

Caspar ([00:00:00](#)):

At its core, consciousness refers to our awareness, encompassing thoughts, perceptions, and feelings that shape our reality. This deep and multifaceted subject has intrigued philosophers, scientists, and spiritual seekers for centuries. Our guest today is a bestselling author, spiritual leader of the Heartfulness movement, environmentalist, and entrepreneur. A pharmacist by trade, he is here to share how he blends science and spirituality to provide a profound understanding of the purpose of human existence and how to foster a more peaceful, joyful, sustainable, and healthier world. This is the Story of Spiritual Anatomy with Daaji. Daaji, so glad you could come on the show.

Daaji ([00:00:45](#)):

Thank you, Casper. Thank you for having me with you today.

Caspar ([00:00:49](#)):

And can I start with this, because I wanna make it on a more personal note before we get into your work and everything. Your first car was a Chevy Impala I hear, is that correct?

Daaji ([00:01:00](#)):

That's <laugh>, that's correct. That's correct.

Caspar ([00:01:02](#)):

Okay. Tell, tell me about that. You love to drive and, and I mean, here comes a spiritual person with a Chevy Impala. That's, that's a magnificent first car to have.

Daaji ([00:01:12](#)):

Well, that was 1983.

Caspar ([00:01:15](#)):

Okay.

Daaji ([00:01:15](#)):

I, I had, and, uh, since I could not afford to buy the brand new one, I bought the secondhand car from an auction, and I got it for \$2,000. Wow. And then after six months or so, I had an accident or something, you know, somebody banged into me, I was making a left, and he was swinging a wrong signal and straight coming into me. And, um, that's how I lost my Sherry <laugh>

Caspar ([00:01:47](#)):

<laugh>. Well, you got to drive for a little bit. And it's, it's remarkable that, that, you know, the, the first car was this such an iconic, the Impala used in so many songs and everything else. But let's, let's, let's go beyond the cars now and go into your story, your history a little bit more, because I find it fascinating that you started off as pharmacist, which is a very good biochemical scientific mind. And then you ended up this spiritual leader, you know, moving and inspiring millions. What was that kind of transition from this science mind to this spiritual one?

Daaji ([00:02:25](#)):

Well Casper, I always had this spiritual band of mind always. And even while studying pharmacy and then graduating out of it and doing mastery and other, the master's in pharmacy, and then later on practicing at the pharmacist, something forces you to do something, is here, here to earn money, right? <laugh>. And, but while doing my professional, uh, services, even as a pharmacist, I remain at core a spiritual person. Because spirituality doesn't rob you off the things that you do in day-to-day world. You may be a scientist, you can be a doctor, you can be a, a housewife, you can be a bus driver, or you can be a janitor. But as long as we perform our work with the awareness at a different level, that you are also doing something out of joy, something out of duty, something out of a higher call. And with each activity, you connect yourself with divinity. If you believe in divinity, or connect with your higher self, or connect with your love center in your heart and do that activity and see how you enjoy the work. Bringing in spirituality, meaning bringing in spirit of the work, meaning the love in your work, life changes. And I always found that bringing in spirituality, the low aspect changes the very nature of work. Like I had pharmacists who were employed, interns who were employed, other ancillary staff members who were employed, and there, there attitude changes. Once you give them profit sharing. Mm-Hmm.

Daaji ([00:04:32](#)):

Now, and then you can see the transition in their attitudes sudden shift because there's a gain at the end of it. The attitude changes. So in this game, also with divinity and evolution, especially when we talk of consciousness, whole life, entire purpose of our existence is only this to my understanding that how we can evolve our consciousness, how we can become more perceptive, and not just perceptive per se, but how to make use of that perception. How to respond to the awareness that you have brought in to yourself. Can you do something about it? For example, you felt, or you became aware that so and so it's suffering. You became aware of it. You are now conscious of someone suffering.

Daaji ([00:05:38](#)):

You are sensitive enough to understand that. But are you gonna take the next step? Then it, it completes the whole circle if you take the next step. So it's not enough that you become aware, conscious, we had to take the next step also, then this whole circle will be completed. See? Yes. And that, that's how I have lived my entire life. Mm-Hmm. Uh, from the beginning, I would say whenever I became aware of the spirituality, it has been the shadow, underlying shadow of my awareness. What to do next. If you do find there is a problem, how to solve it. Mm-Hmm. Be it personal or be it someone related, uh, their friend or some acquaintance, it really doesn't matter. We have to take the next step. Otherwise, this awareness becomes a burden.

