

Om Gayatree

Online edition



November
2021

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Celebrating 21 Years of Service



"Om Gayatree" magazine
Online edition
Published by the Isa Viswa Prajnana Trust

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वी. मुरलीधरन
V. Muraleedharan



विदेश राज्य मंत्री एवं
संसदीय कार्य राज्य मंत्री
Minister of State for External Affairs &
Minister of State for Parliamentary Affairs
Government of India

10/11/2021



MESSAGE

I am happy to convey warm greetings to His Holiness Jagadguru Swami Isa on his 67th Jayanti. As the founder of the Isa Viswa Prajnana Trust and the Global Energy Parliament, Swami Ji – A spiritual Master, scientist and social activist – a multifaceted personality has been enlightening many across the globe.

His vision to create a world where every human being can attain Total Consciousness is rooted in Indian philosophy and thinking. Through his years of teachings, research and conversations – He has been educating and empowering people. Swami Ji's "I Theory", his study of the universal energy concerning man and nature, teachings on yoga and talks on Life for Total Consciousness – have shown thousands a path of self-realization and has been inspiring them to lead a purposeful life.

His thrust on Yoga, spirituality and mindfulness attracts spiritual seekers to Isalayam Ashram, where training courses, research on Yogic Systems are on offer.

I am delighted to learn that Isalayam has set new standards in ensuring high quality, safe, accessible, and equitable Yoga teaching for communities across the globe. Having such an eminent yoga centre in Thiruvananthapuram is a matter of immense pride for us.

I am aware of the social service activities undertaken by Swami Ji and his thousands of disciples across the globe.

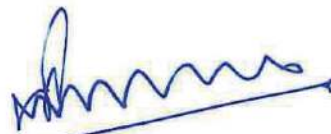
I must compliment them for helping the poor and needy during the COVID pandemic and appreciate them for supplementing Government's efforts in securing their lives and livelihoods.

Happy that the educational institutions run by the Trust focus on holistic learning, which is the foundation for the Government of India's New Education Policy. The empowerment of each human being has been the centre of its approach to education. Swami Isa's educational philosophy - Education for Total Consciousness and his teaching methodology is a model for others to emulate.

Appreciate Isa Viswa Prajnana Trust's activities on education, healthcare and skill development in slums. Its initiatives such as tree plantations, research on renewable energy and the Global Energy Parliament have been contributing to environmental protection and conservation.

The commitment of volunteers who make such commendable things possible and their spirit of service is inspiring.

I congratulate Swami ISA for his stellar contribution to the nation and convey my warm regards to him on his 67th Jayanti.



V.Muraleedharan

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Message

It is with great happiness I learned that the 67th birthday celebration of Guru Swamy Isa is being organized by the Isa Viswa Prajnana Trust on 12th November. I have also learned that some of his works are being published and the trust is organizing charitable activities to commemorate the occasion.

The philosophy of Guru Swamy Isa centers on seeking the truer meaning of humanity. It's a great pleasure to witness his teachings are being taught to the world by the Isa Viswa Prajnana Trust. The community initiatives by the trust especially on Women's Empowerment, Sustainable Development, Green Movement, Community Health, and Education & Research are commendable.

I extend my warm greetings and felicitation to the birthday celebrations and the community initiatives by Isa Viswa Prajnana Trust.

Kadakampally Surendran

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Message

It is a matter of great happiness that the Isa Viswa Prajnana Trust is celebrating the 67th Jayanthi of His Holiness Jagadguru Swami Isaon November 12th, 2021 and is publishing the 'Om Gayatree' magazine online.

Far ahead of his time, His Holiness has been consistently offering the State, Nation and World innovative ideas in every field of society—from Education to Science, to Sustainability, to Culture.

His Holiness is the progenitor of 'Education for Total Consciousness' which brings the Gurukula system into modern schooling. He has also trained thousands of people in his 'Life for Total Consciousness' yoga programme. Over the past 40 years of work with the public at the Isalayam Ashram, His Holiness has left a definite mark upon the culture and education of the State of Kerala.

His Holiness has travelled and published widely to bring more science into spirituality, especially through the Global Energy Parliament, which I am happy to say that I have been part of since its inception in 2010.

I extend my best wishes on this Jayanthi!

Ramesh Chennithala

Lady Carla Davis, MPH

Nature Spirit
GEP Cabinet Minister for Environment
University Executive/Educator, SSU
Exec. Editor, Masters of Health Magazine
Peace Ambassador



The teachings of **His Holiness Jagadguru Swami Isa**, have been a significant source of inspiration since I first met him in Kerala, India, while attending the 2010 Global Energy Parliament (GEP).

His 'Education for Total Consciousness' (ETC) is of particular interest because of my involvement and work in the field of education, health, and nutrition. I have witnessed first hand the immense benefits of this unique type of education and the fact that the inner and outer environments are inseparable. Only when ETC is incorporated into child rearing and school systems, will many of the world's problems will be rectified or dissipate.

His I-Theory is thought provoking among scientists and those seeking answers to life's mysteries. His 'Life for Total Consciousness' (LTC) Yoga programs, along with his 40 years of spiritual guidance and service at the Isalayam Ashram have enlightened and warmed many hearts.

Swamiji is the epitome of his teachings, which sets him apart from many other spiritual teachers in today's world. Simply look at where he has been, what he is accomplishing through the Isa Viswa Prajnana Trust (IVPT), and his vision for the future.

I am proud to be among Swamiji's many students in strong support of his virtuous vision for the GEP, ETC, IVPT, and a better more peaceful, healthier, world.

May this 67th Jayanthi Birthday Celebration, on November 12, 2021, light the way for the fruition of ALL Swamiji's teachings.

With nourishing love and best wishes,

Carla Davis

Lady Carla Davis, MPH, Nutrition

<https://NourishingBasics.com>

<http://MastersOfHealthMag.com>

<http://www.global-enernt-parliament.net>

Dr. A. Sukumaran Nair

Formerly Vice Chancellor, Mahatma Gandhi University

Formerly Pro-Vice Chancellor, University of Kerala

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MESSAGE

The life of His Holiness Jagadguru Swami Isa is a source of inspiration to all mankind. His Holiness' theories cut across disciplines and touch upon all important problems currently faced by human communities.

His 'Education for Total Consciousness' is as relevant today in solving the woes of modern education as it was 20 years ago when educationalists gathered at the first international conference on the theme. Now in 2021, international conferences are being organised by the Swamiji to promote ETC as the base of a global education policy.

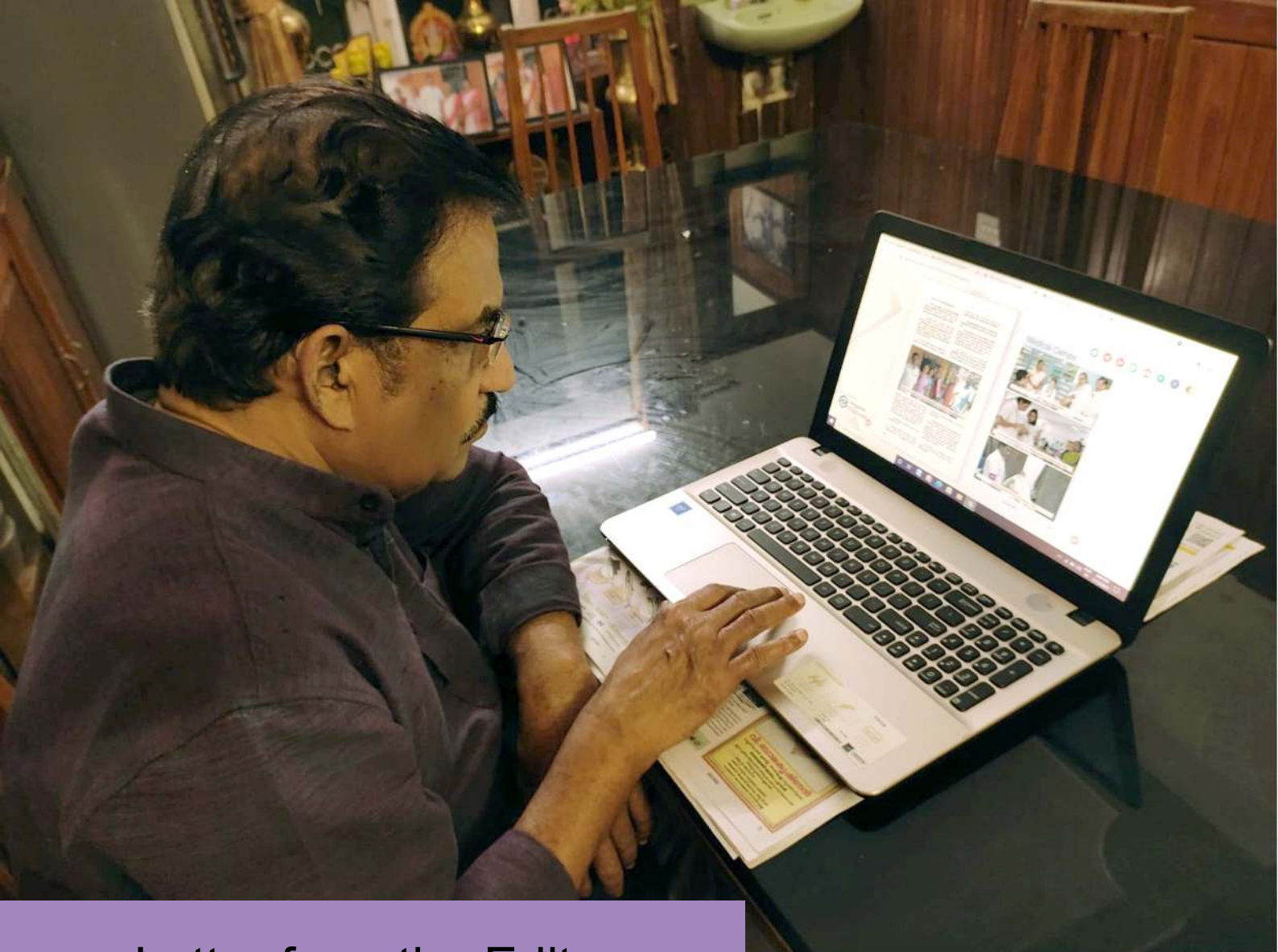
His 'I-Theory,' too is helping the international scientific community to better understand the answers to science's biggest mysteries.

I pray that this 67th Jayanti of His Holiness will inspire each of us to understand the revelations and ideals of Swamiji's teachings, and to follow in their path.



Dr. A. Sukumaran Nair

10-11-2021



Letter from the Editor

Dear Reader,

The 'Om Gayatree' magazine has been a regular part of the lives of His Holiness Jagadguru Swami Isa's devotees, who eagerly look forward to poring over its pages containing essays, poems and timeless advice from Swamiji, stories by devotees, and essays by distinguished personalities. Earlier, it was printed in Malayalam, except for the beautiful first edition of February 1995 in English. Now, in the year of the 21st anniversary of the Isa Viswa Prajnana Trust, and considering that Swamiji's devotees live all over the world, we have decided to re-launch the magazine in English and in online format.

This edition republishes some of Swamiji's works, along with His life story—the exquisite, thrilling details of which are perhaps only known to the older devotees. It also features stories and essays from great thinkers and writers, including Dr. C.V. Ananda Bose, the famed retired civil servant who is still very active in the intellectual, cultural and social activities of India; Dr. Christophe Dumas, a French physicist who does not confine his research to only the outer world, but—as a true devotee of

Swami Isa—also uses his subjective equipment to find answers; Dr. Sujakshi Haridas, who shares her impressions as a professional medical doctor and as a longtime devotee who also brought Swamiji to devotees in the Middle East; Dr. Bindu RL, a Professor of Education who writes about Swami Isa’s great contribution to the field of education; Prof. Lalitha Santhakumar who has spent years humbly translating Swamiji’s works, demonstrating her perfect grasp of His ideas in an outstanding ability to convey it in poetic language; Clara Cressy, who is responsible for first introducing Swamiji and His yoga system to Europe and especially to France; Dr. Marcus Guderle from Germany, whose family has grown at the feet of the Jagadguru; and Marc Gandonniere, who is a prolific, philosophical writer from France.

Twenty-six years since the first publication is a long time to watch how the seeds that Swamiji had planted are now growing into trees. In some ways, we find a consistency of a singular message from Swamiji that has never changed and is His life’s message—urgency to unify the subjective and the objective—whether it is through sadhana, seva, science, education, politics, or culture. In other ways, we see the evolution of His great ideas as they have taken shape in the wider world—we now have the I-Theory, which we did not have in 1995, and which we could say is the central tool of Swamiji’s teaching now. For indeed the man of the 2020’s is essentially a man of science and technology, and even if he is an atheist, he still has faith in science. And so it is in the language of science which Swamiji talks to him of everything about himself and the greatest mysteries of the universe which are still unsolved by science.

We also see the impact of the evolution of Swamiji’s mission in the greater world—being published in international journals of advanced physics and microbiology, for example, or holding His Global Energy Parliament with the Prime Minister of Sri Lanka.

Swamiji never teaches us to yearn for ages long past or an idealised future utopia. We have today’s advances and technologies, yes, along with today’s problems. Swamiji is here to introduce the right remedy at the right time to meet the needs of the new generation. It is up to each of us to nourish and water these seeds He has planted, and to share the fruits of those trees until the Earth itself is a fragrant Garden of Knowledge.

We offer this new online edition of ‘Om Gayatree’ at the divine lotus feet of the Great Scientist, the Great Master, the Great Guru, our Divine Mother and Divine Father, Swami Isa on His 67th Jayanthi!

Dr. M.R. Thampan
Chief Editor

12 November 2021



His Holiness Jagadguru Swami Isa

His Holiness Jagadguru Swami Isa is one of the foremost saints of the age. Leading a humble monastic life, Swami Isa has been actively engaged in educational work for 40 years. Known for His educational system, scientific theory, international dialogues, and social work, Swami Isa teaches, writes, and inspires the public to lead a more humane life on Earth.

Immersed in sublime thoughts since childhood in Kerala, India, He was a beloved teacher even in youth. Renouncing worldly life, the young man left home, gave up His possessions, and travelled on foot all throughout India. He underwent intense penance in caves, mountain peaks, and jungles, which culminated in attainment of His supreme goal—to reach Total Consciousness. He realised that the root cause of all unhappiness and social problems is incomplete knowledge of the individuals who make up society. When one realises that there is no dichotomy between the outer world and the inner world, one starts to become a real human being. Swamiji made it His mission, therefore, to reform knowledge through informal and formal education, and all of His activities henceforth have been in one of these two streams.

He returned to Kerala in the South of India, and began teaching. Soon His discourses and Sanathana Dharma summer camps became a very popular annual tradition for children and their parents, and they profoundly changed the lifestyle of entire families. Later, devotees built the Isalayam Ashram, followed by the Isa Viswa Vidyalayam school in 1998. The school implemented a new system of education formulated by Swamiji, which

He calls 'Education for Total Consciousness.' In it, the teacher and student are trained to link objective knowledge with subjective knowledge., ETC is compatible with any textbook or syllabus. A lesson's topic is correlated to the self, society, nation, mythology, theology, world, and universe. Through this, modern education achieves the lofty aims of ancient India's Gurukula system.

The Isa Viswa Prajnana Trust (IVPT) was founded as a charitable organization in 2000, to carry out Swamiji's social and educational activities. IVPT conducts a wide range of programs to uplift society, such as children's camps, social dialogues, free food, free clothing, free medical care, environmental work, relief from disasters, skill development, slum development and pandemic relief. It organises regular national and international conferences on 'Education for Total Consciousness,' in which numerous eminent educationalists have participated. In recognition of the Isa Viswa Prajnana Trust's global contributions to education and society, the UN's Economic and Social Council awarded it with Consultative Status in 2015.

IVPT runs various other institutions set up by Swami Isa including the Global Energy Parliament, GEP Research Centre, Isa Viswa Vidyalayam, and Isalayam Institute for Training. Numerous centres have been established abroad to carry out its activities in other nations.

Heedless scientific advances that exploit humanity and nature are one of the biggest threats to life on Earth, teaches Swamiji. For this reason, He began work to improve public scientific

literacy—especially about the plane of energy. He teaches that we are all made of energy, and based on the frequency and wavelength of the fundamental unit of

as the highest international level. Presently, the GEP Research Centre is working to develop a renewable energy device that will electrify rural areas, based



Swami Isa gives a talk on yoga in Dingden, Germany, 2014

vibration, different qualities manifest. Negative and positive energy need to be brought into balance—these are the teachings resulting from His scientific work on the 'I-Theory,' which is His theory of everything.

Applying this knowledge is the responsibility of every global citizen, and with this view in mind, Swamiji set up the Global Energy Parliament. Its mission is to ensure a self-sustaining, peaceful existence for human beings. By taking up global issues like climate change, education, violence, economy, governance and the pandemic, through Swami Isa's leadership the parliament has been able to discover new solutions for energy balance. These are then taken up by the various Members of Parliament through Local, Regional, National, and Students' Energy Parliaments. Likewise, they are communicated to national governments and international organizations—and therefore the concepts go to the grassroots level as well

on Swami Isa's concept of sound energy.

The first annual session of parliament in 2010 welcomed guests from around the world including former presidents of nations, Central and State Ministers of India, distinguished scientists, academics, students and social workers. In 2016, the Prime Minister of Sri Lanka, Shri. Ranil Wickremesinghe, inaugurated the session in Colombo.

Another great contribution to informal education are the courses and teacher trainings in Swami Isa's 'Life for Total Consciousness' yoga system for the last 30 years.

Swami Isa conducted the first Amba Yaga in 5,000 years, an enormous and elaborate vedic ceremony to rebalance Nature's Energy. The 9-day yaga was inaugurated by the Chief Minister of Kerala at Manidweep, Aruvikkara in 2005. Other vedic ceremonies which provide knowledge and uplift the energy, including

the Chaturveda Yajna and Navaratri Yajna, are conducted regularly at the Isalayam Ashram.

Swami Isa has authored many books including *Education for Total Consciousness, The Unifying Vibration, Jnana Pushpa, Sound: Wonder of Wonders, Sustainable Economics, The Art and Science of Governance, Peace in Humans and Humans in Peace, Total Education, Habitat Harmony, Living in Harmony with Nature, and Saphalamee Athmeeya Yathra (Spiritual Journey Fulfilled)*. Swamiji composes poetry in Malayalam, Sanskrit, and English. In addition, He has authored hundreds of

articles on a wide range of topics, from education, to yoga, to particle physics.

Scientific publications on the I-Theory by Swami Isa have appeared in the “Journal of High-Energy Physics, Gravitation and Cosmology” (2019, 2020), and “Advances in Microbiology” (2021).

