



AWAKENING QUANTUM INTELLIGENCE

Through Daily Practices and Rituals

by Krishna Madappa

The inspirations which has passionately guided me to convey these vital insights has been possible only by the practices of due diligence and most essential is in the knowing that “touching stillness” is the jewel to the gateway of illumination which is the gift that all beings can enjoy.

Having been raised in Vedic tradition during my formative years in Bharat (India), daily practices, rituals have always been an integral part of daily life and continues uninterrupted in daily life as a householder today. An empowering thought that has steered a vital path of my life encouraged by my Dear Mother was based on a teaching from the Tantra of Dzogchen; “As a bee seeks nectar from all kinds of flowers, seek teachings everywhere; Like a deer that finds a quiet place to graze, seek seclusion to digest all you have gathered. Like a madman, beyond all limits, go wherever you please; and live like a lion, completely free of all fear. OM”



Inspired, Empowered, Enriched

Over the past two decades I have integrated from my scientific background the assessment of quantum understanding into daily life and referenced by the practices which I conduct in collaboration with my Russian Bio-Physicist colleague and visionary; Dr.Konstantin Korotkov who has developed the technology to measure the power of human intention.

In this book I seek to convey and share some powerful practices with pictures which could be inspirational to all the readers who could utilize these approaches to transcend from ones, conditioned domains to living in our cosmic and fractal luminous presence.

Welcome and I look forward to ALL our dynamic interactive moments. OM



Book 1 - Rhythm of daily practices

Empower - Enrich - Inspire

As we awake to greet the dawn of a new day, send this intention beaming into the universe “ Who am I and guide me to live to my highest purpose.” OM

Once conveyed.....do not stay in bed awaiting an answer!!!

One could be in a supine position indefinitely.(not recommended)

Arise, Awake! Utilizing the “in breath” and “out breath” as a waterfall wash, give the entire body’s endocrine membrane a vibrant scrub by vigorously rubbing the entire body field.

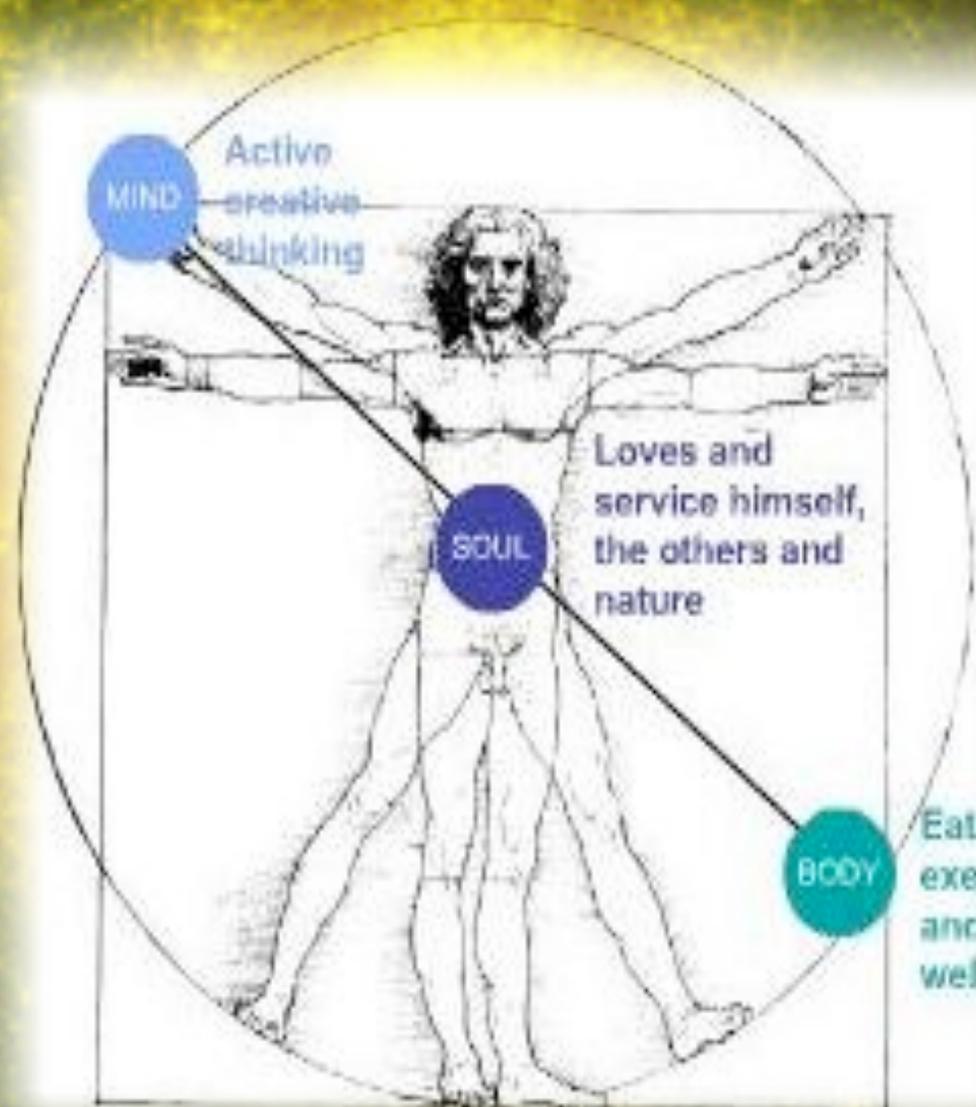
Once washed and prepared travel to a spot in the yard or residence where the rays of the morning sun permeate. This moment is dedicated to “offering our being” to the power of the Sun (Gayatri) to infuse every cell with the “LIGHT of INTELLIGENCE”