Daaji ([00:06:43](#)):

For example, um, you, you came from Poland, as I hear, and your parents, one was psychologist and other a doctor right now, and you also now in a, in, in a professional field, in a, in a research area. Now Mm-Hmm. <affirmative>, what can we do to make our researches benefited to one and all see the medical field where we are creating personalized medications or personalized medicine for a particular disease. Now, when we talk of the marketplace of medicine, it, it is one, and for all Tylenol, it's not personalized. People make it personalized later on when it becomes very effective. But when it comes to diseases like diabetes, and the reason can be individually different from person to person. Similarly, cancer, it can be, the reasons can be absolutely different and how we target all this medicine. So this ability to perceive and to react, to respond in a very specific way demands a different level of mindset.

Daaji ([00:08:14](#)):

So education also has to be at that level, you see, right? That one has to expand one's awareness and then also help to respond in such a way that maximum people can benefit out of it. Our consciousness should be such that if I had to serve one person and make one person benefit, versus if I had to serve multitude versus one, I would prefer multitude. I see. Personalized medicine means you are able to cater only to the one who are able to afford it. Unless we make that protocol in such a way that that protocol can become universal in identifying the genes or the causes, that you just put that blood sample and it'll identify that this person needs this way of treatment. This person needs that way of treatment. So it should become predictable. I know we're not there as yet, but if we can think like that, I'm sure solution will be there at the end.

Caspar ([00:09:36](#)):

Oh, sure. And one of the things about medicine I've always said is that it, it lies in the measurable. And the measurable is on the biochemical alone, without really measuring too much into, let's say emotional, and definitely not into the spiritual in many regards, we dis disregard completely the spiritual aspect of who we are. We're at our core, we are spiritual beings, and many of our health issues begin on a spiritual realm. So my question for you is, how do we measure our spiritual health?

Daaji ([00:10:11](#)):

<laugh>, I, the day you find the answer, let me know.

Caspar ([00:10:16](#)):

<laugh>. It's a tough one, right? It's, it's, it's a very difficult one. But we, we do lack sometimes spiritual health. I believe that spills into our physical emotional health.

Daaji ([00:10:30](#)):

Definitely. That is for sure. Uh, whatever we are at a physical level, something behind this physical body is the mind, the mi the, the brain, the mind. Suppose this physical eye is affected somehow because your nerves are affected. Optical nerve is affected. So what happens then, even though you have perfectly healthy eye, but your nerve is creating problems. So if it is inflamed or somehow it gets disconnected, then you will have a blind sight. You won't be able to see it. So as we move from the physical real and go inward, it becomes subtler and subtler. The question would arise. What is it that supports the mind? We do understand brain is like a computer, and mind is like a software. What is it that supports this software? We all have understood one fundamental thing, that there is something within me, which has come along and has stayed with me.

Daaji ([00:11:43](#)):

Even now, it is still with me. And that is a life force. You know, we have witnessed, as soon as the baby arrives and delivered from mother's womb, baby begins to cry. And that's a sign that some life has come, some life forces come along, and we all call this life force by various names, spirit, geo, earthman, soul. And depending on the culture we live in, we attribute different names to it. But it doesn't matter what we call, if baby was not crying at that moment, doctors would go crazy. Nurses would run around everywhere. Let's make this baby cry and make the baby breathe. Mm-Hmm. <affirmative>. So they'd tilt the body upside down and try to stimulate the, the breathing. And even then, the baby does not cry. It means life force has not come along. And it is for sure that that life force that is there since then, it's with us now. But if it kicks the bucket tonight and say, Ji, I'm going tonight, <laugh> end of my life. Hmm.

So the life force is within me. It's not something outside me. My life is not in Maca or Jerusalem or in some holy place, or my life is not governed by somebody else. It is within me. Mm-Hmm. <affirmative>.

Daaji ([00:13:19](#)):

And we have to be at least be thankful, be grateful to that life force. Simple gratitude is enough that thank you. And with this shift in attitude, I think we can begin our journey in the spiritual realm. The simple grateful attitude towards that life force triggers our spiritual journey. And then the next step, because every time we try to understand this life force, something happens magically in our heart and more we become optimistic, more positive attitude we develop. There is so much of joy that oozes from our heart. It is like, you know, this force, which we have the life force. And then when we have positive attitude and the joy that comes along as a result is unbound and momentary become negative or envious, jealous, arrogant. Somehow it doesn't go, uh, it doesn't rhyme with the spirit and the entire field that we're enjoying of moments back contracts, and it shrinks into our heart. And heart becomes heavier. Mm-Hmm. <affirmative>. It's a simple phenomena. And because of this heaviness in the heart, suppose failure occurs in life and you don't come out of the understanding of why you fail and you keep on brooding over your failure, what happens then? Your spirit against rings. You go into depression, anxiety, most of the mental problems are because of this, our inability to understand the causes behind what gives me joy and what shrinks me, what, uh, makes me sad.

