being attains wholeness; it becomes resilient and deeply rewarding.

Samyama, a widely celebrated term and practice in yoga and spirituality, offers us a path that finally leads us there. The real samyama, the inward drive to find calmness and silence, begins with concentration. It is also the sixth limb of the yoga sutras. Together, dharana (concentration), dhyana (meditation) and samadhi are called samyama.

Fixing our attention on a particular place or object is concentration. Dhyana (loosely translated as "meditation") is a deeper stage of concentration. When our attention becomes unwavering and firm, it is dhyana.

When we meditate, three states are involved: the meditator, the object of meditation, and the knowledge gained. When the distinction between these states merges and appears as one, it marks the first glimpse of samadhi. Ultimately, when even knowledge dissolves, and only pure consciousness remains, without retaining any trace of the experience, it is known as nirvikalpa samadhi, or the state of kaivalya.

To understand this simply, let's look at an abstract example.

There is an empty room. Suppose you are given ten marble balls. And you are asked to fling them in the air. And you do. What will happen? The marble balls will fall and spread to different corners of the room. Isn't it? Depending upon the slope of the room, they will be scattered far and near.

This scattered state is the usual state of our mind. You are now asked to collect them from the corners. Arrange them beside a bottle. This method of collecting and arranging the balls helps develop dharana (concentration). Gathering the mind. Making it deflate.

Next, you are asked to put the balls one by one on the bottle. This is dhyana (meditation). The scattered mind is first made restive. Relaxed. Focused. Once the focus deepens, one can enter another zone. It's the meditative zone. Mind gets quietened. Further deflated. It attains a concentrated state.

Once sufficient mastery and control over that zone are attained, the next phase opens up. It's dhyana. The final merger. The bottle lid is tightened and closed. It is the state of nirvikalpa, kaivalya, or samadhi.

Dhyana can never be taught. It is not a matter of free will that can be exercised at any time, anywhere, and by anyone. It is like arithmetic. It follows a process to reach answers. No hop, skip, and jump.

Would you allow everyone to enter your bedroom? Certainly not. Because that space is very private, you sit in the living room and chat with your guests. Isn't it?

Dhyana is the bedroom. We have to walk the distance from the living room to the bedroom. For some, the distance is not much. For others, it is quite a distance to cover.

Now, we will discuss the OOJ processes to be followed. We will stage-wise break it up into sections and see what happens.

Preparing the Inner Ground

Before any practice, one essential understanding is: Inner spaciousness cannot be forced.

If the body is tense or the breath is rushed, the mind will resist stillness. So, preparation matters, not as ritual, but as kindness.

Let's begin with these simple orientations:

- Choose a quiet space, but do not wait for perfect silence.
- Sit or stand in a posture that feels available, not rigid.
- Keep the spine upright, but relaxed, as if the body is listening upward.

- Allow the face, jaw, and shoulders to soften.

Inwardly, one can gently repeat: For the next few minutes, nothing else is required of me. That sentence alone begins the work of akasha.

Breath as Space, Not Control

Breath is often taught as something to regulate. In akasha practices, breath is something to observe.

- Notice the breath as it is, without changing it.
- Feel where the breath moves most easily.
- For some, it is the chest. For others, the belly or nostrils.
- Now imagine that breath is not air, but space itself moving in and out.
- As you inhale, feel space expanding gently inside the body.
- As you exhale, feel space settling not collapsing.
- No counting. No holding. No correction. If the mind wanders, let it wander.

Each return to breath is not a failure; it is a soft homecoming. After a few minutes, something subtle happens: Breath becomes quieter. Thoughts lose urgency. Awareness feels wider than the body. This is inner akasha beginning to speak.

This word 'homecoming' is a fantastic concept, widely found in Tibetan spiritual parlance, where it is often spoken as, 'bring the mind home'. Before moving on to the next section, we must briefly understand this concept.

The natural state of our minds and our true nature always remains filled, still, calm, and undemanding. Because this state is so satisfying, external conditions do not even attempt to interfere with it. We stay free, unconditioned, and full of an immense energy that longs to manifest and erase all distortions, emptiness, and grasping. We desire nothing, not even our own liberation. We find this in the penultimate lines of the Atma Shatakam.

"Sada me samatvam, na mukti na bandas."

(Atma Shatakam, Adi Shankaracharya)

Micro-Stillness: The Art of Pausing

We often think stillness means stopping everything. In truth, stillness hides in

very small pauses. Look here how-

- Take a natural breath in.
- After the exhale completes, notice the tiny gap before the next inhale begins.
- Do not hold your breath. Simply notice that gap. That gap may last a fraction of a second. That is enough.
- Rest your attention there, lightly.

This space between breaths is pure akasha. It is untouched by effort. Practice this several times a day:

- While walking
- Before speaking
- Before opening a message
- Before reacting

Over time, these micro-pauses create a deep inner re-patterning. Life slows down, not outwardly, but inwardly.

Sky-Gazing : *Learning from Vastness*

The sky has always been Akasha's greatest teacher. It holds everything without resistance: clouds, birds, storms, and silence.

- Go outside where the sky is visible.
- Stand or sit comfortably.
- Gaze at the sky without focusing on any single point.
- Let your eyes soften. Let the gaze be open and wide.
- Do not name what you see. Just receive.

As you look at the sky, notice something important: The sky is never disturbed by what passes through it. Clouds come and go. Birds cross and disappear. Even storms leave no trace.

Now, gently turn this understanding inward.

- Your thoughts are clouds.
- Your emotions are the weather.
- You are the sky.

Stay with this for a few minutes. When thoughts arise, let them float. When feelings surface, let them move.

Sky-gazing teaches without words : We are larger than what appears in us.

Nada Practices : Listening to the Subtle

Nada means sound, not the external sound. It refers to the inner hum, the subtle vibration that exists beneath silence. This is not imagination. It is perception refined by stillness.

- Sit quietly in a comfortable posture.
- Close your eyes.
- Listen, not for sounds outside, but for what stays when sounds fade.

You may notice:

- A faint ringing
- A soft hum
- A sense of vibration
- Simply silence that feels alive
- Do not chase any experience. Just listen.

If nothing is perceived, that is perfectly fine. Silence itself is the doorway.