For more information about the activities of Swami Isa and the Isa Viswa Prajnana Trust, please see:

www.ivpt.org

www.global-energy-parliament.net

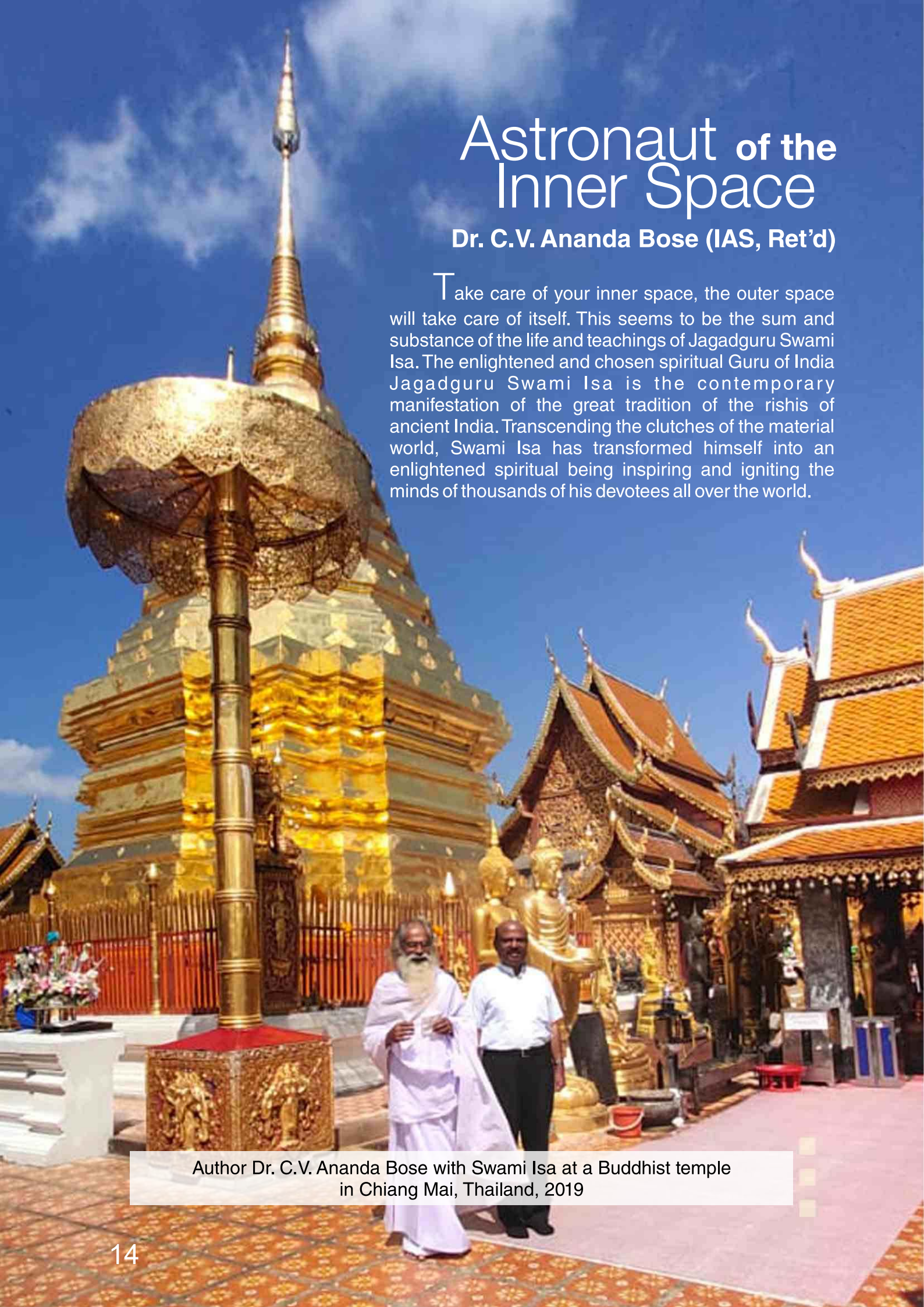


Swami Isa in Thripunithira, 2013

Astronaut of the Inner Space

Dr. C.V. Ananda Bose (IAS, Ret'd)

Take care of your inner space, the outer space will take care of itself. This seems to be the sum and substance of the life and teachings of Jagadguru Swami Isa. The enlightened and chosen spiritual Guru of India Jagadguru Swami Isa is the contemporary manifestation of the great tradition of the rishis of ancient India. Transcending the clutches of the material world, Swami Isa has transformed himself into an enlightened spiritual being inspiring and igniting the minds of thousands of his devotees all over the world.



Author Dr. C.V. Ananda Bose with Swami Isa at a Buddhist temple in Chiang Mai, Thailand, 2019

The Indian system of spirituality lays emphasis on the importance of the realization within everyone that the universal soul and individual soul are part and parcel of an integrated whole. Tat Twam Asi — “I am you, and you are me,” spells out the quintessence of the Advaita philosophy which forms the core and kernel of the most sublime spiritual thought which underscores the Hindu way of life. Jagadguru Swami Isa has always been an exponent of the unity amidst diversity which characterizes the Indian ethos and milieu.

Swami Isa has proved in his own way that there is no dichotomy between the spiritual and the material. He sees the world as a manifestation of a supreme concept which reveals itself to the ordinary man as the subjective and the objective. What we see around us in this universe are nothing but the objective manifestations of a subjective reality. Swamiji teaches the whole world not to mistake the surface dirt for the substance underneath. The subjective reality is the summum bonum of one's spiritual quest. Behind the objective manifestations which we see around us we see the vibrating nucleus of

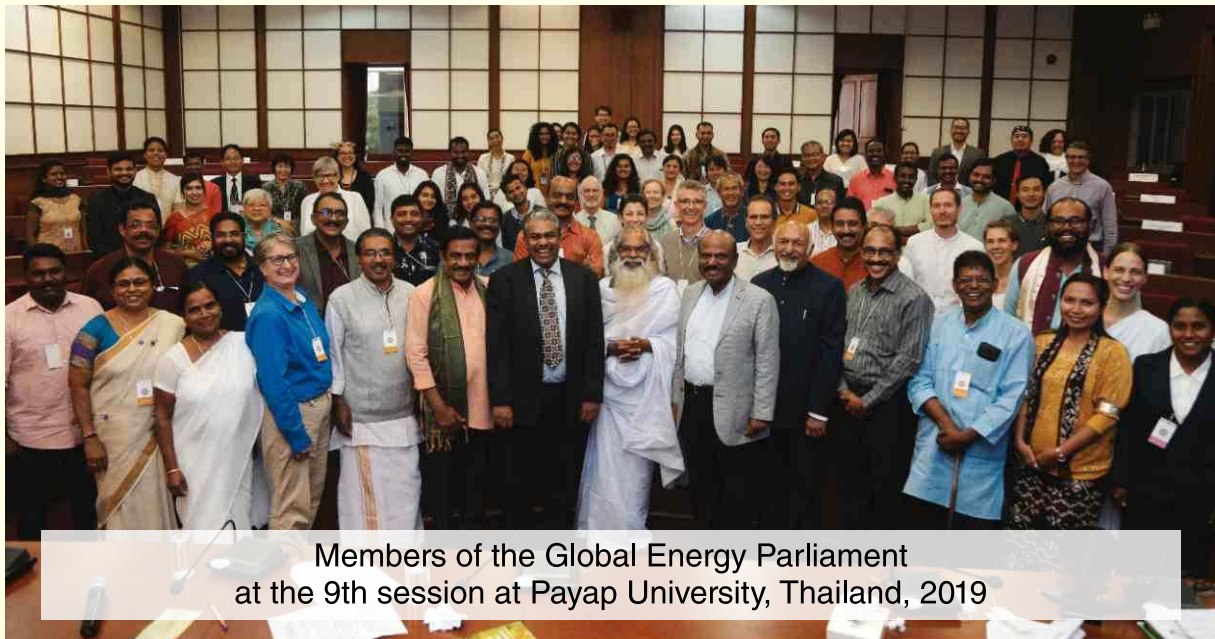
the subjective essence. The whole universe is explicit in the form of vibrations. Energy is nothing but a series of vibrations. Expounding his theory,



Dr. C.V. Ananda Bose with Swami Isa and devotees in Chiang Mai, Thailand, 2019

Swamiji has propounded the I-Theory. The I-Theory seeks to dispel the confusion which is there between science and spirituality, between the objective and the subjective. The I-Theory has been tried, tested and found to be the truth, the whole truth, and nothing but the truth about the existence of universe. The I-Theory has been made a subject of scientific analysis and evaluation the world over. The renowned nuclear scientist from France, Dr. Christophe Dumas, has come out with a scientific treatise which underscores the veracity of Jagadguru Swamiji's I-Theory. Swamiji tries to build a bridge between the spiritual and the material and establishes

us go for a friendly swimming contest across the turbulent river.” Truth promptly goes the bank of the river, takes off his apparel, and jumps in the river and swims. Untruth finds the attractive apparel of Truth, dons it himself, and walks majestically to the town. The townsmen are impressed by the glittering apparel of Truth which is worn by Untruth. Mistaking the sooty-bosomed Untruth in the borrowed garments of Truth, they applaud him, they appreciate him, they worship him. When Truth comes after the swim, he finds his clothes are missing, and all that is left there on the bank of the river are the clothes of Untruth. Truth decides “I will never ever wear the apparel of Untruth.”



Members of the Global Energy Parliament
at the 9th session at Payap University, Thailand, 2019

that the two are not opposed to each other, there is a pervading thread of unity which binds spiritualism with materialism.

Jagadguru Swami Isa's life has been an experiment with truth. With his global vision, and his rich array of disciples the world over, Swamiji expounds his theory using the folktales and parables which enlighten societies everywhere. Among the Yoruba tribes of Africa particularly Nigeria, there is a folktale which underscores the relation between truth and untruth. Truth and Untruth are siblings. Once Untruth says to Truth, “Let

So totally disrobed, Truth walks to the town. The townsmen see naked Truth without anything to cover it with. They jeer at him, they applaud Untruth and jeer at naked Truth. But we cannot camouflage Truth anymore. Truth by itself will be revealed before the world. Jagadguru Swamiji has also tuned his whole life in the pursuit of Truth. In his own way, he reveals the material world in the garb of Truth, jeering at the spiritual world as Rudyard Kipling said, “Oh, East is East, and West is West, and never the twain shall meet.” Jagadguru Swami Isa has established that the spiritual and the

material are not two things which will never meet, there is a pervading thread of unity which knits together the spiritual and the material. Or as Swamiji would prefer to call it, the objective and the subjective.

Jagadguru Swami Isa is not a godman. Nor does he claim himself to be one. His mission is among, as Rabindranath Tagore said, “the poorest, and lowliest, and lost.” His mind goes out to the children of the slum-dwellers, his mind goes out to those who are affected by the ravages of flood, his mind goes out to a strife-ridden society where the poor and the meek are made victims. Swamiji's mission is a mission for humanity. Swamiji's vision is of a world which is bereft of strife and tension, conflicts, war and divisiveness. The Jagadguru has devised many means to make the world a better place to live in. He is the progenitor of the now renowned Global Energy

discord which mars the human life everywhere. The Swamiji is convinced, and convinces others that if strife begins in the minds of men, it is in the minds of men that defences against it are to be built. Jagadguru Swami has been a one-man army which has been fighting and fighting successfully against the winter of discontent which has cast its shadows on humanity. The clarion call of peace and harmony, the interpreter of the essence of India which believes in Om Shanti, Shanti, Shanti. Jagadguru Swami Isa has dedicated his life to the cause of humanity, he has brought together all right-thinking men who value peace and brotherhood in society around the one cause of understanding, or realizing one's inner space. His world is not the world outside; his world is the world inside. And in this process, he has developed a cadre of disciplined soldiers who work selflessly all around the world to create a society which



With dignitaries at the 8th session of the Global Energy Parliament, State Secretariat Assembly Hall, Thiruvananthapuram, 2017

Parliament. The Global Energy Parliament is a fraternity of institutions and individuals who are committed to the cause of making the world safe for the entire humanity. The Global Energy Parliament is a forum of parliamentarians who volunteer themselves to achieve the shared goals of humanity for peace and harmony. In A Song for St. Cecilia's Day, it is said “From harmony, from heavenly harmony, This universal frame began.” Here is Jagadguru Swami Isa, who tries to re-establish in the world that harmony which forms the basis of the universe. He tries to stem the rod of disharmony,

is free from conflicts, free from war, free from strife, free from tension. A society which breeds peace. Om Shanti, Shanti Shanti. Jagadguru Swami Isa is a spiritual leader who knows the way, who shows the way, and goes the way. Around him thousands of devotees have come together. As Swamiji always exhorts others, coming together is beginning, keeping together is progress, working together is success. Jagadguru Swami Isa has brought a large cross-section of global society together and gladly they work together. Success is certainly theirs. As for the Jagadguru, the goal is far, the

road is long, but the march is on, and victory will be ours. Jagadguru Swami Isa in his own way reassures the entire humanity reminiscent of the words of Martin Luther King, "We shall overcome."

Jagadguru Swami Isa's brainchild, the Global Energy Parliament, and the Isa Viswa Prajnana Trust, which is the umbrella organization, have been given the Special Consultative Status with the United Nations. The objective of the United Nations is to save succeeding generations from the scourge of war which twice in our lifetime has brought untold sorrow to mankind. How can this objective be achieved? Not through sound and fury signifying nothing, but only through disciplining one's self and discovering one's inner world.

Jagadguru knows full well that there is a constant dialogue within every man between the self and the soul. To the unenlightened mind, this dialogue at times degenerates into a conflict between becoming and being. But to the enlightened mind, there is no conflict. Swamiji always lays emphasis on

reconciliation of conflicts first in the inner world and then in the outer world. In the mission of Swamiji, there is a sublime level at which all conflicts get reconciled when the realization dawns on everyone, Aham Brahma Asmi.

This cosmic vision is what distinguishes Swamiji from ordinary mortals. He is the enlightened one, like Gautam Buddha, who got enlightenment under the bodhi tree. Here is Swamiji who has got enlightenment under the tree of knowledge, which he has been sharing throughout his life.

The disciples of Jagadguru are most pleased to wish our revered and beloved Swamiji a happy Jayanthi !

Originally published as the foreword to The Unifying Vibration, on the occasion of Swamiji's 65th Jayanthi.

The author is a retired civil servant to the Government of India, Jawaharlal Nehru Fellow, and the Speaker of the Global Energy Parliament.

Global Education Conference Promotional Video
(https://youtu.be/oMjcUq_uY40)

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Parliament



Visualising a Global Education Policy for Total Consciousness Online Conference

10-12
December
2021



Creating a global education policy that achieves integrated and humanistic education

Every human being deserves genuine education that provides awareness of how to live life in harmony and happiness. Instead of emphasising differences, education should help students to realize their interconnection with everything around them.

The Global Energy Parliament invites the international education community to create a global education policy for total consciousness with us. The policy would be rooted in the best of today's education philosophies, scientific thought, and modern practices. Through our consultative process, the policy will be proposed to governments worldwide, as well as to the UN.

From 10 - 12 December 2021, the Parliament is hosting a three-day virtual event to hear Expert Groups and move proposals in the parliament.

Organizer

The Global Energy Parliament (GEP) is an international body working for science, sustainability, and peace. The parent organization of the GEP is the Isa Viswa Prajnana Trust (IVPT), a charitable organization which has held Special Consultative Status to the United Nations ECOSOC since 2015. IVPT was founded in 2000 by Swami Isa, who is well known in India for his educational philosophy and method by the name of 'Education for Total Consciousness'. Learn more at: www.global-energy-parliament.net and www.ivpt.org

Log on to: www.global-energy-parliament.net/educonf

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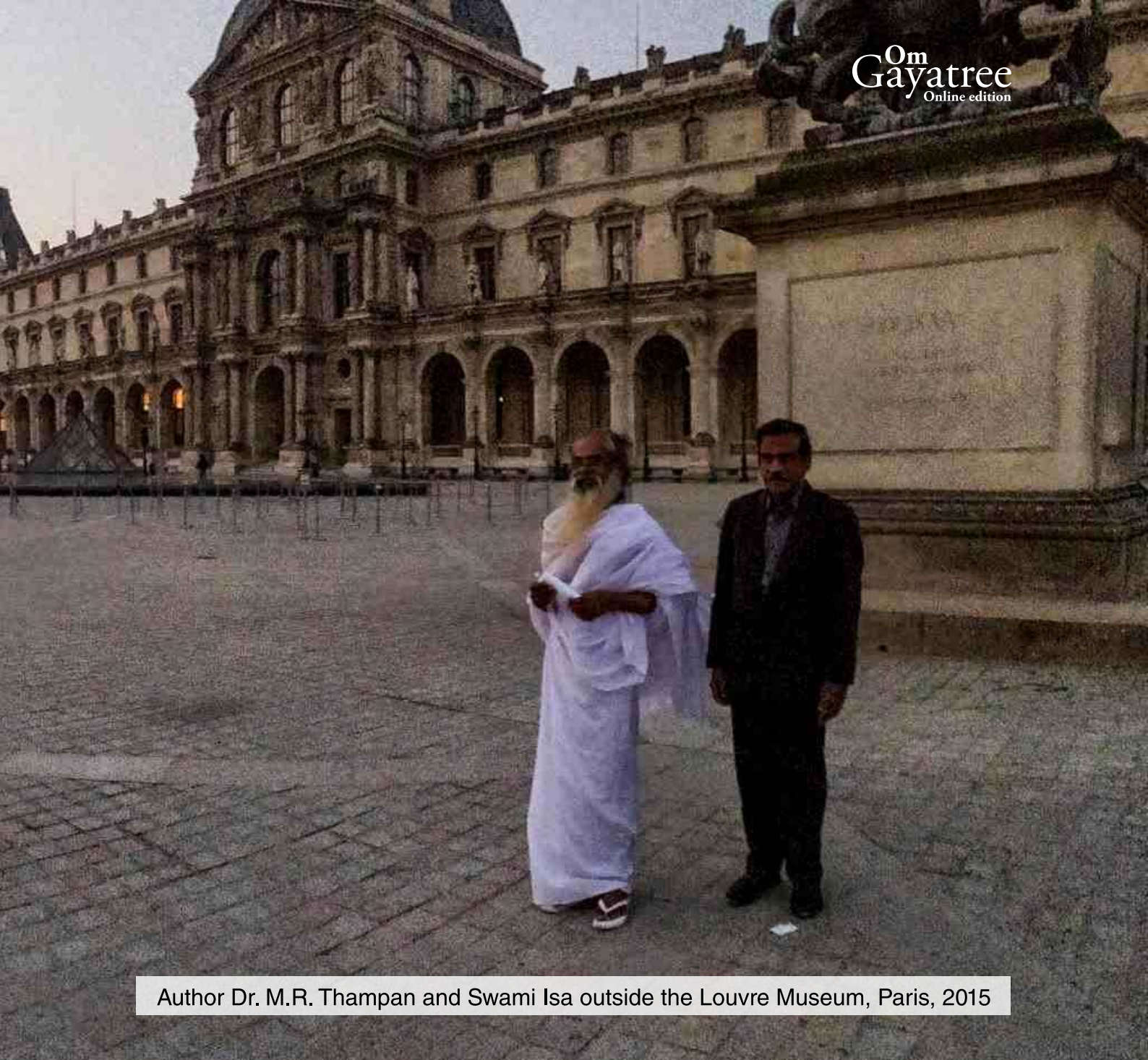
The Great Relevance of Swami Isa's 'Education for Total Consciousness'

Dr. M.R. Thampan

His Holiness Jagadguru Isa Swamiji is a spiritual leader and social reformer. Swamiji's approach to life and his commitment to create a totally new world order make him a unique personality among the world's living spiritual leaders. Compared to other spiritual leaders, it is His Holiness who gives paramount importance to educate the new generation with his noble and revolutionary concepts about modern education. His Holiness is a strong critic of present-day education. In the contemporary world, education is considered as mere livelihood. But Swamiji considers education as a means for the integrated development of an individual. Universities are nowadays producing unemployed youth. There is no meaningful research or invention in the laboratories of our universities.

The phenomenon of specialisation compartmentalises every subject or discipline into narrow segments. The specialist of today knows everything about something. The present-day education system fails to make the student know something about everything. We are living in the age of I.T., and it influences all spheres of life. I.T. has shrunk the world into a global village. It has also changed education into the dissemination of information. Unfortunately, the information is not transformed into knowledge or wisdom.

