

# Supraconsciousness

Roy A. Copp

Thailand

## 1. Introduction

Meditation has been practiced for 5000yrs. and the benefits are well documented. The bellows effect on the lymphatic system explains how meditation works at the cellular level. Raising and lowering the diaphragm with deep relaxed breathing is the bellows effect. This hastens the return of the lymph to the blood stream via the Rt. & Lt. lymphatic ducts into the RT.& LT subclavicular veins. I propose reducing the difficulty and duration of this lengthy process by the following:

### Breathing

Purchase or rent an antiquated iron lung. All the iron lungs I have found are not in working order. Some only need a new collar to prevent air leaking. While meditating one must keep the spine straight. This brings up our first variable. How to keep the spine straight while laying horizontally? This seems doable just a little trial and error should suffice.

### Concentration

Concentration between the eye brows seems to be the most popular spot to concentrate. I suggest using bio feedback to help stay centered and focused. The 7<sup>th</sup> Chakra is just above the top of the crown of the head (4") and is the goal "supraconsciousness"

### Fasting

Fasting accelerates the cleansing. The goal is to keep the ash of metabolism out of the lymphatic system. To reduce the unpleasant symptoms of fasting I recommend Sun Chlorella. Sun Chlorella is Blue Green fresh water algae(moss) that is grown and sterilized in the lab and centrifuged to break down the cell walls so the RNA&DNA can enter the blood stream without engaging the digestive system.

I am not familiar with anyone using machines to accelerate spirituality. "However, I am familiar with machines replacing people Jobs.

"There is at least as much difference between a spiritual being and a human being as between a human being and a animal "

**Sri Aurobindo : The Synthesis of Yoga**

**"You must do it!**

Paramahansa Yogananda Self Realization Fellowship.

"To help and uplift your fellow humanity is the only life worth living"

Albert Einstein