

Exploring the potential of Human Body and Brain to Synchronise with Earth Electromagnetic Resonance and Schumann Resonance

A critical reflective learning journey of my Cerebral Spinal Fluid experience and the learning it evoked

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This reflective paper aims to explore the potential of the human body and brain ability to synchronise with the Earth's electromagnetic resonance and Schumann resonance (also known as celestial tower). The paper examines the reasons as to, why I started to feel the flow of Cerebral Spinal Fluid (CSF) in the arachnoid space in the brain and subsequently the hormone secretion from the pituitary gland and how this activity then rejuvenated my whole body and brain.

The paper highlight the information from 8 different traditions (Indian Haṭha Yoga, neo-Advaita Vedānta, the Integral Yoga of Śri Aurobindo, Theravāda Buddhism, Vajrayāna Buddhism, the Christian mysticism of St. Teresa of Ávila, the Zohar in Jewish Mysticism) that refers to a liquid-like, nectar-like, oil-like, or water-like fluid experienced by different people in these traditions. The paper further explores the literature from the ancient Indian texts that demonstrate the evidence of CSF (known as Amrita or Nectar) awareness, its characteristics and the different way of accessing, 1400 years before it was discovered and named CSF in Europe during the 16th CE.

Several Indian spiritual texts dating back from 2nd, 3rd, 7th and 14th CE also demonstrate the awareness of interconnectedness of human body, planet earth and space. In addition, this paper analyses the Kundalini science that is described in the 7th CE text with regards to achieving holistic health by synchronising the human body with nature i.e. earth and space, and the paper attempts to provide a scientific explanation for it.

This paper is aimed at anyone who is interested in having good health and life but will be of special interest to academic colleagues who are teaching subjects related to neuroscience, nursing or any other disciplines that are related to health science or deal with health related topics in universities and colleges, university hospitals or elsewhere.

Keywords

Cerebral Spinal Fluid, Human Body, Brain, Earth Electromagnetic & Schumann Resonance, Kundalini Yoga and Holistic health.

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Motivation

I became interested in knowing about the Cerebral Spinal Fluid (CSF), as I initially begin to feel some liquid dropping on the top of my brain, in the arachnoid space, filling in the left side of my brain. During the next few days I felt hormone secretion inside my forehead from the pituitary gland, following my regular visits to the forest near my house and practicing meditation twice a day for 15 to 20 minutes.

My daily forest trips were due to the advice of my NHS consultant, following my diagnosis of Deep Vein Thrombosis (DVT) in Dec 2016. Rivaroxaban (blood thinner medication) was prescribed to me, and I

was advised not to be sedentary, and walk or jog to avoid further blood clotting in my popliteal vein (left leg).

I have never practiced meditation in my life, but a strong desire came from within and I started meditating, and I am still practicing meditation. Although, my initial motivation was just to relax myself while I was recovering from the DVT, I started studying (*a long desire to understand Hinduism being a born Hindu*) Hindu Philosophy at the Oxford Centre of Hindu Studies - Oxford University. However, due to these new CSF issues, I started reading about the human brain and biology.

As an academic I was contemplating, how simply sitting still and walking in the natural environment can give me this problem and the solution. Therefore, I wanted to understand the reasons from a biological, physiological, neurological and environmental perspective. I do not know why, but I also started observing and recording changes (chronologically) in my body, brain and the environment around me.

Literature Review

My initial literature search about “water or fluid in brain” brought up the word “hydrocephalus” that means the build-up of fluid in the brain and this excess fluid puts pressure on the brain, which can damage it. This was certainly scary but on the contrary, I was feeling well and getting better. Therefore, I turned my focus to the social science literature and that revealed the work of several American and Indian authors of Yoga books, articles and websites, and most were referring to this phenomenon as “Kundalini or Spiritual Awakening”. The search also highlighted the PhD thesis of Dr. Igor Giusti, submitted to the faculty of the California Institute of Integral Studies for the Degree of Doctor of Philosophy in East-West Psychology.

Giusti (2018) researched the eight spiritual traditions: *Indian Haṭha Yoga, neo-Advaita Vedānta, the Integral Yoga of Śri Aurobindo, Theravāda Buddhism, Vajrayāna Buddhism, the Christian mysticism of St. Teresa of Ávila, the Zohar in Jewish Mysticism, and the Diamond Approach*, and explored the experience, function, and realization processes of subtle somatic phenomena, or types of awareness occupying the body. All the eight traditions describe a *liquid-like, nectar-like, oil-like, or water-like fluid* as experienced by people.

