

The Forgotten Science of Enlightenment

Robert L. Peck

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Updated February 4, 2019

The ancient sages were able to prove the existence of superior, creative or enlightened individuals with descriptions and explanations that only recently have been supported with modern science. Surprisingly, enlightenment can be obtained (with effort) by nearly anyone, or as history has proven, it can also be suppressed by society (with effort). It is significant that studies are not made today on enlightened individuals except for a study by Abraham Maslow that proves their existence and superiority, but does not explain why.¹

One reason of “why” they are superior is answered by the fact that enlightened individuals have a different physiology resulting from certain muscle and organ development that society discourages. As will be shown, children naturally start to develop and use these muscles and organs but they fall into disuse as children learn to conform to modern society. However, before describing the particular physiology it is necessary to first review what it means to be an enlightened person. Unfortunately, this will be difficult since the modern materialistic world does not accept the metaphysical characteristics of an enlightened individual. To make matters worse, almost everyone believes that they have as many fundamental powers of enlightenment like goodness (if not more) than anyone else. Certainly, there is a general contentment with the basic powers that one has (but not with one’s amount of wealth, health and beauty).

Consequently, it is important to approach the definition and explanation of an enlightened person firstly in terms of fundamental elements or building blocks which were widely used by the ancients. Consider the fundamental and metaphysical elements *earth, air, fire* and *water*. A rock has the elements of earth and air since it has weight and occupies space. If it sits on top of a hill, it also contains the element fire since it can change the physical world as it rolls down the hill. If it is rolling down the hill it also contains the element of water since it is flowing or changing in time.

These building blocks were considered by the ancients as inner invisible metaphysical powers that affected the physical nature of the object that contained them. These inner metaphysical powers are commonly expressed in statements such as, “high grade gasoline contains more miles” or “my anger took over and made me go crazy.” Although many people still feel that inner metaphysical powers can control them, society continues its attempt to minimize those powers with training or drugs, as exemplified in modern classrooms. Surprisingly, however, modern psychology acknowledges inner metaphysical powers to explain uncontrollable behavior and science now speaks of unexplainable “proclivities” of subatomic particles.

The second obstacle encountered when describing and defining an enlightened person is how metaphysical powers have been overridden largely by the rise of modern science which required the building blocks of the physical world to be physical and measurable. The method by which this was done seems to be largely forgotten even by scientists, however, with careful study we will explain how science (and society) accomplished this denial of the metaphysical powers.

¹ See Goble, F. G. [*The Third Force*](#). New York, NY: Grossman, 1970.

The ancient method of describing reality using metaphysical powers, elements, forces, gods, etc. was bypassed by the very logical and practical method of describing and studying the effects of the metaphysical forces rather than the metaphysical causes. Science shifted from studying what caused things to happen to studying only the physically manifested effects of unseen and unknown forces. Science is still unable to find any better building blocks than the ancient four elements but wisely uses only their physical effects which became the basic elements by which everything is described or measured. The element of earth became *mass* or the chief characteristic of earth. Similarly, air became distance or *length*, fire became *energy*, and water became *time*. Science describes the outer physical characteristics of objects today using mass, length, energy and time in much the same way that ancients described the inner nature of objects in terms of earth, air, fire and water. However, to reiterate, the ancients were describing why objects had their characteristics or the causes, while science explains what the characteristics are, with both using the same basic four elements. For a related example, the modern world evaluates individuals by their specialty or what they know and do, whereas the ancient world evaluated individuals by their range of intelligence and their future visions.

With a better understanding and background of the problems of defining an enlightened person, the next important inner metaphysical element to consider is *intelligence*, which creates “what will happen” instead of explaining “what does happen” as used today. The ancient scientists believed that intelligence determined what you could learn or do rather than what you knew or did. What you already knew or experienced was called wisdom, not intelligence. Learned individuals are called intelligent today, even though in acquiring wisdom many of them have lost much of their intelligence. One aspect of intelligence that is lost in this age of specialists and conformity is *gnomon* (Greek: γνομων) or “the ability to know without previously acquired wisdom or instruction,” which is a characteristic of enlightened individuals.² *Gnomon* is commonly experienced during a sudden demand or challenge when, without thought, an individual has an inner knowledge or *gnosis* (Greek: γνωσις) of what must be done without ever having experienced it before.

