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**A CRITICAL & MODERN PRACTICAL STUDY OF  
THE ELEMENTS OF GOD ATTAINMENT SCIENCE  
IN WORLDWIDE RELIGIONS**

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# A Critical & Modern Practical Study of the Elements of God Attainment Science in Worldwide Religions

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**Abstract –** The Sanskrit word *bija* means the seed and cause of this whole universe. The understanding that everything manifested is contained in a single seed is reached in higher states of consciousness, *Samadhi*. *Shakti* is also spanda the creative pulsation of Shiva, the foundational consciousness, motionless movement. The movements, vibration and pulsation of spanda are only apparent – the temporal appearances of illusory forms emanating from the eternal motionless stillness that is the One. The manifest is simultaneously un-manifest, because the Oneness is never affected or changed by the appearance of the universe. These contradictions are useful and challenge us to alter our conditioned linear thinking. The path Home is sometimes bewildering and often presenting the chicken or the egg puzzle – which comes first? Are our ‘achievements’ the result of our own endeavors, or are they merely God’s grace? Is our heartfelt devotion for God a result of our own will, or is it the will of God that immerses us in such feelings.

**Keywords:** Critical, Modern, Practical, Elements, God, Attainment, Science, Worldwide, Religions, Sanskrit, Shiva, Feelings, etc.

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## INTRODUCTION

The Sanskrit word *sukham* here indicates that the yogi has reached the stage where his practice is “effortless” which “means that without exerting any effort in respect to breathing or yogic exercise, contemplation of meditation, he remains seated in that posture. [SLJ]” This posture symbolizes the state of consciousness of those heroes who have entered into God consciousness. At this point in the journey the external means of spiritual practice are no longer necessary. Without any effort, the yogi in an internal way “immerses himself in the ocean from which the universe rises and expands. [SLJ]” You dissolve into and become one with, immersed and imbued with the nectar that is the ocean of consciousness. Your consciousness enters into God consciousness. All words are mere attempts to describe the subtle feelings that are beyond words, beyond the five senses and the intellect. The teachings in the Sanskrit texts use the words ‘subjective’ and ‘objective’ in a unique way. It can be confusing at first. The Oxford dictionary defines the word subjective as ‘based on or influenced by personal opinions.’ This usage is more often heard in the west. The word ‘subject’ is also used in English grammar as the word that performs the action of the verb. So when the texts talk of the ‘subjective consciousness’ they are referring to the subject, or I consciousness and not a personal

subjective opinion. The thinking in the Sanskrit texts is connected and interwoven into Sanskrit grammar, and so a grammatical reference is natural and to be expected.

## REVIEW OF LITERATURE:

In the Sanskrit texts, the word ‘objective’ refers to the external manifested universe – that which is outside and projected by the subject. The subject is the interior ‘doer’ and the object is the external, what is done. When we reach the state of God consciousness, we become the state of the revealer – the subject, subjective consciousness. We are no longer in the state of what is revealed – the objective universe. The sequence of events described in this sutra are that the yogi moves from external means and realizing his/her own nature as the One – to an internal means, which relies on thought and Grace, and thus moves into the “supreme nectar” of dissolving in the Ocean of God consciousness. In many cultures, light has long been a symbol of consciousness and self-illumination. “The world begins with the coming of light,” wrote Jungian analyst Erich Neumann in *The Origins and History of Consciousness*. “Opposition between light and

darkness has informed the spiritual world of all peoples and molded it into shape.”

## CONCLUSION:

It is the collective highest understanding of humanity about our nature and our destiny. The sum of it is this: There is a meaning, purpose and direction to life. It is to express God, the source of our existence, evermore fully, thus glorifying God. For us humans, the purpose of life is to consciously realize God and then manifest that realization in every aspect of our lives, thereby glorifying God in the highest manner possible. To put it another way, it is seeing God in all things and all things in God, and then living in accordance with that understanding of divine nature. That is God-realization or, as it has also been called, liberation, unity consciousness, nondual consciousness, spiritual freedom, enlightenment. Enlightenment is the goal of human history, for the individual and for the race. The wonderful thing about enlightenment is that it is democratically available to everyone. We are evolving toward enlightenment, individually and collectively. God is drawing us all to His kingdom through a vast process involving all time and space.

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