Daaji ([00:15:30](#)):

How to avoid the causes that makes me sad, and how to promote the factors that helps my mental abilities become stronger. We all know about the physical body. We need a balanced diet. Um, right ingredients. What, when it comes to the heart, when it comes to the mind, we don't know how to nurture our hearts and our minds. And yet we claim to say we are the highest species on the planet. And the next phenomena, though, we know how to nourish our bodies, though we know to a certain extent nourishing the heart, the emotions nourishing the mind with intellect, we have limitations there. But when it comes to spirit, we have no answer at how to nourish my spirit, how to nourish my soul. And once I learned the art of nourishing my soul, it'll nourish the heart, nourish the mind. And with this combination of balance, diet, proper exercise, and bringing in meditation with transmission that nourishes the soul changes the life itself.

Caspar ([00:17:04](#)):

Do you find that meditation practices are a, a, a necessary piece in nourishing the soul? Should we all be practicing meditation to counterbalance, perhaps the frenetic pace of life? Technology information that comes at us?

Daaji ([00:17:27](#)):

You see, I've been practicing this since 1976.

Caspar ([00:17:31](#)):

Hmm.

Daaji ([00:17:33](#)):

I've seen my colleagues meditating, friends meditating. Simple thing I share with you, Casper, that when you and your spouse, your children, just think of a moment when you are sitting together and meditating together. Imagine the amount of energy it creates and harmony it creates. Right? Many

families coming together, sitting peacefully around a tree, just closing your eyes and remaining in silence for a few moments. Imagine children in a classroom before they begin the class. They remain relaxed, peacefully, uh, drawn inside and waiting for class to begin.

Caspar ([00:18:28](#)):

Right?

Daaji ([00:18:30](#)):

Even if you don't believe in God, just closing your eyes and sitting silently and enjoying those lovely moments that you ever had in your life, recalling that again and again, and cherishing it in your heart. I think that does so much of a healing also to our bodies. You become very peaceful and with the peaceful heart, peaceful mind, and love oozing in your heart. I think even when you are dying, you'll not feel that you're dying. You will wait for something grand to happen at that moment. You'll become fearless because now you are moving into different world, different dimension altogether with confidence. So not just the life impact, but one worry is, you know, most people, even yogis, uh, so-called, uh, they remain either afraid or not afraid. And once you have this understanding that my life force, which is within me, it was there before, but it become incarnated within me, and it'll move on later on also. So there is no end to this life force. So when the life force is not going to end, what am I worried about? Why should I be worried about?

Caspar ([00:20:08](#)):

I found that a number of people that find themselves sick and unhappy at, at their core, they could receive treatments, they could go after the physicality of everything, like you said, diet, movement, uh, all these different pieces. But at the core, they lack purpose. Even if they obtain health after being in a disease state without purpose, they find themselves back in disease state. Is meditation a practice that connects one with purpose? Is it something it can, you know, you can one can obtain? Because people often ask, how am I supposed to find my purpose?

Daaji ([00:20:49](#)):

<laugh>? Yes. In the beginning, I've seen people do come to us for meditation with known, uh, intentions that they would like to have peace of mind. Some people come to us because they're grieving because so and so whom their loved had passed on. Where these people, uh, they come somebody terminalistic and they want some peace, some stress-free life, very free life. Everyone comes for their own personal reason, right? But here, as we meditate, we develop some wisdom and understanding that, okay, I did come for peace of mind. I did come for some joy in my heart.

Daaji ([00:21:44](#)):

Now having attained peace and having attained joy, what next? The goal keeps on receding, and you become more and more, uh, a craving. You begin to crave for higher and higher level of, I would say joy. Mm-Hmm, <affirmative>, higher level of peace. Because you know, this peace also, it's like a spectrum. High frequency piece, low frequency piece. You know, there, the joy also has a different frequencies. I, I, I think, you know, some I the joy that you get out of having an ice cream versus joy of having discussion with your beloved or joy that you have just sitting silently with your beloved. They have different spectrum, different, uh, resonance, I would say.

Daaji ([00:22:43](#)):

And when we talk about bliss that arise out of meditation, at some level, it is uniformly same. I think there is no spectrum to it because there is nothing to oppose it. There is no opposite of bliss. There is opposite of joy. There is opposite of happiness, there is opposite of peace, but there is no opposite of bliss. When we experience that, you see, so people can come for anything, but here your own experience will tell you, okay, I've experienced this. Now what next? Then you experience that what? That descends automatically in your heart. And then you'll wonder, oh, what next? Even when you are in a perfectly blissful state, you'll say, okay, what next? Hmm. You would want to transcend even the bliss. And that is the most beautiful thing because people, you can leave your sadness, you can get rid of your, um, restlessness or your anxiety. But when it comes to bliss, who wants to get out of blissful state, and now you're talking pure spirituality. Hmm.