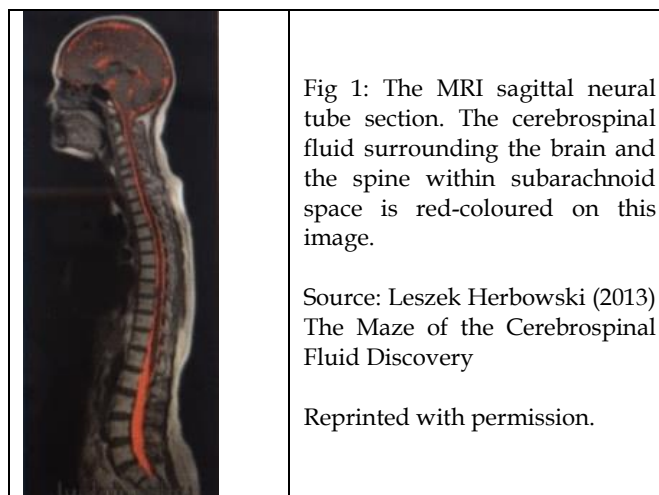
While I appreciate and respect all the different wisdom and traditions, my brain and biology were changing. I was experiencing this fluid in my brain, and sensations in my body. I knew my “fluid” experience was directly linked to my running in the forest. Therefore, in the next section, I explored the literature from the neuroscience (brain), physics (space) and environmental (natural environment) perspectives.

Cerebral Spinal Fluid: Neuroscience perspective

Our Brain or the Central Nervous System is completely surrounded by three concentric connective tissues membranes: pia, arachnoid, and dura. The pia (“faithful”) is the first layer, which is very thin. Then comes the arachnoid (spidery) a web-like structure and finally, the dura (tough) is a thick, inelastic covering (Squire et al., 2008). Choroid plexus in the 4 interconnected cavities deep in the brain called ventricular system produces CSF. CSF occupies arachnoid space of our brain, ventricles and spinal cord.

CSF is produced four times a day in the lateral ventricles and is then passed through the third ventricle known as the “cerebral aqueduct” and then disseminates to the fourth ventricle and then moves into the arachnoid space and spinal cord through the central canal in the spine. The fluid washes our brain and spinal cord and provides nutrients to the brain and spinal cord and removes waste products (Sakka et al., 2011).

Most people do not feel this activity but when I started to experience the CSF and hormone secretion from the pituitary gland it was clearly troubling me. Following my DVT incident, I never wanted another health problem, and I was naturally scared in the beginning.



The first time, I experienced the liquid or CSF flowing on the top of my brain was on the 3rd November 2017, when I was meditating, and I still experience it. It came as spurts, as if a water hose was turned on filling my brain (arachnoid space) smoothly and slowly, like a thick liquid and was settling in the left side of my brain. Initially it felt warm however, in the next few months, it started to feel cold.

Then on 25th November 2017, when I was running in the forest in 4 degrees temperature, suddenly it felt as if something came through my head from top, and immediately, I felt as if something was pulling my forehead from inside. I stopped and check my forehead in my mobile phone's camera. It appeared as if someone had pushed my forehead with their thumb. That evening during meditation, along with CSF, now I was also feeling some liquid flowing inside my forehead. I believe the hormones from the pituitary gland, were making my nose cooler, when fluid or hormones were flowing.

In the next five to six months, my DVT vanished and my fear and anxiety of experiencing CSF and hormone secretion from the pituitary gland subsided because I was becoming healthier, my concentration, reading, writing ability were increasing and most surprisingly, I started to sing. I believe my voice box opened as the thyroid hormone from the pituitary gland worked on my thyroid gland. Singing is something that I never thought was possible for me in my life.

This encouraged me further to know more about CSF and that led me to the paper of Leszek Herbowski, "The Maze of the Cerebrospinal Fluid Discovery" published in 2013. The author undertook a painstaking study to understand the discovery of CSF. Herbowski, (2013) explored the work of 35 physicians and anatomists and on the basis of crucial anatomical, experimental, and clinical works established that there are four physicians who are considered to have discovered CSF: Egyptian Imhotep, Venetian Nicolo Massa, Italian Domenico Felice Cotugno, and the Frenchman Francois Magendie.

