

Session 10 – Stage 6 & 5 Dimensions

March 23rd, 2014

Jai Swaminarayan! Sahajanand Swami Maharajni jai, Bapashreeni jai, Sadguruoshreeni jai, Swaminarayan Bhagwanani jai, tatha anant anadi muktoni jai!

A humble prayer in their lotus-feet and our Guru AMPP NarayanMama-LilaMasi's lotus-feet to augment this assembly with their divinity and grace, and to enhance our knowledge and guide us towards them.

Last week, the Satsang sabha was very kind to bless me with a prayer to Lord Swaminarayan and His Anadi Mukta to shower their grace on me. It was extremely touching to be rewarded in this way. I was on mute after I finished talking, so probably my heart-felt and emotion-filled "Thank-yous" were not heard. So I am taking this opportunity to request the mukto in the satsang sabha to continue showering their blessings on this humblest of the humblest servant of the Satsang.

Our Satsang today might be a few minutes longer. I will do my best to stay within the time limit, but please forgive me if I run a few minutes over. Since today's Satsang is a topic in itself, it did not make sense to spread it over two Satsangs.

Last week we looked at some scientific discoveries for Stage 5 & 6 of hierarchy. This week, we will talk about some dimensions mentioned in Hindu scriptures and Vachanamrutam and try to map them to the dimensions as science knows today. The mapping is neither easy nor straightforward. It is in fact mind-boggling. The reason primarily is four-fold:

1. First, the dimensions relate not only to the physical world that we can perceive, but also to the subtle worlds or other dimensions, or force fields or time-space continuums that we cannot perceive. Since these scriptures are created by those who can perceive these worlds as well as our world, they do not clearly delineate the shift from one to another. It makes it very difficult to grasp and relate.
2. Secondly, universe, as we now know, is constantly expanding. Everything is moving away from one another. There is no clear measure available on the rate of expansion, but there is an agreement that the expansion is accelerating. So its not only expanding but the expansion is accelerating. So that is one unknown. Second unknown is that we do not know when these scriptures were created. So even if we knew the rate of acceleration, we will not be able to relate how much universe has expanded since the scriptures were created, and fill in some gaps, since we do not know the time.
3. Scriptures use Yojan as unit of measurement. There is no clear agreement on this unit of distance measure – Yojan. The most common agreement seems to be that 1 yojan is equal to 8 miles. That's the one that we will use today. However, the conversions vary from 4.2 miles to 10 miles as being equivalent to one yojan, in different books and dictionaries.
4. Some measurements are given with respect to Earth and some with respect to Sun – that is some are geocentric and some are heliocentric. Since it is not clear which is used when, and measurements do not exactly match to what we know today, it is difficult to do 1:1 mapping.



It is primarily due to above four, that any concrete, accurate mapping is not possible. If AMPP NarayanMama was visible to us in human form today, or if we could communicate with his divine form, we could probably ask him these things. Unfortunately, now we can talk to him, only when he wants and only as much as he wants, so that makes it hard. And obviously, I was not smart enough to get crystal clear clarifications, when it was possible to communicate with him in his human form. In fact, all the data and understanding of old scriptures as well as knowledge of scientific advancements, that is readily available today, was not so readily available then, so our questions to him were also limited. Nevertheless, let's make our best attempt to map things. Since the mapping to what we can perceive is not possible, today's Satsang might seem a little fuzzy or confusing. One of the things that I have learnt over the years, is that when the finer details are fuzzy, it is better to encapsulate those fuzzy finer details in higher level details for clarity and fathom-ability, and that is what we will end up doing today. I know I just made up the word fathom-ability. It does not exist.

Before we start, I wanted to clarify one more thing. The best available translation from Sanskrit to other languages for Shreemad Bhagwat, wherein the creation and status quo are explained, that I have come across is by ISKON group. I have been mentioning that during the course of our series. However, upon deeper study in last one week, I realized that explanation provided by Lord Swaminarayan makes more sense. ISKON translation of Shreemad Bhagwat says that the planets almost are evenly situated and 200,000 yojans or 160,000 miles. The measurements and the levels of planets and all do not map to a straight line, but they map to a curve. That curve mapping is possible to get based on the mapping explained to us by Supreme Lord Shree Swaminarayan in Bhugol-Khagol or Geography-Astronomy Vachanamrutam. This Vachanamrutam is a gist and essence of all the knowledge there is, in Shreemad Bhagwat with regards to creation. So we will base rest of our Satsang today on this Vachanamrutam.