This mantra is named “Gayatri Mantra” and is recited as follows:-

“OM Bhur Bhuva Svaha, OM Tat Savitur Varenyam, Bhargo Devasya Dhimahi, Dhiyo Yo Na Prachodayat. OM”

This was the first mantra invoked in the birthing of the Vedic mind (total being) which translates to:

“An invocation to the light of pure consciousness to illumine every cell of our being to inspire, guide, mold, shape and live in the brilliance of the wisdom light that is present in the universe.” OM



Breathing in the color of Golden Light from

nose and perineum, while in the extended hand and feet position, draw the breath in, and hold in the space which is 2 finger widths below the navel. The hands, fingers, legs to be in a taut position.

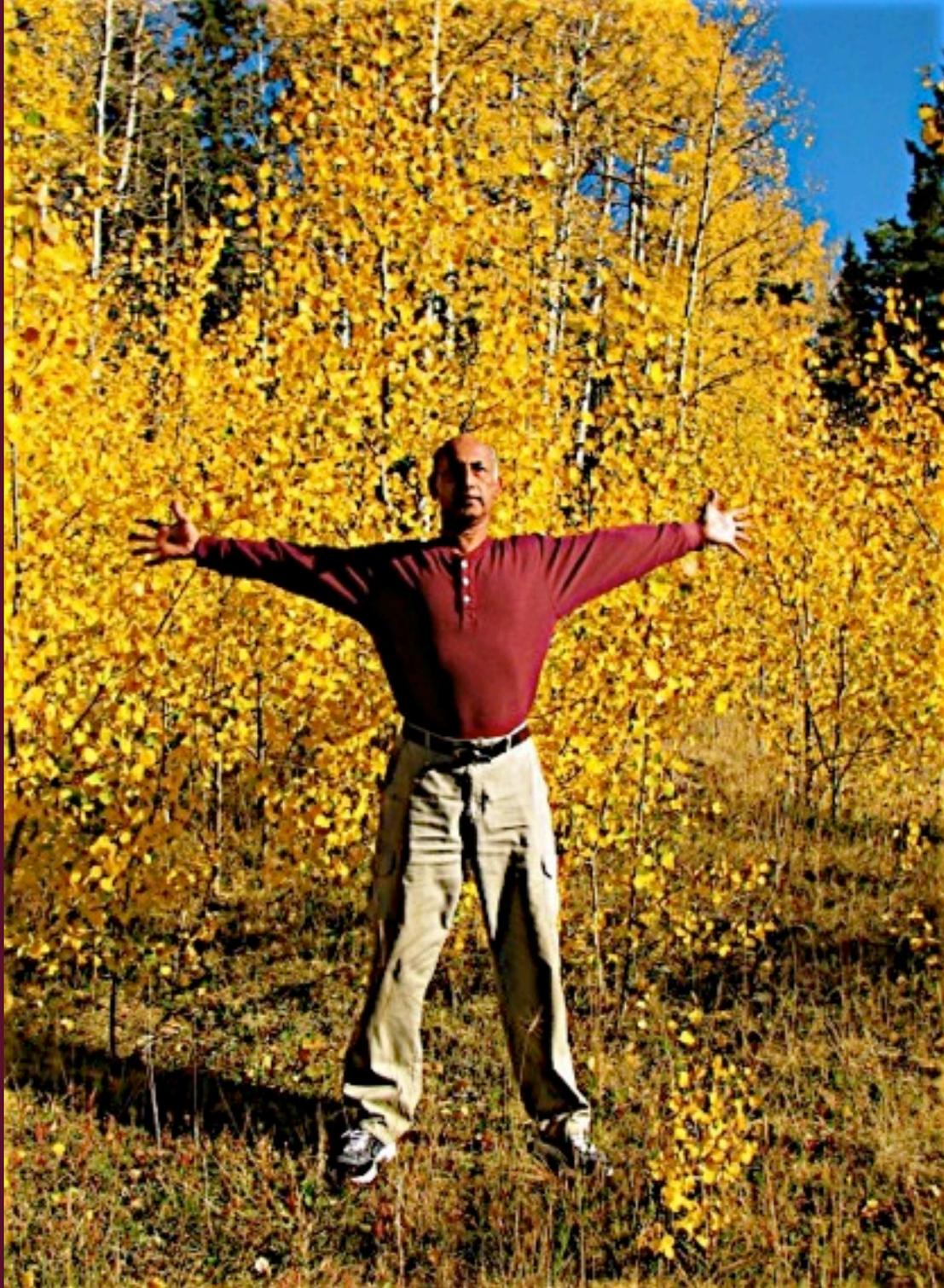
IMPORTANT: While inhaling, align the third eye (ajna Chakra/pineal connection) to the sun with intention of being fully imbued with the “light of intelligence/cosmic power” into the space where the breath is held. ie: 2 finger widths below the navel.

During exhalation breathe out the color of grey....both from the nose and perineum. Grey symbolizes the letting go of all attachments whether it is to ignorance, passions and /or goodness. Relax the body field.

Important note is that the “inhalation - hold - exhalation - hold” [IHEH] cycle should be in balance with your personal rhythm.

Practice this daily in 3 rhythmic IHEH cycles per session. Sunrise AM and sunset PM are favored.

As you develop this entrained practice into the rhythm of daily life as I have, you will observe a lightness of being, clarity of life presence, innovative and creative thought streams flowing, marked increase in vital prana, inner power and all attributes that develop a human in harmony, permeating within. Recognizing that the unbounded universe of intelligence is always with us and all we require to do is tap into this resource which has been gifted by the Divine to us. This was the vision that Dear Leonardo Da Vinci envisioned in his drawing of the Vitruvian Man.





This inspired picture was taken at the entrance to Da Vinci's house under an ancient olive tree.

The following two pictures illustrate the power of this 5 minute “Vitruvian Breathing Process” through the scientific analysis and measurement of Human Energy Fields.

Fig 1: Shows 3 views before

Notes: Overall light fields are strong with many gaps, interruptions and stagnant zones. Overall assessment is good with some psycho-emotional disbalance.

