

GANESH BABA'S CYCLE OF SYNTHESIS YOU, THE UNIVERSE, & KRIYA YOGA PART 3

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A cornerstone of Ganesh Baba's teachings is the Cycle of Synthesis, a model of the cosmos that illustrates the coming together of Nature (*Prakriti*), Spirit (*Purusha*) and the human experience. The Cycle of Synthesis integrates the theories of Kant, modern physics and Darwin with the psychological theories of Jung

and the ancient yogic writings on the spiritual evolution of humankind. In addition, Ganesh Baba incorporated the practices of his accelerated form of Kriya Yoga into the Cycle of Synthesis. Developed by Ganesh Baba in the 1960's, the Cycle of Synthesis is a two-dimensional model of an eight-dimensional human experience of an infinitely dimensional phenomenon.

At the top of the Cycle of Synthesis is U3, Ultimate Universal Unity. This represents the ultimate non-dual nature of reality, what most Western religions refer to as God and what Eastern philosophies often consider Consciousness itself. The Bible states, "In the beginning was the word." (John 1:1) This is the point at which U3 breathes life into Spirit and its complimentary force, Nature. This is experienced in Kriya as a tantric dance of Spirit and Nature merging as one.

Inherent to Consciousness is its intrinsic expression of creation, the process of Consciousness coalescing into matter. Ganesh Baba referred to

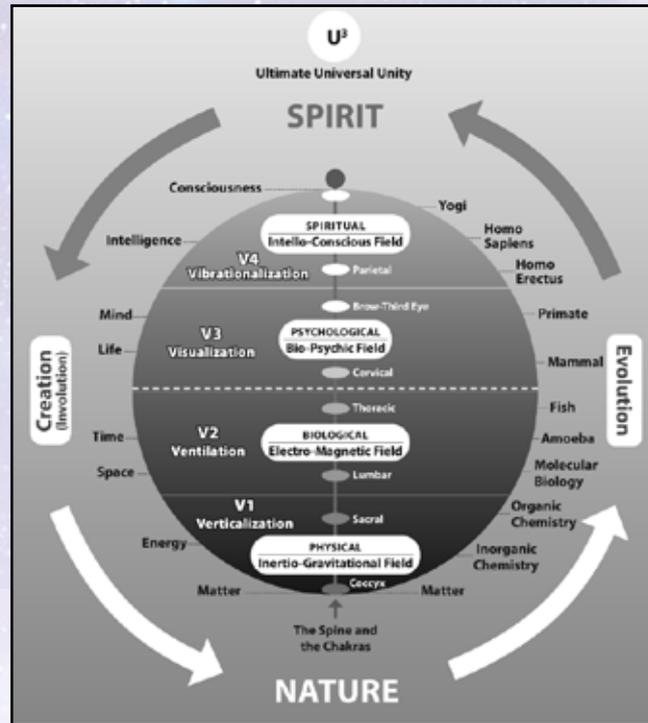
this process as involution, resulting in the manifestation of the physical world as we know it. Ganesh Baba further divided the human experience of this process into eight broad categories. He extrapolated these eight dimensions from a combination of Vedantic philosophy and Emmanuel Kant's theory of a *priori* knowledge, that which exists prior to experience. This harmonic octave of progressive manifestation is represented on the left side of the Cycle of Synthesis with the eight Kantian categories, beginning with consciousness, followed by intelligence, mind, life, time, space, energy and finally, matter. Ganesh Baba taught that all of human experience can be seen as one or a combination of these categories.

Much like creation is the intrinsic movement of Consciousness into matter, evolution is the fundamental journey Nature embarks on along its return path to Spirit. This is seen on the right side of the Cycle of Synthesis. The culmination of Darwin's ladder

of evolution is widely viewed as the arrival of *homo sapiens*. The biological evolution of *homo sapiens* in particular was the journey to a complex central nervous system, advanced cerebral functions and a nearly vertical spine. Once this occurred, biological evolution transcended into a psychological one. At this stage in the Cycle of Synthesis, Ganesh Baba incorporated the psychology of yoga and Carl Jung's theories of the collective unconscious, highlighting the *homo sapiens* ability not only to perceive our individual psyches, but the collective psyche and beyond.

When human beings became physiologically and psychologically able to consciously experience and seek higher vibratory states of being, the evolution of matter, once biological, then psychological, becomes spiritual. In the Cycle of Synthesis, humankind reconnecting with U3 is the pinnacle of evolution.

As the surrounding processes of creation and evolution represent the cosmological interplay of Nature and Spirit, the inside of the Cycle of Synthesis *mandala* illustrates a four-field energetic continuum of the human experience extrapolated from the well-understood Electromagnetic Spectrum, where electricity is the current and magnetism is the field. Ganesh Baba modelled each field in the Cycle of Synthesis as having a current: inertia, electricity, bio/ life and intelligence respectively corresponding with the fields of gravity, magnetism, mind and consciousness. The four fields intermingle with each other, the highest field radiating into the others below, and the bottom field having the least effect upon the highest. Each field is home to its corresponding stage of creation and evolution, and each possesses its own unique quanta of energy. The frequency of quanta increases in each successive field, similar to the way *prana* — the life force in humans — ascends along the human spinal *chakra* system to reconnect with Spirit.