With this background, let's move forward. We have been talking about the Trinity and Vairat Purush and the 14 worlds created by Lord Brahma. So let's start with the 14 worlds. For those on Webex, we have a picture that we have used in the past, of the 14 worlds – Satyalok, Taplok, Janlok, Maharlok, Swarglok and Bhoovarlok are six worlds above Mrutyulok. Atal, Vital, Satal, Talatal, Mahatal, Rasatal and Patal are the 7 worlds below Mrutyulok. We live in Mrutyulok. These 14 worlds are in other dimensions that we cannot perceive – we can only perceive parts of Mrutyulok. We cannot completely perceive Mrutyulok either. Though, we live in it. So as I mentioned, we will start with encapsulation and move to the next slides and look at the 14 worlds and 8 veils or levels above it. In Gadhada Pratham 46th Vachanamrutam Rahasyarth, Shree Abaji Bapashree has explained these levels and their size in details. The slide we see is a pictorial depiction of those details. Based on the description, each layer encapsulates the smaller layer in all directions. Therefore there must be spherical layers – that's an assumption. Fair to assume, since most celestial objects are spherical in shape. The picture therefore is a cross-section of the veils or the layers. On the left hand side, I have used the measurements mentioned in Vachanamrutam, and on the right hand side, I have converted them in US metric system and miles. I would like to add that the depiction is not built to scale. So though the layers are drawn of same thickness, they are not same in measurements. The measurements of each layer is mentioned in its respective description.

The innermost layer of 48 crore yojan or 3.84 billion miles is where the 14 Loks as well as the mountain Lokalok surrounding these 14 worlds reside. Surrounding this is a 1 crore yojan or 80 million miles of a



covering of Earth. This together with the inner Earth layer makes is 50 crore yojan or 4B miles of the innermost Earth layer. This Earth layer refers to the Earth in the 24 elements, not to the planet Earth. Encircling Earth is the layer of the element Water, which 5 Arab or 5 abaj or 5 billion yojan or 40 billion miles in thickness. Enclosing the layer of Water the layer of element Fire with which 50 billion yojan or 400 billion miles in thickness. Each subsequent layer is 10 times thicker than the previous one, and the further list includes 4 trillion miles of Wind element, 40 trillion miles of Sky element, 400 trillion miles of Ahankar, 4 Quadrillion miles of Mahattattva, 40 quadrillion miles each of numerous Pradhan Purush. Stretching infinitely – the final veil of MulMaya, surrounding the layer of Pradhan Purush, includes many many more – infinite numbers of Pradhan Purush in its darkness.

Shreeji Maharaj has said that beyond this darkness of Maya is the divine brilliance. However, no one can see it, unless one progresses on the spiritual path. It is impossible for science to go beyond the layer of MulMaya. That is the limit of Science. In fact, the limit of Science can be tied to the Intellect – of the 24 elements. Beyond that, it cannot be understood with the intellect, and scientific understanding is tied primarily to the intellect. So that's the limit of science. For the longest time, I used to think that the layer of Pradhan Purush in MulMaya. In the darkness of MulMaya is in dormant state, just like the unfertilized eggs. But later on I realized that even those Pradhan Purush are active and alive. It is just that we cannot see them and cannot perceive them, and their worlds are completely shielded from ours. Other thing is, based on these measurements the 14 worlds are very close by to our Solar system, and are encapsulated in 4B miles or 5.96 light hours or amount of distance light will travel in 5.96 hours. Planet Earth is 8.3 light minutes away from Sun. That's just to show relativity. The scriptures mention the other Loks of 14 Loks to be around Sun. The extent of those other worlds – how far they stretch out, is not known. There is quite some mention about the size of many of these. However, it is very difficult to map it to what is visible to us. So we will encapsulate that ambiguity in the layer of 4B miles of Earth element.