CSF was not really discovered in terms of its liquid state of matter until the early 16th CE. It took three more centuries for physicians in Europe to become aware of the location of CSF and its flow and route. What is more striking is the finding that our brain has pulsation similar to our heart (Breasted, 1930). That is something, I have experienced once in a deep meditative state, and I believe that was the turning point for me in this journey.

What fascinated me the most is that whilst physicians in the west were establishing the route of CSF in the human body around the 18th and 19th CE during post-mortems or when repairing wounds. Ancient Yogi's since 2nd CE (or may be much before this date as there is no academic reference currently

available) in India knew CSF as Amrita or Nectar, and were aware of its route, and Yogi's were trying different ways to experience Amrita, since they knew what it could do to their bodies.

The first evidence of CSF or Amrita comes from the ancient Puranic text Shiv Purana - Rudra Samhita, Book 1, Ch. 6 (written around 300-400CE) although it is believed that these texts are much older than these dates. Irrespective of the timeline, the Samhita in the "The creation of the world" section (Verses 50-53) state the following:

- "50 By following the path of meditation, Vishnu thus became enlightened. He was surprised and delighted, exclaiming, "O what is this entity that is Truth!"
- 51 From the body of Vishnu who had thus exerted himself, water currents of various kinds began to flow due to Shiva's maya.
- 52 The supreme Brahman in the form of divine waters then filled the entire void. The very contact of these waters can destroy sin.
- 53 Being weary, Vishnu then went to sleep on those waters and remained in that blissful state for a long time."

The text is written in a very simple language, but one can only understand it, if one knows the human brain, its parts and their functions, and also understands philosophy.

The meditation in verse 50 refers to practicing sitting still. In verse 51 exerted refers to physical and mental efforts one needs to put in when practicing 8 limbs of yoga mentioned in the following section, and water currents refers to CSF and hormone secretion from the pituitary gland. The word "Brahman" in verse 52 refers to the Universe and "Divine water then filled the entire void" refers to filling of CSF in the laterals Ventricles that is produced by Choroid Plexus in the brain, and Shiva is known as Brahman or Universe. Shiva also means that which is nothing and the universe also is made of nothing.

Although there are several other texts that demonstrate the knowledge of CSF or Amrita/Nectar such as Jayakhya Samhita and "The Necklace of Immortality", these texts are written around the 14th CE. The Necklace of Immortality -Amrita Ratnavali by Mukunda Das, clearly demonstrates a thorough understanding of the human brain, CSF/Amrita production and its location. He refers to the lateral ventricles as "Moon Pond" in the text, where CSF originally fills before disseminating to 3rd and 4th ventricles, and clearly explains what it can do to the human body and different ways of accessing it.

Electricity - A Common Thread between - Earth, Human Brain, Ionosphere and Space: Physics Perspective.

My quest to know more introduced me to the work of the Physicist Winfried Otto Schumann, who in 1952 hypothesized that there were measurable electromagnetic waves in the atmosphere that existed in the cavity (or space) between the surface of the earth and the ionosphere.

The Schumann Resonance (SR) is a set of spectrum peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field spectrum. SR are global electromagnetic resonances, generated and excited by lightning discharge in the cavity formed by the earth's surface and the ionosphere. SR occurs (36 miles above the earth's surface to 600 miles approx.) between the space and the surface of the earth and the conductive ionosphere.

According to the National Aeronautics and Space Administration (NASA), the ionosphere is an abundant layer of electrons, ionized atoms, and molecules. This dynamic region grows and shrinks, and further divides into sub-regions based on the conditions and is a critical link in the chain of Sun-Earth interaction (Zell, 2017). While this phenomenon is caused by lightning in the atmosphere, many are not aware that this frequency can change human life (Dispenza, 2017). In other words, it acts as a background frequency that can influence the biological circuitry of the mammalian brain, as it seems to have happened in my case.