Over time, many practitioners notice that silence is not empty; it is full. This fullness is akasha experienced through soundlessness. Nada practices deepen inner sensitivity and gently dissolve mental noise, without suppression.

The Practice of Spacious Attention

Most of our attention is narrow. We fixate. We grip. Akasha grows when attention becomes spacious. Sit comfortably with eyes open or closed. Allow everything to be noticed:

- Sounds
- Sensations
- Thoughts
- Breath

Do not follow anything. Let awareness be like a wide field. If attention tightens,

soften it again.

If judgment arises, notice it and let it pass. This practice trains the mind to rest without clinging. It teaches awareness to be present without interference. In time, one may feel:

- Less mental fatigue
- Greater emotional balance
- A sense of being held by space

Daily Life as Practice

Inner akasha is not meant to remain on the meditation mat. It is meant to reshape how life is lived. These are the simple ways to bring akasha into daily life:

- Pause before replying.
- Sit in silence for one minute before starting work.
- Look at the sky once a day without distraction.
- Breathe consciously during transitions.
- Allow moments of doing nothing, without guilt.

Over time, something changes:

- Reactivity softens.
- Listening deepens.
- Presence becomes natural.

We begin to live from space, not just visit it.

Closing Reflection

Inner akasha is not a state to achieve. It does not arrive from outside, nor does it depend on extraordinary conditions. It reveals itself gently when we pause, soften, and allow space to return to our awareness. Every moment of stillness we permit, every breath we observe without control, and every instance in which we step back from the urgency of doing brings us closer to this silent presence.

The path of spaciousness is not about becoming someone new or perfecting ourselves through effort. It is about remembering what has always been here,

patiently waiting beneath the layers of distraction and restlessness. When we allow ourselves even a little room to simply be, the mind begins to loosen its grip, the body finds ease, and perception becomes clearer.

Gradually, this inner space begins to influence how we live. Our reactions soften, listening deepens, and our responses become more thoughtful rather than impulsive. We begin to recognise that life does not require constant control; it often unfolds more harmoniously when we allow it the space to breathe.

In honouring inner space, life does not necessarily become louder, faster, or more dramatic. Instead, it becomes simpler, quieter, and more transparent. Clarity replaces confusion, steadiness replaces urgency, and a subtle sense of belonging begins to emerge. And once this clarity is glimpsed, even briefly, it leaves a quiet imprint on the heart. From that moment onward, the path of akasha is no longer something we practice occasionally; it becomes the gentle way in which we begin to live.



Chapter 6 -

Akasha in the Living Environment

यद् देशे वसति चेतः स देशोऽपि प्रत्युत्तरं ददाति।
यथा भावेन निर्मितं वातावरणं तथा जीवने प्रतिबिम्बति ॥

“The space we inhabit is never neutral; it listens, it absorbs, and it responds. When we shape our surroundings with awareness, they begin to shape us in return.”

- Yogi Priyavrat Animesh

Akasha is not distant, confined to scriptures, nor restricted to meditation halls. It is present here woven into the air we breathe, the pauses between sounds, and the invisible threads that bind us to one another. To speak of Akasha within the living environment is to recognise that life itself is sustained by a subtle field an unseen matrix carrying memory, vibration, and potential.

Consider how a room transforms when sunlight streams through a window, or how the atmosphere shifts when laughter fills a space. These are not merely moods or fleeting sensations; they are expressions of Akasha in motion. Every place we inhabit homes, streets, forests, oceans participates in this subtle exchange. Akasha does not belong solely to the spiritual aspirant; it belongs equally to the child at play, the farmer tending soil, and the elder reflecting upon lived experience.

Vast and immeasurable, Akasha stands as the silent witness to all that unfolds. It absorbs the imprint of actions, words, and even unspoken intentions. When we enter a space and sense calmness or unease without visible cause, we are often responding to this subtle field.

This is not abstract philosophy removed from daily life. It is immediate and experiential. As sensitivity deepens, we begin to recognise that every environment holds a narrative, every silence carries depth, and every space can be consciously cultivated to support clarity and well-being.

In this chapter, we explore how Akasha breathes through the environments we create and inhabit. To understand it within living spaces is to realise that our surroundings are not passive structures, but responsive fields intimately reflecting and influencing our inner state.

We often underestimate the role of space in shaping our well-being. We think of health in terms of food, exercise, or sleep, but rarely pause to ask: What about the environment I live in? The truth is, space is not neutral. It carries energy, memory, and rhythm. It can uplift us or drain us, soothe us or agitate us.

Walk into a cluttered room and notice how your body tightens. Step into a sunlit garden and feel how your breath deepens. Sit in a noisy café and watch your thoughts scatter. Space is not just a backdrop; it is an active participant in our daily lives. It influences our emotions, our focus, our creativity, and even our physical and mental health.

We will look at four key practices: spatial decluttering, sound-field alignment, light-field awareness, and creating intentional open zones. Together, they form a toolkit for designing spaces that nourish rather than deplete.

Let's get going.

The Psychology of Space

Our surroundings constantly send signals to our brain. A messy desk whispers chaos. A dimly lit room suggests lethargy. A wide-open field invites expansion. These signals shape our mood and behaviour, often without us realising it.

Clutter and stress: Studies show that clutter increases cortisol, the stress hormone. It creates a sense of unfinished business, keeping the mind restless.

Light and energy: Natural light boosts serotonin, improving mood and focus. Dark, enclosed spaces can trigger fatigue or even mild depression.

Sound and balance: Noise pollution disrupts sleep, concentration, and emotional regulation. Conversely, harmonious sound fields like birdsong or flowing water restore calm.

Openness and creativity: Spaciousness encourages imagination. When we feel hemmed in, our thinking narrows; when we feel expansive, ideas flow more freely.

Light and energy: Natural light boosts serotonin, improving mood and focus. Dark, enclosed spaces can trigger fatigue or even mild depression.

The Subtle Dimension

Beyond psychology, there is a subtler dimension. Space carries memory. It absorbs the imprints of what happens within it. That is why some places feel

heavy, while others feel light. It is not superstition, it is resonance. Our actions, words, and emotions leave traces, and space reflects them back to us.

Tools for Transforming Space

Now let's dive into the four practices that can reshape your environment and, in turn, your wellbeing.