One interesting thing in Shreemad Bhagwat is explanation of the size of the body of Vairat Purush. The body is called Shishumar. It is not clear whether it refers to Vairat Purush or Pradhan Purush, but let's map it to Vairat Purush. It is said that the head of Shishumar is where the north star is, and then goes on to explain various stars and constellations in the body of Shishumar. Which means the body of Shishumar itself is the stars and clusters of stars that we see. The body itself is so big. A while ago, we had mentioned that the deities have a soul, a body and an effect. This may not be true for all entities living in so many spiritual strata. For some, the body itself might be big enough as the effect, and the soul itself could have a definite embodied shape. A definite divine shape. There may not be three distinctions but only two – so the divinely embodied soul is the cause, and the body is the effect. Based on that description in Shreemad Bhagwat it seems the body of Vairat Purush itself is very big and may have only the distinction of body and soul. It is not very difficult to comprehend this. Think of the size of our body when compared to the size of microbes or each cell in our body. We are huge compared to them. As we saw earlier in our series, there is a theory amongst scientists that universe is a huge living organism. All in all, it could be that Vairat Purush's body is so big that it spans across the universe. Those interested can read further on Shishumar in Shreemad Bhagwat.

Let's stay focused on our Satsang and move forward. On the next slide, what I have done, is taken the measurements on the previous slide and converted them to the galactic measurements to try to draw



some parallels. The first table looks a little skewed and cluttered and I am sorry about that. There is just too much information that needs to be presented together in the space of slide and the numbers are big, so I could not reduce the size of the columns. So that all made is difficult. There are 2 tables on this slide. Let me walk through the first table on this slide. First column is the category of the veil. The second column is the size of that category/veil in Yojan as is mentioned in the scriptures. Now, since it is spherical in shape, the thickness of each layer has to counted twice, in order to get an overall diameter. Diameter is twice the radius, so we have to count the thickness twice. That is what the third column is doing. The 4th column – “Cumulative diameter in Yojan” adds up diameter for each layer, to show how big that particular encapsulation looks. For example, within the diameter of 110.5 Billion yojans is the encapsulation of Element Tej and everything in it. The 5th column is conversion to miles and 6 & 7th column are conversion to US counting system. 8th column is size in light years and 9th column is volume in cubic light years. The volume is determined using the formula of volume of a sphere $\frac{4}{3} \pi r^3$, where ‘r’ is the radius. One might say that these may not be an exact sphere but could be oblong or elliptical in shape like our Sun, the Earth, etc. It may be so, but for the purposes of our simple understanding it does not matter so much, so we will stay with simple volume calculation formula of perfect spheres.

The second table on this slide is based on the data that is available to us from the scientific world. We have the some measurements in miles and rest in light years. To recall, light travels at 186000 miles/second. Light year is a distance travelled by light in 1 year. It is approximately 5.878 trillion miles. Sun is less than 2 thousandth’s of a light year from Earth. Diameter of Solar system is 1.19 light years. Distance to nearest star is 4.24 light years. The diameter of Milky Way Galaxy is 100,000 light years and its thickness is 1000 light years. The volume of milky way galaxy is determined using the formula for volume of a cylinder – $\pi r^2 h$. h is thousand, r is half of 10000 which is 50000, and pi is pi. That is how the volume of Milky Way is calculated. Our nearest galaxy is 2.9 million light years away and the largest known galaxy is 6 million light years across. The universe is estimated at 1.5 B light years across, and there are 120B visible galaxies in the universe.

The measurements mentioned in our scriptures must pertain to our galaxy and our solar system. Dividing the volume of milky way galaxy by the encapsulation of Pradhan Purush at 15,120.7 diameter and its related spherical volume 1.81 trillion light years cubed – which is the bottom right cell of the first table, we get a number of 4.33. This means that based on pure measurements, there will be 4.33 Pradhan Purush in Milky Way. This number together with the knowledge that universe is constantly expanding and that under one Pradhan Purush there must be many such encapsulations of subsequent layers, it is quite fair to assume that Milky Way equals Pradhan Purush. So at the level of encapsulation of Pradhan Purush, we can say that this strata maps to a galaxy, irrespective of the fuzziness of the mapping of other smaller layers.

