

## Spiritual Cycles

### Life is Dynamic

Everything in the universe is dynamic from the conceivable cosmological picture to the dynamic shifts and life forms on the earth to cytoplasmic streaming to the invisible patterns and flows of energies in humans. Many of these flows follow a cyclical pattern. These cycles can be found in virtually every realm of life.

### Cycles and Rhythms

The Universe is a myriad of cycles and rhythms from the motion of the stars in the galaxies to the electrons orbiting around a nucleus in an atom. Some of the numerous cycles that are known to us are the sun rotating around the centre of milky-way, the movement of planets in the solar system; the earth rotating around its own axis and the moon orbiting the earth. The cycles in the earth's atmosphere are climate cycles and



biogeochemical cycles such as the water cycle, the carbon cycle, the nitrogen cycle and the oxygen cycle, ocean tides, air and wind movement in hurricanes, and geological formations.

These natural cycles balance and regulate Earth and its atmosphere.

Cycles and rhythms are mirrored in the Golden Ratio of nature and the Fibonacci spirals as found in pineapples, red cabbages, artichokes, patterns on seed heads, snails, pinecones, flower petals and seashells. The Golden Ratio is seen in the divine proportions in human faces, dolphins, the wing markings of moths, the ratio of male and female in the honeybee population, the length and width of DNA and in musical symphonies and instruments.



## Cycle of Life

**Srusti-Sthiti-Laya (Creation-Sustenance-Resolution)** - Life on earth is created from the interaction between parmaathma and jeevathma/ spirit and matter. Energy and Time serve as forces that bind the body to the spirit.

Activities associated with life are time bound, with a beginning and an end.

To exist being independent of the bondage of time is Nirvana (Liberation).

- Srusti - Creation - Energy converting into matter. The pattern and form of what is created, the attributes of the bodies and the attitudes of the minds and the events that are created and aligned with the energy it carries.

The creation of physical matter as a magnificent manifestation of spirit is Srusti.

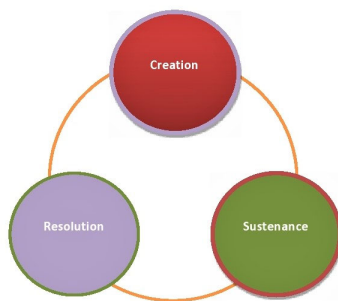
- Sthiti – Sustenance - Sustenance of the created matter in various states, position, permanence, or continued existence in any place, and modes of motion. The essence of every celestial body pulsates in every cell of the being through time and space.

Experiencing these pulsations with pure joy is Sthiti.

- Laya – Resolution (Rhythm) – the revival of energy through matter converting into energy, Spiritual freedom, is an ever-evolving process. Thoughts, desires, ambitions and emotions are tools to experience this sense of freedom for spiritual awakening.

The skilful use of these tools and attaining freedom is Laya.

**SRUSTI – STHITI – LAYA**



According to Advaita Vedanta, Advaita Philosophy, these are beginning-less and endless cycles.

## Spiritual Cycles

Spiritual cycles are cycles through time and space where the created matter experiences the consequences of its thoughts, words and deeds as it transcends into a wiser being towards Enlightenment/Nirvana.

## Cycles within the Cycle of Life

Cycle of life is a conglomerate of individual cycles. There are many cycles within the Cycle of Life from birth to death. Some of these cycles are close ended with single/multiple rotations and some are spiralling, ending at a different place in the space as they complete a cycle. While every cycle has a process of beginning and end (Sristi, Sthithi and Laya) the spiral is immortal.

- Rhythm of breath
- 24 hour meridian cycle
- Circadian rhythm
- Day/Night Cycle
- Lunar/Monthly Cycle
- 7 year growth cycle
- Procreation cycle
- Gestation cycle
- Metabolic Cycles
- Biorhythms
- Cycles in an atom and ..... many more

These cycles always follow an order following time and space. Anything that is out of the order is an experience. It is how the physical body/mind/spirit perceives and handles these experiences adding value to the spiritual journey. The spirit maintains its relationship with matter while uncovering and discovering its true power through each experience.

