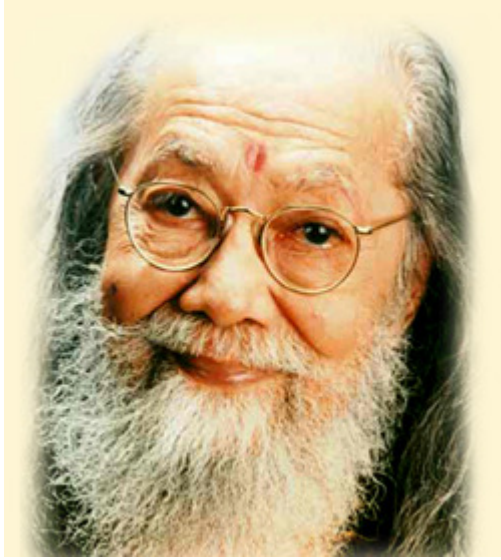


The 7-Story Building

By Paramahansa Hariharananda



Each human body is a seven-story building. God remains in the top story. This is the concept of HAMSA, which has been abundantly explained in the yogic scriptures. HAM = the physical body = *maya* or *kundalini shakti*. And SA = the Soul = God.

Kundalini does not mean a snake. If there was a *kundalini* snake at the lower end of the spine, then the surgeons would operate and remove it. Present medical science is highly advanced, performing open heart bypass surgery, and many other intricate operations.

The conception that *kundalini* is a coiled snake remaining at the lower end of the spine is wrong. In the scriptures it is said *pindam kundalini shaktim* — our whole physical body is full of *maya*, delusion, illusion and error.

There are twelve pair of cranial nerves. They originate in the midbrain, pons and medulla oblongata. One pair is the vagus nerve, originating from a big area of the midbrain and pons, and which comes down to the abdomen and pelvis. It controls the stomach, liver, spleen, pancreas and many other internal organs. This midbrain and pons is in the sixth story of the seven-story building, where *atma*, the Soul, abides.

Atati byapnote ity atma. Whatever we have learned in the material world from our infancy up to this age — good or bad — remains in our brain. These have been created by the Almighty Father, God, who is sitting in the seventh story of the seven-story building, the body of each human being. He is inhaling from the seventh story which is the anterior fontanel. This breathing is going on constantly. That is the reason we are all alive.

"Religion" in Sanskrit is *dharma*. *Dharma* means the power which holds together the life and body of every human being. Who is holding the life and body together, and how? It is the breath. Breath is the third power of God.

The Almighty Father abides at the top of the seven-story building. He is constantly inhaling from above in every human being. Inhalation is our life. Inhalation is the real *dharma*. This holds the body and life of every human being. When God stops inhaling in a person, that person cannot do any work and he will die. So the seventh story and sixth story of the building are the principal thing in human life. The power of God activates in our whole brain, in the cerebral cortex. But no one can touch Him.

No one can catch Him. Only by the authentic original Kriya Yoga technique can people realize and see the milk-white light, silver-white light which remains in the thousand-petal lotus. This lotus does not have just one thousand petals, but many thousands of petals - the *sahasradal padma*. It is located above the two-petal lotus (pituitary). It pervades the whole brain, known as SA, which means the Almighty Father.

In the holy Bhagavad Gita (5:27-28) it is written:

*sparshan krutva bahir bahyamsh caksush cai `va `ntare bhruvoh
pranapanau samau krutva nasabhyantara-carinau
yatendriya-manobhuddhir munir moksha-parayanah
vigatecchabhayakrodho yah sada mukta eva sah*

Just above the two eyebrows and in between the two eyebrows is the atom point. The two eyes are represented by the two brackets in the Kriya Yoga symbol. Above this is the thousands-and-thousands-petal lotus (*sahasradal padma*). This represents our unlimited thoughts and desires in human life. This is all coming from the *sahasradal padma*, as depicted in many diagrams. This does not belong to any sect or "-ism" or religion, whether it is Hinduism or any other "-ism". It is not. Many people do not know this. Paramahansa Ramakrishna said *yata mat, tato path*. There are unlimited ways, paths, sects, cults, traditions to know God. Only the authors of the Vedas, Upanishads, Patanjali Sutras, Brahma Sutras, Bhagavad Gita, etc. meditated deeply. They realized the Truth. They talked of the thousand-petal lotus. This is conducted by the Almighty Father, God, *Who made man and women in His own image. He breathed into their nostrils the breath of His life and He became the living Soul of the whole universe*. No question of East or West. It is for all human beings.