Now, how powerful the Pradhan Purush is, is probably determined by the size of the galaxy. We know through scientific discoveries, that there are different types of galaxies. Some are in the process of forming, some have just about formed and their blackholes are devouring on their stars, some have stabilized into spirals that rotate around its center, and some are elliptical, some are large, some are small, and so on. Just like us human beings, some are just born, some are growing, some have stabilized



in the middle age, some have grown old, some are large, some are slim, and so on. There also seems to be power battle going on at that level. Galaxies also go through a power dance when they collide with each other. The larger galaxy eats the smaller ones. Our own Milky Way galaxy is said to have eaten 25 smaller galaxies in the past, based on the star clusters formations. May be these clusters were Vairat Purushs, may be there we young Pradhan Purushs. Who knows? This is very similar to the power struggle going on within corporate world and between corporations. VP with more power, takes away the teams and power of other VP, and keeps growing big. Larger companies buy smaller companies. We have a huge software giant in the valley who has managed to eat many small and large companies. At one point in time it seemed like that will be the only surviving company in the valley. So having mapped Pradhan Purush to a galaxy, the dark matter within a galaxy and closely surrounding the galaxy to keep it together can then be mapped to Pradhan Prakruti or Pradhan Maya. And all the remaining darkness around galaxies can be mapped to MulMaya. This mapping of measurements is possible only at the Pradhan Purush level. The lower level mappings are not within the reach of the limited knowledge we have today.

After doing this mapping of the veils above Mrutyulok in which we live, lets now try to go levels further down. As we saw earlier, Mrutyulok is one of the 14 Loks encapsulated in .48 billion miles thick layer of Earth element. On the next slide, is the depiction of Mrutyulok as is described in the scriptures. With the same logic, since the larger layer encapsulates the layer beneath from all directions, it is assumed to be circular or spherical. The layers in turquoise represent the 7 seas or the seven oceans and the layers in Red Accent represent the 7 islands. Since providing the details of these and then converting to miles and US metric system would have created too much clutter on the slide, I have only kept the measurements from the scriptures and provided the conversion rate in the footnote at the bottom, just to keep the slide clean. Secondly, like the previous picture on 8 veils, this slide is also not built to scale. In other words, all the layers are not equal in thickness as shown in the depiction.

Let's quickly walk through the Mrutyulok. The innermost center island is called Jambudweep. The word "Dweep" means island. Jambu Dweep is 1 Lac yojan in diameter. It is surrounded by the sea of Salt Water. This Sea is also 1 Lac yojan in thickness. Surrounding this sea is the island Plaksha which is 2 lacs yojan thick. Residents of this island worship Sun God. Surrounding Plaksh is the 2 lac yojan thick layer of sea whose waters are like that of sugarcane. Surrounding that is the island Shalmali, where Moon is worshipped and it is 4 lac yojan thick. It is surrounded by a 4 lac yojan thick sea whose water is like wine. Surrounding that is the 8 lac yojan thick Kushdweep, where Fire is worshipped. It is surrounded by 8 lac yojan ghee-like sea. 16 lac yojan thick Krouchdweep surrounds this sea. Water is worshipped on this island and it is surrounded by 16 lac yojan wide sea whose water is like milk. The next layer is of the island Shaak which 32 lac yojan thick and Wind God is worshipped here. It is surrounded by 32 lac yojan yogurt-like sea. The last layer is that of 64 lac yojan Pushkar island where Lotus-born Lord Brahma is worshipped and it is surrounded by 64 lac yojan of sea whose water is like divine nectar or Amrut. This slide captures what the scriptures say about Mrutyulok. The scriptures also talk about location of other Loks with respect to Sun. However, they do not provide a whole lot of dimensions around those worlds and even where they provide dimensions, it is hard to map, because we cannot see those Loks. For those who are interested in knowing more about this, can read Shreemad Bhagwat further. Other than



the essence captured in Vachanamrutam, I would still say that ISKON translation is the best translation available. If somebody comes across something that is more authentic and better than that, please do let me know.