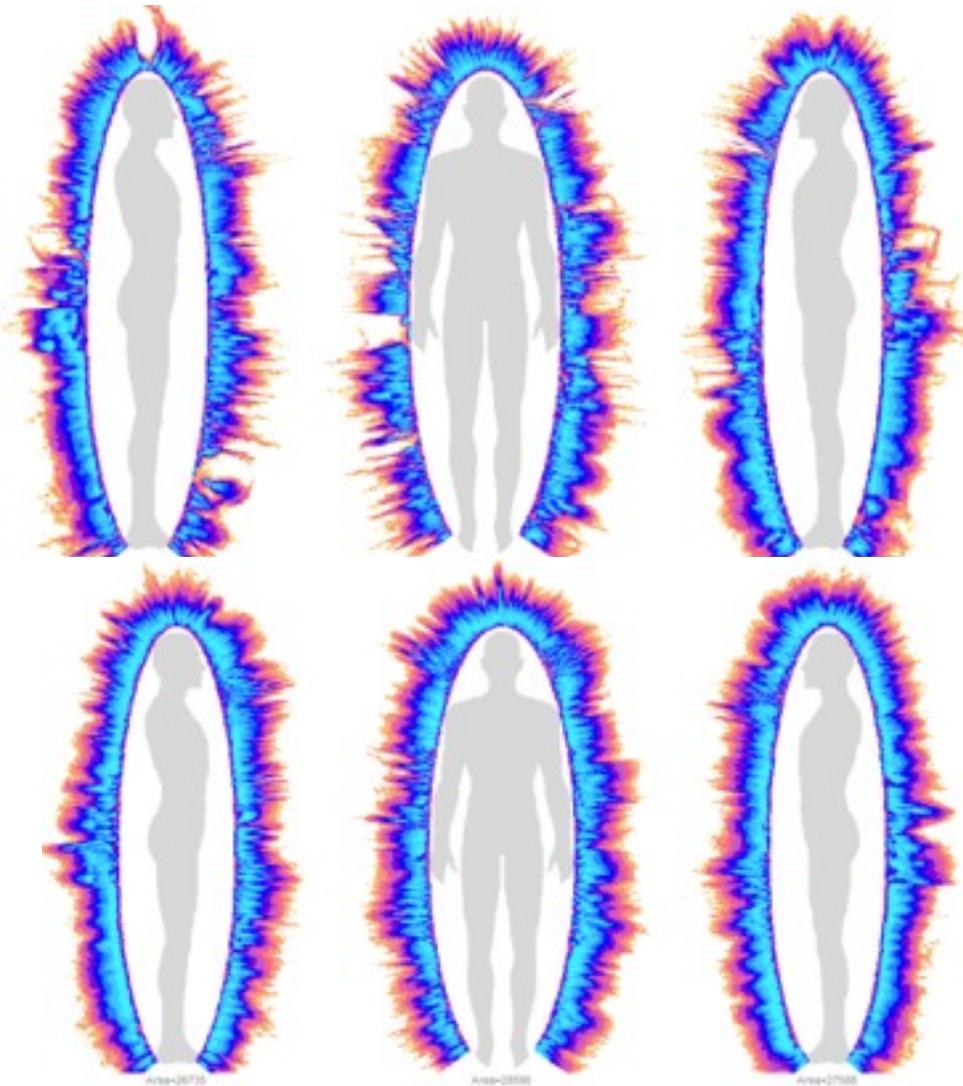