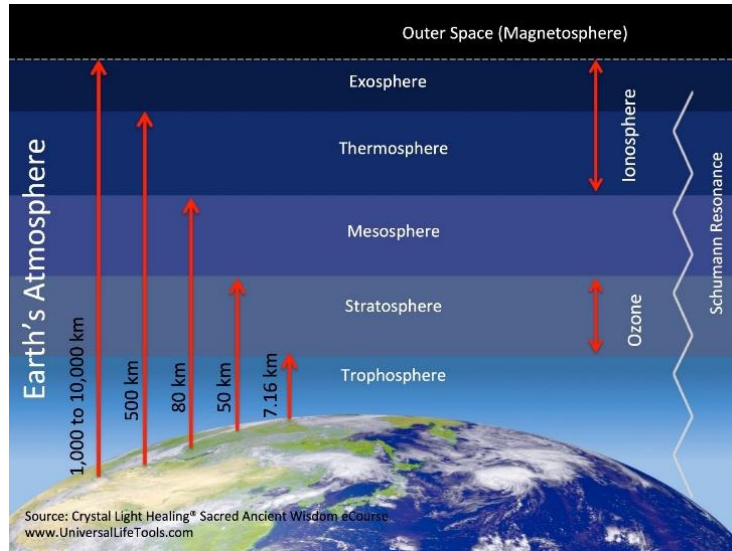


Fig. 2 Earth Surface, Ionosphere and Outer Space

(Source: www.universalLifeTools.com; Reprinted with permission)

Electricity is everywhere, even in the human body. Our cells are specialised to conduct electrical current. Electricity is also required for the nervous system (brain) to send signals throughout the body and to the brain, making it possible for us to move, think and feel (Odell, 1997).

Our brain is a massive source of Extremely Low Frequency (ELF) signals that get transmitted throughout the body through the nervous system, which is sensitive to magnetic fields (Kozlowski & Kozlowska, 2015). Brainwaves and natural biorhythms can be entertained by strong external ELF signals, such as Schumann Resonance. Entrainment, synchronization, and amplification leads towards coherent large-scale activity, rather than typical flurries of transient brainwaves. Thus, resonant standing waves emerge from the brain, which under the right conditions facilitate internal and external bio-information transfer via EFL electromagnetic waves (Nikolaenko & Hayakwa, 2014).

Table 1 below shows the electromagnetic resonance of the earth, human and Schumann Resonance.

Earth's (Frequency)	Human (Frequency)	Schumann Resonance (Frequency)
7.83Hz	5Hz	7.83Hz (Fundamental), 14.3Hz, 20.8, 27.3 and 33.8Hz

Table 1. Earth, Human and Schumann Resonance Frequency.

I have come across several ancient Indian texts that mention Yogis connecting with the "Universe" using their brain which in the past has always perplexed me, but now it started to make some sense to me since earth, human brain, ionosphere and universe all have a common thread, which is "electricity". Although the human brain frequency varies, it seems to me that our nervous system can be influenced by the earth's electromagnetic field and that's why being in natural surroundings has always been so restorative and healing.

To my further surprise, Pattanjali the founder of Yoga, in the 2nd CE text "Pattanjali Yoga Sutra" in Ch1 verse 19 in Sanskrit states: *Bhava-Pratyayah-vidaha-Prakrti-Layanam*, meaning that the human body can be synchronised with nature i.e. earth and space (*Schumann Resonance was not known is 2nd CE*) by practicing 8 limbs of Yoga: Yama (attitude towards environment), Niyama (attitude towards ourselves) Asana (physical posture), Pranayama (restraint or expansion of the breath), Pratyahara (withdrawal of senses), Dharana (concentration), Dhyana (meditation) and Samadhi (complete Integration).

In today's scientific terms, this means synchronising our body with the earth's electromagnetic resonance and allowing our brain to connect with Schumann Resonance or the universe to expand our brain or awareness. In simple terms saving electricity consumption in the body parts (stomach and liver-most important, kidneys, lungs and brain) by practicing the above mentioned 8 steps, for allowing the connection to happen, in other words allowing Schumann resonance to pass through our body.

Forest Walking: Environmental Perspective

Forest bathing "*Shinrin-Yoku*" is a well-known concept in Japan that comprises a short leisurely visit to a forest field, to relax and breathe in the phytoncides derived from trees (Li et al., 2007). These phytoncides indirectly influenced my endocrine and immune systems via the neuro-endocrine immune network, causing a reduction in urinary adrenaline and/or noradrenaline and provided an enhancement in Natural Killer (NK) activity in my peripheral blood that helped decrease my blood pressure and heart rate (Li et al., 2007; Li et al., 2008a, b; Li et al., 2011). I believe all these things prepared my body and the brain for more frequency.

It is widely accepted that our nervous, endocrine and immune systems affect each other through the psycho-neuro-immune network. The nervous system affects the endocrine and immune system by releasing neurotransmitters through the hypothalamus. The endocrine systems affect the nervous and immune systems by secreting hormones (Tsunetsugu et al., 2010; Le et al., 2014), as shown in Fig. 3. Moreover, the immune system feeds back to the nervous and endocrine systems through cytokines (Li et al., 2008b, Park et al., 2010). I believe that forest visiting produced these positive effects on my health which I had no clue of, before this journey.