For our purposes, let's map description of Mrutyulok to the overall picture. The next slide has a table very similar to what we saw earlier. The columns have the same meaning as before, so I will not explain the columns again. The key to note here is this – the encapsulation of the final layer and the ocean – or in other words, the cumulative diameter measurement of all the layers together, is 0.4 billion miles. This is close to the distance of the planet Jupiter from Sun, which is 0.484 billion miles. However, we know that universe is expanding continuously, and must have expanded since the scriptures were written. So maybe Mrutyulok represents the extent of the planets in the solar system. So it may now seem like Saturn and Neptune are far out, but maybe in some earlier state, they were close by. So maybe Mrutyulok can be mapped to Solar System. So based on this mapping, the land mass of islands could be the planets and their orbits, and the seas/oceans could be the space between the planets. It's a speculation, but it makes some sense. There is however a problem with this mapping. Believe me, I have struggled with trying to bring some mapping and I could not put it all together. This is a problem I encountered with this particular mapping. The innermost Jambudweep, of Jambu island, which is one lac yojan of 800,000 miles talks about continents which are on Earth, as we will see shortly. So this view of Mrutyulok seems to be Geocentric or centered around Earth, since Jambu island is at the center, rather than Heliocentric or centered around Sun. So it brings us back to thinking if these islands and oceans are something around the Earth in a subtle world or other dimensions that we do not see, or are something related to the planetary systems. Or maybe both – related to Sun's planetary system but centered around Earth. Irrespective of whether it is centered around Earth or Sun, and whether or not it is perceivable by us, one thing is clear, that the extent of the Mrutyulok is as large as Sun's planetary orbits. So ignoring the finer fuzziness, we can use this encapsulation for Mrutyulok.

The other interesting thing is size of Mrutyulok v/s the size of the layer of element Earth. We saw earlier that the size of layer of Earth is 4B miles. Size of Mrutyulok is only $1/10^{\text{th}}$ – 0.4 B miles of that. This immediately reminds of the String theory which talks about 7 additional dimensions and parallel worlds. Now we know that there are 14 Loks – so there are 14 parallel worlds. But I was just reminded of that.

Coming back to the planetary system mapping to Mrutyulok, on the next slide, we have 4 pictures. The top left is a bar graph of distance of planets from Sun in kilometers. I could not find one in miles. The top right shows a table with inter-planetary distances for reference. These two are based on scientific data that is available today, and I have borrowed them from internet. The two bottom bar graphs are created based on the data that we saw on the earlier slide on Mrutyulok, and I generated them in a spreadsheet. The bottom left shows individual diameter of each land-sea layer combined. So the first island and first sea, the second island and second sea, and so on. The bottom right shows cumulative diameter of each land-sea layer. The red line shows the curve or the path the graph is taking. It is not a straight line. It is a curve. Interestingly the shape of the curve is very similar. The top left is a little wider curve than the bottom ones. This can be explained by the mere fact that the universe is expanding. This curve will keep flattening out by the day. The similar shape of the curve however tells us that there is some truth to the dimensions mentioned in the scriptures. If we had data around all the unknowns and could fill it in the



calculations, we will be able to draw 1:1 mapping. Unfortunately, partial data only helps us in speculating theories, rather than establishing truths.

Ok. So that was about Mrutyulok. Moving on to the next slide – Jambudweep. We saw that Mrutyulok consists of 7 islands and 7 seas, and Jambudweep is the centermost island. The size of Jambudweep is said to be 1 lac yojan or 800,000 miles in diameter. The diameter of planet Earth is 7900 miles. So diameter of Jambudweep is 100 times larger than Earth's diameter. Moon is 238,000 miles away. So Jambudweep is larger than the orbit of Moon. So may be Jambudweep relates to Earth's gravitational field or Earth Magnetosphere. Earth's Magnetosphere on the dark side extends upto 3.9M miles, and on the Sun side, it 56000+ miles. So may be Jambudweep refers to Earth's magnetosphere. The reason I am mapping Jambudweep around Earth is because Jambudweep is said to have continents, and they are described by North/South directions, as we know them. Additionally one continent maps directly to the Indian subcontinent and the South Asian tectonic plate, which is the Bharat-khand. We however, once again hit the same problem. We cannot see and perceive anything and do not know where these things are. For example, we do not know where Meru Mountain is. It is said to be made of gold and sitting at the center of continent Ilawart. Ilawart is said to be accessible only to the deities. Some map Meru Mountain to Mount Kailash in Himalayas. However, that does not make sense. Since south of Kailash is the Indian Subcontinent, and the two other continents in between Ilawart and Bharat khand, which is the Indian subcontinent, now cannot be explained. It could however be true if the other two continents – Harivarsh and Kimpurush are located in a different dimensions that we cannot perceive.