Using intelligence as the element for acquiring *gnosis* leads to another very important element of being enlightened. As the name suggests, one becomes *enlightened* with *gnosis* or truth which must come from being filled, coated, anointed, infused or illuminated from some other source than the conscious brain. Although modern society generally denies the transfer, radiation or emission of *gnosis* or knowledge, it is easy to observe when flocks of birds, schools of fish or swarms of insects suddenly change direction of motion in complete unison and move as being under one intelligence. Another excellent example is given by bacteria that are now known to radiate and absorb intelligence as they collectively evolve and change in their fight against the threat of antibiotics and other drugs.³ Many stories of military successes are similar, when troops could operate both individually yet at the same time be fully integrated or enlightened under a common intelligence. This enlightenment of troops was generally suppressed as troops were trained to move in unison under the direct control of an officer.⁴

The next important inner metaphysical element is *life*, which remains completely without explanation. The ancients did as modern science is doing when they described life by its most fundamental effect, breathing. The source of all life was often equated with the breath of the Creator breathing life or power into an individual such as the phrase *pneumatosis agios* or “holy

² See Ch. 13 The [Rudrayāmala](#) in Peck, R. [Controlling Your Hormones](#). Lebanon, CT: Personal Development Center, 2008.

³ Vertosick, F.T. *The Genius Within*. New York, NY: Harcourt, 2002.

⁴ See article [The Lost Religion of Constantine the Great](#)

breath” in Greek. There are two different types of breath, one was slow and regular inherent even in the lower forms of life. The other type of breath (Greek: *pneuma*, Sanskrit: *prana*) was forced with a heavy exhalation and considered to be the effect of an inner controlling element called the *soul*. This definition is of considerable importance to the concept of enlightenment, since it implies that the life force can be controlled by the breath which is in turn controlled by the soul. In many languages the word for the soul is derived from the words for breath (Latin: *psyche*, Greek: *psuche* and Sanskrit: *atman*). Sanskrit is more direct with its word *ahamkāra* for the soul which means literally “the maker of I” or with *antah karana* which means “inner control.” This compares with the very early Greek definition of the soul as the *egemonikon* which means “the force that leads the way” which later became *Aphrodite*, then *Psyche*, then the Soul as largely known today.

The above elements provide a starting position to next consider the elements that are associated with the enlightened individuals. These superior people have been defined as righteous, liberated, heroic or half god, and as Maslow called them, self-actualized. Their chief physical characteristics are that they are highly intelligent, creative, filled with truth and increase the goodness on earth without harming it.

In order to do this they must have in large part five basic attributes:

- 1) a recognition and usage of a higher source of intelligence, knowledge and power,
- 2) a freedom from the senseless demands of society,
- 3) the recognition of an inner capability to express new ideas, feelings or visions,
- 4) the existence of an inner ruling soul free from time and the physical world, and
- 5) a trust in an inner power to manifest the rulings of the inner soul.

Twenty-four centuries ago in *Phaedrus*, Plato elaborated on the state of enlightenment which he first describes as the “madness” that follows from the soul becoming released from the bondage of custom and convention. He then described that this release requires the inner development and usage of the metaphysical powers symbolized by the indwelling allegorical gods *Apollo*, *Dionysus*, the *Muses*, *Aphrodite* and *Eros*. The descriptions of these gods or powers have suffered over the last two millennia, so the gods must be considered in their original roles. *Apollo* was the god of the sun and energy as well as the source of intelligence and creativity. *Dionysus* was the god of the intoxication or madness that allows separation from the bondage to society, and the *Muses* were the goddesses who allow the artistic expression of an inner metaphysical vision or creation. *Aphrodite* was the goddess who corresponds to the soul as expressed above, and *Eros* was the god of the inner creative energy that manifests that created vision. Ironically, Plato also warned the world of the suppression of enlightenment as he wrote about the inner creative power within heroes and how rulers would fear its emergence within their subjects.⁵