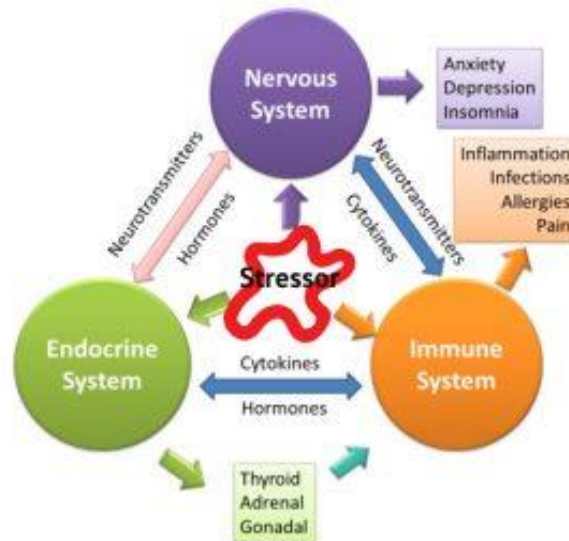


Fig.3: The Psycho-Neuro-Endocrine-Immune network connection
(Source: <https://www.lindenbotanicals.com>: Reprinted with permission.)

Research Method

I used the systematic self-observation (SSO) method for collecting data, since nobody else apart from me could know what is going on internally, in my mind (thoughts & feelings), in my brain and the body. Rodriguez and Ryave, 2002 (2002) highlighted that SSO is a valuable way to gather information about the actions that are hidden, restricted and subjective. I became the “observer” and the “observed”, and this was the only way I could successfully measure changes in my body, brain, my thoughts, emotion and other criteria that were not available for others to observe.

Since July 2017 to April 30, 2019, I have recorded 65 pages of observations in my dairy, which I have summarised and transcribed into 5 pages chronologically. Although, I am still making notes the symptoms of changes now have reduced substantially, and for that reason, I am initially presenting my reflection on “what happened”, and when (with precise dates) and why, with some physical evidence of the changes in me, will be reported in the next paper.

Results & Discussion - How it all came about!

For my body to connect with earth electromagnetic resonance (EER) and Schumann resonance, I think four things played an important role:

1. I started to have one meal a day, I guess initially I wanted to lose some weight, and I did lose 20kg weight in this process naturally.
2. I meditated twice a day for 20 to 25 minutes every day from June 2017 to June 2018.
3. July 2017 onwards, I started reading philosophy and I became quite engrossed in reading it. I believe my spine remained erect for more than 3 hours 5 days a week for more than 6 months.
4. Finally, forest visits played a major role.

In my subjective experience, meditation, jogging in the forest and eating one meal a day prepared my body to synchronise (or become “Prakritilayam” as *Pattanjali Yoga Sutra* states) with EER. Furthermore, SR impacted my sensory cortex and pineal gland in the brain and with the heightened sensory cortex, I started to experience the CSF flow in my subarachnoid space. The activation of the Pineal gland released melatonin in my brain that improved my sleep cycle which further impacted my pituitary glands, and hormones started to secrete from my pituitary gland, revitalising all endocrine glands and target organs which changed my entire biological circuitry.

I am not a biologist or a neuroscientist, therefore I do not know if there are any “feelings” that are associated with different hormones. However, I guess to experience this in the body one will certainly need heightened sensory cortex i.e. 7.83Hz, otherwise it is simply not possible to experience CSF and hormones secretion, or to know any feelings associated with individual hormones.

It is difficult to summarise all the feelings associated with this entire experience. However, in my experience, when the hormones from the pituitary gland secretes, I experience the following:

- Cold fluid flowing,
- Something is crawling on the forehead from inside,
- Spine bloating, twisting and turning at the lower end,
- Skin being scorched mildly at forehead and around the right side of the pelvis,
- Warm or hot feeling at the base of spine “sacrum and coccyx”,
- Mild electric current or sparks at the different points in the spine and
- Mild pain in the right and left elbows in a sequence.

On the top of my head and on the top of my brain, I felt:

- Lot of sensations on the top of skull, when initially SR connected.
- As if occasionally a needle is pierced from the top of my head.

- As if dura matter (outer layer on the top of brain) was tightened. A feeling very similar to wearing a swimming hat.
- Lot of needles being poked in my brain and the base of my spine became hot several times, when SR came in the brain.
- Electrical sparks (mild) on the top of brain, as if new connections between neurons are formed etc.

