

# Keys to Unlock Intuition, Intelligence and Immortality

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Welcome to the world of freedom and joy! The title indicates that what you are seeking is inside you, perhaps in a dormant state; you just need to create the keys and unlock the inner treasure boxes. These keys are made up of Concentrated Thought, the most powerful form of energy. The entire existence is manifested out of collective concentrated thought of multitude of beings. This article has two parts. The first part describes a three-step process for developing concentrated thought. The second part describes the three keys to unlock intuition, intelligence and immortality.

## A Process for developing Concentrated Thought

### Mastery of Breath

The switch to turn on the frontal cortex, the part of the brain related to independent thinking and intense focus, lies in the diaphragm. Mastery of breath gives complete control over this switch, and forms the first step in the process of developing concentrated thought.

The first phase towards the mastery of breath is to reprogram the body to do *belly breathing*, i.e. using the lower part of the lungs causing the belly to bulge out during inhalation. Natural belly breathing is prevented by the following tensions inside the body: (1) Tightness in the diaphragm caused by suppressed greed and frustration and (2) Tightness in the abdominal muscles caused by the idea of projecting a beautiful looking body with flat, toned belly. Yoga postures involving forward and back bends may be used to relax these muscles. However, it is more important to focus on a relaxed, simple life style and experience of inner beauty.

The second phase towards the mastery of breath is to reprogram the body to do *subtle breathing*, an extremely slow and quiet belly breathing with naturally occurring long pauses during exhalation. The breathing rate of a person under stress is typically 15 times a minute. *Belly breathing* reduces the breathing rate to 6-8 times a minute, promoting deep relaxation. *Subtle breathing* reduces the breathing rate to 3-5 times a minute, promoting highly focused thought and expression of innate super intelligence. Certain yogic breathing techniques may be used to develop subtle breath.

### Mastery of Sound

The human body radiates a variety of sound energies. The obvious ones are the sounds of breath and the sounds of heartbeat and flow of blood in different regions of the body. The subtle ones are the sounds of the flow of electricity in the nervous system and the feelings. The flow of electricity generates faint high-pitched sound. There are two types of feelings, constricted and celestial. Constricted feelings such as fear, anger and sadness cause specific muscles to tighten and vibrate, thus producing silent emotion sounds. Celestial feelings such as passion, love and joy cause specific bones to vibrate, thus producing silent celestial sounds. Developing the ability to focus inside the body and clearly listen to all these inner sounds leads to the mastery of Sound.

### Mastery of Visualization

Developing the ability to focus inside the body and clearly visualize moving colored objects (of different shapes and sizes) leads to the mastery of Visualization.

## **The Three Keys**

### The First Key: I AM A SUPER-INTELLIGENT MULTI-DIMENSIONAL GALACTIC BEING

The first key is to embrace the reality that I am a super-intelligent multi-dimensional being that exists in a spectacular multi-dimensional universe. The human garment represents the 3D part of my body, and made up of solid, liquid and gaseous materials. The sound vibration represents the 4D part of my body and co-exists with the 3D part. The electro-magnetic energy represents fifth dimension and beyond, and created by two sources: flow of electricity in the nervous system (i.e. operation of the brain) and photons (solar energy) generated by individual cells (referred to as *radiogens* or *biophotons* by the scientific community). Concentrated thought or intelligence represents the n-th dimension of my body. Beyond thought is empty space.

For those familiar with the model of seven chakras (energy centers), using the first key awakens the crown and third-eye chakras. The crown chakra (center of eternal source) represents the expansive void from which the multi-dimensional creation is manifested. The third-eye chakra (center of command) represents the ability to witness and alter my "inner" multi-dimensional world that projects out and co-creates the outer world.

### The Second Key: I AM THE SOLE MASTER OF MY LIFE EXPERIENCES

The second key is to embrace the reality that I am the sole master of my life experiences. Using this key awakens the throat chakra (center of authenticity), which represents the ability to dissolve suppressed fears and live my life according to my own terms, expressing my authentic self. By using this key, I am taking complete charge of my life at all levels, and not allowing any external control based on fear or greed.

### The Third Key: I AM AN ETERNAL YOUTH WITH PERFECTLY HEALTHY AND RADIANT BODY

The third step is to embrace the reality that my body has the intelligence to rejuvenate and maintain itself in a perfectly healthy state for as long as I desire. Using this key awakens the remaining four chakras. The heart chakra (center of deep relaxation) represents the ability to surrender to the innate intelligence of the body. The navel chakra (center of golden light) represents the ability to rejuvenate the body. The sacral chakra (center of passion and creativity) represents the ability to radiate freshness and newness. The root chakra (center of immortality) represents the ability to reverse the aging process and prepare the body for ascension (transmutation of the dense 3D body into a light 5D body).

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