Caspar ([00:24:15](#)):

And it's, it's a big part of what you speak about. What you write about your, your book. Spiritual Anatomy is, it's, it's a very interesting title. 'cause most people, when they think of an anatomy, they think of the physical body. They think of, oh, you need to go to medical school and cut open cadavers to understand the anatomy of oneself and what goes on inside of our bodies. But you, you wrote a whole book about this idea of a spiritual anatomy. Can you tell me what that means to you and what the importance of a spiritual anatomy is?

Daaji ([00:24:51](#)):

To me, spiritual anatomy, like our, you know, physical anatomy is there whether we understand what liver is, what stomach is, what intestine is, what brain is what heart is. Okay? It's all physical. When we talk of spiritual anatomy, it's like energy vortexes. When I say there is a heart chakra or there's a fire chakra or there water chakra, are they there as a fire? Or are they there as a, as a, as a as a water? No, when we described that, it is located three fingers above left nipple, the, the fire chakra, and three fingers below. If you go, it's a heart chakra.

Daaji ([00:25:50](#)):

Would you find all these things within the body, though they're located within the body, but you cannot physically find them because these are energy vortexes, right? It's like longitude and latitudes on the planet earth. Do we see the lines drawn everywhere? No, but it's an arbitrary understanding that this is longitude. Chicago is on this longitude, and this, it's on this latitude, but it's not drawn. Similarly, all these chakras are not there as organ, but they're there as energy vortexes. And they can be felt. At some chakras, you will find energies vibrating, moving in particular, uh, oscillation at the same time. Either it be clockwise or anti-clockwise motion. Mm-hmm, <affirmative>, that's the one second thing. Your consciousness will change definitely at each chakra, at each energy vortex. The emotions will be different. Your moods will be different. Your inner experiences will be of a different nature at each chakra.

Daaji ([00:27:14](#)):

And that means your consciousness will also change. For example, the piece that we just talked about, how it changes in its frequencies and its resonance. The peace that you feel at chakra one and chakra two and chakra number nine, it'll be of a different nature. Different. You can palpably feel, okay, yes, this is different, but can I uh, say that I would like to be, uh, on the chakra nine here and now and experience it? No, I had to make my journey begin somewhere and evolve myself at a consciousness level. For that, I had to work upon myself. I had to rise above my present level and move on to the next

level. And that's a challenge because consciousness means your inner environment is of a particular level of understanding with which we are habituated. Moments, certain things are to be changed. Your inner environment is to be changed. You will not like it. There will be so much of resistance.

Daaji ([00:28:40](#)):

But once you begin to liken, suppose you move from Poland. Ask, ask your parents. I'm, I, I perhaps they, maybe they may not be there now, but when they moved outta Poland and first time came to America, they must be having miserable time in the beginning. But then they get used to it. And then you are born there. Or you must have come as boys with your brother and grew up there and your children. You get used to it. But when you have to move to another dimension, another level, even though that may be better than the previous one, you still have some level of restlessness not knowing what may happen at, at that level. See, and when we move from one chakra to another chakra, it's not like moving from New York to Chicago. Mm-Hmm. <laugh>. It is like moving from earth to, to the planet Mars, <laugh>. And, and when we move from, like, it's, so, it's a different experience altogether. And it's not that terrible though, because it's one, it's so beautiful surpassing the previous one, surpassing in the sense it's, it's far more subtle than the previous one. Evolution in consciousness means your consciousness is becoming more and more refined, more and more subtler. Pure, simpler

Caspar ([00:30:19](#)):

Change is always difficult. And I find that anyone that goes through a healing process is going through a change. And there is resistance from the body, mind and spirit normally of that person to that change. Uh, 'cause there's also comfort. Unfortunately, there is comfort in a disease state too, as much as one suffers. I've seen it where people find that their purpose is in that disease, and they find themselves already in a state so chronically diseased, that it's scary to even think of the change of what they would be like healthy. And that seems counterintuitive, but it, it, it really isn't. And people sometimes go back to where they're most used to. And one of the things I've realized, and I wanna speak about this with you, Daji, is the idea. Of course, we are energetic and spiritual beings with these spiritual, uh, anatomies and chakras are such an essential part of it, but often we're blocked. And often that blocks our ability to even understand what is good for us, where we should be going with our lives, and what is truly the truth of who we are versus falsehood and how to get out of a disease state and back into a healthy one. So I want to ask you about what, what blocks our chakras and how do we clear them?

