

# Subtle Anatomy

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You want to practice Yoga the right way?

You want to understand what the effects are of the different Yoga-techniques?

Then you need this initiation in the mystery of life.

In this free booklet I shall try to explain some fundamental truths of the Science of the Self as I have realized with the help of God, in my long practice of Yoga since 1963.

To start with, I ask you: "How is the world built, nature, your being?"

Out of matter, tissue, earth, liquid... you probably will answer.

Yes, but how is matter built?

Out of molecules, atoms, particles... I hear you saying.

Right, but how are these particles built?

Ah, ah, now it becomes difficult?

A few people in our western civilization already have found an answer: everything is built out of energy. Even better: everything is energy.

But many, many centuries ago scientists of the East already had discovered that everything is energy. Even more they had discovered also how to control energy. They were called Seers (Rishi's) and their science is known as the Occult Science. It explains the mystery of life.

This Occult Science (Gupta Vidya), written in the very old Sanskrit language, has two parts:

- the Science of the Self (Atma Vidya),
- the Science of the Absolute (Brahma Vidya).

You can acquire this knowledge only by practicing Yoga in the right way. That is the big difference with normal knowledge. The study of books alone will not give you this knowledge. Instead of reading you should better improve your perception first. What is that?

In a normal school one is considered having a normal perception (sight, smell, taste...), adequate enough to permit study. Here we tell you that you have to improve your perception if you want to realize the Occult Science. And to improve your perception you have to practice Yoga in the right way first. That will purify your energies.

Practicing Yoga in the right way means the practice of the eight steps of the original Yoga. We call them: moral principles (Yama's), moral ideals (Niyama's), physical postures (Asana's), energy control (Pranayama), detachment (Pratyahara), concentration (Dharana), meditation (Dhyana) and contemplation (Samadhi). These eight steps are known today as Royal Yoga (Raja Yoga).

Only when you have been purified by Yoga, you can begin your study of the Occult Science. Then you start with formulating your question during contemplation. This produces specific patterns of energy vibrations. Similar patterns in yourself or the vast environment are activated and respond automatically. Out of various combinations of activity you can perceive the right one by a feeling of: "This is it!"

The aim of this method of study, called the method of realization, is also very different from the aim we know in the West. Instead of an increase in the amount of information, you seek here to attain a higher control of your self, up to the climax known as Self-realization. Even further, the aim is that you attain Liberation of Karma, which can occur when you totally control Karma.

But, let us start.

## 1986. The Yin Yang model

It was a beautiful day in May. I already had a Yoga school and we were a weekend out with a group of pupils. We had hired a nice and beautiful little farm on the boarder of the provinces Friesland and Drenthe.

Around noon I was sitting and preparing my next class. The theme was: "Energy centers (Chakra's) and their relation with the energy bodies (Sharira's)". That was an old familiar theme, but again as many times before, I felt uncomfortable. "Yes, in fact I do not know what relationship they have with each other", I thought. "However, there has to be a relation", I muttered again as I did since years. And I started dreaming away.

'Suddenly a drawing was made in the air before my eyes. Very surprising indeed. Slowly a line made curves after curves, showing something like a model. I recognized almost immediately the shape of the Ying Yang symbol from China. A strange understanding came from within. That was it. The large curves were the energy bodies and the small ones were the energy centers. Chakra's were just results of Sharira's. As simple as that. But everything was linked to each other and build out of one line, from high to low.