So mapping of Jambudweep to planet Earth is not intuitive. But let's quickly look at the continents as they are described in the scriptures. In the center is the Ilawart continent, where Sankarshan or Tamas Ahankar is the God, and Lord Shiva is the prime devotee. North of that are three continents. First is called Ranyak, where Matsya Avatar is worshipped and Saavarni Manu is the prime devotee. North of that is Hiranyamay, where Kurma Avatar is worshipped and Aryama is the prime devotee. Northmost is Kuru where Varah manifestation of Lord Vishnu is worshipped and Earth is the prime devotee. On west of Ilawart is Ketumal or Subhag where Pradyuma or Sattava Ahankar is worshipped by way of Lord Vishnu and Lakshmi is the prime devotee. On East of Ilawart is Bhadrashva where Hayagreev is worshipped and Bhadrashrava is the prime devotee. South of Ilawart are three continents. First is Harivarsh where Nrusinh avatar is worshipped by the prime devotee Prahlad. South from there is Kimpurush where Lord Ram is worshipped with Hanumanji is prime devotee. South of that is Bharat continent or Bharatkhand, where Lord Nar-Narayan is worshipped and Naradji is the prime devotee.

It is only Bharat-khand or Bharat continent that maps to Indian Subcontinent, but.... it is not possible to map anything else.... So there is a description of all the continents and the mountains and rivers of each of these continents in Shreemad Bhagwat. For those who are interested, you can read it. But it is very hard to say which continent these khand map to, today. If somebody wants to do some research and come back to this Satsang and share that knowledge and findings, that would be wonderful.

Let's move forward. Bharat continent maps to Indian subcontinent and Bharat continent is said to have 12.5 regions that are beneficial for spiritual endeavors and 13 regions that are difficult or hard for spiritual endeavors. I have listed those with present day mapping wherever possible. I am not sure



about mapping of Maalav to Maharashtra. If anyone has any insights on that, please share. Secondly, some map Pilpilam to Philippines, but I am not sure about that, since Philippines is nowhere close to India in the present day. But maybe it was connected in the past. Who knows? So I left it in there. Baarmalar and Swal are the two mappings that I was unable to map, or find elsewhere. It is said that the endeavors for spiritual progress can be made only in the favorable land and place. So the 12.5 good regions that are mentioned is where spiritual endeavors can be performed. So I want to add a little bit to that. While it is true, what is mentioned in the scriptures, that these 12.5 regions are the favorable ones for spiritual progress and spiritual progress is not possible elsewhere, the post-scripture truth is also that since Lord Swaminarayan and His Anadi Mukta came to Earth, entire Earth became favorable. Especially, when Anadi Mukta like AMPP NarayanMama visited other continents, they all became equally favorable. Any place on Earth that gives the convenience to meditate and live a peaceful and pious life, is a favorable place. Now it might still be that there are more people living in same philosophy or more like-minded people in those 12.5 favorable regions, but it is not that in other regions you cannot achieve spiritual progress.

So that is Bharatkhand. We start from Bharatkhand or any other khand where we live, we go one level up, there is Jambudweep. We go one level up, there are seven islands and 7 seas of Mrutyulok. We go one level up, we have 14 Loks. We go one level up and we have 8 veils, all the way up to MulMaya. We built that whole physical hierarchy as is mentioned in the scriptures. We have tried to map it wherever possible to the world that we can perceive, but the mapping has not been easy due the four reasons that I mentioned earlier.

Having talked so much about space and dimensions, let's talk a little bit about time. And talking about time, in interest of time, we will not go into too much details, but want to mention that the time measurements in Hindu scriptures range from fractions of fractions of a second to billions of years. A lot of information is available on the net, I have including links for past couple of weeks, as well as Lord Swaminarayan has mentioned these in the Bhugol-Khagol Vachanamrutam. On the slide we have two tables. The second table feeds into the first table. So we will look at the second table first. On the second table are mentioned 4 Yugs and duration of each Yug, as well as the total of the cycle of 4 yugs, which feeds into first table – the first row of the first table. The second table also shows human life span in each Yug. As shown in the table, Kaliyug is 432K, Dwapar is twice that 864K, Treta is another 432K on Dwapar – 1.296M, and Satyug is another 432K, coming to 1.728M, with a total of 4.32M years for 1 Yug cycle. This total forms the first row of the first table. Second table also shows the length of one day of Trinity and length of one day&night of Trinity. That also feeds into the calculations in first table.