Daaji ([00:31:41](#)):

First of all, let's understand what creates the problems with it Chakra, how chakras are formed. As I was sharing with you, the energy vortexes are already there in our system, right? Depending upon the grossness in our action or the outcome of our action or thought, it creates certain vibrations. And depending upon the intensity and quality of that vibration, that vibration will settle only at particular chakra. For example, you know, there are only three situations in life, Casper, that when you look at someone, you'll say, oh, I like her.

Daaji ([00:32:39](#)):

Another one, I don't like her. If you like her, maybe I would like to date her, right? If you don't like her, okay? And the third category where you have no reaction, you understand that she's my employee or she's my coworker, and let me not have this liking or disliking, you have a neutral attitude. That is a hygienic approach, right? That you don't mess around. That means it's hygienic approach. Now, in this situation, what happens when you like someone and you have intention of taking her on a date, that

creates sensuous feelings inside you. And if you watch your heart, if you pay attention to this area left side, you'll see that those vibrations of likes now, which are leading to sensual thing, it's not only hormonal, but it creates a certain heaviness on one chakra that caught that, that is very close to the heart chakra, right? Another scenario, your friend has a beautiful car or a beautiful house.

Daaji ([00:34:16](#)):

Well, I would like to have that a desire prompts in you, right? Or there are situations in life when you say, oh, where am I gonna get money to pay my rent? Or where am I gonna get money to pay the tuition fees for my children's education? This sort of anxieties, right? Materialistic previous one was sensual. This one is more, uh, I would say it's not so heavy, but it keeps us engaged all the time. Where am I gonna get money to buy either the car or the house, or to get money to pay the fees? Those are slightly lighter.

Daaji ([00:35:03](#)):

It's not as heavy vibrations. So this subtle little above, and that I call it as point A, right? And this is how we go on forming impressions. They weigh down on us day after day, moment after moment, they get accumulated. This energy vortex is become heavier and heavier. And when the, those things are not fulfilled, for example, I'm not able to get the money to pay the tuition fees, what happens next? These vibrations affect the next chakra, right? And that chakra becomes heavier. And as a result, the piece, which is the nature of that chakra, is affected or blocked. So you become restless.

Daaji ([00:36:01](#)):

And when you continuously remain restless, what happens then? It affects the next chakra. You become irritated. Someone asks you in a simple question and you're not able to answer with, with the, you know, joyful heart. And this constant irritation in back of your mind can make you angry also. And when person remains in that state for considerable time becomes fearful, affecting this chakra. And when you remain fearful for considerable time, it affects the next chakra. And you lose the clarity of mind. You see how incrementally certain things can affect each chakra, and they are all palpable. And then the more and more and more of chakras gets affected, how to remove them is through the understanding. Through this meditation and through the cleaning process we offer, there is a cleaning process, uh, mentioned in the book also that how important it is to get rid of these impressions that we form on a day-to-day basis. Even when we go through a bad experience, sometimes we don't, uh, learn anything from it, and we go on forming more and more impressions. So one was not enough. The second <laugh>, maybe she would be lucky. I would be lucky with her. Maybe I would be lucky with the other one. And it never stops.

Caspar ([00:37:52](#)):

You

Daaji ([00:37:52](#)):

Write about, and this is, uh, please go ahead.

Caspar ([00:37:55](#)):

No, no, I was gonna say, you know, we, we talk, we're talking on these three planes that you write about in the book that is the physical, mental, and spiritual. And they are not separated. We are all these three planes

Daaji (00:38:09):

Connected.

Caspar (00:38:10):

Yes, all connected. Do you feel that we have the obligation to take care of all three in equal portions? Meaning we must take care of our physical. We understand that that's the one we understand the most. If we don't, we become obese. We become sluggish. We become diseased. We can't move. So we must take care of the, the physical. But often we do that and neglect the emotional or the, the mental and the spiritual. But my question is, should we perhaps put more of an emphasis on one the spiritual rather than the others? Uh, or should we equally look at all three as vitally important?

Daaji (00:38:54):

Well, we have to understand one thing that all are important.

Caspar (00:38:59):

Yes.

Daaji (00:39:00):

Right? That's number one. Second thing is, there is nothing like balancing them or paying equal time to all these things. It's like going to work. And I work for eight hours trying to make money. Am I going to meditate for eight hours to match my spiritual versus my physical? No. I have learned this that you, when I have my heart and mind connected with my, with the spirit in the sense things that I do in the material world, going to work at doing things at home, if I have love in my heart, that itself becomes spiritual, right? Even being with your beloved and doing all those things that you do in a romantic way. And if your heart is truly connected with, with the divinity, that very act of romance can become divine. Spiritual. So there is no limit to it. I would say we got to integrate spirituality into everything that we do in day-to-day life. And that's not very difficult.