As such, our educational system fails to produce a comprehensive outlook about life. Unless and until these severe defects are rectified, our society will not derive the benefits of education. Therefore, His Holiness evolved and advocates a noble theory about education. Swamiji named it 'Education for Total Consciousness.' Consciousness means awareness of awareness. According to Swamiji, education has two sides—objective and subjective. The present-day education is limited with the study of objects only, unconcerned with the study of subjects



Author Dr. M.R. Thampan and Swami Isa outside the Louvre Museum, Paris, 2015

(the self). It is not even teaching the impact of objects on the subject.

Take for example the study of water. The teacher teaches about water and its chemistry of hydrogen and oxygen and their reactions. The teacher gives the chemical formula H_2O . There ends the study of water. In short, the teacher teaches the object only, and is not concerned about the subject. This is the defect of the present education. The teacher should also teach the student that two thirds of our body weight is water. If on

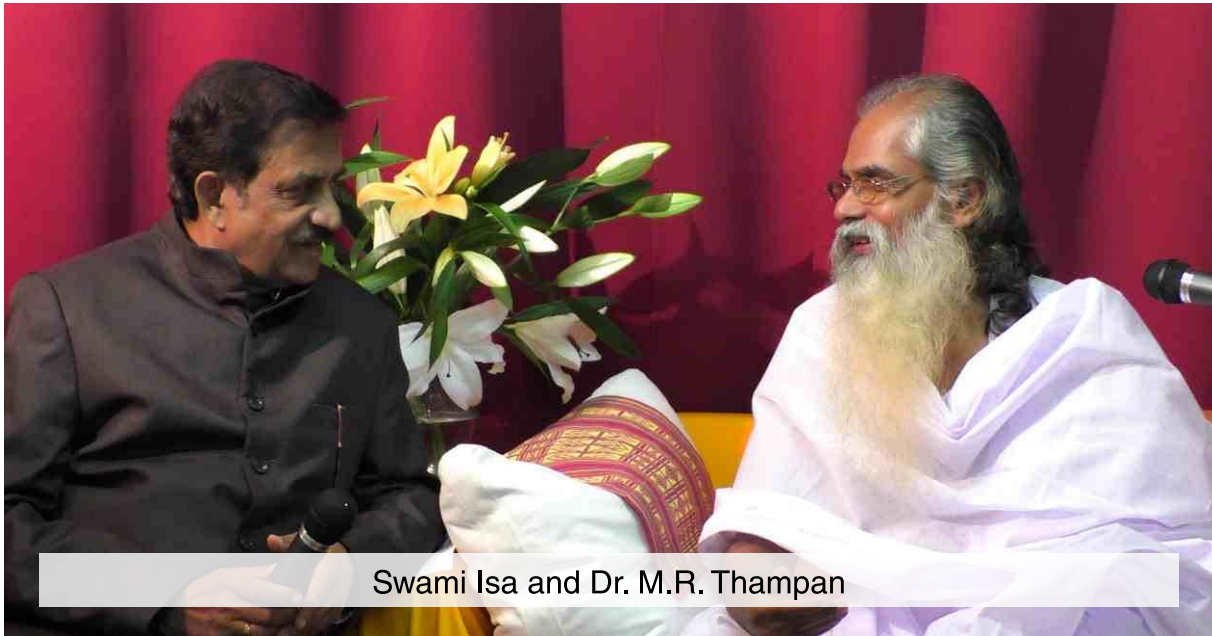
any account the amount of water is depleted or exceeded to a dangerous level, surely the man would die. Just the same, our Earth's surface is filled with water. The student should also know that there is a zone of water saturation in the soil. The upper surface is called the water table, which determines the availability of water in our wells and bore-wells. The unlimited exploitation of natural resources leads to the depletion of water and ultimately results in total destruction of both nature and mankind. Thus, teaching will become meaningful only when we

teach both the objective and subjective aspects.

The combination of these subjective and objective study in a meaningful way makes education worthwhile. This theory can be practiced in all branches of education—in humanities, arts, science and technology. This educational reform can be implemented without any additional financial burden. This noble theory of 'Education for Total Consciousness' is successfully practiced in the Isa Viswa Vidyalayam since 1998, a bold and successful school which is run by the Isa Viswa Prajnana Trust under the glorious leadership of Jagadguru Isa

inner world is neglected because of the blind belief that only what one can see with one's own eyes is real. It is not possible to see the world inside, so it is not relevant, they think.

One sees solid matter with one's own eyes and with the least doubt, accepts it as a reality. If the same solid matter is examined under an electron microscope, the structural arrangement of the atoms that constitute the solid matter can also be seen. In the same way, one can see the inside world if one closes one's eyes and looks inward. One can certainly see innumerable forms in the inside world. Without the help of the



Swami Isa and Dr. M.R. Thampan

Swamiji. This theory was first presented in the national and international conferences on education held at Trivandrum in 2000 and 2001, and regularly in national and international settings thereafter. Numerous educationalists have appreciated the noble, revolutionary and practical idea.

Each individual experiences two worlds at the same time. One is the inner world, within himself, and the other is the outer world. Present-day education focuses only on acquiring objective knowledge about the external world. The

external ear, one can hear the inner sound also. When one changes the lens of the microscope, one's vision also changes. In the case of the inner world, in the place of the lens of the microscope comes the intellect of a person. When one's intellect sharpens, one's perspective and vision also change.

The individual experience of different persons on the same topic differs because of the difference of the clarity of the internal equipment like mind, thought, intellect, ego and ignorance, teaches Swamiji. Just like the microscope, the

internal equipment can be used to examine and study the subject.

In the medical field, the variations of the heartbeat of a patient are measured by an ECG. Physicians use a scanner to find the internal problems of the body. If the variations of the heartbeat are examined by a machine, why cannot the variations in the human mind, intellect, ego and ignorance be measured with another machine? The root cause of disease is nothing but harmful emotions or thoughts. Swamiji says that equipment should be developed to measure the variations of mind, thought, intellect, ego and ignorance. So by tuning and adjusting that equipment, we can control our feelings and emotions. Thus we can avoid disease at its root level.

A microscope has different parts. The internal microscope also has different parts, says Swamiji. Enquiry through the external world and enquiry through the internal world comes to the same point where the inquirer says, "I don't know," which indicates the level of ignorance. Ignorance is nothing but shadows cast upon the white screen of Consciousness. Science can never cross the level of ignorance. But an individual who adjusts his internal microscope, meaning one who can control the mind and the intellect, can cross the unknown level. We are neglecting the equally important subjective plane in our education. This neglect is the main cause of all unrest prevailing in the world. Combining both the objective and subjective aspects is necessary to liberate man from the prison of ignorance. Isa Swamiji is doing the noblest karma by presenting and propagating the theory of Total Consciousness.

Modern scientists proudly say that they have developed some new methods to read the genetic code. But long ago, our saints had mastered the practice, verily, of changing the genetic code. Swamiji says

that thoughts are the main cause of emotions at the time of conceiving a child; if the parents are in a depressed or sad state, it will be reflected in the genetic code of the child. The thought of parents at the time of conception determines the child's destiny. If we can incorporate this knowledge, that is subjective study, in our educational system the next generation will be model citizens, wise and peaceful. People are not aware of the real impact of their own thoughts. The energy comes from an unknown level to a known level. The study of these unknown levels is called subjective education.

Nowadays, one person cannot understand nor agree with the point of view of another person. The main reason for the narrow-mindedness and selfishness is the sectarian object-based education. A broader mind is inevitable to accept another person's views. Proper education should be given from childhood days to develop a broad mind. Unfortunately, the foundational base of education is totally neglected. Noble ideas are imparted to grown-up students only. Of course, adult students understand noble teachings quickly, but they will never try to practice it in their own lives. Only those children who get proper education from early childhood onwards will be able to practice it in their own lives.

Education is knowledge enlightened. This knowledge illuminates that point where the object and subject meet. This is like the two wires carrying electric current, the positive and negative. When these wires meet at the appropriate point, the electric bulb will be illuminated. Providing only objective education is like trying to light a bulb with a negative charge only. Unless the subjective knowledge is also adopted by the existing educational system, enlightenment in its fullness can never be experienced.

Similarly, His Holiness has another revolutionary concept called the Global Energy Parliament. It is an expanded

version of Education for Total Consciousness, as a form of informal education to reach mankind around the world. It would have its impact on all areas of social life. The distorted and negative quality of energy domination is the root cause of conflicts and disputes. Swamiji perceives that all problems, from family disputes to terrorism, could be solved by increasing positive energy, which would bring perfect peace and happiness.

The basic principle of energy is that myself and the world are pure energy. While examining and studying through different equipment, one can see nothing but energy. Every thing that has a shape and form is filled with energy. According to

atmosphere. The sound of Swamiji creates happiness and knowledge in our mind. Suppose someone suddenly shouts in anger. With a mere sound, that negative energy would destroy all the joy and peace that was here a moment ago. In short, the use of sound by two persons in two different ways creates both negative and positive energy. Awareness of the negative and positive aspects of sound energy would definitely lead to restore the peaceful state of society destroyed by negative sound energy. Likewise, a nutritious fruit promotes health. But its rotten part would cause illness. We have to identify the negative and positive energy of the various food items we consume and be aware of the



Swamiji's I-Theory, energy is one, but can be divided into three: positive, negative and neutral. These qualities of energy depend upon the dominating frequency or wavelength of the vibration. Positive thought will create positive energy. Swamiji's theory regarding positive energy is applicable in all fields. But it is more relevant in the field of education. The objective-based educational system of today should be integrated with a subjective base, in order to create positive energy.

Suppose we are listening to a speech of Swamiji in a calm and peaceful

food that would make us sick instead of healthy. In this way, the positive and negative energy of every aspect of human life and the universe must be studied and understood.

According to Swamiji, energy means vibration. Swamiji teaches us how to balance the positive and negative energy through this I-Theory. There are a number of sources of power that we call energy, like solar energy, wind energy, tidal wave energy, etc. Thus our study of energy takes us to the outside world, but doesn't teach us anything about the great powerhouse of energy in our own body.

We have both creative and destructive energy in us. The creation or destruction depends upon the kind of emotion that inspires us to do something, whether it is an intellectual or physical action. A good action will give good results. This principle follows Newton's Third Law of Motion, which states that for every action there is an equal and opposite reaction. Let us look inward, seeking the perennial source of energy in ourselves and harness it in a more positive manner than we have been using it until today.

However, Swamiji points out that total elimination of negative energy is impossible, as two opposite forces are always required to make energy vibrate. So Swamiji preaches that mankind must learn once again how to balance positive and negative energy. In order to help mankind know more about how to equilibrate the positive and negative, Swamiji evolved the Global Energy Parliament, with the I-Theory as its scientific base.

The first session of the Global Energy Parliament was held in India in 2010, and subsequently it assembled in Dresden, Germany; Paris; London; Geneva; Madrid; Colombo and Chiang Mai, Thailand. In every year the international parliamentary session discusses the crucial problems faced by humanity and is attended by Prime Ministers and Ministers of nations, Ambassadors, scientists, academics, and the public.

In 2014 and again in 2018, the Isa Viswa Prajnana Trust communicated with

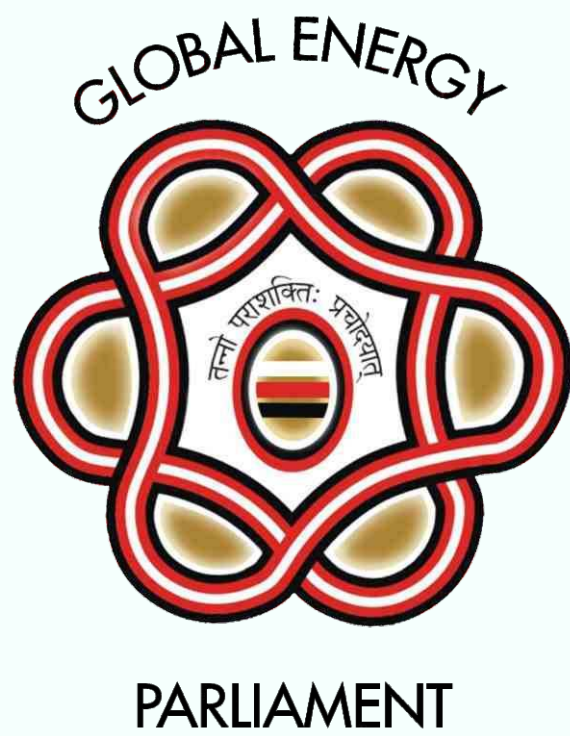
the Government of India to propose 'Education for Total Consciousness' as the nation's educational system. Now we see that the new National Education Policy 2020 includes so many aspects of Swamiji's ideas and practices, such as:

- Education as the manifestation of perfection
- Holistic Development of Learners
- Enhanced essential learning & critical thinking
- Experiential Learning
- Arts Integration
- Emphasis on Knowledge of India and Indian Knowledge Systems
- Curricular Integration
- Improved Student Assessments
- Cultivating Student Talent
- Enhanced Role of the Teacher
- Service Environment of an educational institution

Indeed, these are all aspects which have been in practice at the Isa Viswa Vidyalayam since 1998.

Swamiji's knowledge and enlightened theory of 'Education for Total Consciousness' is both inevitable and relevant in the National Education Policy as well as in a future Global Education Policy, which is visualised by His Holiness Jagadguru Swami Isa.

The author is the former Director of the State Institute of Languages, Government of Kerala, as well as the Secretary of the Isa Viswa Prajnana Trust and the Global Energy Parliament.





From Motion to Perfect Stillness

His Holiness Jagadguru Swami Isa



Illustration by Marcus Guderle

When I was a baby,
Mother was feeding me,
I am seeing her heart
Heart is beating, beating, beating.

When I was a child,
Playing with my friends,
Watching my friends,
All are moving, moving, moving.

When I was a youth,
Roaming with my friends
All are rushing, rushing, rushing.

When I was a family man,
Watching my family members,
All are searching, searching, searching.

When I was an old man,
Looking at the sky,
Clouds are moving,
Colours are changing, changing,
changing.

When I was bed-ridden,
Relatives and doctors gathering around,
All are murmuring, murmuring,
murmuring.

Memory revealing Truth,
“Where are you going?”
Going, going, going,
All are searching
Moving things are searching
Through the memory, all are searching.

Where did it start?
Where will it end?
Present is present
Unknown present
Unknown darkness
Always a mystery.

Mystery making history
All are writing history
Without knowing himself,
All are writing, always writing
Without knowing right.

Knowledge is developing
Development is always enveloped.
Packet knowledge, packing knowledge
Knowledge is a good product
A selling product
All are selling, always selling
Knowledge, all kinds of knowledge.

Knowledge not at all information
Information is only intimation
Intimacy developing with knowledge
The Real Knowledge revealing
Consciousness
Realising Consciousness.

Knowledge is always wealth
Wealth is health
Health is bravery
Bravery is Truth
Truth is fearlessness
That is freedom
Omnipotent freedom.

Potential reality protecting always
All-pervading care
Always calling God
Care is a good quality
Good is increasing
Quality is changing
Quantity is changing
Quality, quantity, changing to good
Good always God
God is everywhere
From and to, always God.

Motion
First motion
Creative motion

Developing motion
Constructing motion
Maintaining motion
All are motion
Motion always energy
Energy turns to Good.

There is no motion
Only God, all-pervading God
My thought now sensing
That Eternal Reality.
Universal Truth
Not only an idea—
Experience
Pure Experience
Perfect Experience.

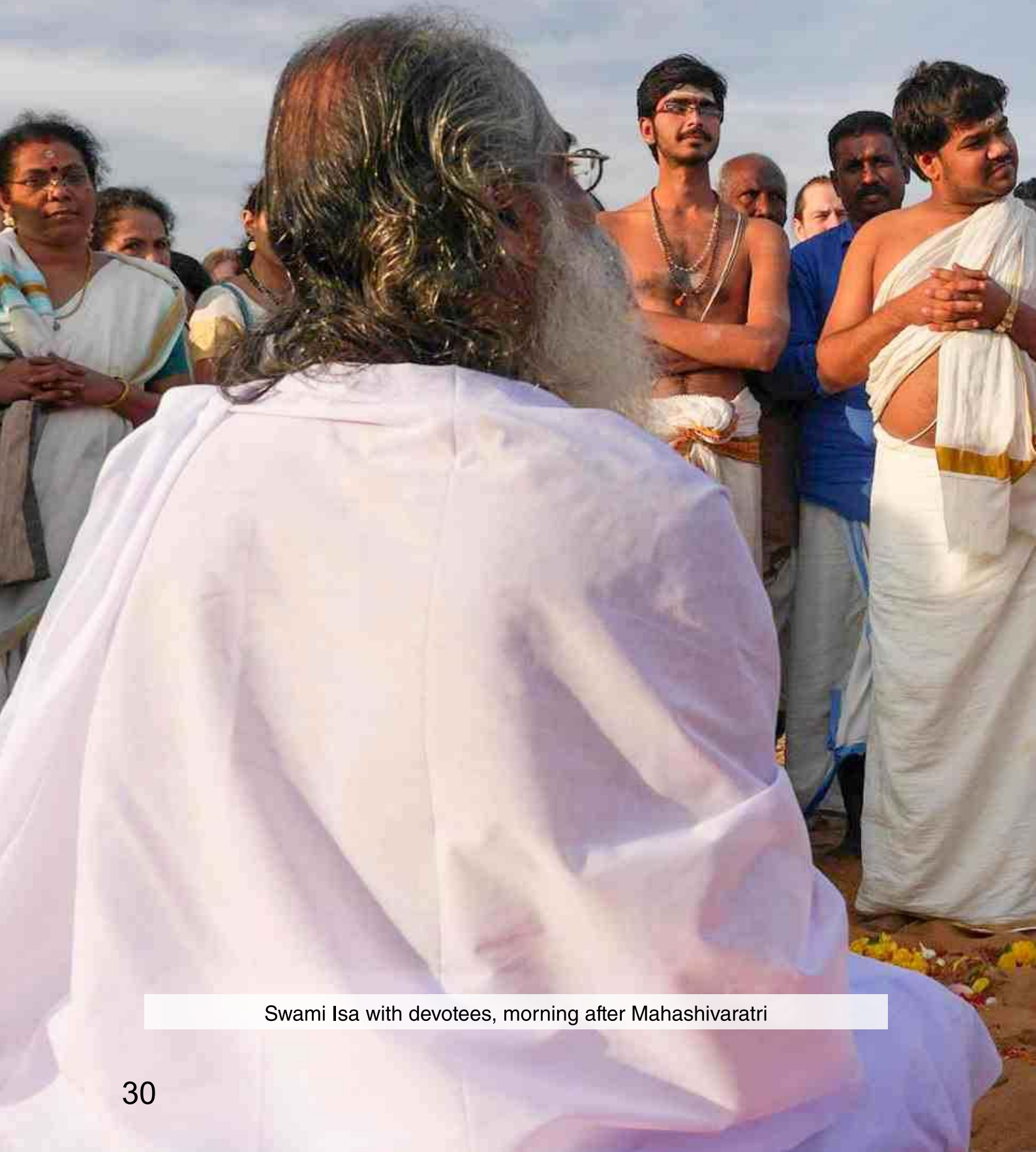
Thought and emotion
Slowly, slowly
Sublimating.
Suburbs are vanishing
Divine Kingdom
One's Own Kingdom
True Kingdom
Happy Kingdom

I am That
That I am
Pulse is turning feeble
Embracing Samadhi
Now I am realising
I am Perfect Happiness
The Real Happiness
Divine Happiness

World is only word
Real Reality always Happiness
Happiness, Happiness,
My face is shining like a sun
Smiling, never-ending smile
Smile, never-ending smile!