During this process, I experienced mild “pleasurable” electrical sparks in my spine and extremely mild electric current passing occasionally through my toes, fingers and thumbs. This became a normal phenomenon for me.

Adjusting to this extra frequency or electricity that comes through the brain is not easy, it is not very painful, but one experiences mild pain. Furthermore, sometimes the body starts to make involuntary movements such as automatic fast breathing starts from the lower abdomen which is the correct way of breathing. Some days the electric current on the top of the brain and flow from the pituitary gland is continuous. This is not painful but quite annoying and makes one anxious, since one does not know what is happening, biologically and neurologically and that makes things more uncomfortable.

The pineal gland in our brain works as a day or night switch. In my experience, the fluid is directly linked to the waking and sleeping pattern of an individual. In my case when I wake up at 7am or 7.30 am, it will secrete at the following time: between 8.45 am - 9.00 am, 12.45 pm - 13.00 pm, 18.45 pm -19.00 pm and 20.45 pm - 21.00 pm. I firmly believe that if one’s body is synchronised with EER and SR then he or she will, for sure, experience the coordination of the pineal gland and the pituitary gland, because he or she will experience mild pressure on the top of head. Then fluid that is released from the pituitary gland is felt inside the forehead, just before becoming conscious or waking-up from sleep in the morning. Probably for this reason the great saint Nisargadatta Maharaj said, fluid comes together and “I am that” appears.

I believe that hormone production either stops or hormones are not produced in the required quantity, and this perhaps happens due to poor lifestyle, sickness or not being in natural surroundings enough or due to lack of exercise. The feeling of CSF and hormones secretion, in the beginning makes an individual anxious. In addition, most of us do not know that our body can connect with EER and SR, which makes one more worried. There are several ancient Indian texts that refer to this phenomenon as Kundalini Science.

Kundalini Science

The earlier reference in “written” form to Kundalini science and seven chakras is to be found in the Bhagavata Purana, an Indian Spiritual text, which is usually dated between the 7th and 9th CE (White, 2008). Kundalini Science describes the human as existing within three bodies: the physical or gross body, the subtle or energy body, and the causal body (see Table 2).

Physical Body	Made of 5 elements (1) Earth that is (Gross material, the molecular structure, skin, bone, organs etc.) (2) water, (3) air, (4) space and (5) fire or energy or electricity.
Subtle Body	Emotion, thoughts, feeling or senses.
Causal Body	The beginning-less (Sole) that is indescribable is called causal body. It is the cause of gross and the subtle body.

Table 2: Human Body layers as per Hinduism Philosophy

The subtle or energy body is said to be a network of 72000 invisible lines of energy called *nadis*, arranged with numerous chakra which interlace into the physical form. The tradition identifies 36 primary *nadis* and 7 major chakras (Greenwell, 2014). It is asserted that a subtle energy known as *prana* moves within the body along a complex sequence of channels or nerves known as *nadis*. The word *nadi* literally

means a channel or river and is also used to indicate the veins and arteries through which the blood flows. Although they remain invisible, the subtle *nadis* are shown to have a similar form to veins and arteries as they go to all parts of the body, dividing themselves into ever smaller channels.

Those readers who are not familiar with the energy centre and the subtle centre may like to visit the link below:

- <http://sahajayogachicago.org/subtle-system/>

There are said to be three main *nadis*, the *Ida*, *Pingala*, and *Sushumna*, all of which run along the line of the spinal column. The *Ida* is connected to the left nostril and the *Pingala* to the right so that pranayama exercises can be employed in relation to these *nadis*. The *Sushumna* is the main *nadi* for spiritual awakening although it too is used in the practice of *pranayama*. The *prana* energy that travels along the *nadis* is thus said to pervade the body but there are six or seven main centres located along the line of the *Ida*, *Pingala* and *Sushumna* channels. The lowest of these chakras, the *muladhara*, is said to be located at the base of the spine and the others are located upwards along the spinal column to the very top of the head where the highest chakra, the *Sahasrara* is located (OCHS, 2017).

It is highlighted that spiritual or psychic energy remain lying dormant within the human body, which can be awakened and aroused by one who knows the correct techniques. This energy is referred to as *kundalini*, *kundali* or *kubjika* because it is visualised and represented as a coiled serpent that lies sleeping at the base of the spine.