So let's go to the first table. Everything created by Lord Brahma – Prajapatis, Rishis, Deities, Manus, which are at a level higher than human have a life span of 308.57 million human years. Within one day of Trinity, there are 1000 cycles of 4 Yugs and 14 lifespans of deities, prajapatis, etc. Last week we had talked about Lord Swaminarayan getting rid of half Kaliyug. Which means that out of 432K, 216,000 years of Kaliyug have passed. Also it is said that Kaliyug started with the incident of Draupadi's cheer-haran in Mahabharat. Historian estimate Mahabharat to have occurred about 5-10 thousand years ago. So about 221000-226000 years of Kaliyug of this present cycle have passed.



Going one level up, life of Trinity as well as Vairat Purush is mentioned as dwi-praardh. Also we saw a couple of weeks ago that Mahattattva and Ahankar and 24 elements all merge back with Pradhan Purush at the end of life of Vairat Purush. So their life span can also be said to be dwi-prardh, just like Vairat Purush. Since one day-night of Trinity is 8.64 billion human years, 30 such days make a month, and 12 such months make a year, and they live for such 100 years, their life span comes out to be 311.04 trillion human years. In their entire life span, there 504,000 life spans of deities, prajapatis, etc. 311.04 trillion years means a day of Pradhan Purush. So day and night of Pradhan Purush will be 622.08 trillion years. 30 such days make a month, 12 months make a year, and 100 years make a lifetime of Pradhan Purush, which comes to 22.39 quintillion years.

Lord Swaminarayan says in the Bhugol-Khagol Vachanamrutam that it is once in a lifetime of a Pradhan Purush, that is once in 22.39 quintillion years, that the soul is able to get birth as a human being. During that birth, if the soul aspires for and does endeavors for liberation, then he starts walking on the path of liberation and gets liberated, otherwise, soul goes back into the cycle of birth-death-rebirth in various life forms in the universe, and it takes forever to get a human birth again. Even upon getting a human birth, some lose it in following pretense Gurus, some lose it in following worldly pleasures, and what not.

Now think about it. With every level that we climb up, there are greater powers, and with them there are longer lifespans and greater bindings as we talked about a couple of weeks back. Now those Muktas, who explained all this to us, about the greatness of all these levels, that we have now come to trust based on all the other correlations - those same trusted Muktas are telling us that there is higher happiness out there. There is greater bliss out there. The Moorti of the Lord is the paramount bliss. Do we want to just lose it all in speculation and doubt about small things or we want to build that faith and get done with Maya and bindings for once and for all? Do we want to be bound by what others believe in the world, or believe in this clear knowledge and get above all that is virtual and illusion created by Maya? Do we want to keep looking into what happened after Big Bang, or want to know what is the source of the energy of Big Bang, and what is beyond that source?

AMPP NarayanMama has blessed us all for that achievement, but we have to make some endeavors? Let's all pledge today to meditate on the form of God that we like, every single day, even if it is for 5 minutes. If one finds meditation difficult, let's start small and humble, and take baby steps, as AMPP NarayanMama used to say – remember the form of God for 5 seconds before starting any activity during the day. We can at least do that much for the one who has freed us from the continuous tossing around from one body to another, one responsibility to another, one binding to another, one lifespan to another – who knows how long we have been stuck in all this? Don't we just feel like breaking out of all this and becoming free? Even the count of life span on higher levels makes me depressed. Doing the same thing over and over again, for zillions of years! I am surprised we have not aspired to become free of it before. But we have now – and that is what is important. Let's all liberate ourselves by following the path shown to us by our Guru AMPP NarayanMama and AMPP Leelamasi.

Today our Satsang went on for a little longer. So thank you everyone for the patience. Next week we will talk about Stages 2, 3 & 4 of hierarchy. The week after next, we will look into theory of creation and



destruction – both from perspective of scriptures and in a scientific way. The week after that, will probably be our last Satsang in the series, which we will spend with Shreeji Maharaj and His Mukta.

Sahajanand Swami Maharajni jai, and humble prayer to Him and Shree Abaji Bapashree for “Sabhani mayano kshay” – or prayer to diminish the power of Maya on this sabha. Thank you to the Satsang sabha for opportunity to render my services and please be kind to overlook any shortcomings. Jai Swaminarayan! Paragbhai, over to you.

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