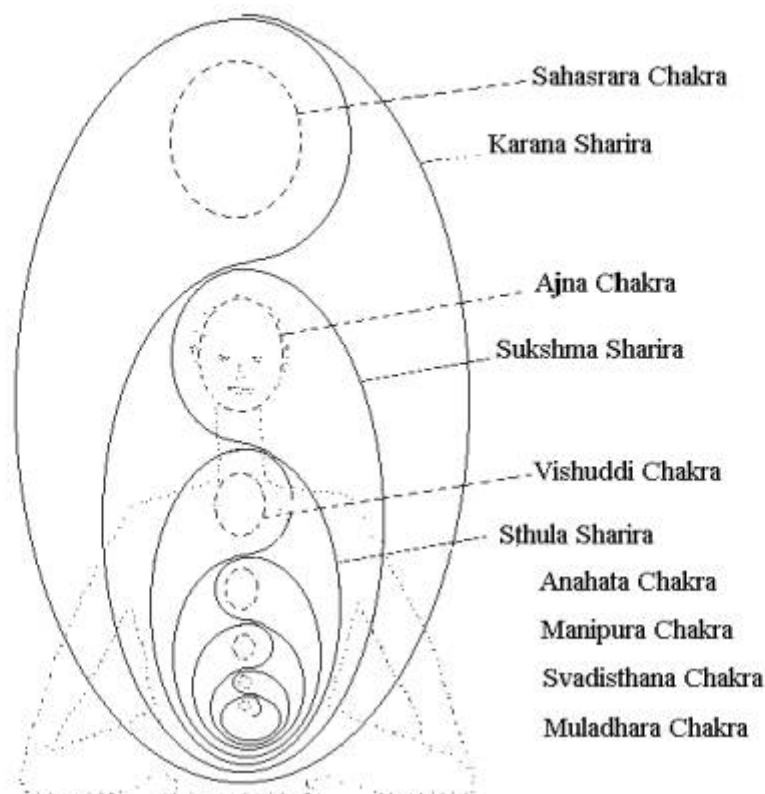


Illustration 1

This energy stream started at the top, appearing out of the blue, and meandered downwards to finally disappear in a point.'

Amazing. But that should mean that all parts of our being are build out of one energy stream. That is really revolutionary! Don't you think so?

The importance of the subsequent Chakra's was clearly shown in the model. They are the most important part within an energy body (Sharira). Surprisingly the dimensions of the respective Chakra's were not the same. This was not in accordance with the knowledge about Chakra's provided for example by C.W. Leadbeater. He tells us that Chakra's are about 10 cm diameter. My own observation of the throat center of a young Russian woman in 1986 in daylight was also confirming his claim! I was puzzled.

Immediately the answer came: "Those were observations of normal people, which have a level of development limited to a lower Chakra. So if the first Chakra is open, the center responsible for the earth level (Muladhara Chakra), all other Chakra's will have the dimension of that Chakra, which is approximately 10 cm. If the second Chakra is open, the center responsible for the water level (Svadisthana Chakra), all other Chakra's will have the dimension of that Chakra, which is approximately 20 cm, except Muladhara Chakra. If the third Chakra is open, the center responsible for the fire level (Manipura Chakra), all other Chakra's will have the dimension of that Chakra, which is approximately 30 cm, except Muladhara Chakra and Svadisthana Chakra, and so on up to Sahasrara Chakra, which is approximately 70 cm."

But how can I understand this really? Our body is not a ball, so far as I can see?

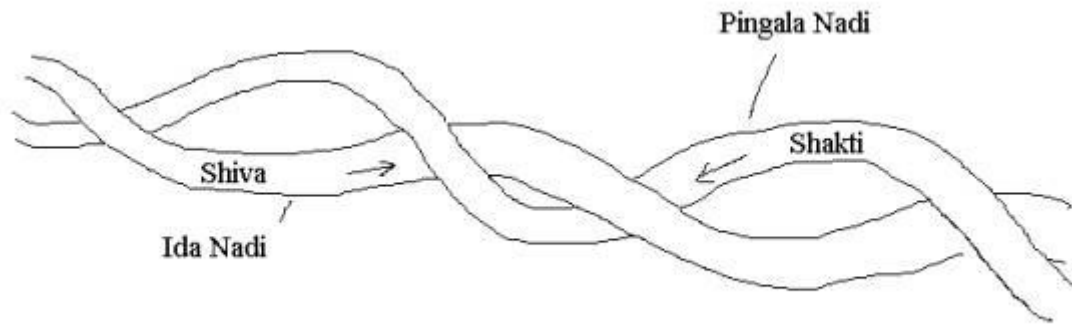
Then I understood. The shape of a ball is in fact an egg. Materialization occurs in the lower part of the egg according to the meandering downwards of the energy stream. The more energy is streaming downwards the more growth of the foetus is perceived. I saw also the way growth is happening. The known process of doubling of a cell in two new cells is simply filling up the model!

In fact the old scriptures of Yoga tell us indeed that the seven tissues (Dhatu's: plasm, blood, muscles, fat, bones, brain-marrow-nerves, egg-cells or sperm) subsequently originate each time from the former one. Out of plasm originates blood, out of blood muscles originate, out of muscles fat originate, out of fat bones originate, out of bones brain-marrow-nerves originate, out of brain-marrow-nerves egg-cells or sperm originate! That fits! Wow!

