



## Kayakalpa in Yoga, Bio-Magnetism and Body Food – Transformation into Seven Minerals

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### Abstract

*Disease ageing and death are the three factors that everyone has to meet in his life. Kayakalpa exercise is rejuvenating the life –force. Kayakalpa is not a medicine; it is an exercise. The exercise provides healthy body and makes it fit and agile. Kayakalpa helps longevity. The physical body consists of millions of cells, all held together by polar attraction. The cells are of different categories – there are flesh-cells, blood-cells, marrow-cells, bone-cells and so on. Every cell is a laboratory in itself – a complete structure with its own magnetic, electrical and chemical functions. Each cell by bio- magnetic function draws just what it needs from the running system and eliminates what is not required. Every cell can be likened to a mini-city, with its own infrastructure of service-connections, recycling plants and effluent network. As already said, the cells are held together by polar attraction and that is how the body stays in one piece. If this polar attraction were to disappear by the draining of bio-magnetism, what would happen? The cells can no longer be held together and so the body would begin to disintegrate and fall apart*

**Keywords:** Yoga, Bio-Magnetism, Transformation.

### Introduction

The Disease, old age and death are three major problems which have been engaging the attention of medical scientists for centuries; and in a different manner, the attention of philosophers too. Let us analyze each of these in a systematic and scientific way through Kaya Kalpa Science. What is Kaya Kalpa? In Sanskrit, the term “Kaya” means “body” and “Kalpa” denotes “immortal”. The Science of Kaya Kalpa delineates the manner in which the human body can be immortalized. Kaya Kalpa Yoga has a three-fold objective: i. Withstanding the ageing process, ii. Maintaining health and youthfulness and, iii. Postponing one’s death to suit one’s wishes.

In order to understand the science of Kaya Kalpa, we have to study the functioning of the human system. This comprises mainly i. the physical body, ii. the mind, iii. the bio-magnetism, iv. the life-force; and v. the sexual vital fluid. All these are inter-related. In and around every cell infinitesimally tiny particles are circulating, each of which keeps rotating about itself. Due to this self-rotation a “centrifugal force” is generated. This particle is called the “life-force”. On account of this self-rotation a “spreading wave” is given rise to, from the life-force and it spreads throughout the body. Collectively this wave is called “bio-magnetism”. This is the main fuel for all the metabolic routines of the physical body. A small portion of this wave is released through the sense-organs – skin, ears, eyes, nose and tongue – after being converted into pressure, sound, light, smell and taste. This spreading wave of the life-force is called “bio-magnetism” or “human-magnetism”. The bio-magnetism is that

which maintains the polar attraction between the cells and prevents disintegration of the body.

### Related Study

**Biomagnetism:** It is the phenomenon of magnetic fields produced by living organisms; it is a subset of bioelectromagnetism. In contrast, organisms' use of magnetism in navigation is magnetoception and the study of the magnetic fields' effects on organisms is magnetobiology. (The word biomagnetism has also been used loosely to include magnetobiology, further encompassing almost any combination of the words magnetism, cosmology, and biology, i.e. magnetoastrobiology. The origin of the word biomagnetism is unclear, but seems to have appeared several hundred years ago, linked to the expression "animal magnetism". The present scientific definition took form in the 1970s, when an increasing number of researchers began to measure the magnetic fields produced by the human body. The first valid measurement was actually made in 1963,<sup>1</sup> but the field began to expand only after a low-noise technique was developed in 1970<sup>2</sup>. Today the community of biomagnetic researchers does not have a formal organization, but international conferences are held every two years, with about 600 attendees. Most conference activity centers around the MEG (magnetoencephalogram), the measurement of the magnetic field of the brain.

**Bio-Magnetism and Body:** Billions of life energy particles keep whirling all over the body. In each life-energy particle, millions and millions of formative dust particles, functions energizing the life energy particle. The self rotating and whirling

life energy particles churn out the formative dust particles in the form of bio-magnetic waves. Thus churned out formative dust particles form a field –‘Bio-magnetic’ field which is the basic force for the functioning of the body and the soul. Formative dust particles are magnetic in nature. They are self rotating and spared over the body as Bio-magnetic waves.