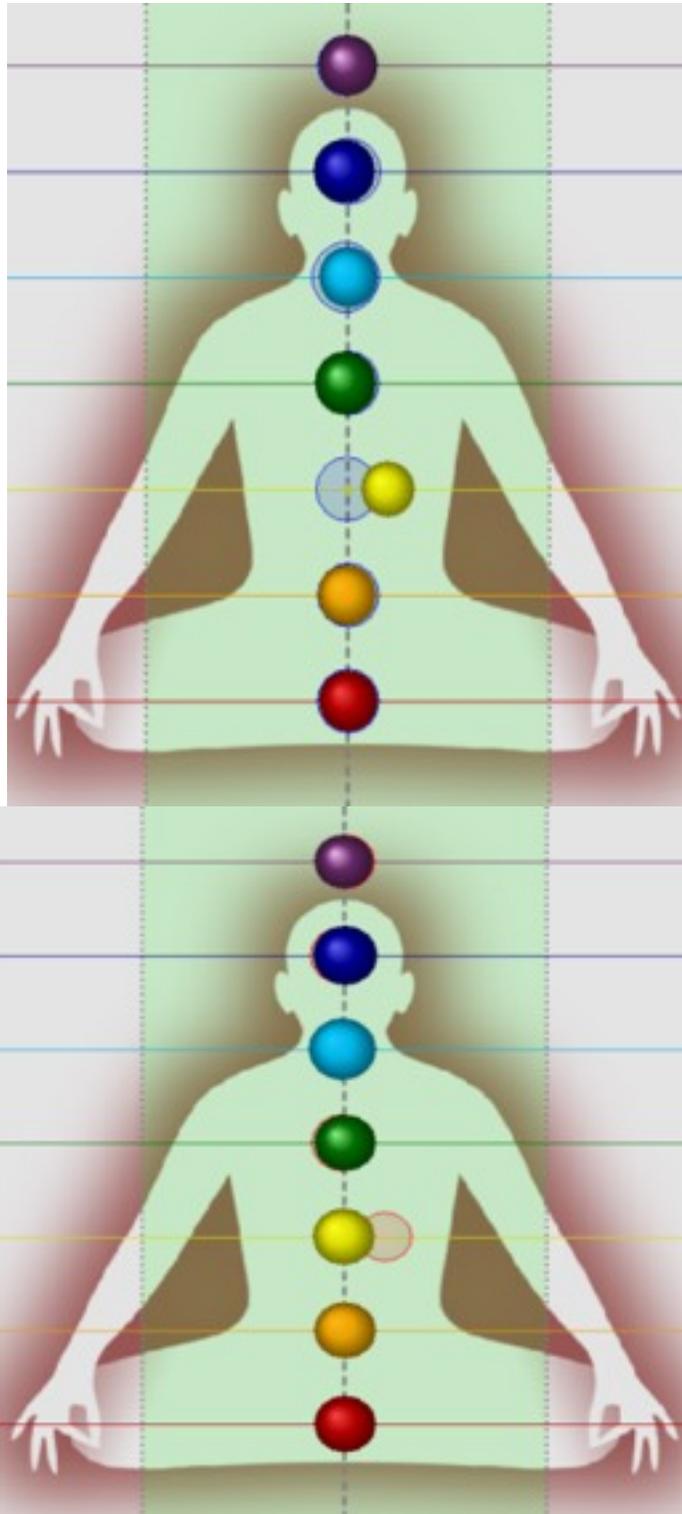