1986. The double spiral

Shortly after the former vision, I think a few hours later, I started to doubt. New questions came up into me: "How can that Yin Yang model keep its shape? What happens with the energy stream if there is a strong wind? Will it not been blown away?"

'A zoom in the energy stream of the previous Ying Yang model occurred and a graceful double helix appeared before my surprised eyes, instead of one stream. The new streams of the two intertwined spirals were in opposite directions and were not touching each other.'



*Illustration 2: The thread of life consists of two interlaced energy-channels*

I understood it immediately. The two streams were the legendary energy channels Ida Nadi and Pingala Nadi, with their respective energy stream of Shiva and Shakti. And when those two channels are made equal the model cannot be destructed anymore. Both streams hold each other in place.

With a shock I realized that this equilibrium has to produce immortality! But that is precisely what the old Yoga scriptures tell us again and again. And nobody knows that until now. So that is the reason why nobody reached a total energetic balance, why sickness is occurring, aging and finally death! Heavy, isn't?

When the energy stream with her two channels come into our normal field of sensory perception we call her "DNA molecule". Ha ha! And what about the genetic information in the DNA? Those are simply the materialization of the impressions (Samskara's), which are present in every energy body. The total amount of impressions is called Karma in Yoga. In simple words that means that as long as there are impressions or genetic information in our being as long we will have a problem of mortality! Indeed, every impression in the energy stream can cause disbalance between the two channels, so all impressions have to be removed in the end.

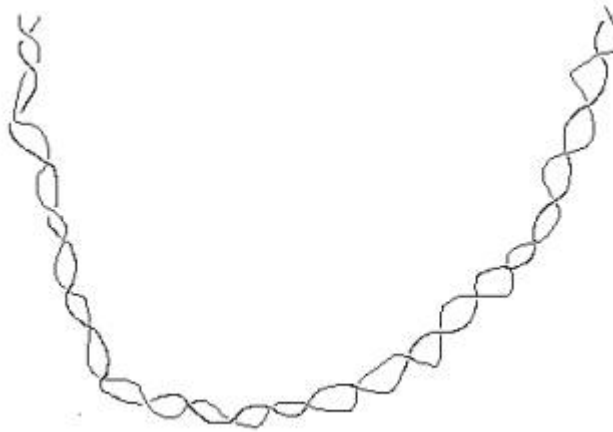
The problem is that existing impressions in the energy channels produce various changes in the flow of the stream. In this way different forms and organs appear. At the start very symmetrical and beautiful, and when multiplying, because of the experience of life, the forms and organs become disharmonious and ugly.

Conclusion: the practice of Yoga simply consists in reducing the impressions (Samskara's) or the genetic information.

But why does Yoga literature usually locates Ida and Pingala in the spine? Because people do not understand that the word "spine" is used symbolically. In fact the real "spine" is found in the double stream of the Ying Yang model.

And where is the third channel called Sushumna in the model? Very simple. When Ida and Pingala are equal, they behave as one. That is Sushumna.

So all beings and objects, all forms, seen or unseen, are built out of a double energy stream. The energy, that we perceive in persons and objects of our daily life, is the basic constituent and the living matter of what we call our cosmos. Our cosmos can be investigated with a microscope. In this way we have discovered that all forms, that we call atoms and molecules consist of energy. But our cosmos can also be investigated with a star-gazer. Only to find out that all those forms, that what we call planets and solar systems, also consist of energy...



*Illustration 3: The energy appears as a vibrating stream, a thread of light, that weaves all beings and objects.*

The particularities in the opposing flows of the double helix produce the form of the objects and beings. A few particularities produce more permanence of form or a longer life, many particularities produce less permanence of form or shorter life.

The absence of particularities results in an equal balance of energy-flow in each channel. Then something exceptional occurs: the stability of both energy-flows produces immortality of the form.

The Shakti-energy is also called sun-energy (Ha). When you let that energy come in your being, you can see a "Sun" appearing in your perineum, the point where the Ying Yang model disappears. The Shiva-energy is also called moon-energy (Tha). When you let that energy come in your being, you can see a "Moon" appearing above your head, the point where the Ying Yang model appears in our consciousness. In the old Yoga language the control of both streams can therefore also be understood as the control of the Sun and the Moon. Hence the term Ha-Tha Yoga.