Certain Indian monks (*sannyasins*) — the *dandi swamis* — always hold and carry a bamboo stick (*danda*). This bamboo stick, *danda*, has six knots and above them is a long portion without any knot. This upper portion of the design is hollow and displays two eyebrows and the thousand petal-lotus above, which represent the formless power. The *dandi swamis* tie one cross at the sixth knot — that is the *kutastha*, corresponding to the pituitary. They hold this stick in their hand. All persons who take *sannyas* have this cross (stick and cross or crossed stick) in their hand during the ceremony, and many carry it in their hand afterward. It symbolizes our spine. So the renunciate monks should hold their spine and should constantly keep the spine upright, i.e. holding the stick with the cross in the left hand.

At the time of *sannyas*, with the fire ceremony going on, the guru-preceptor asks the new initiate whether he will always uphold his stick (spine) with the six knots: (1) coccygeal (2) sacral (3) lumbar (4) dorsal (5) cervical (6) medulla and (7) the fontanel above? Whether he will carry and remember the stick representing his spine in his hand?

The whole lower part of the spine is the highway, the high road. Accordingly, the lower part of the *danda* of the *dandi swami* is thicker and wider. The world is busy with money in the first center, sex in the second center, food and drink in the third center, emotions and feelings in the fourth center. In short these are known as *maya*, delusion and *kundalini*.

In the yogic scriptures it is written:

*khyurasyadhara nisitaduratyaga
durgam pathastat kavayo vadanti.*

Durgam (Bandhuro Path) path means the rough and difficult path, the troublesome path of worldly life struggling for God-realization. This is represented by the seven centers in the spine. The seven centers represent the seven *lokas* of the *Gayatri*: (1) *bhur loka* - coccygeal center (2) *bhuva loka* - sacral center (3) *svah loka* - navel center (4) *maha loka* - heart center (5) *jana loka* - cervical center (6) *tapa loka* - pituitary (7) *satya loka* - fontanel. Spiritual people should always carry their spine in their hand the whole day and night. Below the cross of the stick carried by the *dandi swami* is the broader section (from the fifth knot downward), and above it is the narrow section - *tapa loka*.

Below is the description of the different centers:

1. **First story: earth, coccygeal center — the ground.** It represents the harvest, money, wealth, crops, minerals, gemstones. Money is essential. Without money people cannot survive. *Sarva artha prayojanam, catur barga phala prada.* Money is required for all-round development. A dead person cannot earn money. God activates from the top, the seventh floor of the seven-story building.
2. **Second story: water, sacral center — sex center, bedroom, sex or enjoyment room. Without** money the second center is useless. The sex center is also activated by God from the top. This is a very important center. If the husband will not inhale, or if the wife will not inhale — if God will not inhale through the husband or the wife, there is no sex. In the holy Bhagavad Gita (14:3) it is written
*mama yonir mahad brahma tasmin garbham dadhamy aham
sambhavah sarvabhutanam tato bhavati bhārata*

It means: Mother Nature or the Divine Mother, God, implants the seed and there are births of innumerable types. If God will not take inhalation, the mother cannot receive the seed in her womb. If the father will not take inhalation, there is no seed - sperm cannot survive in dead persons. The Father is the direct agent, the living God Who inhales in everyone. The seed (*bijam*), the sperm comes from God. Any child that is born is the living power and the presence of God. All people usually forget God when they are busy in the sex mood. This is *kundalini*. But if they feel that the sex power comes from the Almighty Father, who works from the seventh story of the seven-story building, (the human body), and that it is God Who is giving them the youthful state, this awareness will give them liberation in this life.