Caspar (00:40:24):

Mm-Hmm, <affirmative>

Daaji (00:40:27):

It only means I have to have my one eye focus towards the heart and allow the Lord all God. If you believe in, or as I said, if you don't believe in it at all, allow the spirit, your inner spirit, your inner joy, love, radiate through your work. You'd see a big difference. The very work becomes, uh, work, working. Otherwise, what happens there? If you, I have seen people working, but at the same time complaining all the time. And such people cannot grow either materially or spiritually or emotionally. I give you another example. People or the laborers working in the farm, they keep complaining, oh, I had to work all day working for this bastard. Or, you know, so and so, they curse. They curse the boss who, who is, you know, who has hired them, you, and you have entered his farm willingly, but you still curse. You work whole day and you keep cursing.

Daaji (00:41:49):

Versus a person who just does the physical gym going to gymnasium, doing perhaps less amount of work or even doing more physical, uh, strenuous exercises. But the attitude in both the scenario is

different. The laborer in the farm, he thinks that, oh, I'm losing body and I'm, you know, working so hard on the other side, the person going to gym thinks I'm going to benefit from. So it's all in your thoughts. Also, your attitude, your belief that takes over and changes the cellular environment. Somehow we are not able to explain how the positive attitude or the right attitude changes our chemistry. The entire thing depends on that. And that is why perhaps even if you consider God as placebo mm-hmm,

Caspar ([00:42:52](#)):

<affirmative>

Daaji ([00:42:54](#)):

Still, it'll help you. So it's good to integrate spirituality into material life and be benefited. If diseases can be cured with simple placebos, why not our problems in life? If it happens, it's good otherwise, you know,

Caspar ([00:43:15](#)):

Well, we know the placebo is incredibly, incredibly powerful. Uh, I mean, there's so many studies about this, how, you know, you could provide someone with what is a sugar pill, but tell them it is a pain medication and suddenly terrible pain is gone. And so if we could utilize that same placebo, which is really just a belief system within us, with our spirituality, with faith, with other things, and a belief in a better world, in ourselves, being able to heal ourselves, I feel that's incredibly important. But the counter is that many people are complaining today, Daaji, many people are, are suffering at their own accord, saying, oh my goodness, this world look, war, economy, politics, it's always in our face more and more. And I hear almost at every table that I walk by in a restaurant in New York City, complaints, fear, negativity, talking about other people. Negative. Have we lost our way in some ways on the spiritual levels and just kind of found ourselves in a physical world where we find things very wrong? Is this, do you find this is the trend we're going in, or is this just maybe an up and down? Or are we truly just, you know, seeing this and maybe picking it out? What, what, what is it in the world right now that seems that things are wrong, but maybe they aren't?

Daaji ([00:44:42](#)):

It is human to suspect. It is human to doubt, to it is human to demean others. It is human. Unfortunately, we had to become humane simply from animalistic human level. We had to become humane and develop this quality. And once we start looking at others in a, with a positive spin of mind, we'll never learn things. And, uh, as as we are leading this modern way of life and where we are becoming more and more independent. Children, also, they are more independent than we were to our parents.

Daaji ([00:45:35](#)):

I see we were completely dependent on everything. Even a simple advice, whom to marry Papa <laugh>, or what food should I take today? What should I study today? They don't force you to do anything wrong, but, or they don't even force you to even know what is right. But they give you advice. And we sought advice infinitely. Today's children don't. They think they are sufficient and when you think you are sufficient and perfect, there is no chance for further improvement. Okay? And this is the problem that when I'm perfect, where is the need for improvement? Hmm. This is the biggest problem we face today. The disease of thinking oneself to be perfect.

Daaji (00:46:33):

The dependency is gone. Yes. On, we depend on teachers for learning things. Now, with this Google and AI, who knows? Will we depend? And in fact, we try to argue, you know, sometimes the patients would come with a big list of side effects that they have downloaded. Mm-Hmm, <affirmative>. And they come and argue with you. I say, we say, okay, it is my job to tell you what is side effect. You don't come and tell me another a hundred stories of it. See, and if you're gonna argue with me to a pharmacist about your side effects of medicine, your doctor is prescribed, he go to a doctor and break his head for half an hour or so. <laugh>

Caspar (00:47:22):

<laugh>. What, what are your thoughts on AI and, and the, the vast advancements of technology on human life?

Daaji (00:47:34):

Well, imagine a world where you will not need a car, where you'll not, you'll not see any traffic lights. Because once you have robots driving, you, you won't need traffic lights there. See, cooking, you can order your cooking. Mm-Hmm. Uh, and chemically synthesize everything that you need to eat. Um, I think in, in one way it is very good. Another way it's not so good also. So we have to pick what is best it. But the way the we, the way humanity is, it always chooses something that weakens you, makes you weaker and weaker and weaker. Too much dependency on this will take away the inner wisdom and strength that we have. Only few individuals who have made this AI, they will be the strongest, though we benefit from it, we can we'll continue to become weaker and weaker and weaker. Mm-Hmm, <affirmative>. And that, that population of AI creators, technology creators, let us see. There'll be 10 million people or a hundred million people.