Strange enough, there is only one double helix of energy, building all beings and objects of the seen and unseen universe. Everything is interlinked like the leaves of one huge ivy. Amazing.

Sounds nice, don't you think? But what can you do with this knowledge? What do the seers explain in the old Yoga scriptures?

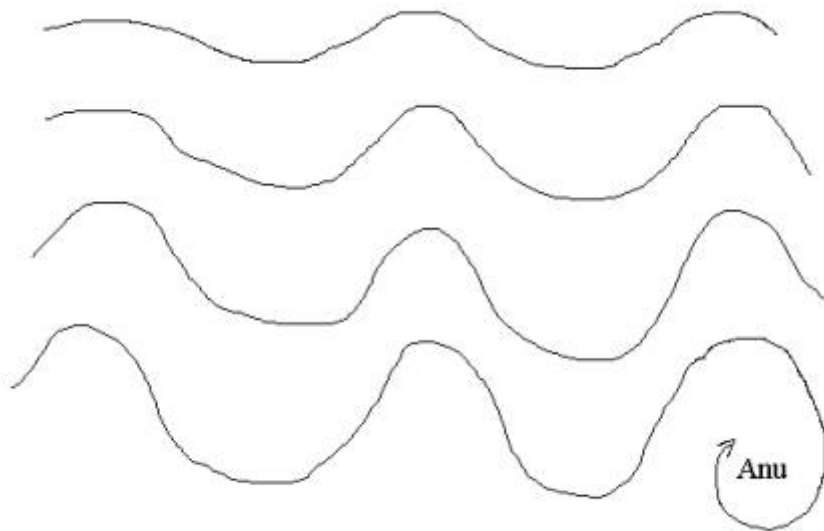
That answer came shortly after the previous answers, when I was reading the "Hatha Yoga Pradipika" of Svatmarama, the bible of Hatha Yoga. The points where the energy flows into and out of your being, some 15 cm above your head and in your perineum, are called respectively Candra Bindu and Surya Bindu (moon and sun points). These points are the "nostrils" of your cosmic breath. You can achieve total control of energy when you control the flows of energy at these points. So I rediscovered the real Pranayama, wrongly presented as physical breath control until now. In my new interpretation of the Hatha Yoga Pradipika I explain fully all the Pranayama exercises so that you can achieve yourself total control of energy. The results are so astonishing that nobody can believe it, and surely not outsiders.

1987. Genesis

But how has this Ying Yang model been generated? How are the cells of our body formed? What is the cause of life?

On these questions I received the following answer some months later:

'A nice waving line was shown. This energy stream was calm in the beginning.



*Illustration 4*

An increasing number of impressions provoked a more and more wild movement of the wave. Finally the wave rolled over and produced a ball of energy.'

So I understood that the energy-vibration starts to make a wave because of a local impression with another part of the energy-vibration. The impact causes a particularity (Samskara, or impression) which is in fact the memory of the impact, containing the information of the other energy-vibration. This again has a consequence called in Yoga "subtle desire" or Vasana. A repetition of such impressions produce a desacceleration and a tendency to involution. The Ying Yang model appears.

The energy-vibration passes from small waves to rolling waves. When the height of the wave of the vibration increases, it forms a big rolling wave. A rolling wave forms a ball of energy. This is what we call a particle (Anu). In this way atoms, molecules, organs or bodies appear seemingly out of the blue. This is the way in which mass appears. On the other hand it is possible that a rolling wave appears out of a ball, by acceleration of the energy. Then we call it "power". It seems to be produced by mass.

Our western science starts to understand these matters. What Michael Faraday found in 1821 was that the amount of energy always was the same, whatever form the energy can take, and that it is possible to transform one form of energy into the other. In addition Albert Einstein found the wonderful formula in 1905:

$$E = m c^2 \text{ (E = energy, m = mass, c = speed of light)}$$

You can interpret this formula in various ways. It is not only the explanation of how to make an atomic bomb (Speed up mass up to the speed of light and you get an enormous energy burst). It is

also the explanation of how to activate mass as to get energy (You only have to increase the speed). Happily Enrico Fermi found in 1934 that you have the best result thereby when you slow down the speed as much as possible.

The Seers of the very ancient time already had this knowledge. And they not only had this knowledge but they were able also to control energy, which makes control of life and immortality possible. This is the true science of Yoga. With the different techniques of this original Yoga you can transform the energy-vibration from mass to acceleration or vice versa in your own being, without risk. But be very slow if you want results!