Saga of a Sage

The life and mission of
His Holiness Swami Isa



Swami Isa with devotees, morning after Mahashivaratri



Originally published in the first edition of "Om Gayatree," February 1995

"Whenever there is a decline of righteousness and unrighteousness is in the ascendant, then I body Myself forth. For the protection of the virtuous, for the destruction of evil doers, and for establishing Dharma, on a firm footing, I am born from age to age."—So says Lord Krishna in Bhagavad Gita. In 'Bharat Varsha' we can see a great line of divine incarnations, the exalted gurus, the God-realized souls, who had turned their whole lives into 'thapasya'(penance). They poured into ages their liberating wisdom and Divine love. To this tradition of great yogis who enlighten the world with their deep spiritual wisdom, we can add the name of the great sage 'Swami Isa'.

A very unusual name. Nowhere among the great sanyasins we can hear so simple and sacred a name. As the chela (disciple) sets out on his spiritual journey, taking to sanyasa, it is the Guru

who endows him with a new name while initiating him into the spiritual path. Since then the sacred mantra with which the guru had initiated him, would be his prana, all his actions would be worship of God and through intense practice of yogic techniques he searches for the Divine Truth. That odyssey culminates in the realization of God. To the saint who enjoys the bliss of divine enlightenment, a meaningful name is a decor.

That name would be a bright star in the firmament of spirituality spreading the light of wisdom into ages. To one such star here is so sacred a name, 'Swami Isa'.

The name that symbolises cosmic consciousness was bestowed on him by the Omnipotent Lord Himself. It was the supreme realization of a dream, the glorious end of a search that started when as a boy he had played at building temples



The parents of Swami Isa,
Sri. Krishnan and Smt. Retnamma

Lakshmvilakku (sacred lamp). The glowing eyes behind the spectacles speak silently but eloquently about the depth of intense sadhana pursued over many years. Other things one notices are, a Kundalini Yoga Mudra in sandalwood, a Kamandalam (a brass vessel filled with holy water carried by yogis) and bundles of paper in which Swamiji had recorded his thoughts in prose and poetry. He welcomes you with a benevolent smile as his right-hand showers you with blessings. One glimpse of him is enough to fill your mind with the joy of God communion.

in mud for his 'Ishtadevata' (favourite deity) and cried out for Him day and night. Ultimately Ishtadevata came to him, initiated him and blessed him with the new name 'Isa'. This name is now the symbol of the light of eternal love that can remove the darkness in our minds. Like the dewdrop that reflects the Universe itself, these three letters manifest love, wisdom and compassionate understanding.

The image of a saint is often associated with saffron. But when we reach 'Isalayam' this concept vanishes. There we don't see saffron, rudraksha or such distinguishing marks of a sanyasin. Instead we see before us a yogi dressed in white as the embodiment of divine grace. A soft melting fragment of silver cloud, emanating from the gentleness of a full moon.

As the symbol of light that burns within there is before him the lighted

Swamiji has behind him more than three decades of intense 'thapasya' (penance) that conquered the pinnacles of spirituality. It was a divine destiny. He was born in an average family at Oruvathilkottah, a suburb of Thiruvananthapuram city. Even in his childhood some unusual force must have indicated that his life was marked for divine destiny. Otherwise he would not have played at building temples and 'Sreekovils' (Sanctum Sanctorum) in mud while other children played with toys... Years later one priest made this boy stand near the idol in the sanctum sanctorum of a temple and worshipped him.

Swamiji's father Sri.Krishnan had retired from the police department. Mother Smt. Retnamma, known as Saraswati, is a pious lady blessed with a



People had begun to notice him since he used to sit meditating at Valiya Udeswaram temple. At that time a house wife nearby wished to have 'Thiruvathira Bhajan' in her house. She came to know of the pious boy. Convinced that the young boy who had surrendered himself at the feet of God was the apt person to begin the programme, she invited him to her house. When he arrived there, she gave him a sacred religious book and asked him to read and explain it. His reading became worship and the explanation poured forth spontaneously. He was just sixteen then. It was the first time he had spoken on a great spiritual book. Since then he was always invited for the Thiruvathira Bhajan in that house.

On that Sivarathri day, Mohan was invited to the Keleswaram Siva Temple to deliver a spiritual talk. After the talk when he chanted the 'Panchakshari Mantra', everybody present there became immersed in the ineffable bliss of that sacred chant.

Mohan left the temple and set out for home at about 12.30 at night. He was alone, walking along the middle of a paddy field. Love of the Great divine filled his mind as he gazed at the crescent moon in the sky. Suddenly he noticed a ball of light from the crescent coming towards him. It remained still for a moment beside him and he lost consciousness. Hours passed when he became aware of himself again and he felt sacred at the transformation that had taken place within him. Sree Ramakrishna Paramahansa experienced ecstasy while watching the flow of snow white cranes against a black sky overcast with rain clouds. Same was the transcendental experience of the boy and this became a turning point in his life. Since this incident he started wearing white clothes.

He began his college education while performing the duties of a priest in a temple of the Divine Mother. During the

day time he was at college and the evenings were spent worshipping Devi. At his time the concept of woman as mother became deep rooted in his mind and identified women with the Divine Mother. In college he was very reserved and had only a few friends. He would watch the blue sky during free time and there was always with him a copy of 'Lalitha Sahasranama' (prayer that invokes the thousand names of the Devi Mahatmyam) which he would read in the interval.

process. But to achieve the power one has to transcend the limits of ordinary human beings. That needs years of intense sadhana, adhering to strict spiritual discipline. Such powers come to a yogi during the divine moments of God Realization. A realized Saint is the Master of the Universe.

Delirious with divine experience and yogic power, Swamiji began the first long journey from one end of Sahya hills to the other. Agasthya ko dam, Kalyanatheertham, Maruthvamala, Kudanchikkal in Karnataka, Kumaratheertham, Thiruvannamalai.... Swami Isa passed through these holy places blessed with the foot prints of his spiritual predecessors. Spiritual experiences awaited him in all these sacred places.

Reaching home after the long journey Swamiji realized that a monastic life alone was possible for him. He decided to be a renunciant. But he would step into the new role with the whole hearted consent of his path. He proved to them that five elements (the panchabhoota) are under his control. Usually when a disciple becomes sannyasin, his bunch of hair is cut by the Guru. But here the father himself performed the ceremony and bestowed his blessings on the son in his spiritual journey.

Before leaving, Swamiji settled all his accounts and left other details to his

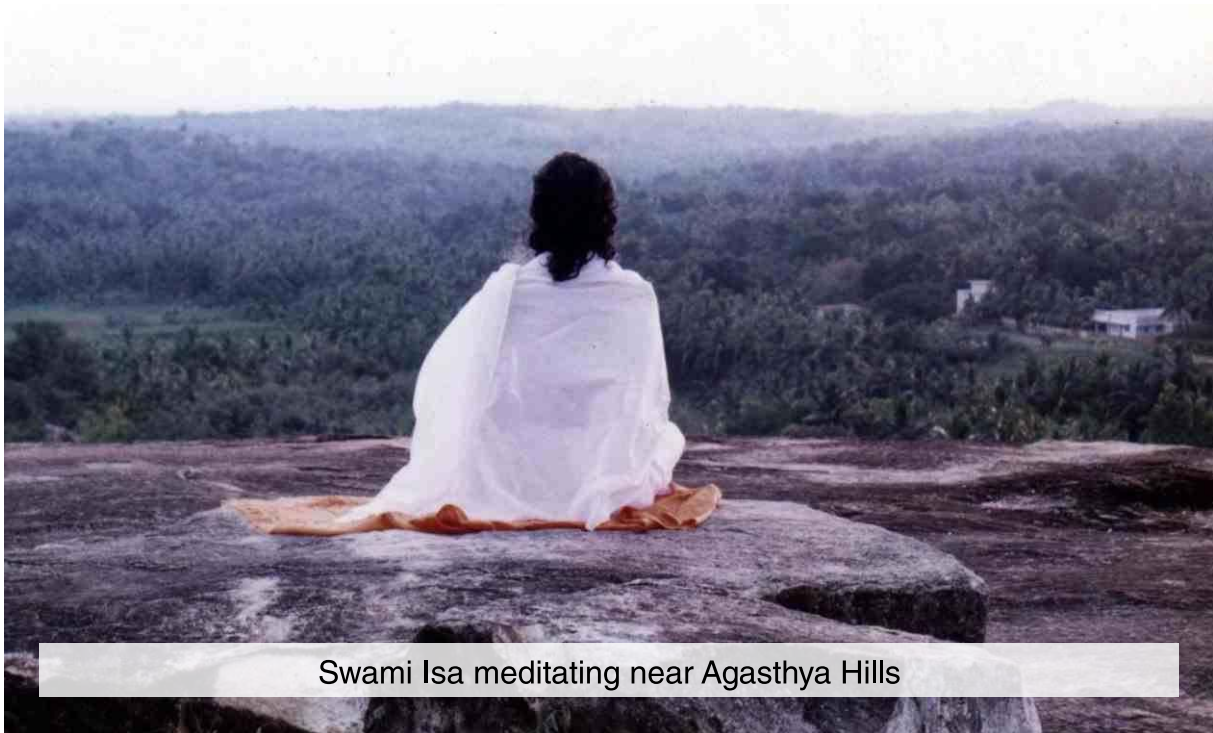
friend Mr. Chandran, the organiser of Thirupathy Dharma Prachara Parishat. Then he set fire to the certificates of his academic education. To quote his own words, “formal education of a sannyasin itself is note of disharmony.” So there was no need of the piece of paper that was the degree certificate. He had learned in school and college Physics, Bio Chemistry, Engineering and Sanskrit. To him study of science was another device to know God. Studies became worship of the divine. There is no need for a University certificate to prove God realization.

With the blessings of his parents Swamiji left home on his bike, along with Chandran. He dropped Chandran at

“Shall we go?” He asked. “Yes,” was Swamiji's spontaneous reply.

Both got inside the bus and shared the same seat. There was a smile on his face and nothing was said. They got down at Neyyar Dam and reached the path to the forest. When they went about ten feet, the man smiled and stopped. When they walked five feet more, he held Swamy Isa's wrist using both his thumb and first finger of his right hand. As the man gazed into his eyes, Swamiji lost consciousness.

When he became conscious he was in a dense forest where the earth was of brick red colour. It was 2 o'clock in the afternoon and the smiling man was beside him in that quite unfamiliar place.



Swami Isa meditating near Agasthya Hills

Palayam, near Thiruvananthapuram city, left the bike at the shop of his brother there, and caught the city bus and got down at Overbridge near Thampanoor. After worshipping at Pazhavangadi Ganapathy temple, Swamiji reached the bus station at Thampanoor. There awaiting him in front of the bus to Neyyar Dam was a dark man, just 3.5 ft tall.

They were beneath a huge tree and each sat down after laying seven leaves on the ground. Again the man was beside him smiling. There was the repetition of the earlier experience.

To be continued...

Disaster Relief



Swami Isa donating a wheelchair to Flood victims in Chennai, 2016



Members of IVPT donating tricycles and wheelchairs to palliative patients



Visiting with child victims of Floods



Providing drinking water to fire victims, Kollam, 2016



Swamiji leading the Amba Yaga, Manidweep, Aruvikkara, 2005

When I look back on my association with Jagad Guru Swami Isa, what comes to mind is the image of a yogi, always radiating peace and joy.

I always had the desire to meet a yogi who has attained the state of Nirvikalpa Samadhi and this desire was fulfilled when I met Swamiji in the year 1994.

Reaching the pinnacle of yogic power Swamiji remained as the embodiment of humility and simplicity, everyone had access to Swamiji.

Many, men and women, young and old thronged the ashramam. Always a source of comfort and strength, Swamiji gave peace and joy to his devotees.

Slowly and steadily Swamiji could bring about tremendous change in the ordinary lives of ordinary men and women. Everyday life attained new

dimensions.

We learnt how to get up every morning. When you open your eyes, free from sleep hold the palms together, look at it and say a small prayer,

“ Karagre vasathe Lakshmi
Karamadhey Saraswathi
Karamoolethu Govinda
Prabhathe Karadarsanam”

{A beautiful prayer to Goddess Lakshmi, Saraswati, and Govinda}

Then as you make your first step
another prayer-

“ Samudra vasane Devi
Parvatha Sthana mandale
Vishnupathni namasthubhyam
Padasparsam kshamaswame
{A prayer to Mother Earth}

Experiencing the Guru

Lalitha Santhakumar



The poojas performed at the ashramam were highly innovative. We were taught all the intricate steps of shodoshopachara pooja. Pournami pooja was taken up by all well-known Devi temples in the land.

Had it not been for Swamiji I would have never learnt any vedic hymn.

Purusha Suktam, Narayana Suktam, Sree Suktam etc. became part of our everyday life. Performing Agnihotra under the guidance of Swamiji and other Acharyas remain an unforgettable episode.

The ritualistic worship practised at Isalayam had its culmination in the mega event, Amba Yagam performed at Manidweep, a beautiful place on the bank of a river in the valley of the Western ghats.

Thousands of people flowed in continuously, KSRTC plied buses with the Board Manidweep, a title coined by Swamiji which means the “Abode of the Divine Mother.”

From ritualistic worship Swamiji moved on to new realms, the realm of energy and the realm of education.

Meanwhile in order to maintain the physical body in good health Swamiji introduced simple but effective energising exercises that became much popular as LTC, Life for Total Consciousness.

Swamiji's I-Theory and the concept of Education for Total Consciousness have invited worldwide attention. As these are trending topics, I need not go into it.

On this occasion of Guru Jayanthi, kodi, kodi Pranamam at the Divine Feet of the Guru. May the Lord Almighty bestow all Blessings on all the ventures of His Holiness Jagadguru Swami Isa.

The author is a retired Professor of English.

Taking a bath in the morning is a must to begin the day. Swamiji taught us how to purify the water for bath by chanting the mantra.

“Gangecha Yamunechaive
Godavari Saraswathi
Narmade Sindhu Kaveri
Jalesmin Sannidhim kuru.”

{Invocation to holy rivers to make their presence in the water}

Years later Dr. Masaru Emoto, while inaugurating the Global Energy Parliament here in 2010, illustrated with examples how the molecular structure of water is affected by words uttered to it. Positive words create beautiful patterns.

Without knowing the real impact of our invocation we had sanctified food and drinks. Swamiji used to tell us often to remember that we are feeding the Lord within us when we take food and drink. Thus we realised the need to take pure food with pure thought!!!



How the IVPT and GEP are Addressing the World's Current Issues

Dr. Christophe Dumas

When I met His Holiness Jagadguru Swami Isa in France 8 years ago, He told me that I should develop a device for converting sound into electricity. He described it in great detail to me, and also explained special materials it should use. I was delighted and thrilled, because I perceived in Him the perfected soul of a Master who has no ego and no personal desire whatsoever, but retains a body in order to serve and uplift humanity. I, too, wanted to help the world which is in desperate need of purer sources of power. But doubt also assailed me, so I told Him that some scientists like Tesla had already done that work, but it didn't spread to the public. He replied simply that the world will need it soon. At that time, I realized the importance of His mission.

When I went through His recently published book, *The Unifying Vibration*, I rediscovered my sense of awe in that mission. The book is a collection of Swamiji's scientific articles on these topics, written annually for the Global Energy Parliament since 2010. The book also includes the publications in international scientific journals that we have written on the I-Theory. Reading His works written over the period of 2010 to 2019, we can see that mission unfolding to the public as the warnings and solutions are delivered, layer by layer, year after year. From climate change to pandemic to

are disconnected from nature as well as the other human beings. Therefore, Swami Isa developed a new teaching methodology called "Education for Total Consciousness". In 1998, Swamiji started a pilot school on this methodology, which is realizing His vision of bringing in a new generation endowed with total awareness and real humanity. These children, many of whom are young adults now, are going to be the foundation of a peaceful and harmonious society.

Swamiji began the Global Energy Parliament (GEP) as a method of informal



Swami Isa presenting Dr. Mathews George Chunakara, Director-General of the Christian Conference of Asia, with his book, "Unifying Vibration" with members of GEP in Thailand, 2019

natural disasters to conflicts to economic instability to social unrest—an abundance of topics is covered. The solutions are sometimes surprisingly specific, and at other times carry the familiar refrain—an urgent and eloquent injunction to learn how to balance the energy in ourselves and on the Earth.

The root of all sorrow is the present educational system, explains Swamiji. Modern methods of teaching are only focused on the objective (material) world and totally disregard the subjective (inner) world. The consequence of this kind of education is that educated human beings

education, sharing knowledge with society about "a science that can understand and harmonize the realm of Energy" in order to "find a solution to this predicament." The GEP is a very powerful organization for solving the present crises. At its very inception in 2010, Swamiji disclosed the basis of a unified theory, or a 'theory of everything,' that great minds like Albert Einstein, Max Plank, Satyendra Nath Bose, Niels Bohr, Erwin Schrödinger, Stephen Hawking and others had searched for all their lives. A unified theory is a hypothetical, all-encompassing theoretical framework of physics that fully explains and links

together all physical aspects of the universe. Unified theories are expected to be limited to just the physical aspects, but in Swamiji's characteristic way, He has brought together not only the physical but also the non-physical aspects of reality, and it is this distinction which provides the missing scientific answers that other theories were not able to resolve. This is tremendously exciting to me, as a physicist and as a spiritual seeker, and people are only starting to grasp the vast potential of Swamiji's theory.

order to provide electricity in a wide range. The intention was good. They wanted to offer a more comfortable way of life to the population. But on the other hand, they created a nuclear waste problem and indirectly, other negative social and environmental consequences too. When access to energy was increased, technologies and the market adapted so that the consumption of goods and natural materials exponentially increased. If one wants to create something, he should assess all of the consequences



GEP Secretary presents the GEP Research Centre's "Sustainable State Model" to Minister for Tourism, Kadakampally Surendran, and Kummanam Rajasekharan, MLA, 2019

He called it, as we all know by now, the I-Theory. The I-Theory goes to the foundational level of existence by explaining the characteristics of the basic unit of the universe, the I-particle. Now, science is groping in the dark for answers and merely circumscribing the truth of a thing without adequately perceiving it, all for lack of knowledge of the basic 'building block'. Each current physical theory is missing some essential part without this foundational unit.