Daaji (00:48:57):

The rest of the billions will not be, uh, as good. They'll be simply, uh, as they say, a driver in a driverless car. Mm-Hmm, <affirmative>, you've got to read that book by Wewe gu. It is brilliantly written. And that is the situation we are getting into. There is a driverless car, driverless world, and we want to be the driver in it. <laugh>, how is it going to happen? So this AI and the technology, it, it is great. I think it would, if we can take the benefit of it and the time be saved. Imagine phone calls <laugh> we used to make in seventies or eighties. Now we are able to chat, not only chat with our friends and others, we are able to even consult medically. We are able to get the advice over the phone. You take a picture of a plant with a disease and you're able to send the picture and you go, okay, you spray this medicine, <laugh>, uh, uh, you don't need even or to go to shops. Also. Now, who knows in the future, they'll just be mis Scotty, and the material will come right in front of you. So there are great advantages, but what will you do with the time that you save?

Daaji (00:50:22):

Do you have a great plan? If you don't, then the time you save and you're doing nothing will only going to destroy you. So we have to, we have to become smarter than the technology become wiser and explore spirituality sideways, make it integrated part of existence. Then there's fun.

Caspar (00:50:47):

I completely agree with you daji, that these things are not inherently evil or good. They are in a sense, neutral as most tools are. It's how humans use them. It's how we choose to use them. My father always

said in the, uh, hands of a trained surgeon, a scalpel is lifesaving. It can cut you off <laugh>. But in the hands of most people, it is a murderous tool. You know, you cut people, they bleed out, and they don't know what they're doing. So without the skillset and the intention of helping others and value added to the world, then tools of course can be a negative thing. But if we put great intention to it and learn the skillset with it, that, that it can add value, that becomes a wonderful tool. Lifesaving. So, yes, it's, it's both. It's true.

Daaji ([00:51:41](#)):

It's true. That's true. So true.

Caspar ([00:51:44](#)):

Daaji, I wanted to ask you, because many of us live these very busy, hectic lives, and we're speaking about these practices such as meditation, gratitude, and we do speak on the three planes that we can't just look at one physical, mental, spiritual. We have to look at all of them. What are your tips to incorporate, uh, you know, healthier practices for all three levels? When we do live such busy lives,

Daaji ([00:52:11](#)):

Everyone has to somehow masterfully regulate it in this busier schedule that we all live in. Make use of it, uh, directly involving spirituality or creating a separate timing for it is not very, uh, I would say it's, it's not very difficult. Mm-Hmm, <affirmative>, how difficult is it to close your eyes for 10 minutes and sit silently? Is it, is it difficult? No. But do you really want it to happen? Then you can close your eyes for 10 minutes and let the higher powers do the work for you, right? Similarly, when you come back home, just sit quietly for 10 minutes with your family, just 10 minutes, everybody's silent and see what happens. Just before you go to bed, just two, three minutes of connecting yourself with your higher self and scanning the things that you did over the whole day. If you did anything bad, something that you shouldn't have done, promise yourself that I will not repeat and things that you did well see how you can improve upon it.

Daaji ([00:53:31](#)):

So I think it is a continuous improvement thing. And moment you close our eyes in the morning, you know what generally happens? You scan your days activities before time, and you're able to discard things that you would, uh, be forced to do or things that, uh, planned that, uh, you are supposed to do. But in your mind, you think that this is, I I should not waste so much of time on this. So you're able to actually save a lot of time. You're able to weed out unnecessary activities from your plans. Mm-hmm, <affirmative>, just in those 10 minutes. And if you're a businessman ordering few things here, and therefore your stock, then too, you will be able to feel, I should not stock this. It's not as profitable.

Daaji ([00:54:25](#)):

Or I may buy this from different vendor than the previous vendor. All these things come across in your mind. But meditation means, it doesn't mean that you are thoughtless all the time. There will be thoughts and there will be moments when you transcend the very mind itself and you feel so peaceful. But those are the very few moments out of that 10, 15 minutes. But that's why we close eye our eyes for few minutes so that at least out of those 10 minutes, I will have 30 seconds of transcendent mind that gives me so much of freshness.