Tool 1: Spatial Decluttering

Decluttering is more than tidying up. It is about releasing what no longer serves you, so your environment can breathe.

Why Decluttering Matters

- Mental clarity: A clear space supports a clear mind.
- Emotional release: Letting go of objects tied to old memories can free emotional energy.
- Physical flow: Less clutter means more effortless movement, less dust, and better air circulation.

Tool 2: Sound-Field Alignment

Sound is invisible yet powerful. It can soothe or disturb, energise or exhaust. Aligning the sound field of your environment is essential for well-being.

Why Sound Matters

- Noise pollution: Chronic exposure to noise increases stress, blood pressure, and irritability.
- Healing vibrations: Certain sounds, like chanting, singing bowls, or nature sounds, restore balance.
- Silence as medicine: Silence is not emptiness; it is a field where the nervous system resets.

How to Align Your Sound Field

- Identify noise sources: Traffic, appliances, gadgets. Reduce or buffer them where possible.
- Introduce harmony: Play gentle instrumental music, nature recordings, or ambient tones.
- Use natural sound: Open windows to let in birdsong or rustling leaves.



- Practice intentional silence: Create daily pockets of silence, no devices, no chatter.
- Sound rituals: Begin mornings with a sound that uplifts you, a bell, a mantra, or even a favourite song.

The Result

A balanced sound field creates emotional stability. It helps concentration, deepens sleep, and makes your environment feel alive yet peaceful.

Tool 3: Light-Field Awareness

Light is nourishment. It influences mood, circadian rhythm, and even cellular health. Becoming aware of the light field in your environment is transformative.

Why Light Matters

- Natural light: Boosts vitamin D, regulates sleep cycles, enhances productivity.
- Artificial light: Harsh fluorescent lighting can cause fatigue; warm lighting promotes relaxation.
- Shadows and contrast: The play of light and shadow shapes how we perceive space inviting or oppressive.

How to Cultivate Light Awareness

- Maximise daylight: Arrange furniture to allow sunlight in. Use mirrors to reflect light deeper into rooms.
- Choose wisely: Use warm-toned bulbs in living areas, cooler tones for workspaces.
- Respect darkness: Dim lights in the evening to signal rest. Darkness is as essential as light.
- Seasonal adjustment: In winter, supplement with full-spectrum lamps to counter low sunlight.
- Light rituals: Begin the day by opening curtains fully. End the day by gradually dimming the lights.

The Result

A conscious light field uplifts mood, supports healthy sleep, and makes spaces

feel vibrant. It turns your environment into a living canvas.

Tool 4: Creating Intentional Open Zones

Open zones are spaces deliberately left uncluttered, unfilled, and open. They act as breathing spaces for the environment and for you.

Why Open Zones Matter

- Psychological relief: Open space reduces mental load.
- Creative expansion: Empty zones invite imagination.
- Energetic flow: Space without obstruction allows energy to circulate freely.

How to Create Open Zones

- Designate emptiness: Choose one corner, wall, or area to remain open.
- Protect it: Resist the urge to fill it with furniture or décor.
- Use it intentionally: Sit there to meditate, stretch, or simply breathe.
- Rotate zones: Shift open zones seasonally to refresh energy.
- Respect boundaries: Teach household members to honour these spaces as sacred.

The Result

Open zones act like pauses in music, silent yet powerful. They give rhythm to your environment and allow your mind to rest.

Integrating the Tools

The four tools are not separate; they work together. Decluttering clears space. Sound alignment calms it. Light awareness energises it. Open zones give it rhythm. Together, they create environments that actively support well-being.

Imagine a home where every room feels intentional. The clutter is gone, replaced by breathing space. Natural light moves through the rooms as the day unfolds, bringing warmth in the morning and softness in the evening. Open zones invite pause, reflection, and unhurried presence. Such a space does not merely look organised; it feels balanced and welcoming.

When these elements work in harmony, the environment begins to act as a quiet partner in our daily life. It subtly influences how we think, feel, and respond. A calm space encourages a calm mind. A balanced atmosphere nurtures emotional

steadiness and clarity. Gradually, the surroundings begin to affirm our inner state, reminding us of spaciousness, ease, and quiet awareness. In this way, our environment becomes more than a setting; it becomes a living affirmation of the harmony we seek within ourselves.

Closing Reflection

Space influences well-being in profound ways. It can be heavy or light, chaotic or calm, draining or nourishing. The choice is ours. By practising spatial decluttering, sound-field alignment, light-field awareness, and intentional open zones, we reclaim the power to shape environments that support life and living.

The encouraging truth is that this influence is not beyond our control. The choice is ours. By consciously practising spatial decluttering, sound-field alignment, light-field awareness, and the creation of intentional open zones, we begin to reclaim our role as mindful stewards of our surroundings. These simple yet thoughtful adjustments transform spaces from passive backdrops into supportive environments that nurture clarity, calmness, and vitality.

When space is honoured in this way, it begins to respond with a quiet generosity. Rooms feel lighter, the mind feels less burdened, and the body moves with greater ease. Gradually, our surroundings begin to reflect the harmony we seek within ourselves. In shaping our spaces with awareness, we are not merely organising objects, we are creating living environments that sustain well-being, encourage presence, and gently remind us that life flourishes best where there is room to breathe.

Chapter 7 -

Rituals, Mantras & Akashic Alignment

यदा संकल्पः क्रियायां संयतः स्यात् ध्वनिश्च चेतनस्पन्दनः।
तदा अदृश्यं जगत् स्वयमेव नवरीत्या व्यवस्थितं भवति॥

“When intention becomes disciplined action and sound becomes conscious vibration, the unseen begins to reorganise itself around us.”

- Yogi Priyavrat Animesh

Across cultures, traditions, and lineages, seekers have relied upon rituals and mantras as bridges between the visible and the invisible. These are not mere repetitions of inherited gestures or sacred syllables spoken without awareness. They are structured frequencies living technologies that influence the subtle currents shaping our experience.

Ritual grounds intention. Mantra refines vibration. Together, they open access to what mystics describe as the akashic field a subtle reservoir of memory, pattern, and possibility that underlies human consciousness.