Electricity occurs when Shakti-energy prevails. The vibration then tends to expand (Rajas), provoking activity.

Magnetism occurs when Shiva-energy prevails. The vibration then tends to contract (Tamas), provoking inertia.

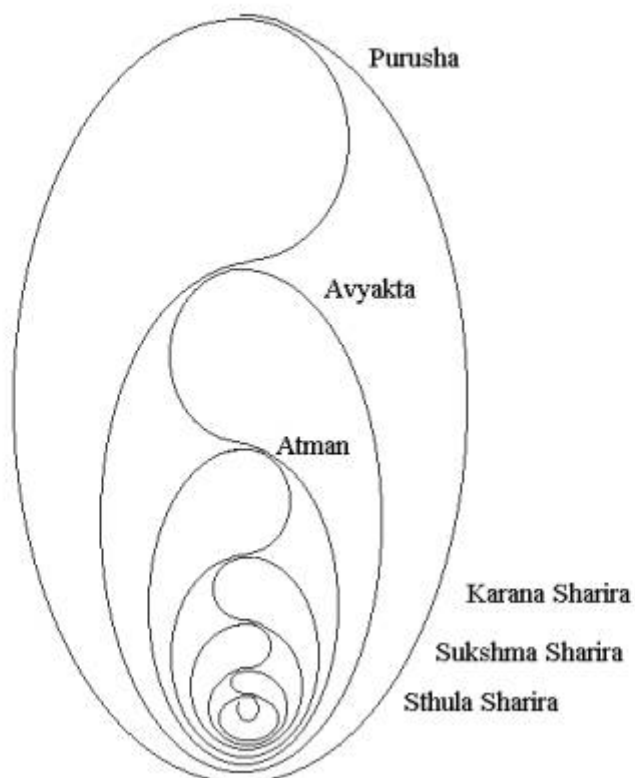
An energy-vibration always contain a part of electricity and a part of magnetism, in a unique and variable amount.

The process of creation of our manifested world occurs simultaneously out of the micro-cosmos towards the macro-cosmos and from the macro-cosmos towards the micro-cosmos. In this process however, strange enough, Shiva-energy prevails in our world. This is why inertia (Tamas) still is the greatest power on earth.

As the eldest Upanishad, the Katha Upanishad, says, in the beginning of time there only was Brahman, the absolute.

And out of Brahman, Prakriti, the first aggregation of matter, originated. Out of Prakriti, Mahat, the cosmic consciousness, originated. Out of Mahat, Purusha, the soul, originated. Out of Purusha, Avyakta, the unmanifested Self, originated. Out of Avyakta, Atman, the Self, originated.

With the help of the information contained in the book "The science of the Self" of Swami Yogeshvarananda Sarasvati we can complete the above-mentioned process of creation. Out of Atman, Karana Sharira, the causal body originated. Out of Karana Sharira, Sukshma Sharira, the subtle body originated. Out of Sukshma Sharira, Sthula Sharira, the gross body originated. Out of Sthula Sharira our physical body originated.



*Illustration 5: The Chinese Yin-Yang symbol illustrates perfectly the process of creation*

Right, but how do we get our genetic information? The existing genetic information simply comes from the subtle levels.

But how? Imagine a stone thrown into the water. It makes circles which become greater and greater. These circles all have the original pattern of the stone. The greater they are the vaguer is the pattern of the stone. Let this process occur in the greatest circle to start with and end in the smallest and you have the answer.

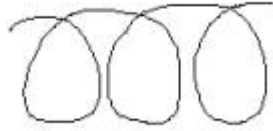
1988. The qualities

One day I had to explain the subject "Qualities" to my pupils. This is an important issue in Yoga. I was not able to understand any of the strange definitions given on the subject in the literature. The only thing I understood was that the qualities (Guna's) are a fundamental triad called harmony (Sattva), activity (Rajas) and inertia (Tamas). And then?

I was tired and lied down on bed. It was better to give up.