The modern world has considerable trouble with the explanations of Plato. The chief problem is with the residence of metaphysical powers within individuals and the second is with the depiction of these powers as indwelling gods and goddess. Presently the inner power of *Apollo* has been reinterpreted to be that of God in heaven. *Dionysus* is now known as the god of drunkenness and wantonness rather than the door to the goodness of the universe. Accordingly, the *Muses* have been superseded by academically approved art forms. *Aphrodite* has been replaced by conditioning of the brain that enforces what you have been taught and what society

⁵ [Symposium](#)

approves of. *Eros* has been denigrated to being the inner drive for eroticism and procreation instead of creation.

During the purges of “paganism,” the West lost the methods that were used to stimulate or “call forth” the inner metaphysical powers. However, India has maintained many ancient documents that, if literally translated, provide very excellent explanations of not only the hidden physiology but how the particular nerves and muscles of the body are developed. (It is essential that literal translations be obtained, since available translations have been heavily altered to reflect the accepted Western views of what was believed to be rather than what was.)

The ancients considered that within the body was a special organ receptive to radiated intelligence whether from God, another individual or the future. That organ was considered to be in the exact center of the body and hence was called the heart of the body (Greek: *kardia*. Sanskrit: *hridaya*). The center or heart was not in the chest, however, as assumed today but in the center of the body measured from the extended tips of the fingers and toes. This center is found to fall quite closely to the sacrum or sacred bone, which was sacred because it was believed to have contained the soul, *Aphrodite*, as well as the source of creative power (Greek: *technē*. Sanskrit: *māyā*) allegorized as the personal indwelling god *Eros* (Sanskrit: *Indra* or later *Shiva* and by other names in other cultures).

The soul within the heart controlled the entire body by stimulating the generation of a transformational fluid (Greek: *ambrosia*. Sanskrit: *amrita* or later *soma*) whose names mean “immortalizing” or being able to bring in the power of the gods. Other cultures likewise considered the transmission of inner powers with fluids such as the Chinese *chi* and the Persian *haoma*. For centuries the concept of intelligence being transmitted within the body and brain by means of a fluid seemed quite primitive and superstitious; however, replace the word “fluid” with “hormones” and immediately the ancient model becomes quite acceptable to today’s science. Almost everyone is aware of the power of the upper flow of adrenaline or dopamine which is able to transform the entire body and mind in quite good agreement with the powers of *soma*. The recently discovered oxytocin, called the cuddling hormone, can also partially describe the sense of union ascribed to the rise of *haoma* reported to have taken place in the Mithraic sacred feasts.

The experiencing of the inner flow of hormones and the resulting tremendous powers released during a trauma or emergency are well known to the majority of people. Super strength, total awareness as well as knowledge of the immediate future are common experiences. However, a very important fact needs to be accepted to understand the full nature of the release of the hormones or transformational fluids. That fact is that powers are not free, and for many people their expenditure leaves the body with weakness, shaking, and quite often strange, uncontrolled and lingering sexual feelings. It should also be noted that most people can only feel helpless upon facing an emergency. This can be explained as resulting from the lack of an inner muscle development that activates the necessary hormones or *soma*.

There is a nearly universal description of the activity within the lower abdomen or sexual region that was required for the production of the inner transformational fluid. This is generally remembered by most people who have experienced the inner gut sinking or churning sensations as well as the uncontrolled abdominal tensions. Perhaps the most graphic method of describing this production of *soma* was the ancient Chinese model of an inner mating of a dragon and tiger in the belly. The early Alchemical writings were also quite creative in describing it as the union of the sun and moon (masculine and feminine) by sexual and physically forceful models. The Dionysians symbolized the inner activating process as similar to winnowing, where a wicker

basket is loaded with threshed grain and then tossed up and down into the wind to remove the chaff. The Indians used the symbols of winnowing as well as churning to indicate the upper and downward motion of the abdominal and perineal muscles.