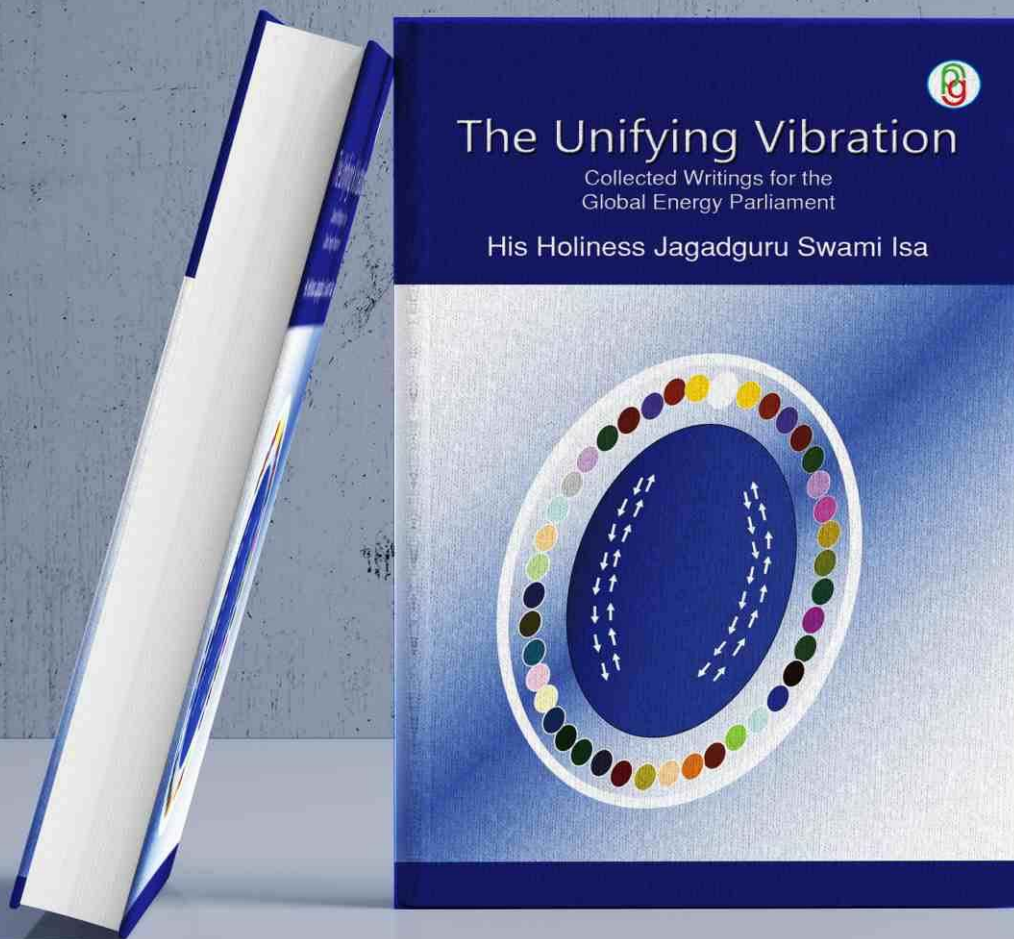
It is also true that, without this knowledge, scientists can create greater problems than that which they are trying to fix. For example, in the 1960's scientists developed civil nuclear technologies in

first. For that, a global and scientific analysis is required. Having a science able to describe only one part of the reality means having a partially blind science. This is the present situation. Quantum mechanics describes only the infinitely small world (atoms, elementary particles, etc.) while Einstein's Relativity describes only the infinitely big world (planets, galaxies, etc.). The genius of Swami Isa is to show how the macrocosm is reflected in the microcosm through the foundational building block of the I-particle. This basic unit is the deepest root level—even of time and space themselves. Observing the root level provides knowledge about the branches and fruits; therefore, in order to change anything, by understanding it

THE UNIFYING VIBRATION

by His Holiness Jagadguru Swami Isa

Collected writings for the Global Energy Parliament and all the published articles on the I-Theory that appeared in international science journals. Each year, starting in 2010, Swami Isa published small books for the Global Energy Parliament sessions to share his illumined scientific wisdom and solutions to global problems on themes such as Living in Harmony with nature; Sound—Wonder of Wonders; the Art & Science of Governance. This book is a great collection of the quintessential writings of Swami Isa that also shows the evolution of the GEP.



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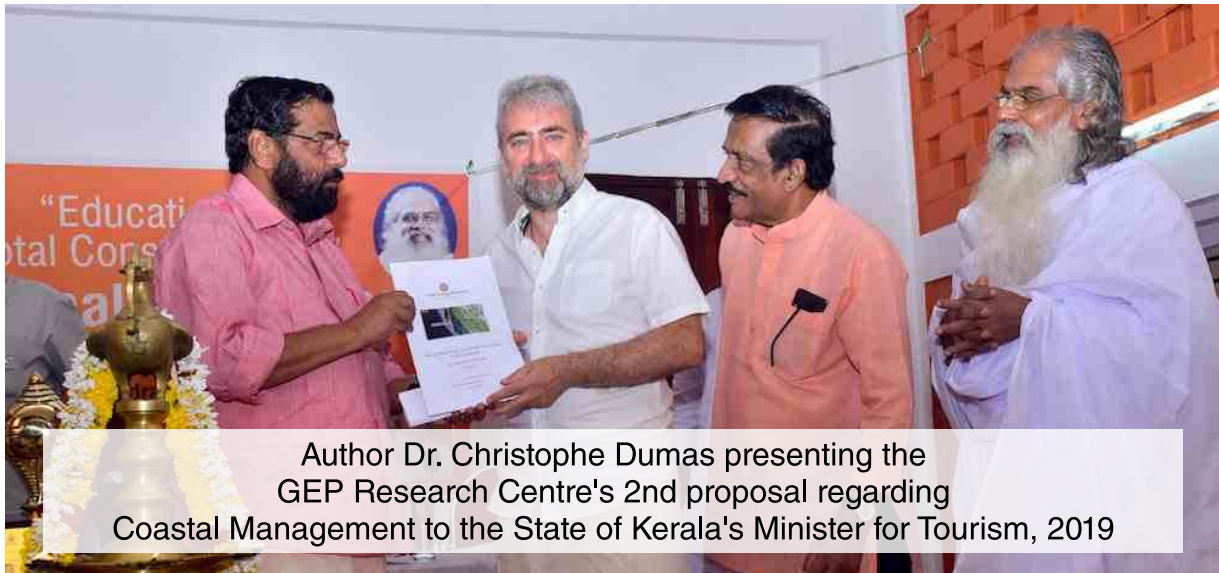
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and balancing it at the root level, we can balance the entire system.

In 2010, Swamiji wrote: “The Global Energy Parliament (GEP) is the first-ever venture to consider all branches of knowledge and all objects in the Universe on their energy plane. Each vibration has its negative and positive aspect; the good and bad character of an object is determined by the number and arrangement of vits (I-particles) in its entity. The GEP aims at creating not only an awareness of the energy plane but also to provide practical and scientific measures to assess the cause for

electricity, as Swamiji had suggested to me at our first meeting. This research is now in its final stage and could totally revolutionize society by providing free and affordable energy without any damage to the environment. The aim is to make each household self-sufficient in energy supply for 100 years.

After the devastating floods that occurred in Kerala in 2018, the GEPRC worked for several months to develop a model of a sustainable state based on the I-Theory and the principals of energy balance. This model would provide a sustainable state for 1000 years. It was



variations and to help restore balance and harmony. The excessive flow of negative energy that leads to devastation and destruction has to be curbed in order to assure a peaceful existence on our planet, the Earth. A research centre of great magnitude is planned as a part of the GEP, where learned men from all walks of life will work toward attaining this goal.”

Thus, the GEP Research Centre was born in 2012. No one can deny that human activity is the source of the current climate change and we are near the breaking point of the planet. One of our first projects was to address this major challenge by creating a renewable energy device that converts sound energy into

highly commended by the Kerala Government, which has started a program to apply some of the recommendations. This model can be adapted to any country, and if it were, the destructive and the constructive energies resulting from human activity and development would be balanced. The size and location of the activities (government, education, housing, worship, agriculture, industries, and wildlife) is also very important. This model of a sustainable state leads to a harmonious way of life with nature and would avoid natural catastrophes, which are simply nature's way of trying to rebalance itself.

The GEPRC is currently working to provide a sustainable solution to the

COVID-19 pandemic. We published an article in the journal *Advances in Microbiology*, in which we presented evidence that strongly suggests that the virus was genetically modified—and thus lost the natural balance at the subatomic level. This particular imbalance from the modification leads to an excess of attraction force over the repulsion force, and health is a balanced state between these two forces. Breaking this balance leads to disease. We are now researching and designing a new kind of medicine based on the I-Theory that will rebalance the virus' subatomic level. This type of subatomic medicine, which is again totally new, was recommended by Swami Isa as far back as 2011 at the Global Energy Parliament in Germany on the theme of 'Pathways to Sustainable Health.'

Slowly but surely, Swamiji's concepts, and especially the I-Theory, are gaining worldwide recognition—from being a vocal part of the United Nations' ECOSOC, to publications in international scientific journals, to letters from Heads of State. But we have much more work to do.

Swami's keen perception is limited neither by space nor time. But we find that He limits His advice to only what is presently necessary for us to know and to do, so as to reduce human suffering to the minimum extent possible. Swamiji shares only the soft, simple, logical truths of where we are now as a result of what we have done before; and where we are going as a result of what we are doing now. Sufficient warnings He has given, and therefore, as we read the 10 years of recommendations and suggestions that Swami has made, benefitted by hindsight, we are astounded by what catastrophes in that decade could have been avoided, and, yes, what further could still be mitigated if we act, urgently, now.

And today, I find that we are facing something that none of us ever dreamed possible in our lifetimes (except certainly

Swamiji, who indeed warned us in February 2020 of a coming "World War III based on a new form of war based on the intellect"). The Covid pandemic is something unprecedented in our lifetimes, and the effects of it are even worse—a worldwide economic crisis, war, political unrest, deep social divisions, defiance of governments, loss of individual freedoms, loss of self-sufficiency, etc. Yet we find that all these topics had been addressed in the past sessions of GEP by Swamiji. Themes like 'Science for Freedom and Happiness,' and 'The Art and Science of Governance' may have seemed abstruse at the time, but are of urgent necessity in today's charged atmosphere.

Solutions are readily available to the leaders, to the scientific community and to the masses, in *The Unifying Vibration*. What better thing could we do but spend some time to read this book? We shouldn't delay another hour. We must change ourselves! It is the most urgent thing we can and must do.

The longer we wait, the more the world will suffer.

I am very grateful to His Holiness Jagadguru Swami Isa who shares his precious light with the world. From the bottom of my heart: Happy Jayanthi, Swamiji!

The author is a Researcher and Former Head of the Dept of Solar & Thermal Energy at the Centre for Alternative and Atomic Energy (CEA), Cadarache, Govt of France, the Director of the Global Energy Parliament's Research Centre, and Minister for Science and Technology in the Global Energy Parliament.

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Education for Total Consciousness

Dr. Bindu R L



Jagadguru Swami Isa is one of the most influential spiritual leaders whose teachings and welfare activities have attracted world-wide attention and acceptability. His teachings are centred round a common theme, preparing human beings to face the new challenges of modern societies, especially the unethical methods used by human beings to solve the problems they face in day-to-day life. Normally, an individual must attain personal excellence, peace and joy through education. Swami Isa's new system of education is a bold and successful attempt to integrate 'determinism' and 'humanism' with the implied message that every human being is born with all the needed potential to



All-India Students' Energy Parliament, State Secretariat's Old Assembly Hall, 2016

transform human societies and institutions in the expected new directions. The social network he has created is used for connecting human beings from different parts of the world and develops common action plans for a total change in our attitude toward other human beings. His assertion that every human being is not only a part of external world will help every human being to achieve better adjustment in the world outside and will serve as a wakeup call for humans to change their attitude towards their surroundings. His system of

lead one to perfection despite the limitations that surround him or her. This is enlightenment, the light of real education for future generations. Education should lead to Total Knowledge to enable the students to live life free from mistakes. Art and science of living with community must be learned by people which involves inculcation of social, moral and spiritual values. The Individual can attain real knowledge and experience calm and peace. It is this knowledge that each student and each teacher must attain. This gain would bring in peace and joy to



education he aptly describes as “Education for Total Consciousness”. In Swamiji's concept, Consciousness is not at the level of thought or even awareness. Both of those are in the plane of energy (vibration). Consciousness is not energy / not vibrating. It is the all-pervading eternal Light that is present in all of us. Our thoughts, emotions, ego, etc obscure it, in most cases...but the aim of education is to reveal and realize our basic nature: Total Consciousness. Then we are one with everything. We are a part of everything. We are Total.

The objective of the theme Education for Total Consciousness is to

the individual, home, nation, and the whole world. This is real education. Real education consists in the realisation that the learner, the topic, teaching and learning form a single stream. Here, the body, mind, intelligence, ego and ignorance of the individual are the factors that lead him to real knowledge. While learning, realize that everything in the topic is present in the learner. The language used as the medium of instruction must be used accurately. Compared to adults, the assimilating capacity of children is much greater. What becomes burdensome to the child is not the volume of the lesson but the manner

of teaching. Teaching has to be interesting and suitable to the age of the children.

Based on this theory of Education for Total Consciousness, Swamiji has come forward with the concept of the 'Global Energy Parliament'. It has been organised in different parts of the world from 2009 onwards collaborating with learned people from different nations, interested in propagating the message of internationalisation of education and education for total consciousness. As a teacher working in the field of higher education, especially teacher education and empowerment, I have the fortune to participate in the programmes organised by Swamiji and learn more about total education. The theme for the Global Energy Parliament 2021 is "Visualising Global Education Policy for Total Consciousness."

Swamiji's definition of learning as the reconscientization of human beings through a better understanding of oneself is sure to create a new global society which treats the whole human community as one's own family. The individual is able to realize that his or her defects will permeate into society and he or she will be likely to choose the good instead of the bad. Goodness of the individual is manifested in the world around him or her. The individual and the world must grow, flourish and be fruitful, and for this proper and genuine education is a must. Hence the need of the hour is genuine education that is scientific and fundamental which is enunciated in the preaching, practices and theories put forward by Swamiji. We have the hope that the progressive educational principles implied in the new system will be widely used by existing educational systems in the country and elsewhere to create a new global society to bring in peace and joy to the individual, home, nation, and the whole world.

The present system of education demands a total reconceptualization of the curriculum and strategies for instruction in the need of a new education

which will empower humans-a competence-centered new education. Education must enlighten the individual, for knowledge is light. People make an attempt to regenerate education within the ambit of their knowledge, while their limitations leave their mark in reforms suggested. There have been experiments like teacher-centred education, student-centred education, etc., but the imperfections and insecurity still haunt the realm of education. In real education the body, mind, intelligence, ego and ignorance of the individual are the factors that lead him to real knowledge. We need a system of education by which character is formed, strength of mind is increased and the intellect is expanded and by which one can stand on one's own feet.

By closely studying the I particle and I-Theory explained by Swamiji, we are led to the definite knowledge that the internal and external worlds do not have a separate existence. I and the universe are ultimately the same. We are merely vibrating energy, vibrating Consciousness. When that vibration ceases, when there is no I particle, there is no universe and there is only Total Consciousness. Consciousness is the bliss that we are all after, whether we know it or not—the unlimited, all pervading happiness and awareness. The human journey to Consciousness is our ultimate concern; we are all searching for that all-consuming, never-ending bliss. With a clear idea about our own entity and oneness of all things, science and society will be empowered with the knowledge, ethics and vision to enter into a new era of true sustainability.

The author is a Professor in the Department of Education and Dean, Faculty of Education at the University of Kerala. She is also the Faculty Minister of Education in the Students' Energy Parliament.



Students of the Isa Viswa Vidyalayam, 2013



Performance of a Mathematics lesson, turned into a dance, 2008

Isa Viswa Vidyalayam



Student Testimonials



Swami Isa teaches a class on yoga, 2016

Total Education

HIS HOLINESS JAGADGURU SWAMI ISA



Education is a landmark in the growth of an individual, playing a significant role in moulding him into a civilized, refined human being. Genuine education manifests when the knowledge gained is applied to develop one's personality, leading to an understanding of the self and the world. Education begins with the individual, but when the individual meets with denial, it results in unrest and disquiet. Learning about the world while totally ignorant of the self is a tragedy. Learning then becomes a burden, and negativity dominates thought and emotion, to devastating ends.

Education has its beginning in what we receive through the five senses—hearing, seeing, smelling, tasting, and touching. The information accumulated through the five senses form the building blocks of individuality, promoting further growth and development.

In reality education is a chemical, analytical learning process, as information is acquired through inductive and deductive reasoning. Equipped with sense organs, this acquisition of knowledge begins in the foetal stage itself. The knowledge and its innumerable varieties exist in the self and in the universe.

The sounds we produce and the sounds from outside that we listen to consist of the same element of ether. We have to assess the sounds for their quality, and their potency to promote the wellbeing of the society. Realising the negative and positive aspects of the sound, the individual must strive to attain a balanced state. At this state, the

information attained through the ears will contribute to the growth of a humanised society.

The eyes based on the fire element provide a world of images; the nose based on earth element and the air-based skin open up a world of different information. All these are mutually complementary. Real education enables the individual to be aware of the five mutually interdependent paths and maintain their equilibrium. Incomplete and imperfect education is the curse of the modern age.

Educational institutions need not be killers of joy; they can offer a feast of joy. A lesson on a breakfast of idli and sambar tend to become a feast when the teaching and learning process is closely integrated with the knowledge gained through the five pieces of equipment.

When Mom announces that she is serving idli and sambar for breakfast and when the kids respond, it is sound—the ether element. Both sounds, if they merge as one giving and taking information about breakfast, become the ether knowledge of idli and sambar. They enjoy the delicious flavour of the food with nose (the earth element), and see the pleasing sight of food with eyes (fire element), and taste the food (water element). Hence idli and sambar turn into a piece of knowledge gained by means of the five sense organs and passed on to the brain through neurons. The information stored in the brain forms part of intelligence and the emotion generated from this intelligence forms part of the mind. Thus information gathered through the five sense organs becomes intelligence and emotion, the main attributes of a human

being. The knowledge gained from information endows the individual with the capability to identify good idli and thereby take care of health, wellbeing, peace and happiness.

When food is tied with just one sense organ and is denied its total, universal quality, it is ignorance—the root cause of sorrow. One has to look beyond food to see its relation with the self. Food served on the table is objective and when you take it, it becomes subjective. The gap between subjective and objective is removed. The outside and inside can exist only as complementary factors. This realisation has to be applied in the teacher-student relationship, which should be of a single strand with no gap in between. Education that can mould genuine human beings can become a reality when the subjective and objective merge as one. When the congregation of teachers and students attain this height of maturity, teaching and learning will become a joyous one, like a feast enjoyed by all participants. It is Total Education.

Undigested food causes illness. The person becomes restless and sick, he may become the carrier of germs spreading disease. Distorted, undigested knowledge becomes an affliction affecting the thought, emotion and action of the individual, sowing seeds of wild destruction on society, nation and the world. The seed of creation as well as the seed of destruction lies dormant in the thought of the individual. If the thought is good, everything is good. It is the small seed in the fruit of the tree that grows and develops into a fruit bearing tree. The tree and the fruit are as the seed is.

We have to identify positive and negative seeds to nurture a positive world, the depth and potency ingrained in a single thought has to be realised. The seed is a combination of the five elements, and so is the world. Both science and logic can determine the

optimal dispersion of energy conducive to maintain a healthy balanced state in an individual.

A journey along any branch of knowledge must be taken with the awareness that it is part of the whole and that it has no separate entity. The whole universe is created out of vibrating energy. It is the distribution of I-particles and the variation in their arrangement that bring about creation, preservation and destruction/merging. The single cell by systematic dispersion of energy becomes an organ and organism.

We must realise that we are also the total outcome of vibrating energy and so is the world outside.

These energy vibrations can attain rhythm and melody, and rise up to be a divine song. Individual must know that the happiness of the divine music is within one's reach. Variations in the pitch, tone and stress produce varieties of music, so are human beings and all the objects in the universe products of energy in different arrangements. Total education will provide this knowledge to the student, that he and the universe are not two separate entities, but one. His rhythm and tone should not be in disharmony with the rhythm of the world outside. This real education will be a beacon, guiding him along the journey of life. At this stage, every action of his will be a service to humanity. It is the sense of alienation that causes darkness in the thoughts of an individual, genuine education removes darkness. Today's seed is tomorrow's tree and tomorrow's tree is tomorrow's seed. Realise the need to have power packed positive thought, to keep thoughts pure and pious, to be the originator of a peaceful world. This parliament may light the lamp to brighten the path to a glorious dawn lit with the brilliance of billion suns.