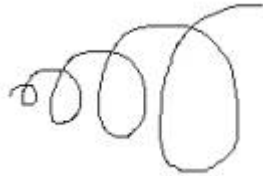
Then marvelous drawings appeared before my eyes. I was not sleeping. I saw the following





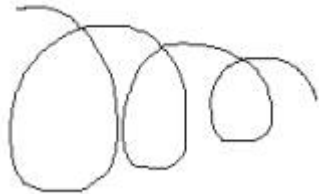
*Illustration 6*

a harmonious, cylindrical form (Sattva)



*Illustration 7*

an exocentric, expanding form (Rajas)



*Illustration 8*

a concentric, contracting form (Tamas)

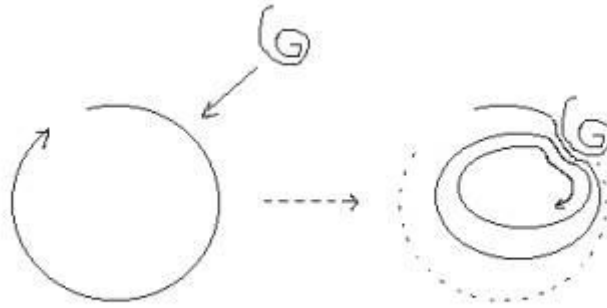
The energy stream can show those three basic spiral forms.

Yes, I have it. Out of the combinations of those three qualities (Guna's) in the energy stream the diversity of our manifested world originates! You understand?

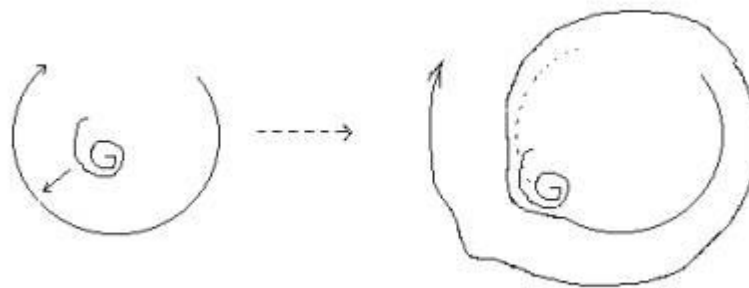
I was very happy with this answer. However when I explained this vision to my pupils they responded in a typical Dutch way: "Yes, naturally that is it!" Grr.

"But how does this originates?" I asked myself later.

'One or more impacts with another part of the energy stream is responsible for the appearance of a form or being. Those impacts can occur in two different ways:



*Illustration 9: An impact from the outside causes Tamas*



*Illustration 10: An impact from the inner side causes Rajas*

## 1989. Bodies and sheaths

How about the so-called energy bodies (Sharira's) and their sheaths ((Kosha's)? According to tradition (Upanishad's) there was first a harmonious body of energy. That was very long ago. Man was still a half God (Vira). Our present etherical body is the remnant of that state. Our other bodies and sheaths originated later.

When the Seers (Rishi's) saw how the different bodies (Sharira's) expressed themselves so characteristically in Rajas and Tamas they gave specific names to them as to describe the functions occurring. These are the sheaths (Kosha's)

The expression of the bodies in Sattva has no specific name, because the expression is reduced to a mere theoretical presence.

In the causal body (Karana Sharira) we have two sheaths:

- the golden sheath (Hiranyamaya Kosha), when Rajas dominates,
- the bliss sheath (Anandamaya Kosha), when Tamas dominates.

In the subtle body (Sukshma Sharira) we have two sheaths:

- the intellect sheath (Vijnanamaya Kosha), when Rajas dominates,
- the mental sheath (Manomaya Kosha), when Tamas dominates.

In the gross body (Sthula Sharira) we have two sheaths:

- the vital sheath (Pranamaya Kosha), when Rajas dominates,
- the food sheath (Annamaya Kosha), when Tamas dominates.

