Human Race Will Quietly Peter Out

SPIRITUALITY | SADHGURU JAGGI VASUDEV

There are always debates about how the world will end: will it be a flood or fire or a bomb or just Indian politics? In the yogic lore, they say the human body has always reached the last point of evolution. Shiva, the Adiyogi, very casually said, "The evolutionary process of the human body is over, unless some significant changes happen in the solar system."

It is uncanny that today's neuroscientists are saying there is no way a human being can get any more brainy than slowly, the brain is right now. He can only use what he has already got, if he grows his brain. But he cannot grow it further. If you increase the number of neurons, the communication between them will be faster, but the size of the neurons, it will not be sustainable because the brain is a very high energy-consuming part of the body. The amount of wiring that would go into it would consume too much energy.

The only way a human being can get more intelligent is by creating more coherence. If that is achieved, we will see more intelligent, but actually it is only better utilisation; no enhancement of brain has really happened. About three years ago, IIT-Delhi made a survey of people who were in their Shambhavi Mahamudra for over three months and they said, "The coherence between the right and the left brain is phenomenally improved in three months of practice."

This body is just a product that has been crafted out of the solar system's wheel, and your body has to be in sync with the solar system to function at its optimum. Every practice that is taught in yoga always takes into consideration the cycles of the sun and moon, and variations that occur because it is in collaboration with the sun, the moon and the planet, that this body is created. All life upon this planet is solar-powered, and we are here now only because our mother's bodies were in sync with the solar system, and the child that was born grew up in sync. That is, the movement of a limb is in sync with the way the planet spins and what happens in the human system on many different levels.

For example, the earth's equator is divided into 360 degrees, and each degree is further divided into 60 minutes. One minute represents one nautical mile, so the circumference of the earth at the equator is 21,600 nautical miles—and that's how many breaths you take per day. If you are healthy and well, you breathe 15 times per minute, which means that in 24 hours, it would be 21,600 breaths.

Similarly, there are 114 major chakras in the system. Of these, let us see if there are outside the physical body. Of the remaining 114, only 108 can actually be activated, the remaining four just flow as a consequence. The number 108 has manifested in the human system because it is a significant number in the making of the solar system. The diameter of the moon's orbit between the earth and the sun is 108 times. The diameter of the moon and the distance between the earth and the moon is 108 times. The diameter of the sun is 108 times. And hence, 108 is significant in various spiritual practices.

Do you know that the moon is moving about 383 miles away from the planet every year? We calculate that in approximately 28,000 years, the impact of the moon on the human system will be considerably reduced, where slowly, the human world will lose the physical and psychological cycles and the ability to reproduce. The human race will quietly peter out. This doomsday is for humans only. Don't think we are going to be saved because somewhere, there is a type of being that is in sync with the physical and non-physical cycles of the planet. The writer is a world-renowned spiritual leader (www.sadhguru.org).