Kundalini Yoga focuses on the awakening of the kundalini Shakti (energy) and raising it upwards through the chakras along the *Sushumna nadi*. When it finally reaches the *Sahasrara* the entire body is energised, and the adept achieves great psychical and spiritual powers. In some of the Tantras, the kundalini energy is understood as representing the Goddess whilst Shiva resides in the *Sahasrara* chakra (Brain centre) of each being. Hence the raising of the kundalini brings about the metaphysical union of Shiva and Shakti.

Lord Shiva in the Indian tradition is known as Universe while Nature or *Prakriti* is known as *Shakti*. It is believed that many people are able to raise their frequency and experience "Kundalini Awakening" by being in natural surroundings, practicing meditation and having a disciplined life. Therefore, the people who had "Kundalini Awakening" experience mild pressure and electromagnetic current on the top of their brain, vibration at 3rd eye centre and electrical sparks at different regions of the spinal cord such as cervical, thoracic, lumbar, sacrum and coccyx.

In my subjective experience, for a Kundalini Awakening experience or to achieve the synchronicity with EER and SR firstly:

- The physical body needs to be prepared by synchronising with the nature and a strict discipline with food intake needs to be maintained.
- The subtle body; that is thoughts, feeling and emotions are to be purified.

Furthermore, one must experience the pulsation in the brain that can only be experienced in deep meditation. The palpation in the brain also means that suture between the bones in the cranium is now flexible for the energy or SR to through into the brain. This is also an indication that body and brain are aligned with the earth frequency or the body is now synchronised with the EER and SR and the brain has now 7.83Hz, meaning heightened sensory cortex and thereafter the body starts repairing itself. In spiritual terms, the energy starts to work on each chakra that than revitalises the adept's body.

People who experience the Kundalini Awakening or this extra electromagnetic resonance then learn several creative skills during this process (Greenwell, 2014) and have a new rewired spine and body, as I have experienced. Finally, the energy settles back around the pelvis area that becomes stiff towards the end of the process and jogging and physical exercises help a lot.

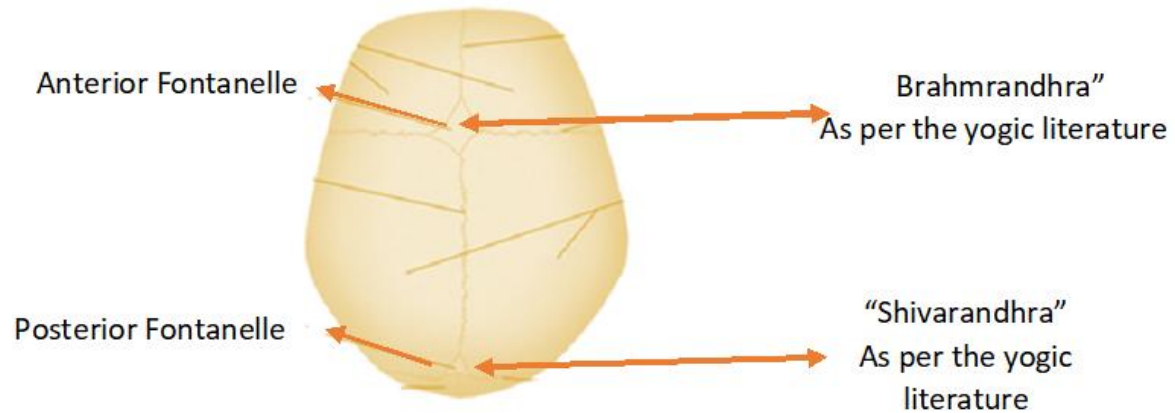


Fig. 4 Skull of the Newborn

The sutures between the bones normally remain flexible during the first few years of postnatal development, and fontanelles are palpable in an infant, but all fontanelle closes within 10-24 months of the birth (Glass, 2004). This palpation in the brain (Breasted, 1930) was experienced by me during meditation. In spirituality, this means that the *Brahmarandhra* is opened and divine consciousness enters the body through the brain, and Shiva and Shakti are merged (see Fig. 4). It seems that running makes our sutures flexible. This also explains why Yogis in the beginnings of their seeking wander from one place to another and spend time in the hills and forest for years.

In scientific terms, the brain now has 7.83Hz and every cell of the body is recharged, and the body starts to repair itself. In the spiritual understanding, the energy starts to work on each chakra or glands that revitalise all endocrine glands and the body. There are several books that are available on the Kundalini topic, as well as blogs about Schumann Resonance and brain, but not many mention the implications for an individual. Several implications are mentioned, furthermore SR or energy takes time to pass through the body. Since it must pass through all the organs of the body, in other words, repairing each chakra as explained in the Yogi literature.