This is not about blind adherence or ornamental spirituality. It is about reclaiming ritual as a deliberate act of alignment. It is about understanding mantra not as sound alone, but as calibrated resonance capable of shifting perception, emotion, and energetic structure. When practised consciously, these disciplines do not merely comfort the mind; they reorganise it.

In this chapter, we move beyond surface mysticism and examine the mechanics behind sacred practice how gesture, sound, fire, and focus can reshape inner architecture. Ancient methods are not relics of the past; they are adaptable frameworks. When understood correctly, they retain potency even within modern contexts.

We will explore mudras as energetic circuits. We will examine mantra as vibrational coding. We will study homa as a principle of transformation, not merely a ceremonial act. And ultimately, we will approach akashic alignment not as passive observers, but as conscious participants in the shaping of our own trajectory.

This is an invitation not to decorate life with ritual, but to activate it.

We begin with ritual, then move through homa, mantra, mudra, and finally toward direct akashic alignment.

The Anatomy of Ritual

Rituals are often misunderstood. People imagine incense, robes, chants, and elaborate ceremonies. But at their core, rituals are structured acts of intention. They are containers that hold energy, focus, and meaning. A ritual can be as simple as lighting a candle with a clear purpose or as complex as a multi-hour ceremony. What matters is not the theatrics but the alignment between our action and our intention.

Think of rituals as programming our subconscious. Every gesture, every symbol, every repetition is a way of telling our deeper mind: this matters. When we repeat a ritual, we reinforce that message until it becomes part of our inner wiring. That is why rituals can shift habits, heal wounds, and open doors to states of consciousness that ordinary routines cannot reach.

But it is not just psychological tricks. They are energetic codes. When we perform a ritual with clarity, we are not only speaking to our subconscious but also to the field around us. The akashic dimension, the subtle record of all thought, action, and possibility, responds to it because ritual is a language it understands.

The OOJ Way of Crafting One's Own Rituals

Anchor in Intention: Begin with a clear statement of purpose. What do you want this ritual to achieve: Healing? Clarity? Protection? Expansion?

Choose Symbols: Symbols are shortcuts to meaning. Fire, water, earth, air, objects, colours, each carries resonance. Select those that speak to your purpose.

Create Structure: Rituals need rhythm. Decide the sequence: opening, action, closing. This creates a container for energy.

Repeat with Awareness: Repetition is power. But don't let it become mechanical. Each time you perform the ritual, bring fresh awareness.

The most powerful rituals are not borrowed wholesale from tradition but crafted personally. When a ritual is designed that reflects our own language of meaning, it becomes alive.

Principles of Homa -

Homa, or sacred fire ritual, is one of the oldest practices for aligning human intention with cosmic forces. Traditionally, offerings are made into the fire while mantras are chanted. But when we speak of energy-based homa principles, the focus shifts from ritualistic detail to the essence: fire as a medium of transformation.

Fire as a Bridge and Conductor of Space

Fire consumes, transforms, and releases. In homa, the flames are not just physical; they are symbolic of the inner fire,

the energy that digests experiences, burns impurities, and illuminates consciousness. When offerings are made, they represent surrendering limitations into the fire of awareness.

Energy Principles of Homa

- **Intention as Fuel** - The real offering is not ghee or grains, but intention. Fire responds to clarity. A distracted mind yields smoke; a focused mind yields light.
- **Sound as Catalyst** - Mantras chanted during homa are not mere words. They are vibrational codes that activate the fire's energy. Each syllable interacts with the flames, amplifying resonance into the subtle space.
- **Space as Container** - Fire rituals are performed in an open space because Akasha is the ultimate container. Without space, fire cannot breathe. The ritual reminds us that transformation requires openness.

The OOJ Way of Simplified Energy-Based Homa Practice

- Light a small flame (candle, lamp, or controlled fire).
- Sit before it with a clear intention of what do you wish to release or invoke?
- Offer a symbolic item (flower, grain, or even a thought).
- Chant a simple sound (like Om or a chosen mantra) while gazing at the flame.
- Allow the fire to carry your intention into subtle space.

The principle is simple: fire transforms matter into energy. In homa, we consciously direct that transformation, aligning our inner state with the vastness of Akasha.

Mantras as Living Codes

Mantras are not just affirmations. Affirmations are psychological statements meant to reframe thought. Mantras are vibrational codes that alter the frequency of our being. When spoken, sung, or whispered, they resonate through our body, our mind, and the field around us.

Ancient traditions and sages understood that sound is creation. The universe itself is vibration. Mantras are precise sound formulas that align us with specific currents of energy. Some mantras are universal, like "Om," which represents the primal sound of existence. Others are specific, designed to invoke particular qualities or deities.

But mantras are not limited to Sanskrit or ancient languages. Any word, phrase, or sound that carries deep resonance for us can function as a mantra. The key is repetition with presence and focus.

How Mantras Work

- **Resonance:** Sound vibrates through your body, affecting the nervous system and energy centres.
- **Focus:** Repetition of a mantra anchors the mind, reducing distraction and opening space for clarity.
- **Alignment:** Mantras tune the inner frequency to match the quality invoked: peace, strength, love, and courage.

The OOJ Way of Practising Mantras

- **Choose One:** Don't scatter your energy across dozens of mantras. Select one that feels alive for you.
- **Set Time:** Dedicate a few minutes daily. Consistency builds resonance.
- **Embodied Repetition:** Speak the mantra aloud, whisper it, or repeat it silently. Notice how each mode affects you.
- **Integration:** Carry the mantra into your day. Let it echo in your mind during ordinary tasks.

Mantras are not magic spells. They are tuning forks. They don't force reality to change; they change us so that reality responds differently.

The Science of Mudras –

Mudras are calibrated energy fields that continuously refuel the spark and orientation generated by the principles of all the above forms of manifestation. It is like the engine that drives the train. Without it, the train remains stationary.

They are more than mere hand gestures; they serve as codes that activate energy pathways. When we discuss akashic mudra or shoonya mudra, we refer to gestures that connect us with the element of space: the vast, unseen expanse that unites everything. Akasha, the eternal foundation or the infinite void, is the field of potential, the most subtle state in which vibration and intention manifest and take shape.

Together, ritual, homa, mantra, and mudra form an unbeatable, invincible team.