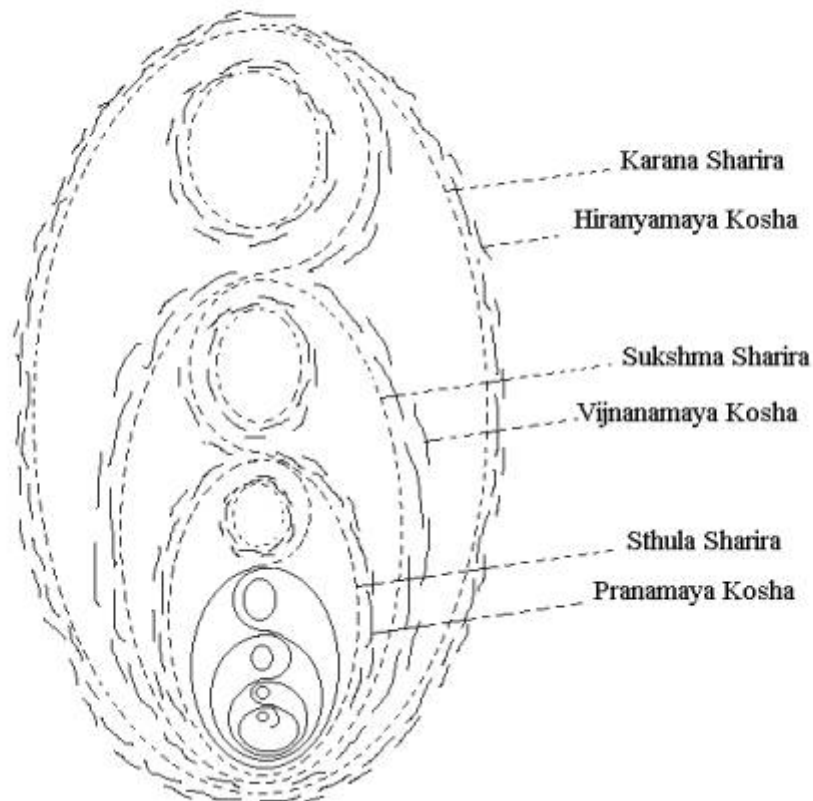
The gross body (Sthula Sharira) is the sum of five subsequent condensation states of the energy-vibration:

- the etherical body, or the sum of all sounds in our being,
- the air body, or the sum of all gas in our being,
- the fire body, or the sum of all warmth in our being,
- the water body, or the sum of all liquids in our being,
- the earth body, or the sum of all solids in our being.

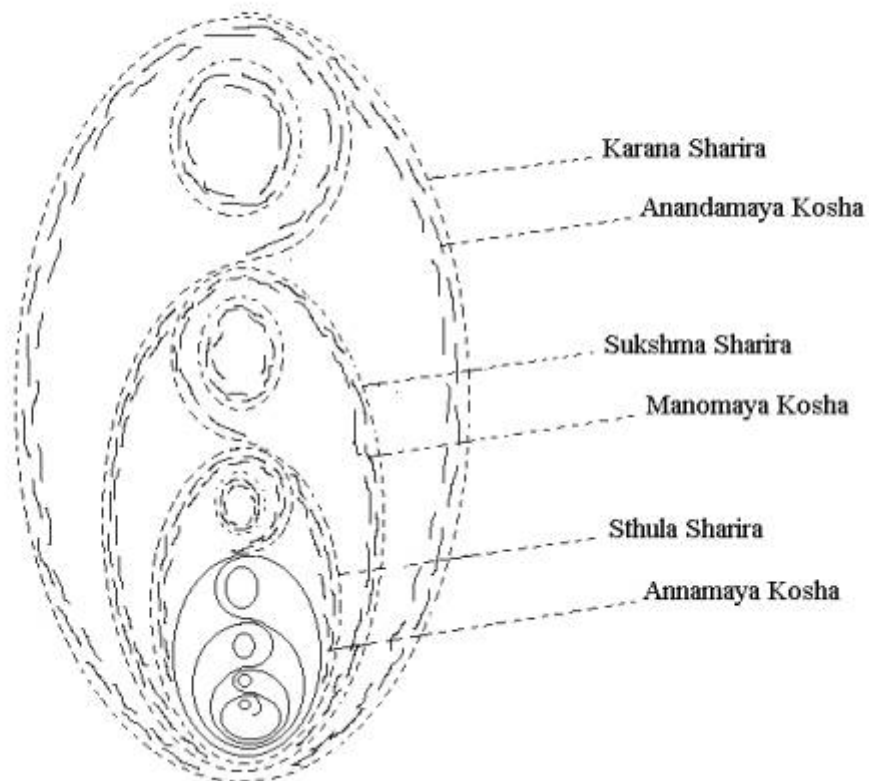
Each "body" consists of a collection of energy balls (Anu's). These balls have a certain, typical dimension and together look a bit like a foam bath. The balls "breathe" ritmically: they contract and expand alternatively. Their quality can change all the time.

The different bodies overlap each other. So there are different "foam baths" in each "foam bath", each time with balls of a different typical dimension. A gigantic and complex matter all together, indeed.

