

Multiverse Mind Newsletter

Keynote

"Your true nature is always full and complete. Do not disturb it with your mind."- Nisargadatta Maharaj

Stories of Wisdom



The Two Caskets

To what humans respond faster, Fear or Blessing?

Once a hermit came to a raucous, quarrelsome household, bringing two caskets. He put them carefully in a corner and said, "One of these contains a healing remedy, but the other is full of a most deadly poison. Watch over them until I return, but remember that the slightest noise can provoke terrible destruction." The hermit left, and thereafter peace and quiet ruled the household. I ask, Because of which casket did this family transform itself? With a knowledge of human nature one can easily answer. The very same fears exist today.

The end of this story is that when the others were away, a little child opened both caskets and found them empty. But, also out of fear, the child did not speak of his discovery. However, do not come to any premature conclusions about this story; it is possible that the child failed to see something that was of great importance. Thus science should fearlessly investigate the unseen.

M.

Meditation



The Essence of Medidation [part-1]

Meditation is the movement of love

Meditation is the emptying of consciousness of its content, the known, the "me", according to Jiddu Krishnamurti, one of the greatest thinkers of all time [for a brief biography is [here](#)]. His ideas on this subject

[as well as on many others after all] are completely subversive but also refreshing. Here are some excerpts from the books he wrote himself [without interventions, only shortcuts in some places].

Meditation is one of the most extraordinary things, and if you do not know what it is you are like the blind man in a world of bright color, shadows and moving light. It is not an intellectual affair, but when the heart enters into the mind, the mind has quite a different quality: it is really, then, limitless, not only in its capacity to think, to act efficiently, but also in its sense of living in a vast space where you are part of everything. Meditation is the movement of love. It isn't the love of the one or of the many. It is like water that anyone can drink out of any jar, whether golden or earthenware: it is inexhaustible. And a peculiar thing takes place which no drug or self-hypnosis can bring about: it is as though the mind enters into itself, beginning at the surface and penetrating ever more deeply, until depth and height have lost their meaning and every form of measurement ceases. In this state there is complete peace, not contentment which has come about through gratification but a peace that has order, beauty and intensity. It can all be destroyed, as you can destroy a flower, and yet because of its very vulnerability it is indestructible. This meditation cannot be learned from another. You must begin without knowing anything about it, and move from innocence to innocence.

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Sages



Teachings of Nisargadatta Maharaj

A brief introduction to Advaita Vedanta

Here we attempt a brief introduction to *Advaita Vedanta* as presented through excerpts from the books of Nisargadatta Maharaj. Advaita Vedanta is probably the best known of all Vedanta schools of philosophy of Hinduism. "Advaita" literally means "not two" and is often called a monistic or non-dualistic system, which essentially refers to the indivisibility of the Self (*Atman*) from the Whole (*Brahman*).

Vedanta (culmination of Vedas) usually used to refer to the philosophical tradition most significantly espoused by Sri Shankaracarya. Advaita Vedanta teaches the radical non-dual view that there is ultimately no distinction between the Absolute and Relative (the relative universe). The path to God-consciousness in Advaita Vedanta is typically *jnana yoga*, or the path of wisdom, and the goal is *jivanmukti*, liberated enlightenment while living in the world. Two of the greatest modern examples of the Advaita sages are *Ramana Maharshi* and Sri *Nisargadatta Maharaj*. [For a brief biography, see: Glossary entry [here](#)].

The force of his message resounds with his singleness of purpose: "Give up all you have read and heard and just BE. You, as the Absolute, are not this "I Amness", but presently you have to abide in "I Amness". He says it again and again. But the very repetition of his teachings is meaningful, for we have built up a hard shell around this pseudo-ego to protect it; therefore, constant hammering is needed to break this shell. The repetitious style of his teaching is part of his wisdom and teaching skill.