The Potential of Akashic Mudra -

Space is often overlooked because it feels intangible. Yet, it serves as the canvas on which all other elements, earth, water, fire, and air, perform their roles in harmony. By tuning into akasha, we access silence, expansion, and limitless possibility. Even if we merely practice the akashic mudra, we will reap all the benefits associated with other practices, such as rituals and homa.

Core Akashic/ Shoonya Mudras

Akasha/ Shoonya Mudra (*Thumb + Middle Finger*)

The thumb signifies fire; the middle finger represents space. Connecting them awakens awareness of the infinite. It is said to dissolve feelings of confinement and open the mind to vastness.

Heart/ Hridaya Mudra (*Thumb + Ring Finger + Little Finger*)

Though often linked to the heart, in Akashic practice, it connects the heart's vibration to the subtle field of space. It is a gesture of surrender, allowing the heart's resonance to expand outward.

The OOJ Practice Notes

- Sit quietly, spine erect.
- Hold the mudra lightly, without strain.
- Breathe deeply, focusing on the sensation of space around and within you.
- Allow silence to deepen. The mudra is not about doing, but about being.

Akashic mudras are not ornamental. They are functional tools to dissolve boundaries. They remind us that space is not empty; it is alive, vibrating, and responsive to our awareness.

Sound & Intention: Harmonising Space

Space is not silent. It hums with vibration. Every sound we make ripples through it, shaping the subtle field. When combined with intention, sound becomes a powerful instrument for harmonising environments, minds, and energies.

The Power of Sound in Space

Sound is vibration. Space is the medium. Together, they create resonance. Chanting, humming, or even speaking with awareness can shift the quality of a room. Silence itself is sound's counterpart, the pause that allows vibration to settle.

Intention as the Driver

Intention is the invisible force behind sound. A mantra uttered mechanically is noise. A mantra uttered with clarity becomes a key that unlocks space. Intention directs vibration, giving it purpose and direction.

The OOJ Ways to Harmonise Space

Chanting with Awareness

Choose a sound: Om, Aum, or a simple hum. Chant slowly, letting the vibration fill the room. Focus on your intention: peace, clarity, healing. Alternatively, you can mentally whisper: I am liberated (Mukta), I am full (Purna), I am Brahman (Supreme Consciousness).

Silent Resonance

Sit in silence after chanting. Let the sound dissolve into space. Silence is not absence; it is integration.

Intention Mapping

Before entering a space, set a clear intention. For example: "May this room hold calm energy." Speak it softly or mentally. The space responds.

Sound Bathing

Use instruments like bells, bowls, or even clapping hands. Each sound clears

stagnant energy. When done with intention, it resets the vibration of the environment. Sound without intention is scattered. Intention without sound is subtle but less tangible. Together, they create alignment. The practice is not about complexity but about sincerity.

Akashic Alignment

The Akashic field is often described as a cosmic library, a record of every thought, action, and possibility across time. But it is not just a passive archive. It is a living dimension of energy that constantly interacts with us. When we align with the akashic field, we gain access to deeper guidance, clarity, and possibility.

Akashic alignment is not about fortune-telling or passive reading. It is about tuning our consciousness to the field so we can co-create with it. Rituals and mantras are tools for this alignment. Rituals create containers of intention that signal to the field. Mantras shift our vibration so we resonate with the field's currents. Together, they open pathways into akashic awareness.

The OOJ Steps to Akashic Alignment

- **Clear Your Space:** Physical clutter mirrors energetic clutter. Create a clean environment for practice.
- **Ground Yourself:** Connect with your body and breath. Alignment begins with presence.
- **Set Intention:** State clearly what you seek: guidance, healing, expansion.
- **Use Ritual:** Perform a simple act that anchors your intention, lighting a candle, drawing a symbol, or offering water.
- **Invoke Mantra:** Repeat your chosen mantra to shift your vibration.
- **Listen:** After the ritual and mantra, enter silence. Pay attention to impressions, insights, or subtle shifts.

Akashic alignment is not about dramatic visions. It is about subtle shifts in perception, intuition, and energy. Over time, these shifts accumulate into a profound transformation that leads to wisdom.

The OOJ Way of Designing One's Practice

To make this practical, here is a framework for designing your own ritual-mantra-akashic practice:

- **Daily Ritual:** A simple act each morning to set intention. Example: light a candle, breathe deeply, state your purpose for the day.
- **Core Mantra:** Choose one mantra that resonates with your current journey. Repeat it daily.
- **Weekly Alignment:** Once a week, create a longer ritual, perhaps 30 minutes, combining intention, mantra, and silence. Use this time to tune into the akashic field.
- **Integration:** Notice how insights arise in daily life. Write them down. Act on them.

This practice is not about perfection. It is about consistency and sincerity.

Bringing It All Together

Akashic mudras, energy-based homa principles, and sound-intention practices are not separate techniques. They are facets of one truth: space is alive, and we can harmonise with it. When practised together, they create a powerful alignment. Imagine beginning with a mudra, moving into a simple fire ritual, and closing with chanting followed by silence. The sequence is not rigid; it is fluid. What matters is awareness.

Closing Reflections

One of the greatest traps in spiritual practice is superstition. People treat rituals and mantras as external magic tricks, hoping they will fix everything without personal responsibility. This is disempowering. Rituals and mantras are not substitutes for action. We should use rituals and mantras as tools, not crutches. They are amplifiers of action.

If we study the Upanishads, we generally find that they convey the highest wisdom, uniquely wrapped in interesting stories. The stories are conversational in nature, bringing out the profound messages in a clear and crisp way. Most of the stories represent a King talking to a sage, who is a mighty King, dominant in their own way, but none of them stoop low to ask for any personal favour or grant. They all carry that self-esteem and clarity on what to know and ask for.

The Kings come to pay respect to the sages, honour their wisdom, and, in the polite conversation that ensues, try to extract as much knowledge from them so that their higher minds are always satiated.

A warrior preparing for battle would perform a ritual to invoke courage. A

healer would chant mantras to align with the energy of restoration. A seeker would enter silence after ritual to receive guidance from the unseen.

A business leader may use a ritual to set an intention before negotiations. An artist may chant a mantra to open creative flow. A parent may perform a simple ritual to bless their child before sleep. These are not relics of the past. They are living practices for today.