The *Rig Veda* offers perhaps the oldest description of churning (*math or mantham*) and what is churned. In Book I, Chapter 28 it describes a covered bulb (*jalgulah*) at the base of the body which is just below the burning threshing floor (*ulukhala*) of an inner granary or storehouse. The bulb is pressed to and fro with churning done on the threshing floor, along with noisy breathing and mental control to liberate *soma* which then liberates the powers of the inner God *Indra* within the granary. The liberation is described as being like the pervading ecstasy from a victorious drum. The actual details of how the churning and breathing are to be done were finally given many centuries later in the book called the *Hathayogapradipika (Treatise on the Violence of Uniting)*. (The original Sanskrit needs to be read in both books to obtain the original meanings, since considerable freedom and creativity are evidenced in the modern translations which hide any references to inner creative powers.)

The concept of threshing taking place in the body can certainly be applied to young children at play, which might even be where the model came from. Children pound the perineum as they fall, slide, squirm and bounce on their bottoms. They press it as they slide along rails or tree limbs, and of course they love to clutch it with their hands as they rub and pull. Parents contribute to this healthy stimulation of the perineum as they bounce an infant on their knee or rock the child on their foot or arm. Children at play also offer examples of noisy breathing with their joyful shrieks, groans, and deep exhalations. Certainly, children can also illustrate being ecstatic and resounding to an inner victorious drum. There is of course a balance that has to be found, as Plato perhaps recognized when he wrote in his discourses on *Laws* in 360 BCE that children should not be habituated in joy such that they become at variance with law. In support, it should be noted that children are able to overcome large setbacks and emotional pain by intense sobbing which is quite therapeutic as it stimulates the lower abdomen and perineum.

The most difficulty of converting ancient science and wisdom into modern terms is not due to ancient ignorance, but rather with modern ignorance and denial of the nature of the adult body. The basic physiology of the Vedic *jalgulah* or bulb in the perineum has only recently been able to be explained. However, the name of it is still not agreed upon as it is called variously: the bulbospongiosus (BS) muscle, the bulbocavernosus muscle, the ejaculator seminis, or sometimes just the bulb or spongy muscle. The muscle functions the same in men and women and lies just below the skin of the perineum, and it runs from behind the penis or clitoris to the anus. The only difference is that the muscle is split over the vagina in women. The muscle is quite unique, hence the term sponge or cavern-like.

The ancient Indians were well aware of the BS muscle and its ability to swell (over one inch in diameter) and when swollen, it is called a *kanda* (“lump, swelling or bulb”) in Sanskrit. The swelling in the *kanda* can in turn be shaped and pressed further out from the body as a localized protrusion using other developed muscles. The protrusion was then known as the *linga* or “sign.” It was no doubt the sign used to determine perfected (Sanskrit: *siddhi*) yogis or the enlightened. The area around the *kanda* was called the *yoni*, a masculine term in the *Rig Veda* meaning originally “a place of generation or origin.” Since the *yoni* included the female pudendum, the pudendum became the symbol for the *yoni*. The protruding *linga* became the symbol for the inner creative god called *Indra*, (later changed to *Shiva*) corresponding to the above *Apollo* of the Greeks. The early settlers of the Indus Valley left few records but they did leave a particular clay artifact, called the *Shiva Linga* icon, consisting of a protrusion arising out of the pudendum and widely used today to indicate the creative power of *Shiva* (an androgynous god).

Perhaps there is a clue that the early Greeks had similar concepts about the relationship between the perineum and enlightenment when Homer and Hesiod used the word *aidoios* to indicate “one worthy of esteem or reverence.” One can speculate that this word is a variation of the word *aidoion* that means “the perineum.” This clue is also supported by the Greeks who worshipped Dionysus. These Dionysians revered a model of a *linga* in a small cloth-covered wicker winnowing basket, called a *liknon*. The symbolism of this basket can only be understood today by reading the ninth chapter of the *Rig Veda* whose title, *Somapavamana*, (literally *Purifying Soma*), explains the intent of its content. The chapter compares the inner purification to the process of winnowing (Sanskrit: *sya*, *shurpa*) in a wicker basket (Sanskrit: *karanda*).