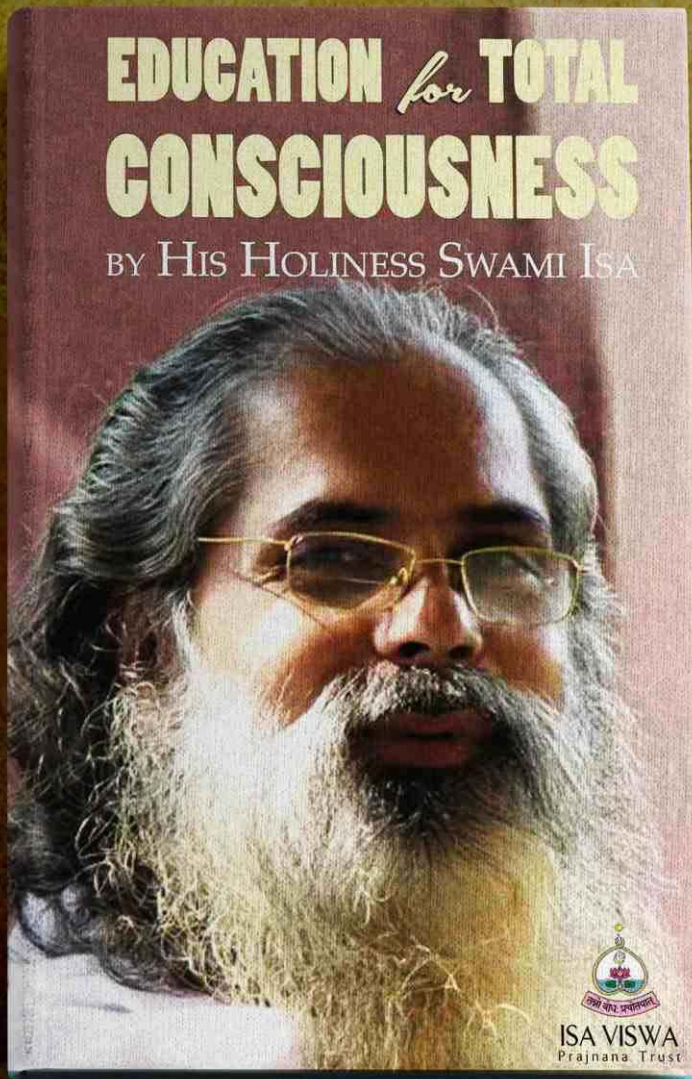
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Dancing Mother

Poem by Swami Isa



Life for Total Consciousness: Swami Isa's Great Gift to Humanity

Clara Cressy

Life for Total Consciousness is a wonderful technique which combines yoga and meditation. I have had the chance to have been trained in LTC by Swami Isa in person, and it changed my life.

This technique can be called holistic in that it considers the individual, the universe and the divine, called here Total Consciousness, as masterpieces of the same puzzle, which when assembled correctly, form an inseparable whole.

In these troubled times when the entire world is affected by pandemics, climate disasters, etc. and populations are bombarded with negative and anxiety-provoking information, we need more than ever to keep confidence in ourselves, in our amazing potential, to find our connection to the essential, and never forget that we are, essentially, divine.

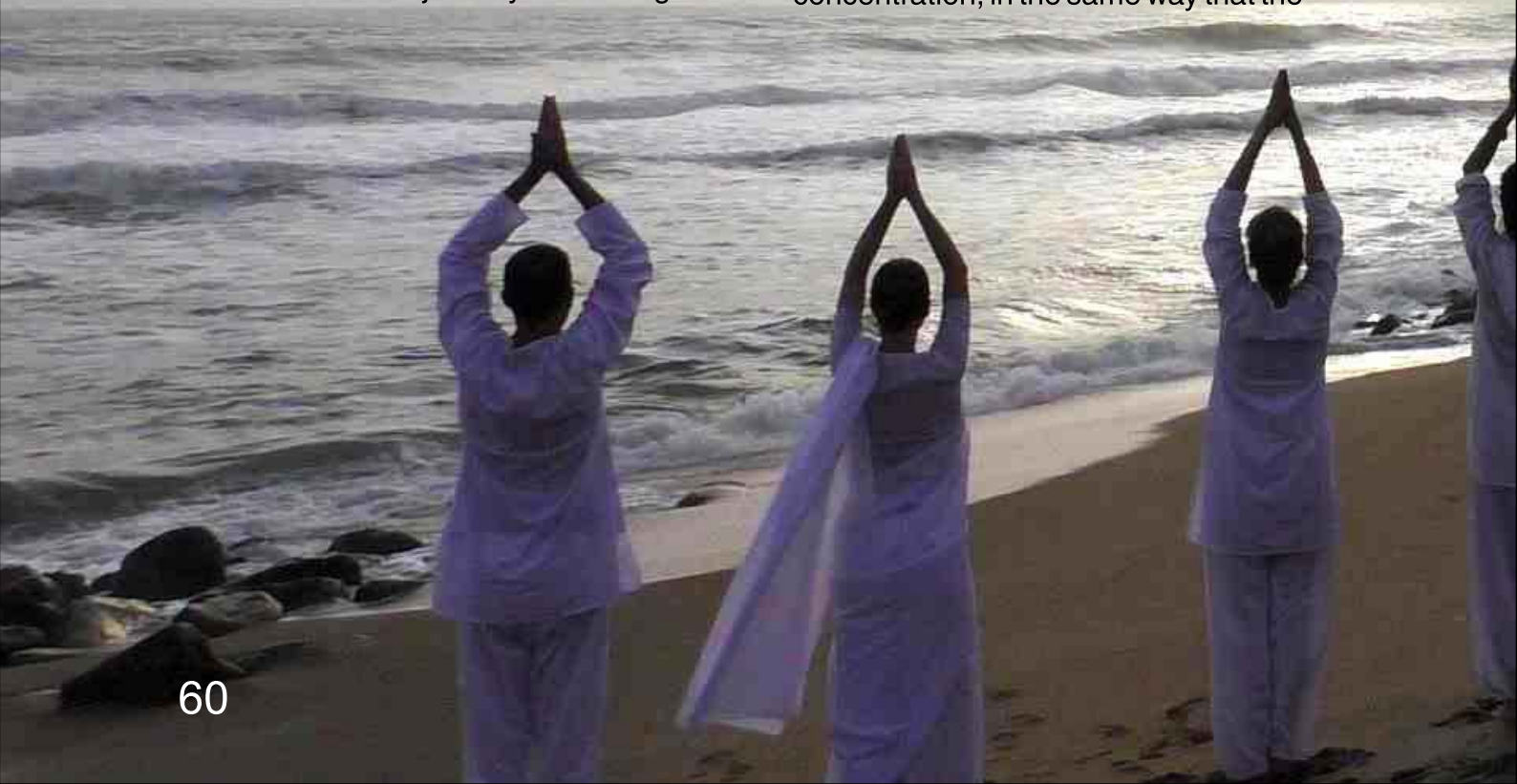
LTC is the best way to awaken that awareness. It is a journey from the gross

world to the subtle and causal, from the outside to the inside, from the individual to the Universal and even more, to the Divine, a return to our origins, a path to the Self.

Our body can be considered as a musical instrument that must be tuned properly if we want it to vibrate in harmony. The body awareness exercises in the beginning of the LTC practice contribute to this by preparing the body with gentleness and respect.

Then, a series of targeted meditations, mantra repetition and specific visualizations activate our different energy centers in a progressive way to ultimately allow us to realize the experience of Total Consciousness.

Of course, this is not an instantaneous and immediate awakening but a progressive practice that requires a daily investment and an effort of concentration, in the same way that the

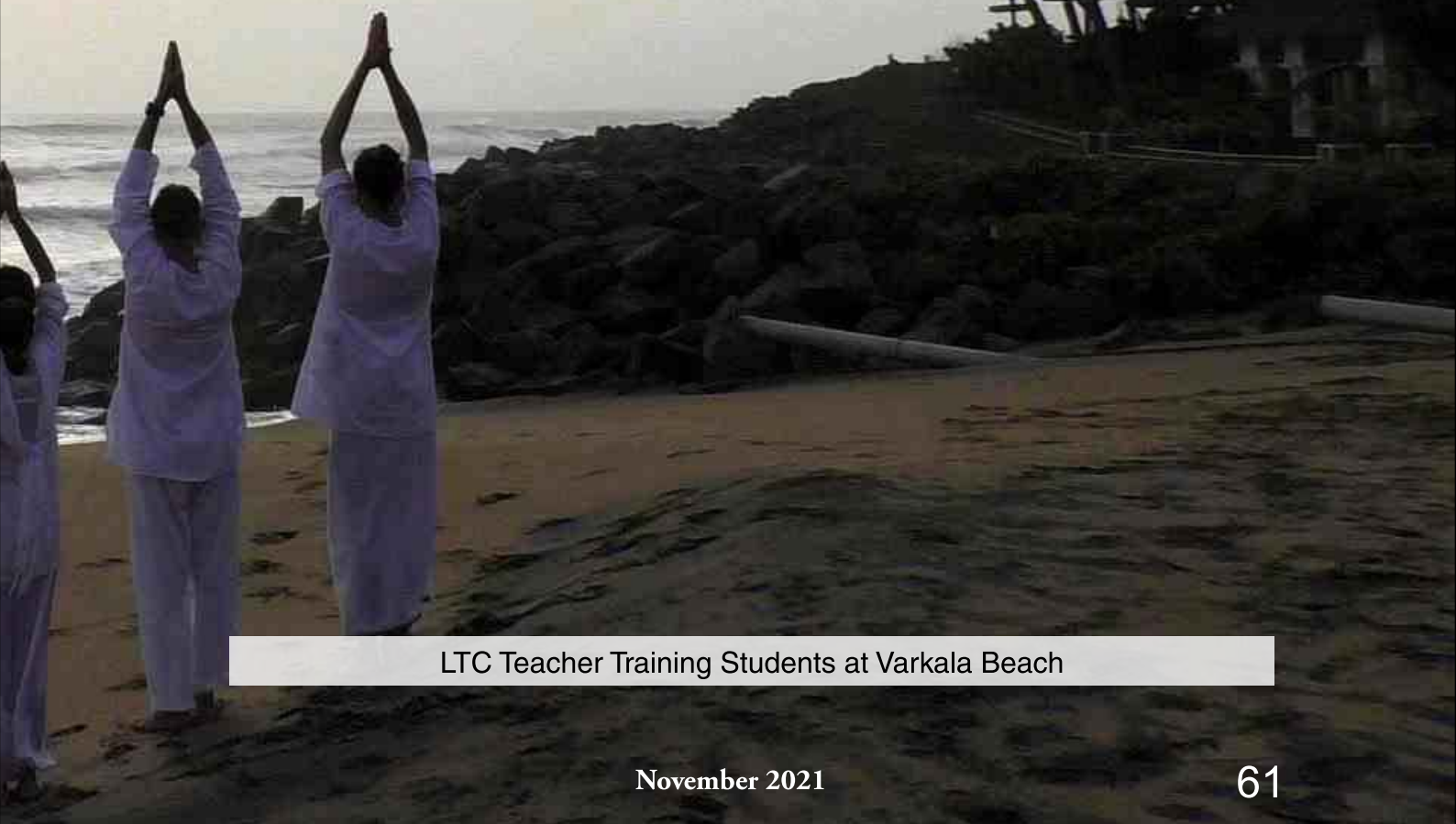


diamond cutter will perform a meticulous work by cutting the rough stone in order to give it a perfect shape, thus bringing out all its brilliance and giving the diamond its ultimate value.

Turning inward becomes a journey of wonders while learning to reconnect to our inner Self. We are exploring new sensations, for instance, while chanting mantras, we can feel the effects of their powerful vibrations within our inner self and enjoy this amazing tuning process. We can also experience strong visions of light, feel the mighty power of love, our connection to the Universe, etc. We are opening to a brand new world where all our divine potentialities lie. Each time we practice, our experience is changing according to the different layers we are purifying.

But moreover, by practicing LTC regularly, I become aware of my flaws, my limitations, but I also reconnect to all my inner wealth and as I go along, I let it shine more and more. When I am aligned, the environment around me is also aligned, I realize that it is only an extension of what exists within me and that it evolves

accordingly. When I have this awareness, I can distance myself from the daily worries, realize what kind of information creates agitation in me, and on the contrary, what are the things that make me happy. What situations should I focus on, what activities should I give up in order to feel happy and balanced. And concerning the things over which I have no control, I try to understand their role and why they cause such agitation in me.



LTC Teacher Training Students at Varkala Beach



Swami Isa with students of a two-day yoga course in South France, with host Jacqueline Gerbaud (centre) and author Clara Cressy (2nd from right), 2015

This regular practice of LTC allows us to see the world as a playground where we must not lose sight of our goal and realize that the path and the goal are inseparable. I am a divine being in a limited body with its qualities and defects, and I wish to fully realize this divine state in order to free myself from the cycle of births and deaths and merge into Total Consciousness, my ultimate reality.

Through this unique direct teaching from master to disciple, Swami Isa leads us on the path of life towards self-realization and Total Consciousness, the source of all manifestation.

Much more than a simple asana or pranayama practice, LTC is a way of life in perfect harmony with the yoga sutras of Patanjali and the Upanishads, which outline rules of conduct and a human way of life based on perfection: the respect of Dharma.

Swami Isa has led many trainings about LTC and how to live a dharmic life at Isalayam Ashram in Trivandrum and also abroad. I have had the privilege of participating in most of them, and sometimes also as a French translator. Whenever I take part, the session is new and alive for me. Swamiji does not teach



Swami Isa with LTC students in Normandy, France, 2013



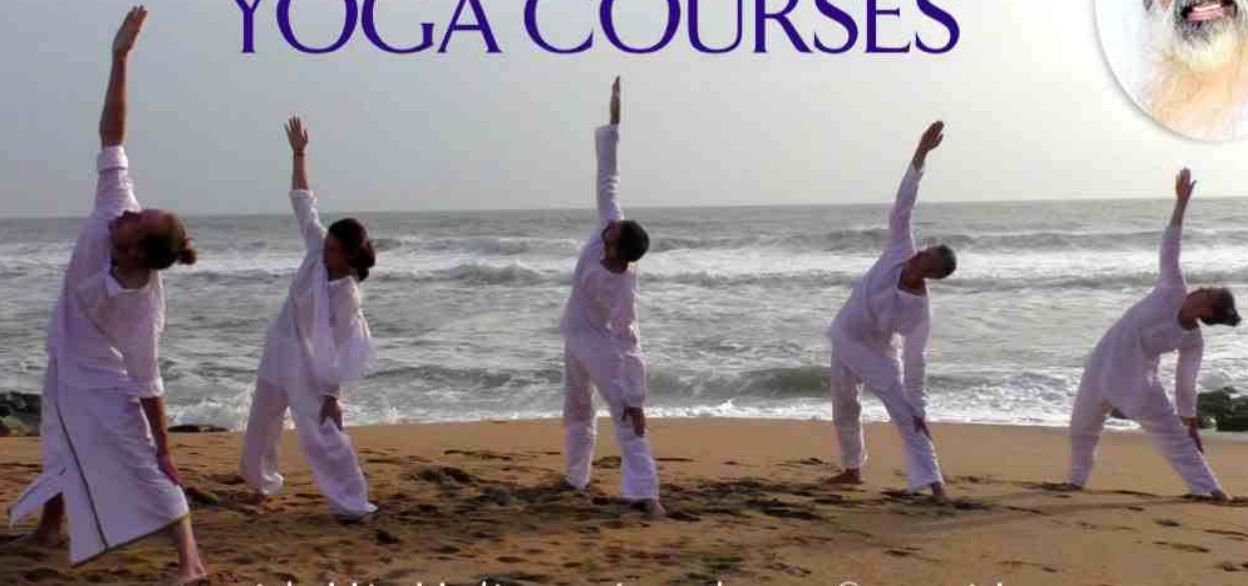
any stale, rigid, old practice. He teaches for those who are in front of Him, with all their unique habits, tendencies, talents, and desires. And thus the LTC practice is also an evolving, living yoga practice that I have also learned how to use, as a tool, for my own particular circumstances, and for those of my own students. My practice changes every day based on what needs tuning. This specific knowledge has been given to us by Swamiji, who always insists that teaching and sadhana must be individualised, just as a doctor will prescribe different medicines for various patients.

When the pandemic began, Swami Isa developed a new meditation called EPIC (Emotional, Physical, Intellectual

Immunity against Coronavirus), specifically aimed at strengthening the immune system in order to be protected against the negative effects of Covid. EPIC is a wonderful refreshing meditation, both very different from and complementary to LTC, which allows us to dive into ourselves to become aware of the effects of our thoughts and emotions and to restore our divine inner light in order to purify our entire system. It can be easily practiced by anyone.

The author is a certified LTC teacher, President of Centre Isalayam in France, and the Coordinator of the French branch of the Global Energy Parliament.

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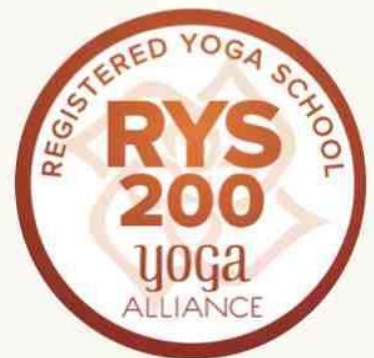


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Care for Orphans



Arsha Samskaram

His Holiness Jagadguru Swami Isa



Man is the sum total of innumerable subtle functions. To enable the process of man knowing himself, the Vedas impart simple, scientific, transparent and practical knowledge. Dharma, Artha, Kama and Moksha are the core principles of the Vedas, and form the fountainhead of Indian culture and civilization. The monumental text of the four Vedas towers high upon these four pillars, which shall be considered one by one.

Pillar 1: Dharma

“Dharayathi ithi Dharma”: Whatever is worn by myself and the Universe is Dharma. Dharma consciousness

manifests when that entity is recognised by the intellect and is activated through the physical body. The solid, liquid, heat, air and ether elements have to be maintained in the right proportion for the wellbeing of the individual. Man must know how to live in harmony without causing sorrow to others. The term Dharma embodies the knowledge that will enable him to maintain a balanced, healthy relationship with another individual. It is the thought of the man that will determine whether he is a human or a demon. In thought lies the secret of creation. Vision of the Veda projects the perfection attainable by a life based on



A view of evening Aarati on the Ganges,
seen from Swami Isa's boat during a visit to Varanasi in 2017

sublime and pure thoughts, the perfection of the intellect and glowing energy radiating through the individual.

Pillar 2: Artha

The gross body is meant to perform karma (action). As life originates and grows from a single cell it absorbs energy from outside. Energy in its various shapes and forms, from solid and liquid to food, can be labelled as Artha. People attain Artha through two ways: the right way and the wrong way. Wealth attained through the right means gives light, purity, peace and calm. Wealth acquired through ignoble means results in darkness,

impurity, conflicted emotions, harm to others and falling into the depths of sorrow. Forgetting his noble obligations, man would behave like a beast or a demon. In this modern world, it is the dance of the demon that we see around us. If we make an attempt to view the modern world from the perspective of the ancient texts, we can have a vision of the palace and kingdom of Ravana filled with all luxuries as described in the Ramayana. Modern education is making giant leaps in the realm of information, but we have to be cautious about the path we take and use our intellect to keep away from the path of the demons.

We have to struggle to mould a generation that would acquire Artha through noble means, based on dharma. Negative energy accumulated through everything from food onwards ends up creating a world of fear and horror. If we

Vedas illustrate how man, world and material life are closely linked to the great stream of emotions.

Pillar 4: Moksha

It is the purity of the body, mind and



remain blind to this predicament, the loss is ours.