Chapter 8 -

The Science of Space, Silence & Human Energy

न शून्यमेव आकाशं प्रज्ञारूपं प्रकाशते।
मौने ज्ञाते स्वयं जीवनरचना अवभासते॥

**“Space is not emptiness to be measured;
it is intelligence waiting to be perceived. When silence is understood,
the architecture of life reveals itself.”**

- Yogi Priyavrat Animesh

What if our lives are designed with an architecture that is both intricate and mysterious?

Not the visible architecture shaped by bricks, beams, and blueprints. Something far more refined. A subtler engineering, an invisible geometry that resonates with our inner mechanism. A design not constructed from outside, but choreographed into our very being. Complete, self-sustaining, and profoundly intelligent.

Consider how thought, perception, silence, and the deeper purpose of being human converge into a single grand structure we call life. It is not built on tension or performance. Not on display or complexity. It is not about mastering difficult postures or accumulating spiritual vocabulary. It is about an inner poise, steady, centred, unwavering.

No mat is required. No ritual timing. No external structure imposed. This unfolding does not happen through force or submission. It flows because it is already whole clear about its direction, anchored in its own fullness, resting in quiet certainty.

This is the science of Akasha, the unseen blueprint of space that holds us constantly, whether we recognise it or not. Day after day, moment after moment, it surrounds and permeates us. The question is not whether it exists. The question is whether we are attentive enough to perceive it.

In this chapter, we explore the subtle intersection of space, silence, and human energy not as abstract philosophy, but as an experiential science woven into our daily existence.

Actually, awareness is not that common with us. In fact, however much we see and engage in even everyday household chores, we miss them. We miss because we fail to catch the tail; the tail that is appropriation. There is a common saying in Tibetan parlance, 'if you are too smart you may miss it entirely, and if you are too lazy you will never realise it'. That is the beauty of akasha. It is surreal, seamless, and always too close to us that we may entirely overlook its presence.

Those of us who study scriptures get fascinated by the mysteries of these ancient Indian texts, which provided answers to some of the most complex and fundamental questions about human existence centuries ago. Long ago, they could discern and record the vast potential and excellence of humanity, as well as the workings of this cosmology and solar system.

The primordial state of projection is not sound in its familiar form that we perceive, but rather a fundamental causal tension, a subtle stir within the infinite ether of consciousness. It is a state of absolute stillness, a homogeneous and dormant presence that precedes all movement.

Consider the inflation of a balloon. As air is injected, the balloon expands, holding its structure as long as its elasticity permits. When the tension exceeds a certain threshold, the balloon bursts, releasing its built-up energy.

Let's understand the science behind this process. We understand the role of air here. When we are talking about expansion, what are we trying to express? This expansion can only happen because of space. It is space in its subtle form, making room, a way to hold this entire process together. Science calls this the Big Bang. The sages call this the moment of projection, the manifestation of infinite energy into finite possibility. Akasha is the element, the container holding this possibility in its embryonic, as well as the phenomenal state.

Today, neuroscience, acoustics, and bioenergetics are beginning to confirm what sages intuited: space and silence are not only voids, but fields of possibility. They are the hidden architecture of human energy.

This is what we are going to take up in this chapter and explore. First, let's understand what other ancient traditions have to say on this.

The Ancient Lens: Sound, Silence & the Human Spirit

Vedic traditions taught that the universe began with sound- Om, the primordial vibration. Silence was not the absence of sound but the womb from which sound was born.

Greek philosophers like Pythagoras believed the cosmos was structured by harmony, a "music of the spheres" that governed both celestial bodies and human health.

Chinese medicine mapped energy meridians, showing how balance in these invisible pathways determined vitality.

Across cultures, silence was revered not as emptiness but as a medium where energy could be felt most clearly. Temples, caves, and sacred groves were designed to amplify this silence, creating resonance chambers for the human spirit.

Modern Science: *Acoustics & Neuroscience Meet the Mystics*

Fast forward to the present, and science is uncovering the mechanics behind these ancient intuitions.

Acoustics shows us that sound is vibration travelling through air, water, or solid matter. Every vibration leaves a trace, shaping the environment.

Neuroscience reveals that silence activates the brain's default mode network, the system responsible for creativity, memory consolidation, and self-awareness. In silence, the brain reorganises itself, repairing and rewiring.

Wave field theory demonstrates that space is not empty but filled with electromagnetic fields, gravitational waves, and quantum fluctuations. These invisible forces constantly interact with our bodies.

Bioenergetics studies how cells generate and use energy. Mitochondria, the "powerhouses" of our cells, respond to subtle environmental cues- light, sound, and even electromagnetic fields.

Together, these findings suggest that silence and space are not passive backdrops. They are active participants in human energy.

The Physics of Silence: *Wave Fields & Resonance*

Silence is not the absence of waves; it is the alignment of them.

Resonance occurs when a system vibrates at its natural frequency. A tuning fork can make another fork vibrate without touching it. Similarly, human beings resonate with their environment.

Wave fields surround us constantly. From the hum of the Earth's Schumann resonance (around 7.83 Hz) to the electromagnetic signals of our devices, we

are immersed in invisible oceans of vibration.

When silence is cultivated through meditation, deep breathing, or simply stepping away from noise, our bodies can synchronise with natural wave fields. This synchronisation restores balance, lowers stress hormones, and enhances vitality.

Silence, then, is not empty. It is a tuning mechanism that aligns us with the deeper rhythms of life.

The Neuroscience of Quietude: *What Happens in the Brain*

Studies show that just two minutes of silence can be more restorative than relaxing music. Why?

- **Neurogenesis:** Silence stimulates the growth of new brain cells in the hippocampus, the region linked to memory and learning.
- **Stress reduction:** Silence lowers cortisol levels, calming the nervous system.
- **Creativity:** In silence, the brain's default mode network lights up, allowing connections between seemingly unrelated ideas.
- **Emotional regulation:** Silence helps the amygdala, the brain's fear centre, settle down, reducing anxiety.

In other words, silence is not passive. It is an active medicine for the brain.

Bioenergetics: *The Body's Hidden Symphony*

Our bodies are not machines; they are symphonies of energy.