**Food-Transformation in to Seven Minerals:** The food one eats through metabolism gets converted into seven essential minerals. They are juice, blood, flesh, fat, bone, bone marrow, and sexual vital fluid. i. The food intake gets digested and all mineral became a juicy substance. It is absorbed by the small intestine. ii. The juice along with some acid became blood. iii. A part of blood became flesh. iv. Fat gets separated from fat and became bone. v. Calcium gets separated from fat and becomes bone. vi. After becoming bone the rest of the juice became bone marrow. vii. Bone marrow is the origin of the sexual vital fluid. This is the most important of all minerals. viii. Sexual vital fluid is the source which produces life force particles and these life-force particles liberate dust particles as bio-magnetism. ix. This life-force particle circulates throughout the physical boy and energizes all the cells and tissues.

### Aim and Experimental Design

i. Longevity of life, ii. Slows down ageing and maintaining youthfulness, iii. To lead a disease free healthy life.

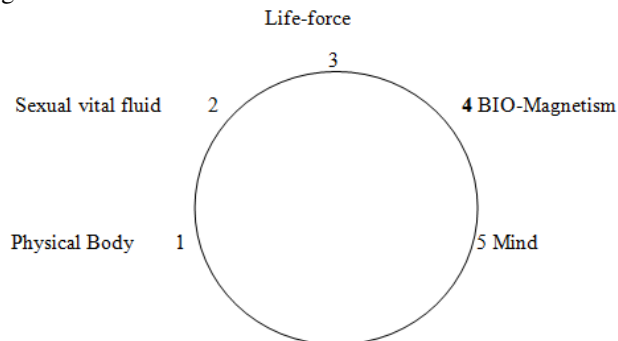
All these aims can be fulfilled. Siddhas who found out the ways achieving these goals wrote everything in form of poems which were not understood by many. Hence kayakapla was a mystery all these days. But the contemporary philosopher and Shri Vethathri Maharishis pains-takingly searched and researched to make the Kayakalpa exercise easy and popular. “If one can bring up the sexual vital fluid through various stages up to the Thuriya (at top of the head) aged people also will look younger and brighter”-Siva vakya siddhar. This Kayakalpa exercise is the advanced stage and peak of the Kundalini Yoga

There are the five factors which design the functioning of the human body. i. Physical body, Sexualital fluid, Life force paricals, Bio magnetism and Mind. ii. Physical body is made up of millions of cells, iii. The food we eat gets transformed into seven minerals and the 7th is the sexual vital fluid, iv. Independently functioning, self rotating and whirling forward life force particals are held by sexual vital fluid, v. Form each life force particle, dust particles spread out in the form of bio magnetic waves, vi. The extension of the life-force through senses and brain as bio-magnetism is called mind.

### Bio-Magnetism and Body

Billions of life energy particles keep whirling all over the body. In each life-energy particle, millions and millions of formative dust particles, functions energizing the life energy particle. The self rotating and whirling life energy particles churn out the

formative dust particles in the form of bio-magnetic waves. Thus churned out formative dust particles form a field –‘Bio-magnetic’ field which is the basic force for the functioning of the body and the soul. Formative dust particles are magnetic in nature. They are self rotating and spared over the body as Bio-magnetic waves.



**Figure-1**  
**Bio-Magnetism on the Body Parts**

Point mind also becomes weak and loses its balance. Body remains intact with them cells remaining intact. The cells function normally with the nonstop, with sufficient supply of bio magnetic force. As long as the bio magnetic force is strong enough to withhold all cells together the blood circulation, air circulation, heat circulation are functioning normally. This will have an impact on the mind also mind functions very well.

Due to various reasons, personal reasons, outside force or climatic or planetary rays the bio-magnetism may get spoiled or the body function may be disturbed. These are due carelessness in food habits, work, atmosphere, sleep, sexuality and thoughts. At the same time each one has the immunity against such kinds of disturbances. When the actions exceed the limit the immunity cannot withstand. But leading a principled life and practicing Kayakalpa one can raise the immunity level.