Pillar 3: Kama

The stream of negative emotions, enriched with materialistic pleasures, would deprive one of the right sense of perception, true Consciousness. Every day TV channels and newspapers scream out horror stories of man's degeneration, his cruel, bestial tendencies. We have to understand the relation between our thoughts, the food we take and our emotions, in order to understand the mystery of the mind. Mind is the byproduct of the thought—i.e., food chemistry. Food becomes thought, and thought creates emotions in a wave-like process and manifests as mind. Creation, generation and destruction occur in this great spontaneous flow of chemical reaction. If the mind, the originator of creation, gets filled with darkness, man and woman and all objects of sensual pleasure would become the source of dark negativity. We have to trace the root of all conflicts and restlessness to the dark-dominated emotions constituting the mind. The

intellect that leads to the ultimate bliss: moksham.

The 8 Filters

Yama, niyama, asana, pranayama, pratyaharam, dharana, dhyana and samadhi are the steps in Ashtanga Yoga that provide the tools to attain this purity. Individual purity and impurity are based on thought. Thought has its outward journey and inward journey through the sense organs and as a result of the actions performed by thought, emotion and ego, impurity is absorbed and accumulated. Ashtanga yoga can purify these impurities.

The major factor in yama is the simple and sattvic intake of food. Niyama indicates ahimsa or non-violence. Sidha padmasanas will enable one to have a comfortable posture for meditation. These will enable the individual to get rid of laziness, pride, unhealthy relationships, intense longing for sensual pleasures, etc. He can sit with his spine erect and identify the pranic energy in the inhalation and exhalation process. Once in control of

respiration, he can have Ida and Pingala merge in Sushumna and move upwards, purifying the nervous system. The body becomes light, filled with glowing energy, increasing the digestive fire. This yoga practice, "Kumbhakom," will endow the person with miraculous powers. But it should not distract him from the path to the ultimate goal.

All the objects experienced through the senses must be realized as the manifestation of the real Self. This Dharana, or understanding, will help to follow the teaching of the Guru: that Supreme Consciousness is the underlying thread connecting everything in the universe. This is purity, either with form or without form.

Arsha samskara darsanam (ancient Hindu philosophy) can teach man to carry on his outward journey as well as his inward journey in a scientific and practical manner. Body, intellect, mind, ego and ignorance can attain purity through Ashtanga yoga. The individual can leave the limitations of mass and vibration and reach the Infinite. Leaving the gross, subtle, and casual entities he can attain

of Bhava Samadhi to Nirvikalpa Samadhi, the self attains total perfection, and this state is defined by the term Moksham. It is not the state enjoyed by any object or energy and hence beyond description.

The purity of body, mind, and intellect ultimately leads to Moksham.

In Vaiseshika darsanam:

"Yatya dyradaya nigneyasa sahi: sa dharma:"

Dharma is that by which one can attain Artha, Kama and Moksha.

In short, ancient Hindu philosophy is the philosophy of humanity. It teaches man to realize the real self, get rid of the darkness of impurity, attain purity and move towards light. At this stage all the actions performed by the body, intellect, and mind will give peace and wellness to the individual.

"Dharma is doing good to others
Sin is doing harm to others"

When this slogan of Hindu culture becomes the heartthrob of the individual, he becomes a genuine human being. He will attain fulfilment in his life's journey. All



Swami Isa with Ven. Banagala Upatissa Nayaka Thero (2nd from right) and other members of CCA's Interfaith Summit

the Real Self—a state of bliss that cannot be described by word or mind. This Great Bliss is called Moksham. The term indicates the stage when, with body, one can move beyond the body. From the state

Great Masters, the divine personalities, have offered this truth to mankind. The sound "dya" means light. Divya Avatars (Divine incarnations) are those great souls who can remove the darkness of

sorrow and lead to the light of joy and happiness.

One who has absorbed Light, carries it with him, and becomes a beacon light to the passers-by. The great epitomes of religions are the guiding lights. The moral obligation of all religions is to lead man to perfect, absolute light. Language is no bar to light, for light will always remain as light. It is the light of infinite Consciousness that illuminates everyone and everything in the universe. The society that recognises this truth will always be a blessing to humanity. The creation of a blessed society is the goal of a life based on Dharma, Artha, Kama and Moksha.

“Awake! Awake in the Light
Walk, sharing the light!
Journey till we attain Light
Journey is with Consciousness:
This is the dharma of mankind.”

If man is able to practise dharma,
that dharma is perfection.

A Universe of perfection
Perfection untouched by sorrow
Let that be the Thought, Emotion
And Dharma of Man!

Originally published as a booklet for Swamiji's participation in the “Interfaith Assembly” at the 14th General Assembly of the Christian Conference of Asia in Jakarta, Indonesia, 2015.

Happy Jayanthi Jsa Swamiji

With great respect and gratitude, we would like to thank Swami Isa for initiating GEP-Germany 10 years ago. It is a pleasure for us to have brought more positive energy into the world through the inspiration and motivation of H.H. Jagadguru Swami Isa.



Some of our charity and projects done over the last 10 years.

- Programs offered teaching Emotional, Physical and Intellectual Immunity against Coronavirus (EPIC)!
- Flood relief in 2018 India, 2019 India, 2021 Ahrtal | Germany
- Support to the Isa Viswa Vidyalayam (school) in Kerala
- Yoga Camps on “Life for Total Consciousness”-method
- Tree planting
- Scientific contributions to the GEP Research Centre’s work on the Sustainable State Model
- Sessions of the Global Energy Parliament



Global Energy Parliament – Deutschlandzentrum e.V.
Global Energy Parliament – Spain

Happy Jayanthi to H.H. Jagadguru Swami Jsa



EPIC PROGRAM

Emotional Physical Intellectual Immunity against Coronavirus

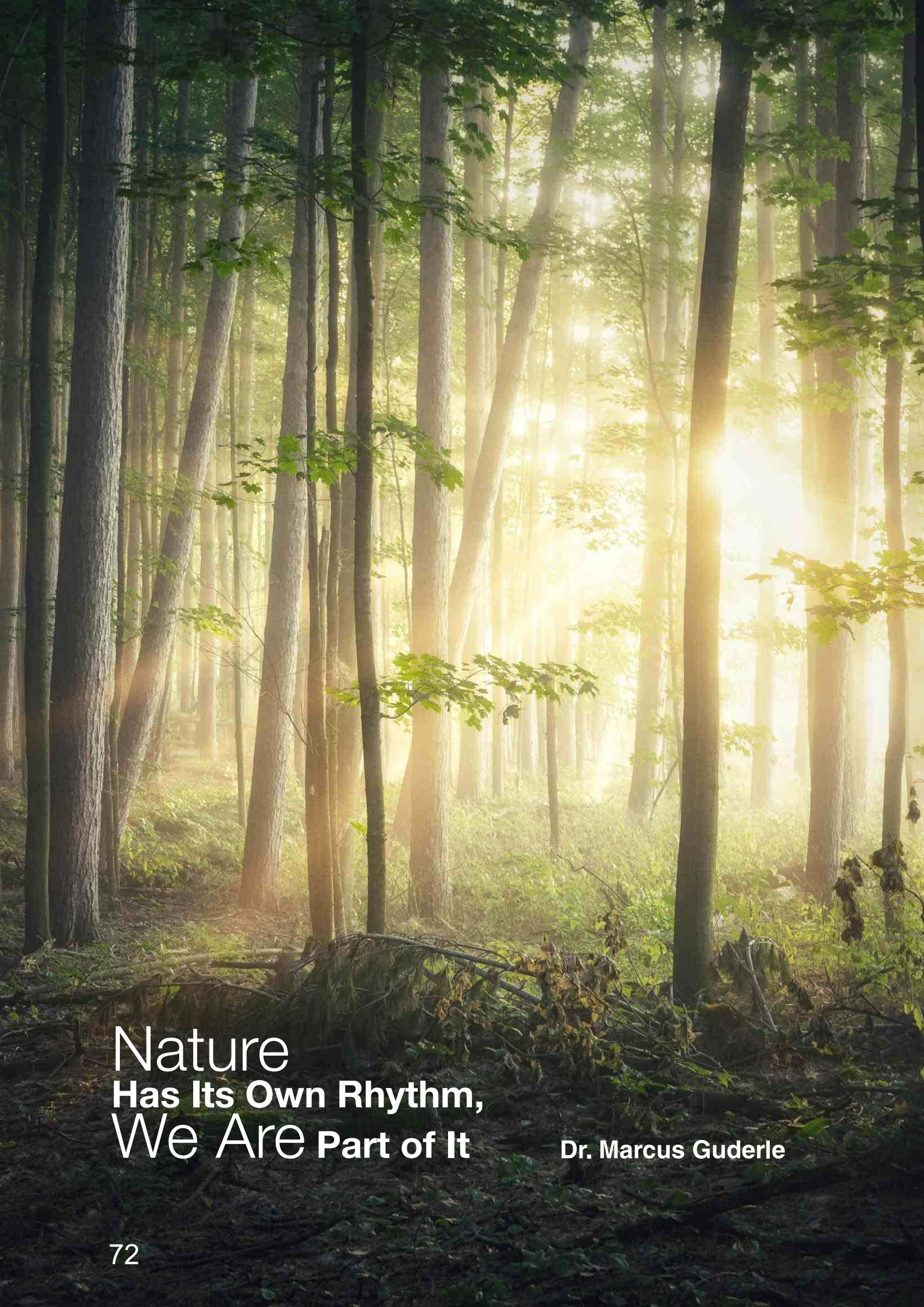
EPIC is an online course to learn easy tips and techniques to develop a healthy body, good thoughts, and positive emotions. During the Coronavirus crisis, many of us need of some inspiration how to take care of ourselves. Good immunity-building should be a threefold approach, consisting of techniques to enhance your body, intellect and mind (emotions), as has been shown by recent research in psychoneuroimmunology.

The EPIC program is easy and enjoyable. You don't need any particular background.

EPIC was designed by His Holiness Swami Isa and is taught online by GEP members in various countries in English, Spanish, German, and French.

Courses may be offered in person or online, depending on your location.

Register for free at: <https://www.global-energy-parliament.net/epic>



Nature
Has Its Own Rhythm,
We Are Part of It

Dr. Marcus Guderle

Nature has its own rhythm, and humans are an integral part of it. This simple and yet profound sentence is something that man knows and feels quite intuitively from birth, but sometimes get lost when growing up. As a man of almost 40 years and now also a father, I often think back to my childhood spent in the countryside. For myself, I can say that I did not know this phrase, but still felt part of my fellow world and nature. And I felt at ease. Quite intuitively, for example, we sought closeness to trees. Played under them and, of course, on them. The tree was our friend and it enveloped us in a field full of positive energy and joy, peacefulness and a feeling of being grounded. In Japan there exists a word for it — shinrin-yoku, or “forest bathing.”

You probably have a similar feeling when you walk in a forest. It has also been proven that trees reduce anxiety and violence, too, in people. Furthermore, a green environment helps to stimulate healing processes in the human organism; it reduces stress hormones and levels of depression and increases physical energy. However, it is not yet known to the greater scientific world why this happens. Recent studies suggest that this has to do with the fact that trees release oils called phytoncides to protect against germs and insects and has been shown to help our immune system. Nevertheless, how these substances influence our entire system both physically and mentally has not yet been found in detail.

And to quote His Holiness Swami Isa, “Few people realize the natural miracles living inside a forest.”

If we look at the I-Theory established by His Holiness Swami Isa, I can say with a clear conscience that His Holiness Swami Isa is one of those few people who has answers to these miracles, gained not through external laboratories but through the laboratory of His own self. The basic assumption of this

theory is that each individual and all matter that exists in the universe are made up of I-particles, the fundamental unit. This variable not only accounts for quantity of energy but also the quality of energy. The entire arrangement of I-particles builds up myself, the living world and the universe. In totality, we are all energy. In other words, the common thread through everything is energy. And this is why I felt so connected to nature when I was young – and I still do.

However, I did not learn about I-Theory until after I graduated in 2010, when I traveled to India for the first time and was able to visit His Holiness Swami Isa. I became a member of the Global Energy Parliament (GEP), which is an international body whose mission is to provide recommendations and strategies, backed by scientific research, with the objective of ensuring a self-sustaining, peaceful existence for human beings and the universe. GEP is the international science platform of the Isa Viswa Prajnana Trust, which is now celebrating 21 years of service.

Back in Germany, I worked on my PhD about the positive influence of the biodiversity of ecosystems on plant water use, as I knew that biodiversity is a natural and healthy state of the environment. Throughout this work, I tried to combine current science and the I-Theory, as it is so immensely useful and essential for understanding the world around us. And the following quote reinforced for me that other scientists also have similar ways of thinking:

“No matter who we are, or where we live, our well-being depends on the way ecosystems work. Most obviously, ecosystems can provide us with material things that are essential for our daily lives, such as food, wood, wool and medicines. Although the other types of benefit we get from ecosystems are easily overlooked, they can, for example, also play an important role in regulating the

environments in which we live. They can help ensure the flow of clean water and protect us from flooding or other hazards like soil erosion, land-slips and tsunamis. They can even contribute to our spiritual well-being, through their cultural or religious significance or the opportunities they provide for recreation or the enjoyment of nature.” (From *Ecosystem Ecology: a new synthesis*, R. Haines-Young & M. Potschin, 2009)

This quotation from Haines-Young and Potschin wonderfully condenses the role of ecosystems for mankind and underlines the paramount importance of maintaining ecosystem functions, which can only be implemented by “living in harmony with nature” This was topic of the 9th Global Energy Parliament, in which I had the pleasure to participate at Chiang Mai, Thailand, in 2019. Only when we understand that we ourselves are part of these ecosystems--and that giving and taking must be balanced--does "living in harmony with nature" take place, and thus mankind can benefit from the positive features mentioned by Haines-Young and Potschin. Especially natural forests and rainforests consist of positive energy (white-matter), which is crucial for sustaining the global energy balance, which needs overall 50% of White Matter, 30% of Red Matter (neutral energy) and 20% of Black Matter (negative energy), as His Holiness Swami Isa stated in his writings on the I-Theory (Isa and Dumas, 2019) and other teachings.

Unfortunately, during the last five decades, economic interests of human society lead to increasing changes of ecosystems and biodiversity with a tremendous loss of species. Especially the loss of natural forest due to deforestation of rainforest, particularly in the Amazon and Indonesia, underlines these practices. And one dramatic contributor is that the current mode of school education focuses more on the economic future of the students and thus

they perceive themselves less and less connected to nature.

The resulting monetary benefits are not sustainable and only short-term, whereas the mental illnesses such as depression and burn-out increase exponentially, partly caused by the feeling of being disconnected. The more we feel separated, the more we try to compensate for this feeling by the accumulation of material goods, actions or food. This seems to be an endless cycle.

Only when man understands that the inside is reflected in the outside, and the outside in the inside, the feeling of separateness dissolves. The more we love and value ourselves and our fellow human beings as well as our fellow world, the more we reduce the feeling of separateness.

The I-Theory, the teaching methodology 'Education for Total Consciousness' as well as the Yoga-Meditation practice 'Life for Total Consciousness'—all developed by His Holiness Swami Isa—help us to understand and implement all this in the simplest way. The novelty of the I-Theory is that we can apply it to balancing energy not only in quantity but also in quality. For example, one KW of power can be produced from coal or from solar rays. The quantity is the same, but the quality is very different. In order to keep the energy qualities balanced, it is necessary to consider the distribution of energy quality also in all systems like the human body and food, as well as state and city planning. Therefore, in my eyes, the I-Theory is so incredibly valuable.

I would like to repeat what is written above:

The entire arrangement of I-particles builds up the living world and the universe. In totality, they are energy. In other words, the common thread through



Author Dr. Marcus Guderle with his child on a lookout tower above the forests of the island of Rügen, Baltic Sea, Germany, 2021

everything is energy. If we change part of a system, the other parts are naturally affected. Applying change must be done with a vision of the entirety.

For me as a father, it is important that my child loves nature and experiences it in a positive sense just as I did as a child. And he never has to feel like a separate individual, but maintains the connectedness with everything—on all levels. The application of Education for Total Consciousness will definitely help me to accompany my child in an appropriate way and help him to consolidate and develop his potentials and his desire to become a complete human being. And I am sure that my child is not only a student but also a teacher. My teacher. For this much I know - I am far from a perfect teacher and still have much to learn and experience myself, which makes me a student again. Seeing these different roles and perspectives is one fundamental aspect of Swami Isa's 'Education for Total Consciousness,' which I have observed.

I am wholeheartedly grateful to His Holiness Swami Isa for sharing his higher knowledge with all people and I know that

the success story of the Global Energy Parliament and especially the work of the Isa Viswa Prajnana Trust in the past 21 years will continue to greater and greater heights.

“A real human being should realize the unity in diversity. Think of the One.”

His Holiness Swami Isa

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The author is the Chairman of GEP-Germany Centre and a founding Member of the Global Energy Parliament.

Happy Jayanthi to H.H. Swami Isa and the isa Viswa Prajnana Trust

Kerala Flood Relief



Students of the Isa Viswa Vidyalayam with their flood relief donations, 2018



Donations for the Floods at a Collection Checkpoint, 2018



Going house to house in a slum, giving food and materials, 2018



Shipping container with 9 tonnes of materials being donated, delivered to Idukki, 2018



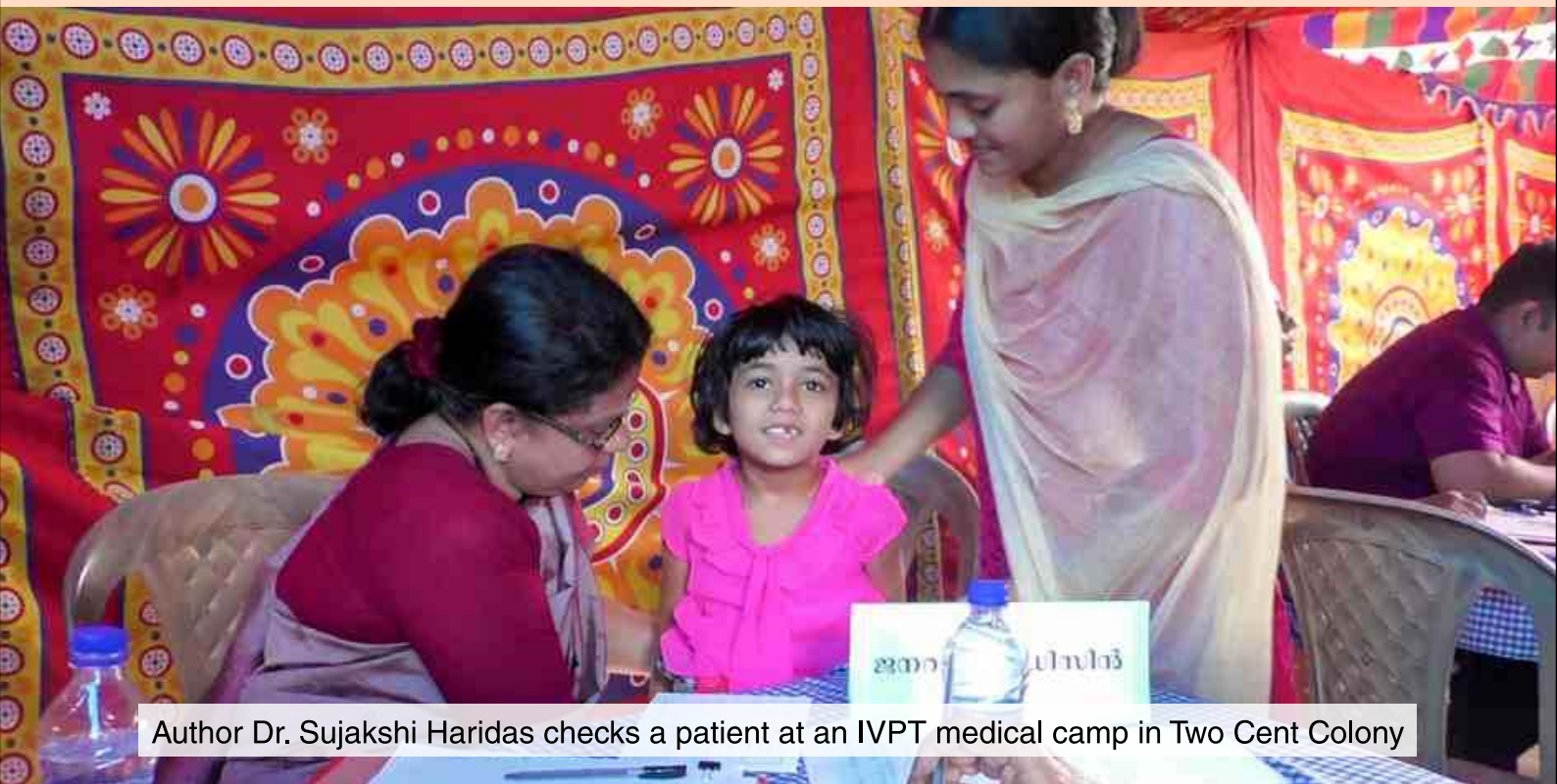
IVPT with donations of relief materials to tribal leaders, Idukki



IVPT on a boat in Alappuzha delivering materials to flooded houses, 2019

A Doctor's Prescription

Dr. Sujakshi Haridas



Author Dr. Sujakshi Haridas checks a patient at an IVPT medical camp in Two Cent Colony

The Global Energy Parliament established by H.H. Jagad Guru Swami Isa has become the venue to showcase before the world Swamiji's concept of education, holistic living and a healthy system of governance.