Cells vibrate: Every cell has its own frequency. Healthy cells vibrate in harmony, while diseased cells show chaotic patterns.

Mitochondria respond to fields: Research shows that mitochondria are sensitive to electromagnetic signals. Exposure to natural rhythms, sunlight, Earth's magnetic field, and even silence optimises their function.

Breath as energy conductor: Ancient pranayama practices align with modern findings that controlled breathing regulates the autonomic nervous system, balancing energy flow.

Bioenergetics bridges the mystical idea of "life force" with the measurable science of cellular energy.

Space as Medicine: *Architecture of the Invisible*

Space is not neutral. The design of our surroundings shapes our energy.

- Sacred architecture: Temples, pyramids, and cathedrals were built with acoustics in mind. Their geometry amplified resonance, creating spaces where silence became palpable.
- Modern acoustics: Hospitals and schools are now studying how soundproofing and spatial design affect healing and learning.
- Personal space: Even the arrangement of furniture, the openness of a room, or the presence of natural light influences our bioenergetic state.

Space is medicine when designed with awareness. Silence is the prescription.

Bridging Ancient & Modern: *A Unified Theory of Human Energy*

When we weave ancient wisdom with modern science, a unified picture emerges:

- Silence is not absence but presence. It is the field where energy reorganises.
- Space is not empty but alive. It is filled with wave fields that interact with our bodies.
- Human energy is not mystical but measurable. It is the interplay of bioenergetics, acoustics, and neuroscience.

This unified theory suggests that cultivating silence and respecting space are not luxuries. They are necessities for human health and evolution.

The OoJ Practical Applications: *Living the Science of Silence*

How can we apply this knowledge in daily life? Let's take a moment to find out.

- Micro-moments of silence: Pause for two minutes between tasks. Let the brain reset.
- Resonant spaces: Create environments with natural light, minimal noise, and open design.
- Breathwork: Practice slow, deep breathing to align with natural rhythms.
- Digital detox: Reduce exposure to artificial wave fields by limiting screen time.
- Nature immersion: Spend time in forests, mountains, or near water. These environments resonate with frequencies that restore human energy.

Silence and space are not abstract concepts. They are practical tools for resilience.

The Future: *Human Energy in a Noisy World*

As technology advances, noise will only increase. Yet the science of silence offers a counterbalance. How?

- Neuro-acoustic therapies are emerging, using sound and silence to treat trauma and depression.
- Bioenergetic medicine is exploring how electromagnetic fields can heal cells.
- Architectural design is shifting toward spaces that honour silence, integrating ancient principles with modern needs.

The future of human energy lies not in more stimulation but in more profound silence.

Closing Reflection: Silence as Revolution

In a world addicted to noise, silence is revolutionary. It is the hidden force that restores, heals, and empowers. Space is not only a void but a living field. Human energy, too, is reciprocal. Together, they form the invisible architecture of life.



Chapter 9 -

Living with Akasha : Daily & Lifetime Applications

न विरोधेन परिवर्तनं, आकाशे दर्शनं भवेत्।
यत्र अवकाशः तत्र स्वीकृतिः, स्वीकृतौ परिवर्तनं सहजम्॥

“Transformation begins not by resisting what is, but by creating space to see it clearly. Where there is space, acceptance arises; where there is acceptance, change becomes effortless.”

- Yogi Priyavrat Animesh

There comes a point when ideas stop being just ideas. They either dissolve into the background noise of our lives or they take root, shaping the way we move, speak, and breathe. Akasha is not meant to be admired from a distance like a painting in a museum; it is meant to be lived, absorbed, and carried into the smallest corners of our daily existence. The true test of any principle is not how profound it sounds in a book or lecture, but how it holds up in the chaos, in the silence, or in the fragile moment when we are staring at ourselves in the mirror, wondering if we are enough.

Living with akasha is not about grand gestures or dramatic transformations. It is about weaving subtle threads of awareness into the fabric of ordinary life. It is about remembering that every conversation is a chance to connect, every routine is a chance to ground yourself, and every setback is a chance to realign with something larger than our ego. The principles of akasha are not abstract; they are practical tools for navigating the messiness of human existence. They remind us that clarity is not found in escaping life but in engaging with it fully, with presence and honesty.

When we live with akasha, we stop waiting for the "right moment" to practice awareness. We stop treating spirituality or self-mastery as something separate from our morning coffee, our commute, or our late-night scrolling. Instead, we begin to see that the sacred is hidden in the ordinary. The way we tie our shoelaces, the way we listen to a friend, the way we pause before reacting, all of these become gateways to living with depth.

This chapter is about integration. It is about taking the lofty principles of akasha and grounding them in the soil of everyday life. It is about emotional regulation that doesn't numb us but teaches us to ride the waves with dignity.

It will not give us a checklist to tick off. But provide us with lenses to see differently, habits to embody naturally, and reminders to return to when life feels overwhelming. Living with akasha is not about becoming someone else; it is about becoming more fully ourselves, without the noise of distraction or the weight of unnecessary baggage. It is about carrying lightness into heavy days and carrying presence into fleeting ones.

When akasha is aligned correctly, consciousness settles in its own form. And when it settles into its primordial state, there is nothing else to evolve. One has fulfilled the course of life and is able to transcend it; finite form dissolves into infinite formlessness.

In the space of this chapter, we will, one by one, expound on different ideas, each interlinked and educative, integrating them with examples drawn from the stories of our Upanishads.

One may ask- why stories?

There is a difference between knowing and living. Knowing is intellectual; living is visceral. Akasha, the principle of spaciousness, becomes real only when it moves from the head into the heart, from thought into breath, from philosophy into practice. And the best way to understand this shift is through stories; stories that have lived for centuries in the Upanishads, stories that remind us that truth is not abstract but embodied.

The Morning Pause and Nachiketa's Courage

Every morning, life offers us a choice: rush into the noise or pause in the silence. That pause is akasha. It is the space where clarity is born.

Nachiketa, the boy from the Katha Upanishad, embodies this pause. When his father, caught in ritual, offered worn-out cows as charity to the sages, Nachiketa questioned the hollowness of the act. His honesty led him to Yama, the god of death. Instead of fear, Nachiketa asked the ultimate question: What lies beyond death?