This is a "biological process" however it is not recognised or known by medical science since only the individual experiences the CSF and others only note the changes in the individual afterwards. Subsequently this is not experienced by masses because most of us are "outward" by nature. This is an ancient simple technique for repairing the human body and enhancing the brain that requires "nothing" but to be in the natural environment, practicing controlled breathing and managing food intake, is not been understood appropriately. This fluid is flowing through our brain and everyone should be able to feel or experience it, and for that one needs to turn "inward" by practicing meditation.

The planet earth and the still "unknowable universe" to scientists were known as "divine or supreme powers" that still is the case. I believe for that reason Pattanjali mentioned synchronisation with nature is equivalent to merging with the divine. However, as religion developed around the 5th or 6th century onwards, most faiths explained this as divine grace, and because it was not a common experience mysticism was linked to it (see Fig. 5).

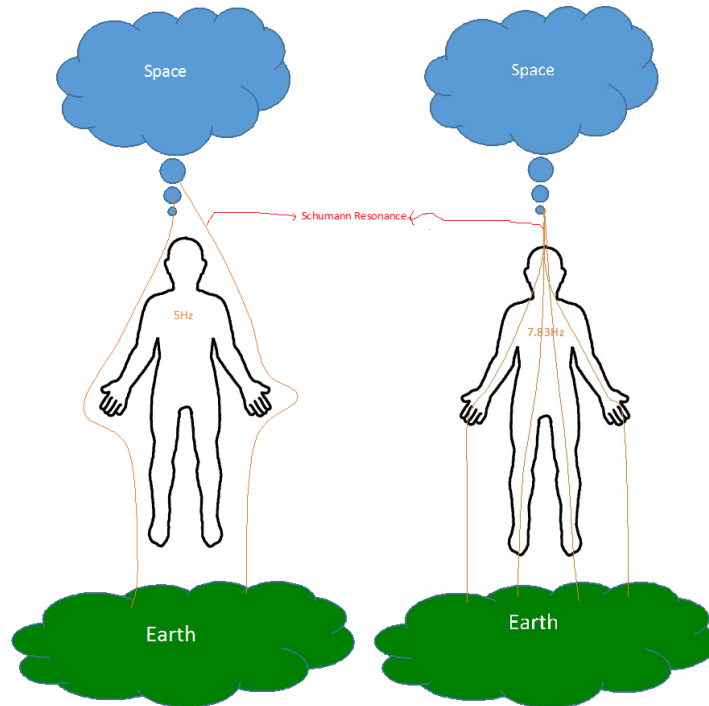


Fig. 5 for Illustration purpose: Schumann Resonance either passing through the body or not: Created by the author

There are many things that have changed in me during this journey, that I am still contemplating, and I aim to write about them in my next paper.

Summary

The main aim of this paper was to raise awareness about the potential of the human body and its ability to synchronise with the earth's electromagnetic and Schumann resonances. Being in the natural environment, following conscious breathing, sitting still and being careful with food intake, one can connect with the earth's electromagnetic and Schumann resonances, and once connected then our intelligent body starts to repair itself.

The paper asserts that even if one has not been able to connect with the earth's electromagnetic resonance and Schumann resonances, one will certainly have positive impact on health and life if one practices meditation and starts to be in the natural environment such as in the forest or woods at least once a month for an hour.

It is evident that awareness of the human body, amrita or CSF, fluid with current as mentioned in the 3rd CE text that are known as hormones now, and its potential benefits were known to Yogis long before scientists identified and named them. Furthermore, the literature from the wisdom tradition since the 2nd CE clearly demonstrates the potential of the human body to synchronise with nature, which in the scientific language now known as earth electromagnetic and Schumann resonances. We all have this fluid in our brain but then why only few can experience it, requires further research.

The potential benefits of meditation are known to professionals in medical or clinical practice, but they have certainly not been acknowledged and explored thoroughly. However, several American

Universities now continue to make advances in terms of Yoga and its use in schools, universities and clinical practices for therapeutic benefits (Woodyard, 2011).

This paper highlights the gap in the understanding of the human body's potential to synchronise with the earth's electromagnetic and Schumann resonances, therefore further research is needed in this area. The paper further stresses the importance of being in the natural environment and how that can enhance health, quality of life and may restore the entire biological circuitry of the human body.

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