In the modern world, the BS muscle and its adjacent pubococcygeus (PC) muscle have been deliberately allowed to weaken and even atrophy along with other interactive muscles in the perineum. The general description of the average adult perineum today is that it is concave (because of the lack of inner muscles) and many of the muscles are difficult to find during autopsies (See [Gray's Anatomy](#)). The physician Arnold Kegel noted that the weakening of the PC from disuse leads directly to urinary incontinence in older people. However, no one is yet admitting officially that these complex perineal muscles have any usage except for what is considered to be the not very important final clearing of residual urine from the urethra.

The perineal muscles are stimulated during the more real than real REM dreams that are known to be required for mental health. Children prepare for such dreams by rubbing the perineum or placing a pillow between their thighs. Sleep studies have noted, without explanations, that the sex organs are energized during REM sleep but without a drive toward orgasm. There is a normal tendency to tighten the BS and PC muscles during a sudden demand or threat. This is evidenced with the spurt of urine as people “wet their pants” in excitement. This is generally the activity of the PC muscle doing its normal job of emptying the urethra (which should have been done earlier after urination). However, the chief activity of the PC and BS muscles is to stimulate the individual to meet whatever challenge is faced.

To explain the modern medical observations, the ancient Indian writings must be consulted in the original Sanskrit.⁶ The stimulation of the *kanda* has already been introduced with the inner churning of the guts which then stimulates the production of *soma* or hormones. However, the development of the muscles required to churn needs to be described. The Kegel exercises of squeezing the vaginal muscles and repetitive stopping and starting of the urine flow have been accepted as controlling incontinence and increasing vitality. Yet, the [Hathayogapradīpikā](#) provides far more powerful and systemic exercises which, as mentioned before, are no doubt based upon the stimulation and development that children find.

For the stimulation of the perineum, the central technique of the *Hathayogapradīpikā* requires sitting and moving slightly while sitting upon one's foot, compressing the lower muscles by bending forward, exhaling deeply to exercise the lower abdominal muscles and then the rubbing the nipples and chest. Children are more practical and use a tree limb or railing and bounce or slide along it while hugging it and allow themselves to feel good as they exhale deeply and rub themselves, before, during and after. That is until adults catch them!

Enlightened individuals start in childhood searching for methods to feel energized and wonderful while hiding what they are doing from the critical eyes of parents, teachers and clergy. In the meantime, they have to hide their resistance to the basic rules of modern society of: keeping their

⁶ See Peck, R. [Directing Life](#). Lebanon, CT: Personal Development Center, 2006.

bottoms tightly locked to prevent nasty leaks; never exhaling strongly; keeping their tummy pulled in tight and never touching those vile, sordid and sinful places on the body. What is tragic is that children who generate *soma* and are evolving may be labeled as problem children and then sedated. However, it can be assumed that most children seeking enlightenment are able to fit into their constrained world without becoming locked into it and who remain filled with true goodness.

Having an active source of *soma*, although essential, is not the only requirement for finding enlightenment. The inner *Aphrodite* must be awakened for more in life. *Aphrodite* must be able to direct the heart and trust and utilize the higher power of *Apollo* that is far greater than the conditioned brain. The liberation of *Dionysus* must be obtained in order to find a priority in life higher than success and contentment. The brain must be conditioned to accept answers and explanations that it is incapable of obtaining and allow the startling and exciting explanations arising from the *Muses* to materialize into words, deeds and feelings. Finally, the recognition of the hidden creative power of *Eros* must be liberated as the means of carrying out the intentions of the heart. The trick is to simply start with the direction firmly in mind and then let *Eros* handle the arrival at the goal.

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