Yama tempted him with riches, pleasures, and long life. But Nachiketa refused. He chose truth over distraction.

Key Takeaways: Living with akasha in daily life is exactly this: refusing shallow comforts and pausing to ask profound questions. In the morning silence, when we choose reflection over rushing, we are living like Nachiketa, choosing spaciousness over noise.

Conversations and Indra's Humility

Words can wound or heal. Most of us speak to be heard, not to understand. But akasha teaches us to let silence cradle speech.

The Kena Upanishad tells of the gods who grew arrogant after victory. Brahman appeared as a mysterious spirit to humble them. Agni, the fire, and Vayu, the wind, failed to grasp its essence. Only Indra, approaching with humility, received wisdom through Uma, the goddess of knowledge.

Key Takeaways- Indra's humility is the essence of akasha in communication. When we pause before replying, when we listen without rehearsing our response, we are living with spaciousness. We are allowing silence to teach us, just as Indra allowed Uma to reveal the truth.

Creativity and Satyakama's Honesty

Creativity is born not in clutter but in openness. Akasha is the blank canvas, the silence before the song.

Satyakama Jabala, from the Chandogya Upanishad, sought knowledge despite uncertain parentage. When asked about his lineage, he replied truthfully: "I do not know." His honesty impressed the sage Gautama, who accepted him as a student. Through tending cattle and observing nature, Satyakama realised vast truths.

Key Takeaways- Creativity thrives in honesty. When we admit we don't know and surrender control, we invite the unknown to surprise us. Living with akasha in creativity means embracing uncertainty, just as Satyakama did, and allowing truth to emerge from silence.

Along with this reflective story from the Upanishad, we can also share a quote from Socrates, the Greek philosopher-cum-mystic-cum-educationist:

"I know that I know nothing." The humility of such a great man stood the test of time. In fact, it is humility and humbleness that remain the greatest strength of a seeker. Even as big as a pipul tree bows down towards the ground with all humility.

Relationships and Maitreyi's Wisdom

Love often becomes possession. We clutch, demand, suffocate. But akasha in relationships means holding space, not control.

In the Brihadaranyaka Upanishad, Yajnavalkya prepared to renounce worldly life. He told his wife Maitreyi that wealth could not bring immortality. Maitreyi, wise and fearless, asked for knowledge instead of possessions. Yajnavalkya taught her that the Self, the Atman, is the source of all love and meaning.

Key Takeaways- Maitreyi's choice is the essence of akasha in relationships. Love deepens when it seeks truth, not ownership. In daily life, this means allowing loved ones to breathe, to grow, to be. It means choosing presence over possession.

Emotional Regulation: The Ocean Beneath the Waves

Emotions rise like waves of anger, sadness, joy, fear. They crash; they recede. But beneath them lies the ocean. That ocean is akasha.

When anger grips us, name it: "This is anger." Naming creates distance. Breathe, and remember: we are not the wave. We are the ocean.

Key Takeaways - The Upanishads remind us that the Self is vast, untouched by passing storms. Living with akasha in emotional regulation means remembering this vastness. It means allowing emotions without being drowned by them.

OOJ Daily Practices Inspired by the Parables

- Begin the day with Nachiketa's courage: ask what truly matters.
- Speak with Indra's humility: let silence guide your words.
- Create with Satyakama's honesty: embrace uncertainty and change.
- Love with Maitreyi's wisdom: choose presence over possession.
- Regulate emotions by remembering the ocean beneath the waves.

A Lifetime Compass

Akasha is not just for mornings or conversations. It is a compass for a lifetime.

- In a career, choose spaciousness over suffocation.
- In parenting, teach presence instead of pressure.

- In the community, create spaces for dialogue and silence.
- In ageing, flow with time instead of clinging to youth.

The Upanishads remind us that truth is not distant. It is lived. Akasha is not temporary. It is the rhythm of a lifetime.

Closing Reflection: Becoming Spacious

Living with akasha is not about becoming someone else. It is about becoming more fully and authentically ourselves. It gently invites us to return to the quiet centre of our being, where clarity replaces confusion and presence replaces restlessness. In that inner spaciousness, life begins to feel less like a constant struggle and more like a process of understanding. Beneath the noise of daily concerns, there exists a deeper awareness that is steady, patient, and undisturbed.

This rediscovery reflects the timeless virtues described in our spiritual traditions. It is Nachiketa's courage, the willingness to question appearances and seek truth beyond fear. It is Indra's humility, the quiet recognition that wisdom grows when the ego softens. It is Satyakama's honesty, the unwavering commitment to truth even when it demands vulnerability. And it is Maitreyi's wisdom, the deep insight that what is eternal carries greater meaning than what is fleeting. These qualities are not distant ideals preserved only in ancient texts. They are living possibilities within us, waiting to awaken through awareness and sincerity in everyday life.

To live with akasha is therefore to cultivate these qualities naturally. Courage arises when truth calls. Humility guides our learning. Honesty shapes our relationships. Wisdom influences our choices. Gradually, life becomes less reactive and more conscious. Thoughts become less crowded, actions become more thoughtful, and our presence becomes steadier.

Akasha is not merely a philosophy to admire or an idea to contemplate from afar. It is a subtle discipline of living. It can be felt in the rhythm of our breath, in the quiet pauses between thoughts, in the patience with which we listen, and in the openness with which we meet the world. Every moment of awareness becomes an opportunity to embody this elemental wisdom.

When we begin to honour akasha in this way, our relationships soften because there is space to understand rather than react. Decisions become clearer because the mind is no longer clouded by urgency. Even our perception of life changes

as we start to sense a quiet harmony connecting all things.

Akasha is the silent field that sustains existence. It is the unseen expanse that allows every form to arise and every experience to unfold. Without it, movement, sound, thought, and life itself would have no place to appear. In recognising akasha, we recognise the spacious presence that surrounds us and lives within us.

To live with akasha is to remember this quiet truth. It is to live with awareness of the space that holds everything together. In that awareness, life no longer feels fragmented or hurried. Instead, it begins to move with a natural coherence where understanding deepens, presence grows stronger, and every moment reveals the quiet spaciousness that makes life possible.



शुचीं विमलं अमिषं
सां ज्ञानम्

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