I had the good fortune to attend the Global Energy Parliament held at Colombo, Sri Lanka. It was in the year 2016 and the theme was "Habitat Harmony." By attending this parliament I came to realise that home is not an artistic piece for display. It is for the life to be lived. Water, air, light and ether in the home must be in tune with the energy of the human body.

Meeting Swamiji in the year 1995 was a turning point in my life and my concept of medicine and treatment underwent a great change. I became more aware of the five elements that constitute every object in the universe and

the energy that vibrates in a single atom.

Swamiji's I-Theory opened up new vistas for me. I was initiated into the study of inner science -- the science of gross, subtle and causal bodies, whereby the connection between mind, body, thought and emotion became more obvious.

As a medical doctor, I found that Swamiji has introduced me to novel concepts in health that had no place in the curricula of medical education. I learnt to take into account not only the changes in the gross body but also on the mental, intellectual, conscious and subconscious planes. The doctor who is treating the patient has to find out the changes in each plane in order to diagnose the illness.

Each method of treatment has its excellence. It could be modern medicine, Ayurveda, homeopathy, holistic, chiroprathy, acupuncture, osteopathy,

psychotherapy, nature therapy, faith healing, aromatherapy, pranic healing, macrobiotics, therapeutic touch, applied kinesiology, moxibustion, reflexology, etc... Carefully examining all the aspects of different methods experts can find out the treatment method suited for a particular illness.

I do realise that it is high time to develop an integrated approach in diagnosis and treatment, and medical science must give the individual the knowledge essential to have a healthy and happy life, the manifestation of true freedom.

Swamiji helped me to realise that the medical care of a patient must begin with positive sound that can boost self confidence. The Black Matter energy responsible for illness can be treated with the white matter positive energy. When both the positive and negative energy keep a balance it is a state of health. It is true about the physical body as well as the subtle body.

The activities of a Trust in total has to ameliorate the status of minorities and backward classes who are downtrodden, to provide humanitarian aid through social reforms, added with social, educational and cultural activities. This all goes well

with IVPT's activities. Swamiji advised me that I become charitable when I voluntarily donate my time and skills without expecting a reward. And while participating in a charity, I should realise that all individuals' consciousness is nothing but the same universal consciousness. Swamiji guided me to spend my time serving the Isa Viswa Vidyalayam. By helping the students, tutor them and being a volunteer, I could donate my time for the well being of the student population there by assisting in their healthcare.

When we provide free and quality medical services to the needy in the rural areas it raises an awareness of healthcare in the community, i.e., quality healthcare at their door steps. IVPT made this possible by giving health education to the needy, distributing free medicines, treating patients with common diseases in their own settings, and referring the needy patients for expert care to nearest hospitals. It is in a way a short-term medical intervention for target groups.

Swamiji plans these medical aid camps to open our inner selves of dedication which itself is a sadhana. It was with this motto that various medical camps were arranged by the IVPT at various slum areas and colonies in and



Dr. Sujakshi Haridas with staff of the Mobile Knowledge Unity at a colony

around Thiruvananthapuram.

IVPT has been conducting medical camps regularly before the spurt of the pandemic Covid19, and I had the opportunity to take part in most of them.

I would like to recall here the catastrophic 2018 flood and the humanitarian services rendered by IVPT. We visited Alappuzha by boat and distributed food and clothing. About 9 tonnes of different items were distributed in Idukki district too.

The LTC developed by Swamiji is another innovative compilation of yoga to

practice the unique teaching methodology ETC designed by Swamiji.

By applying this method of teaching, the teacher, student and the topic become one.

The teacher and the student relate the topic to themselves, to environment, to society, nation, world and the Universe. Learning and teaching become an interesting process that helps you to connect with everything around you.

My journey with His Holiness Jagadguru Swami Isa has been a fulfilling one. A great shift has taken place within me that enables me to connect with the



Sujakshi and volunteers providing new mattresses to flood victims in Thiruvananthapuram

ensure a healthy body and mind. For Covid, Swami developed the EPIC program, "Emotional, Physical, and Intellectual Immunity against Covid," a daily practice to build these three types of immunity. The Govt of India and the Spanish Govt warmly welcomed the recommendations made by Swamiji.

Educating the needy is part of any charitable mind.

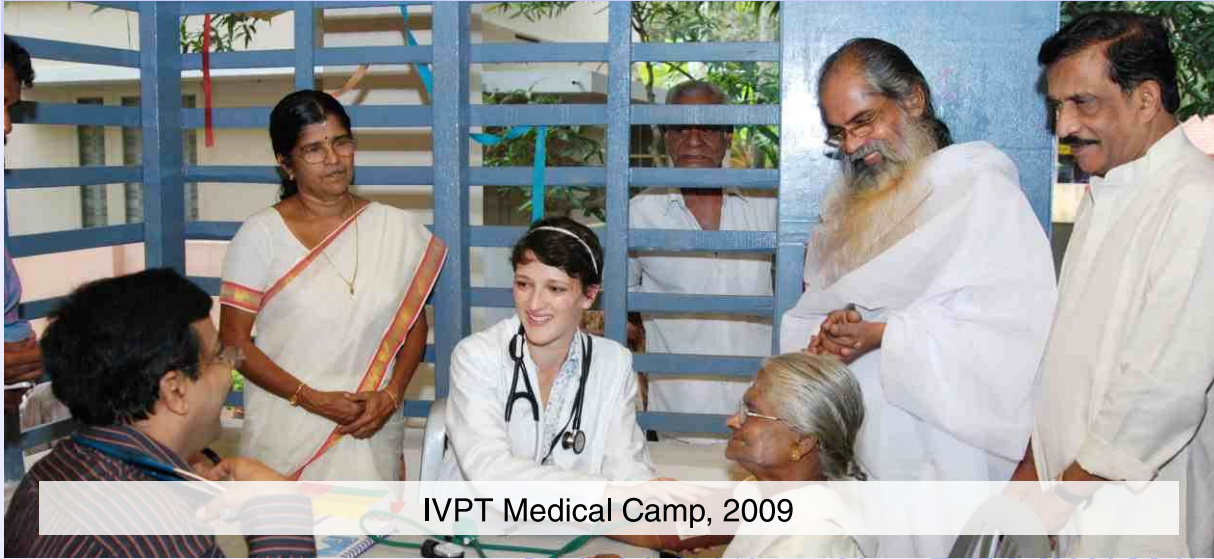
Though a doctor by profession I also took up teaching at the Isa Viswa Vidyalayam, as I was eager to put into

Supreme Consciousness pervading everywhere.

I take this chance on this auspicious occasion of Guru Jayanthi to bow down at the feet of Swamiji, showering my gratitude for removing the deep-rooted darkness which was my ignorance, thereby rekindling the spark of light in me to eternal from ephemeral. Janmadina Aasamsakal, Swamiji.

The author is a medical doctor retired from government service in the Middle East.

Medical Camps



IVPT Medical Camp, 2009



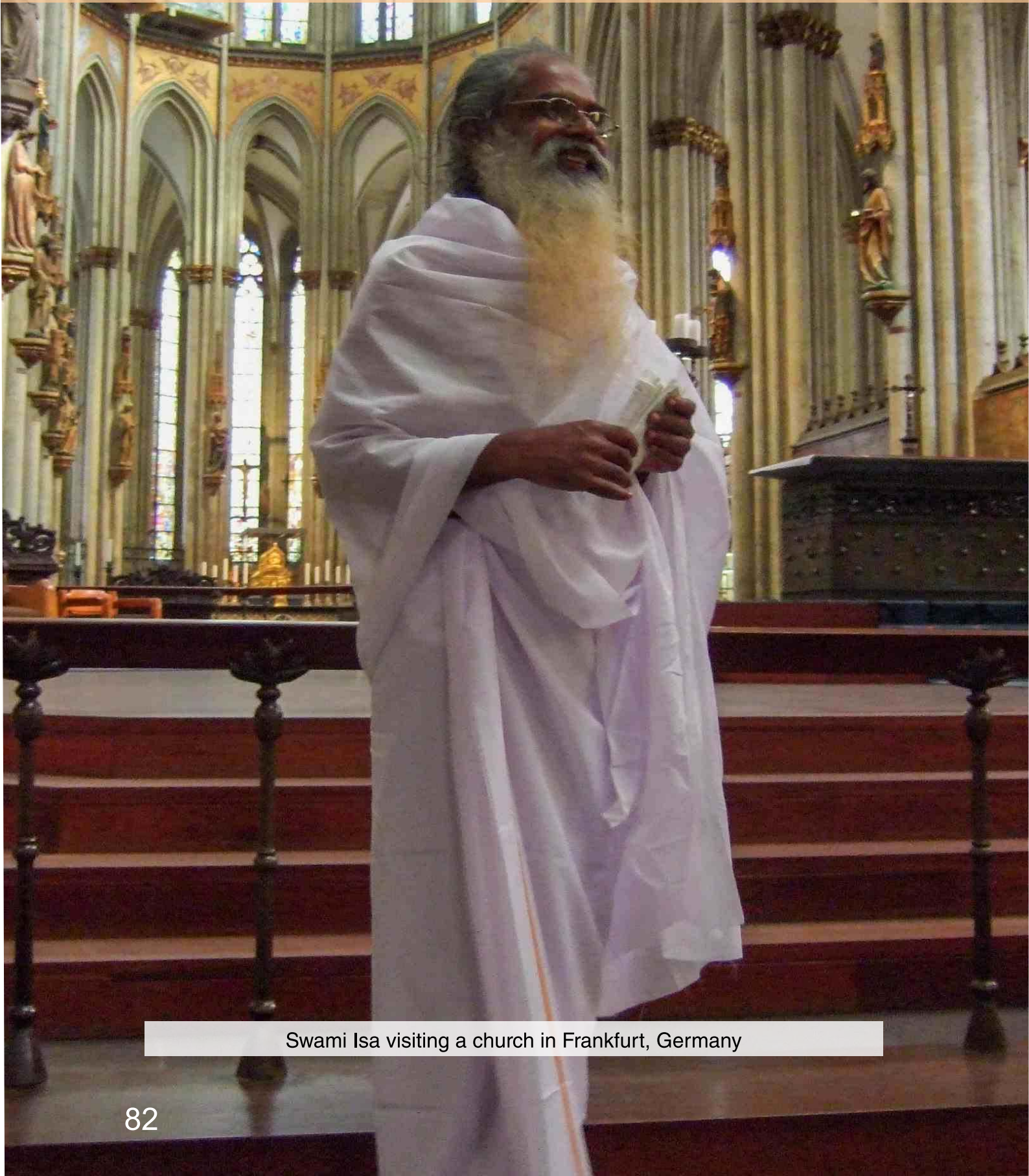
Pharmacists assisting at an IVPT Medical Camp at a colony area, 2016



Free ECG screening at an IVPT Medical Camp

Swami Isa, the Master of Righteousness

Marc Gandonnière (Vignesh)



Swami Isa visiting a church in Frankfurt, Germany

The true story of this Master founder of a Jewish community on the shores of the Dead Sea in Judea, who claimed to hold the secret keys to reading and interpreting the Torah, is not well known. He is referred to in the manuscripts by the obscure term 'Master of Justice'.

His school, which in its original form would have lasted only 17 years, probably influenced primitive Christianity and the whole messianic expectation of Judaism up to the Koranic aspirations.

People long for peace and justice, but what they always seem to lack is true and accurate knowledge that can help them achieve a real and profound change in their lives.

When I started to read about the Universal I-Theory, I felt as if I was entering a description of the Master Clockmaker delivering the mechanism of the Universe in a clear and finally understandable manual.

The description of the vibration of the I-particle, in 4 phases, made me think of the explosion engine, in 4 times.

I saw then Swami Isa as the Master of Righteousness. He comes with the GEP to the problems of humanity, but not as a Judge, he comes as a mechanic with tools to fix the breakdowns...

If we want things to be better.

Our humanity in its current phase of evolution does not suffer so much from lacks in various domains, except for lack of Love, but everything it seems to master escapes it, the climatic disturbance which frightens it so much, is perhaps only the external reflection of its own internal disturbance.

We want a change of qualities in ourselves and in the world, but for this to

happen we need a clear science that allows us to analyse every aspect of our life in the relationship between the external world that we believe we have explored thoroughly and the internal world, forgotten by the dominant materialism.

"When studied this way everything has a relation between the outer world and the inner world. Nothing is obscure, and nothing is left out. Through this kind of study, the reality of oneness comes into sharp focus and becomes our basic awareness." "The Universe and I-Theory" by H.H. Swami Isa, p.21/ G.E.P.2014.

Indian culture offers an infinite number of spiritual paths, it is a tree-forest like the banyan tree; I never tire of going through its paths, but the line of development that has retained me the most, because it is more accessible to a European of Christian culture, is the one set up by the Avataric wave beginning with Sri Ramakrishna and Swami Vivekananda, because it leaves all the place to rationality without reducing the research to a dry bone, nor emptying it of the richness of the tradition carried by the Guru/Shishya links which make the strength, the charm, the poetry and the effectiveness of the transmission of Sanathana Dharma.

Swami Isa certainly does not simply offer a theory and tools, he speaks and acts and interacts towards spiritual seekers and aspirants and all souls from a realisation that the I-particles that constitute him as well as everything and all of us are very largely polarised in the White Matter that brings clarity of mind, joy and peace.

His spiritual name, the one that the divine world has asked him to bear, cannot but evoke for Christians or Muslims the tomb of Hazrat Isa sahib ("His Eminence the Master Îsâ") in the

cemetery of Khanyar district, in the center of Srinagar in Kasmir.

This evokes the still unresolved mystery of Jesus's presence in India and Tibet during his 17 years of hiding and his eventual return to Kashmir after the crucifixion.

Not to mention the apostolate of St. Thomas who is said to have founded a Christian community in Taxila in the Indo-Parthian kingdom which at the time bordered Ladakh where Srinagar is located.

This tomb is venerated by the Ahmadiyya Muslim reformist movement founded by Mirza Ghulam Ahmad at the end of the 19th century as the tomb of Jesus.

One cannot ignore Isa ibn Maryam, the Quranic name of Jesus.

From the Hindu point of view, we are referred to Isha Upanishad, the shortest and most condensed of the Upanishads, delivered as the Bagavad Gita is in 18 chapters, here in 18 verses, considered as a Shruti and therefore a revealed text. It enlightens the Ayur Veda, the white Veda, and describes the nature of the supreme reality, Ishwara, it is a monism.

It is easy to make the connection with the I-theory especially if we recite verse 5 which makes me think of Swami Isa's "Human Mantra":

"That seems to move, but is ever still.

That seems far away, but is ever near.

That is within all, and That transcends all."

The author is a certified yoga teacher and a writer.

Parlement Global de l'Énergie – GEP France

*Extending our greetings and pranams to His Holiness
Jagadguru Swami Isa on His 67th Jayanthi!*

*We welcome the public in
France to our different
programs and activities:*

EPIC Meditation
@Online
Tuesdays 12.30 pm



Life for Total Consciousness Yoga & Meditation classes

@Beaumont de Pertuis (84)
Tues.: 6.30pm
Wed.: 9.00am, 4.30pm, 6.30pm
Fri.: 6.30pm

@Fougerolles du Plessis (53)
Thursdays: 7.30pm

@Port Brillet (53)
Tuesdays: 8.00pm

Parlement Global de l'Énergie – 410 avenue des Pins 06410 Biot – France
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Tree Distribution



A celebration of 1 lakh (100,000) saplings planted by IVPT

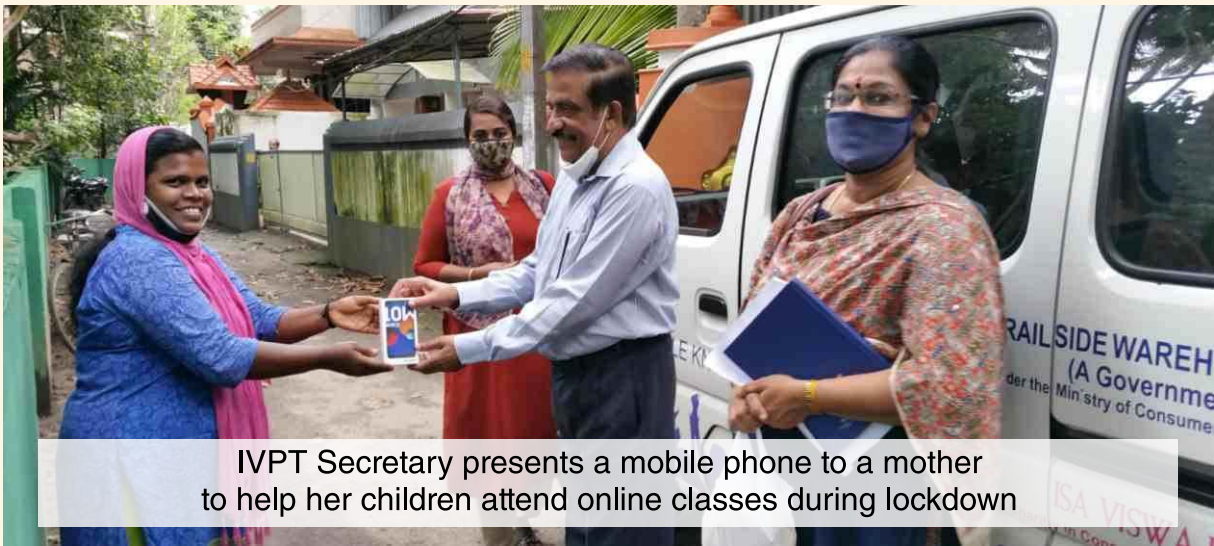


IVPT distributes saplings to members of the community



Students of the Isa Viswa Vidyalayam with fruit trees

Covid Care to Poor



IVPT Secretary presents a mobile phone to a mother to help her children attend online classes during lockdown



Distribution of masks and preventive medicines in colony areas



Om
Gayatree
Online edition



Om Gayatree

Online edition



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