3. **Third story: fire, lumbar center — the dining room, the food center.** Food is God — *annam brahmam iti vyajanat.* Buddha did not take food for many days and was at death's door. Food is life, food is energy, food is vitality. From the seventh story of the seven-story building God gives appetite. People afflicted with vomiting and diarrhea cannot take even very nutritious food. Without food there is no life. Both positive and negative, good and bad comes from food. God digests food from above, with the breath. When people take food, God gives nutrition, heat, vigor and vitality to all, by inhaling from the top.
4. **Fourth story: air, dorsal center — the drawing or living room.** It gives emotions, anger, pride, cruelty, love, friendship, kindness, and mercy. All these and many more are coming from the seventh story. The holy Bhagavad Gita (16:5-24, the last verse of the chapter) mentions that you should be very careful about your heart center, emotions, *maya*. Also the holy Bhagavad Gita (18:61) declares that the heart (emotions) gives extreme delusion and ego. Only the authentic original Kriya Yoga teaches that by watching God activating from the seventh story, and by practicing the short breath, you can purify your heart center.
5. **Fifth story: vacuum, cervical center - the religion center.** People seek God from the fifth center upward - above the five sense-organs. There are five types of Hindu deities, and many more gods, deities, angels, prophets, etc. But no question of East, West, North, South - the people of the whole universe should know their indwelling Self. Because God inhales since their birthday and with 49 types of breath, God activates their every cell, atom, tissue, organ and evolves them from babyhood to adulthood and old age. God gives the opportunity to every person — it is not for God to scan.

From the fifth knot i.e. the fifth story upward, the section is narrower. All worldly persons remain busy with non-God and forget the Soul in the money center, sex center, food center, heart center and become engrossed in too much worldly talk in the fifth center. This is the broad road.

The narrow road starts from the fifth center upward — the narrowest road to God. The guru, the spiritual master directs people to go to God, to reach God through the narrowest road.

6. **Sixth story: Soul center — this is the cross, the junction.** Above the cross is the flag of the stick, the *danda* of the *dandi swami*. In the human body, the front part of the skull is the glabella and directly opposite in the back is the occipital bone. In between the glabella in the front and the occiput in the back is the brain. In the middle of the brain is the brainstem. The different parts of the brainstem are: the midbrain, pons, and medulla oblongata. Above this is the limbic system and above it is the cerebral cortex, divided into a right side and a left side. This is the *sahasrara*, the Controller of the body-kingdom.

This is the place where you are to remain in the company of the Guru and forget the world of *maya*. And the guru will take you to God. The guru is the realized spiritual master, who will keep our company.

Above that, between the two petals and the lobes of the cerebrum, is the narrowest passage to go to the Almighty Father, God. Many teach many things. But the authentic and original Kriya Yoga is so important, keen, vivid — only the realized monk who has attained *nirvikalpa samadhi* — Paramahansa Hariharananda — and his authorized *yogacharya* disciples can carry seekers through the right and left lobes of the cerebrum and to the pineal gland in between them. If anyone follows one hundred percent the techniques of the authentic original Kriya Yoga, in a moment's time they will perceive the truths mentioned in the Upanishads, i.e.

<i>asato ma sat gamaya</i>	O God lead me from untruth to Truth
<i>tamaso ma jyotir gamaya</i>	lead me from darkness to Light
<i>mrutyur ma amritam gamaya</i>	lead me from death to Immortality.

7. **Seventh story: God center — pineal gland.** This is the place where you can go and see the light. You should try to go to the pineal and remain there, day and night.

The Kriya Yoga motto says *isha vasyam idam sarvam* — the Almighty Father God pervades the whole universe. The whole creation is God. God is equally present in positive and negative things. But you are to avoid negatives. If you can see the light, then the darkness will disappear. So Kriya Yoga is the foundation of the seven-story spiritual building. As you touch the electric current you immediately experience the current in the whole body, similarly as soon as you come to the touch of Swami Hariharananda, you will get in a moment's time the divine sound, divine light and divine vibration in the whole body. It gives calmness which gives Godliness.

"Abandon all varieties of religion and just surrender unto Me. I shall deliver you from all sinful reaction. Do not fear." - Krishna, *Bhagavad Gita* (18:66)

"All doctrines and all teachings are sprung from Him, from Him they grow; know this for certain, and have no fear." - Sant Kabir

Paramahansa Hariharananda (1907–2002) filled with purity and love, came from a long, unbroken line of masters, ultimately attaining Nirvikalpa Samadhi, the highest goal of a realized yogi. A disciple of Swami Sriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West. For more information about Paramahansa Hariharananda and Kriya Yoga www.kriya.org