**Sexual Vital Fluid:** The movement of free electron in a circuit through a wire is called electric current. Just like that the life force particles which whirl around in a circular movement all over the body is called life. In a battery the electron counts are related to the acid level and quality. The same way the counts of life force particle and quality of bio-magnetism are decided by the quantity and quality of the sexual vital fluid. Therefore in order to have a healthy body and mind the sexual vital fluid should be sufficiently available both in quality and quantity. Insufficiency in quantity and quality of the sexual vital fluid will result in the depletion of life force particles which in turn will result in weakening of the bio-magnetic force. In turn this will affect the body and mind.

**Food-Transformation into Seven Minerals:** The food one eats through metabolism gets converted into seven essential minerals. They are juice, blood, flesh, fat, bone, bone marrow, and sexual vital fluid. i. The food intake gets digested and all

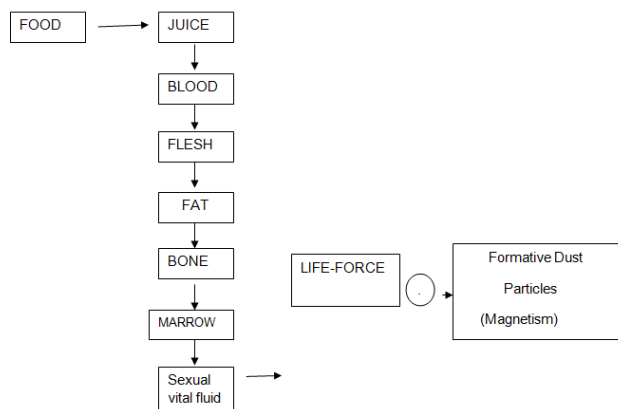
mineral became a juicy substance. It is absorbed by the small intestine. ii. The juice along with some acid became blood. iii. A part of blood became flesh. iv. Fat gets separated from fat and became bone. v. Calcium gets separated from fat and becomes bone. vi. After becoming bone the rest of the juice became bone marrow. vii. Bone marrow is the origin of the sexual vital fluid. This is the most important of all minerals. viii. Sexual vital fluid is the source which produces life force particles and these life-force particles liberate dust particles as bio-magnetism. ix. This life-force particle circulates throughout the physical boy and energizes all the cells and tissues.

**Reasons for Hunger:** Earth rotation causes dropping of some cells and life force particles which weigh less than other four physical elements. In the rotatory speed of the earth some of these particles wither away. More over for the functioning of mind and body some more bio-magnetic force get spent which results in the depletion of life-force particles. The depletion of life force particles within a few hours is felt as hunger. We eat food metabolism continues. Sexual vital fluid is refurbished with life-force particles and formative dust particles. Bio-magnetic waves get recharged and the functions of body and mind continue.

**Circular Movement of Life-Force:** Like blood which starts from heart with force and returns exhausted the life-force starts from the genetic centre with full capacity and after refurbishing all the cells comes back to the genetic centre with less force. Once it gets a dip in the sexual vital fluid the particles get rejuvenated and continue the function. So it becomes imperative that these life-force particles and dust particles need to be produced sufficiently to make the functioning of the body and mind more effectively and children who from the next generations also will be hale and healthy. For food transformation into seven minerals.

**Food Transformation into Seven Minerals:** Some reasons or other if there is some disturbance in the metabolism health hazards set in. Brain function gets affected. And the outcome will be more disastrous to the mankind.

**The Importance of Sexual Vital Fluid:** The birth and death of human being depend on the sexual vital fluid. It holds the life. Death occurs after the enormous wastage of the fluid. "Body structure and health of the mind is due to the quality and quantity of the fluid. One has to understand the importance of the fluid before spending it. Otherwise abuse is the result. And the abuse will result in disorders in body and mind and finally the untimely death", says Vethathiri Maharishi.



**Figure-2**  
**Food transformation into seven minerals**

### Conclusion

Bio-magnetic force is spent during body and mind functions. Earth rotation causes withering of cells and life-force particles. The loss of life force particles causes hunger. We eat food. Food gets converted into seven minerals, life-force particles and formative dust particles get recharged from the sexual vital fluid. Life-force particles make a circular movement carrying bio-magnetism to all cells and return with less force. Get rejuvenated and refurbished by soaking themselves in the sexual vital fluid. The quality and quantity of sexual vital fluid determine the effective Bio-magnetic waves in keeping cells structure intact.

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