Not only do the 4V's of Ganesh Baba's Kriya Yoga embody steps 3-6 of Patanjali's *Yoga Sutras*, they provide a practice for each of the four energetic fields of the Cycle of Synthesis, interacting, influencing and aligning with each level. The spine is represented as the vertical line in the centre of the Cycle of Synthesis. Through Kriya Yoga, the only yoga Patanjali mentions directly in the entirety of the *Yoga Sutras*, one may engage in certain exercises or practices that allow for a direct experience the energetic ascension to U3.

The lowest field is referred to as the Inertio-Gravitational Field, run by the laws of gravity and inertia. Ganesh Baba named the theoretical energy quanta particular to the Inertio-Gravitational Field the gravitron. At this stage, Consciousness has coalesced itself down to the densest realms of energy and matter. In the human experience, this is the physical world, representative of the structure of the body, and home to the root (*Muladhara*) and sacral (*Svadhithana*) *chakras*. The V1 stage of the 4V's represents the Inertio-Gravitational Field. In order to physically perceive and receive the subtle energies of each field without

interference, the antenna of one's spine must be aligned. This is why posture is the bedrock of Kriya Yoga. Much like tuning an instrument, carrying one's spine as a column and not an arch not only aids in the connection to the physical world of Mother Nature, it provides the necessary stability for the practitioner to consciously experience higher vibratory realms.

The next higher field in the Cycle of Synthesis is the Electro-Magnetic Field. Home to the third and fourth dimensions of space and time and governed by the laws of electricity (the current) and magnetism (the field), the Electro-Magnetic Field is more subtle than the Inertio-Gravitational Field. The energy quanta of the electromagnetic field is the well-known photon, which moves at the speed of light. In human experience, this field represents our physiology and contains the lumbar (*Manipura*) *chakra* and the heart (*Anahata*) *chakra*. The V2 stage of Kriya, which involves pranayama or breath work exercises, corresponds to this field. Kriya Yoga works with *prana* through the breath, a process which fine tunes the central nervous system to perceive the subtle, creative, and organising interplay of Nature and Spirit.

The horizontal dotted line across the diameter of the four-field *mandala* signifies the end of Einstein's space-time continuum, which defines the bottom two fields. Above the dotted line, Ganesh Baba proposed two theoretical fields beyond the current understanding or measurement abilities of modern physics.

The third field is named the Bio-Psychic Field. Here the dimensions of the life (the current) and mind (the field) exist. The Bio-Psychic Field is the psychological realm of the four fields, the realm of the throat (*Vishuddha chakra*) and the third eye (*Ajna chakra*). The quanta of energy of this field is called the bion, which moves beyond the speed of light. The V3 stage of Kriya corresponds to the Bio-Psychic Field, as the meditator focusses attention on the frontal area of the brain, commonly known as the third eye or the point between the eyebrows. This sensory retraction changes the patterns of firing within certain areas of the brain, cultivating a single-pointed, conscious concentration that results in the emergence of neural patterns that lead toward deeper states of meditation.

The fourth and final field of the Cycle of Synthesis describes the spiritual realm of the Intello-Consciousness Field. This is also known as the causal field, which permeates all others with equal intensity. The Intello-Consciousness Field quanta is the consion. The consion moves at infinite velocity, meaning that it exists at every point in space at every moment, past, present and future. This is a vibratory realm, home to the crown (*Sahasrara chakra*), known as the thousand-petaled lotus. The corresponding self-regulatory Kriya stage for the Intello-Conscious field is V4. During V4, the practitioner concentrates on the silent repetition of the sacred syllable OM.

With time and a devoted practice, the 4V's synchronise, resulting in the emergent property of meditation itself. At this stage, the practitioner's central nervous system and *chakra* system act as the antennae required to open up awareness to the Intello-Conscious Field and directly experience Cosmic Consciousness or U3.

Ganesh Baba's Cycle of Synthesis is a process of scientific spiritualisation,

synthesising Nature and Spirit. It is an illustration of the progressive synchronisation of the four fields through the practice of the 4V's, leading to an experience of unity with the cosmic whole. Not only is it one of Ganesh Baba's contributions to humankind, it functions in multiple dimensions, continually offering insight and wisdom to both the original students of Ganesh Baba, as well as the next generation of those who voluntarily seek to participate in their conscious evolution.

May the wisdom and teachings of Kriya Yoga, represented in the Cycle of Synthesis, written of in the *Bhagavad Gita* and Patanjali's *Yoga Sutras*, and extrapolated upon by Ganesh Baba in his accelerated, simplified system of Kriya, become a beautiful set of "practices that you practise" along your spiritual path. OM.

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