The 2,5 or 3 billion cells of our physical body are the product of the smallest balls - the balls of our earth body. Organs as the blather and the kidneys form a typical deposit of the balls of our water body. Stomach, liver and spleen are typical products of our fire body. Heart and lungs are products of our air body. What a breakthrough in our science of Physiology, isn't it?



*Illustration 11: When the Sharira's expand, they result in an active appearance, Rajas.*

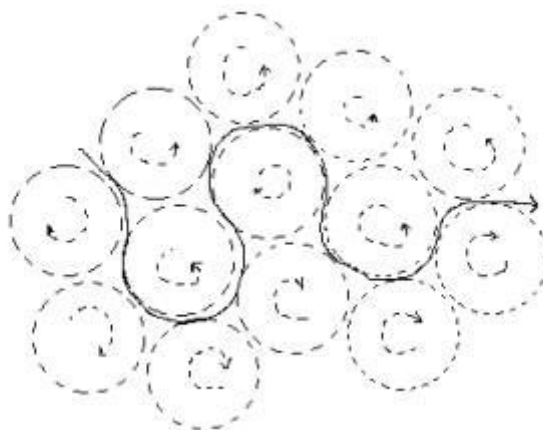


*Illustration 12: When the Sharira's contract, they result in a passive appearance, Tamas.*

## 1989. Energy streams

"How do energy streams look like", I asked myself. Most people think that energy streams are literally channels, special conduit-pipes, going from one place to the other. It is not so easy in fact. Let me tell you what I saw:

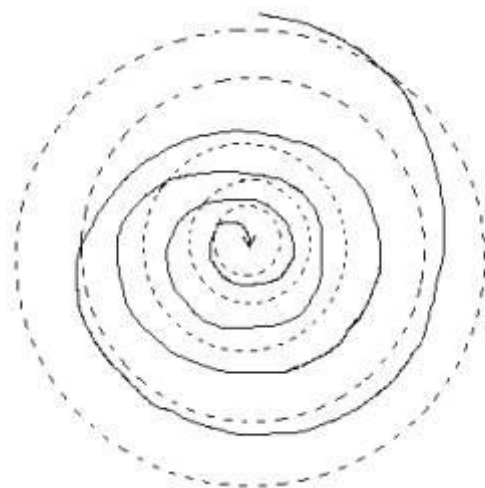
'In reality an energy stream is nothing else than the result of the work of energy balls on each other. A twisting stream occurs which is dependent of the turning direction of each ball.



*Illustration 13*

The energy is literally lifting from one ball to another. In the normal energy stream the flow occur from one element to another similar element, following the outline of the bolls.

The energy stream can also be influenced by the pulsation of each ball. When the ball contracts, the flow will tend to occur concentrically as follows:



*Illustration 14*

On the other hand, when the boll is expanding, the flow will be directed eccentrically.

In these cases all flows occur from one element to another type of element. As shown, the path of flow of an energy stream is always a spiral. The width of the spiral is in accordance with the elements trough which the energy flows.'

Nature also lets such flows of energy happen. A common human being does not take notice of it. A trained Yoga-practitioner can create such a flow for example by his will (mental ball) or his wish (causal ball). He controls the psycho-somatic interaction.

If you have reached this line in this booklet I think that you are very curious to discover the rest.

In my version of the old Sanskrit book "Hatha Yoga Pradipika from Svatmarama" I give you all the practical information, kept secret until now, and you will finally understand and practice the various Hatha Yoga techniques (Pranayama's, Mudra's and Nada) correctly, based upon the subtle anatomy principles that you have read. You will be amazed of the results. Since 1986 hundreds of pupils have already experienced the wonderful benefits of my new revolutionary approach. Give it a try! You do not risk anything. And you can always ask me for personal advise per e-mail if you have something special. The price of the book (196 pages) is only € 37,- (euros). If you live in Europe you have to add € 1,80 transport cost. If you live outside Europe you have to add € 2,90.

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reaches us within a week. And if you count another week for the transport, you can expect your book within two weeks. Do not forget to mention the address where the book can be delivered. Order it today!

Because it is not possible to give you all the knowledge in written form only, I invite you also to consider attending my Professional Yoga Training after reading my "Hatha Yoga Pradipika from Svatmarama". Then I can transmit you the rest of the theory and teach you above all the exercises which will permit you to make all your dreams come true.

Thank you very much for your attention.

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