

Yogmudra – Part 1

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THE START

Seeker asks the All-known, “what causes variable expression of celiac disease? Why many remain asymptomatic and some land in crises? What is the reason behind inflammatory bowel disease expressing as ulcerative colitis and in some as Crohn’s? Why some patients respond to basic steps while some need immune-modulators & some fail? Why immunosuppression work in some and why few predominantly rejects? Even in whole exomes and whole genome, genetic sequencing why question remains forever to clinically correlate or not in library?”

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The simplest of the reasons to above questions in mind of seeker lies in fancies of individualized medicine which is still searching in-vain. Some seekers use a predominant faculty of mind to the name it as cryptogenic or idiopathic and sometimes multi-factorial. Some do label as the amazing case report in indexed journal. Gradually the ignorance of seeker increases to rename the phenomenon as case series. Ultimately seeker plays with the idea of unsolved phenomenon. He tries playing with various variables in descriptive analysis. Intervention on the mental plane further arrives gives way to controlled trails. But question remains unanswered, when applied to specific circumstance the generalized approach fails. Even randomized control trials do express variability in results. The seeker remains ok with the accumulated variable results. Using the rational and analytical mind one restricts himself or herself to self created data zone or knowledge sphere.

So, now the seeker is curious further to explore the reason of this variability and reaches the All-known to know thyself. His/Her physical mind, passionate vital mind and illumined decisive rationalized analytical mind is in pain. There is something within the seeker who tells the truth behind all these. Do that come in flashes?

Why in some cases of earlier diagnosed biliary atresia one is sure that Kasai would not work. But still one goes ahead and reaches unwanted result. In some situations seeker takes the call in stage 3-4 liver fibrosis and go ahead with

Kasai-porto-enterostomy with excellent results. These flashes are neither rationalized nor evidence-based. They remain with the seeker deep in-self. He himself take the cognizance of both situations. The accumulated credit is defined as Experience. Seeker boostson it or do fall flat on the face in various situations. True experienced seeker recognizes this within. Rare is the one who communicates it. Now this experienced incisive-rationalized-analytical mind of seeker if true to himself asks again and tries to solve this enigma.

Seeker reaches again to All-known and asks; “How to solve it? How can one come above the limitation of the restricted MIND?” All-known replies; “Ascend and know thy-self”. The problem of one plane cannot be solved by restricting oneself to it. It is only by ascending on the higher planes from where sparse intuitive mind flashes & opens the door to unanswered questions.

Seeker now is agitated deep inside craving to explore the intuitive mind of himself. Awakening the intuitive ego of oneself over which he has no control? Never been in his life seeker thought that his limited mental plane is just an expression of something on higher planes. Intuitive is just the name sometimes uttered in common discussion as sixth sense. No case reports, no case series leave aside the controlled trials apply here. The seeker is now entering in the domain of Higher planes unclimbed, unknown and uncharted.

(to be continued)