## Spiritual Cycle Balance®

Some areas of our multidimensional selves from the Vedic literature that are applied in the “Spiritual Cycle Balance®”

### The 5 Layers of the body:

- 1<sup>st</sup> and the outer most layer - Embodiment of Nurture
- 2<sup>nd</sup> layer - Embodiment of Energy
- 3<sup>rd</sup> layer - Embodiment of Intellect
- 4<sup>th</sup> layer - Embodiment of Wisdom
- 5<sup>th</sup> and the inner most layer - Embodiment of Bliss

These layers are interconnected and become subtler as they go deeper. These five layers are categorized into 3 states of the body.



## The 3 States of the Body/Sareera:

- Sthoola - The Gross or Physical body
- Sookshma - The Subtle or Astral body
- Kaarana - The Causal body

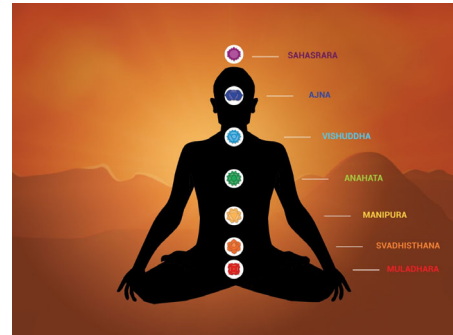
## The Components of the Gross Body:



- 5 elements in their gross form
- 7 kinds of tissue
- 16 channels of transportation

## The Components of the Subtle body

Chakra	5 Prana
Kundalini	5 Vaayu
4 Inner causes	5 states of mind
5 Organs of sensory perception	3 Guna
5 Organs of action	10 Nadi
Subtle essences of 5 elements	



## The Causal Body

- The Causal Body carries the seed of the subtle body and gross body, which contain the impressions of experiences from past lives and carries a seed for a new life as it collects experiences from the current life. It is the state of matter in the transformation of a cycle.

## The Components of Causal Body

- Storage of information from past lives
- Portal to entering cosmic consciousness as the concepts of time and space disappear.
- Attitude as a detached observer who witnesses the matter from a different plane.

To attain this state of attitude both gross and subtle bodies need to be balanced.

## “Spiritual Cycle Balance®” preparation

Step one - reconnecting to the original wisdom

Step two - allowing the flow of integrated wisdom

Step three - Trikarana sudhhi

## Spiritual Cycles

**Goal Setting – 2 Steps:** While the global goal is to encourage a smooth and balanced flow of the immortal /eternal cycle, we consider and address each minor cycle separately to enable the spirit to move towards its final destiny in the current cycle of life.

- Step 1 - Global goal -The soft focus is on spiritual cycle of the current life.
- Step 2 - Specific goal - area of concern be it; gross body, subtle body or causal body that the individual is consciously aware of.

### **Correction Techniques:**

- Pranayama/breathing
- Mudra – 32 most powerful Mudras
- 23 Basic Mantras
- Nyasa - hand, body
- Chakras – 12 chakras, 30 possible corrections in basic 7 chakras
- Postures
- Pratyahara
- Marma
- Anchoring technique - Circumambulation

<<<I am the Ever Pure Blissful Consciousness>>>

### **Biography**

Dr Rashida Naraharasetti is a medical doctor, Touch for Health consultant/ Faculty for India, trainer for Canada and Brain Gym consultant/instructor. She developed and teaches the “Spiritual Cycle Balance®” program, Somatic dysfunction of the knee joint integrating Touch for Health®, Osteopathy, Myofascial Release techniques and Kinetic Chain exercises. She has also developed and teaches Family Wellness with bio-energetic balance, Emotional Programming, Integrated Energy Tips and Co-developed Dancing to the Rhythms of the Cosmos.

She teaches globally and sees clients in person and online internationally. She splits her time between her homes in Canada and India.

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