Fig 2: Shows 3 views after

Notes: Observe the immediate filling in of light into all the depleted areas with gaps and strengthening of the interrupted and stagnant zones.

Observations: This Human Energy Field image is a microcosm of the power of the universe to assist in fulfilling our desire and passion to live inspired - empowered - enriched.

The next three pictures are of the cosmic nature of the human referenced by “Chakras.” As the Buddha and Swami Vivekananda in contemplation conveyed; “the thoughts we think is the world we create. So think the highest thoughts, moment after moment and you will attain and live in your highest purpose.” OM



Chakra system alignment before Vitruvian Breathing Process

Chakra number 3 (manipura) from bottom is the chakra associated with power, fire, will, persistence. This is very slightly out of alignment and smaller in size, indicating an area of depletion from strength.

Chakra system alignment after 5 minute Vitruvian Breathing Process

Chakra number 3 (manipura) responded to the focused breathing process and also increased in size indicating the power - strength - will - fire - persistence is regained.

Observations: This wisdom conveyance summarizes our essence nature: “Know what is within us is perfection. What is without is imperfection. The outer world can attain perfection only when the inner world inspires, guides, molds and shapes the outer world.” OM

That Thou Art



I can affirm that the practice of this Vitruvian Breathing Process has provided deep insights into our vital nature which today can affirmatively convey that “ When human consciousness becomes coherent and synchronized, the behavior of random systems may change. The evidence suggests an emerging noosphere, or the unifying field of consciousness described by sages in all cultures.” Hari Om Tat Sat.



“knowing that “touching stillness” is the jewel to the gateway of illumination”...

Krishna Madappa

In the successive issues on daily practices I shall continue to convey further inspiring – empowering – enriching horizons for living integrally. OM

Links:

gdvusa.org (Science of Measuring Energy Fields)

korotkov.org (Inventor of Energy Field Device)

krishnaprana.com (Krishna’s Blog page)

krishnamadappa.com (krishna’s web pages)

To contact Krishna:

Krishna@krishnaprana.com

Krishna Madappa

President & Co-Founder

Institute for Science, Spirituality & Sustainability

Taos, NM

USA

Fractal Art by Dan Wills, Graphic Design by Karen Elkins