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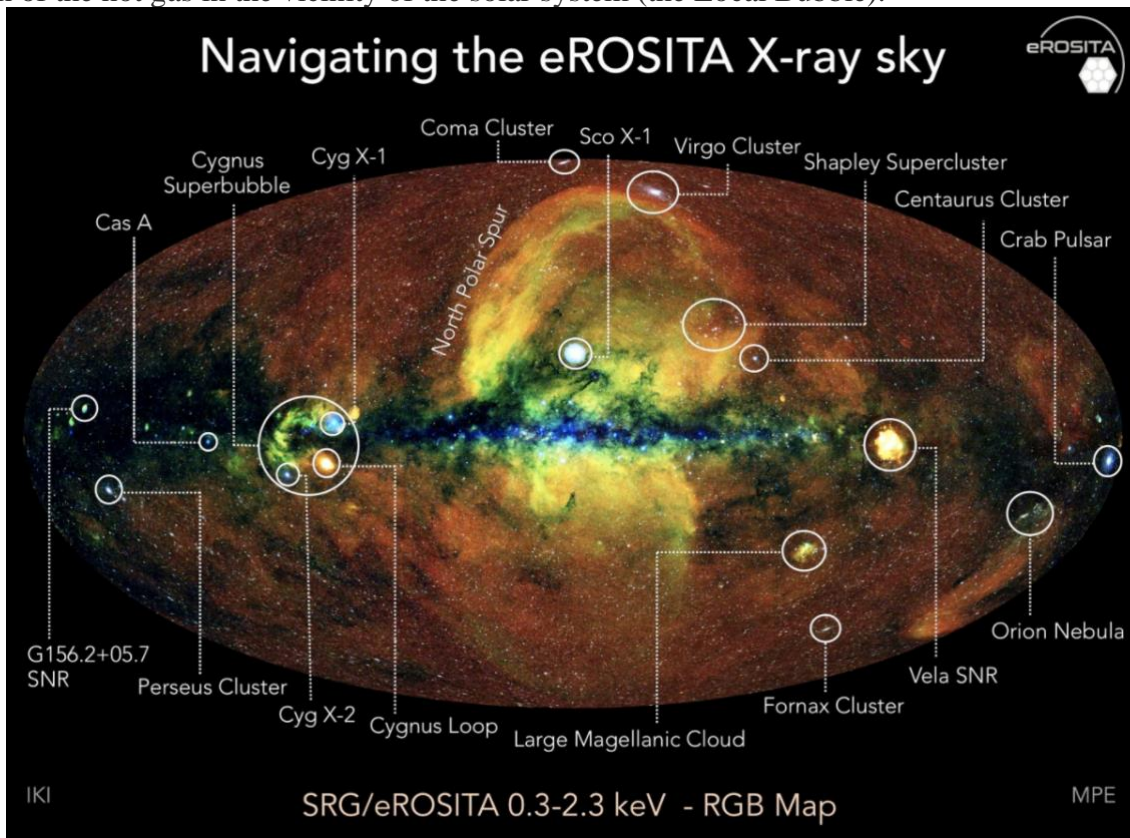
Science



The X-ray Universe

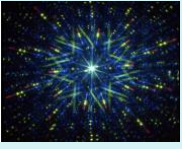
New, stunning images of an energetic Universe

The energetic universe as seen with the eROSITA X-ray telescope. To generate this image, in which the whole sky is projected onto an ellipse (so-called Aitoff projection) with the centre of the Milky Way in the middle and the body of the Galaxy running horizontally, photons have been colour-coded according to their energy (red for low energies, green for middle, blue for higher energies). The red diffuse glow away from the galactic plane is the emission of the hot gas in the vicinity of the solar system (the Local Bubble).



Along the plane itself, dust and gas absorb the lowest energy X-ray photons, so that only high-energy emitting sources can be seen, and their colour appears blue in the image. The hotter gas close to the galactic centre, shown in green and yellow, carries imprinted the history of the most energetic processes in the life of the Milky Way, such as supernova explosions, driving fountains of gas out of the plane, and, possibly, past outburst from the now dormant supermassive black hole in the centre of the galaxy. Piercing through this turbulent, hot diffuse medium, are hundreds of thousands of X-ray sources, which appear mostly white in the image, and uniformly distributed over the sky. Among them, distant active galactic nuclei (including a few emitting at a time when the Universe was less than one tenth of its current age) are visible as point sources, while clusters of galaxies reveal themselves as extended X-ray nebulosities. In total, about one million X-ray sources have been detected in the eROSITA all-sky image.

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Intersections

The Holographic Model of Reality

Seven Premises about the Nature of Reality

The Origins of Holism and Holography

In 1929 Alfred North Whitehead, a well-known mathematician and philosopher, described nature as a great expanding series of occurrences that are interconnected. «These occurrences», he said, «do not terminate in sense perception. Dualisms like mind/matter are false. Reality is inclusive and interlocking». What Whitehead meant by that is everything is relational, including our senses. We use our senses to get information about any given situation. Our senses affect the situation we perceive. The situation affects the senses with which we perceive it. In the same year, Karl Lashley published the results of his research on the human brain that showed that specific memory is not located in any one place in the brain. He found that destroying a portion of the brain does not destroy memory located there. Memory could not be located in specific brain cells. Rather, memory seems to be distributed all over the brain, probably as a field of energy.

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