Daaji ([00:55:06](#)):

So through all the listeners and viewers, I would say try this half hour if you can. Otherwise 10 minutes. It's all right. Meditate with transmission and see how it changes your consciousness. And hold on to that improved consciousness day after day. And see, there's continuous improvement. It's very easy. It's as good as a child learning a bicycle. At the beginning, a child falls from the bicycle, bruises the knees here. There's nothing to bruise your head anyway. Only closing your eyes. Later on the child, you know, he drops the three wheels, right? He has the supporting wheels and then starts to ride a bike on two wheels. Rides to the school with friends is continuously paddling, singing songs, let go of the hands, also at the same time watching traffic.

Daaji ([00:56:12](#)):

So if the, if a child can merely paddle and go to school singing, we can also, with our awareness, with our consciousness, keep on paddling with this inner hearts feeling and continue doing what we are supposed to do in the outer world. So it's, it's only focusing your mind, focusing your heart, your joyful heart, and doing other things in the external world. That's all spirituality is about. It's not very difficult. You don't have to become a monk and leave your wife and parents and stay in the Himalayas. No, it is within my soul. My life cure is within me. It's not in Jerusalem or Mecca. It's within me. Explore that. And that's why I call this as inner adventure. Adventure. I hope you'll enjoy this inner adventure.

Caspar ([00:57:18](#)):

And is that part of what you consider the heartfulness movement is connecting with that inner joy and that adventure that truly comes out of this wonderful chakra, this this heart area?

Daaji ([00:57:30](#)):

Yes. Yes. Casper. That heart is all, it is everything in our existence. Everything that we do, I think it reflects the nature of your heart. You know, many people come to you and say, that fellow is so and so. His heart is like that. So and so, this doctor is such a noble doctor. His heart is so soft. This nurse is so loving, so caring. So we, whenever we describe someone's qualities, also we describe it the quality of the heart, you see. And that's why heart is so important. And, uh, when we read research books like HeartMath Solution, or, uh, you know, it, it, there are so many researches done on the heart these days, and we understand the importance of the heart, not just physically, but overall happiness is it, it's driven through the heart.

Caspar ([00:58:33](#)):

So much of what we do though is through our heads, <laugh>. We, we, we, we stick in our monkey mind and ruminate about <laugh> the past, the future that we don't know, and the worries, anxiety, the fear. How, how do we continue to center ourselves on our heart? Again, I know you've given great tips of the meditation and the gratitude of it, but in a world where we're told to use our head over and over, how do we find our way back to our heart?

Daaji ([00:59:08](#)):

Well, to think is not bad.

Caspar ([00:59:13](#)):

Mm-Hmm, <affirmative>.

Daaji ([00:59:15](#)):

Just as God has given me the eyes to see, nose to smell, ears to hear, mind is to think, it is good that we are thinking. Now the question arises. You know, I shared with you a real lifetime example. I was once talking to students and faculty at Bun University in India, very prominent research institute. The professor came forward and say, how to educate my children so that they don't get tense and stressed before exams. Can you teach us some meditation? I said, well, meditation can help remove stress. But why do you want to remove stress from children? Let them have stress.

Daaji ([01:00:15](#)):

If they didn't have stress, they will not study at all. So some level of stress is required, some level of anxiety is also required. But when it crosses limits, then we have to wonder. We have to, uh, and that only one for only personally, individually, you can, uh, feel what is the critical level of my anxiety or thoughtfulness when, what is the limit crossing which I will otherwise be broken. So it is individual, uh, thermometer or the individual warning. One should be able to see it once, it'll be able to perceive it not to cross those limits.

Daaji ([01:01:09](#)):

To me, meditation is a tool to prevent. It's like vaccination. Once you get into this whirlpool of depression, person whom you are prescribing meditation is not going to think of Lao and not going to think of divinity. He is only going to think of the causes of depression, and it'll make them even more depressed. So this meditation is not the medicine for, uh, mental diseases. It's a vaccine to keep your mind healthy, emotions healthier. Meditate your mind cannot do wrong things because it sees things, the results before you are acting. You see, you have, i I I heard on your website, actually you are talking of, you quoted Gandhi, but that, that original quotation is from James Allen, from his book, uh, As a Man Thinketh, he gives such a beautiful example that look at the forest, the seeds naturally are thrown everywhere. Birds, the wind, they do the job of circulating seeds everywhere, spreading seeds everywhere. And it is chaotic. Look at a gardener, look at a beautiful garden where a gardener knows what to plant, where to plant, which plant will go where. And it creates a beautiful garden. We can create a chaotic forest in our mind. If we don't become gardener, gardener is the one who knows which thought to cultivate when, right? So it is, it is not just the, the the, the, the. And he also says, James Allen, that the results, either they're favorable or not favorable of any action. If they're favorable, you're happy. So the rightful action gives to rightful results.

Daaji ([01:03:51](#)):

The action depends on how well you have planned your thoughts, your planning, and how well you have executed it. All this. So the, the root is thought. Gandhi talks of belief system, and what, then the question would arise. What makes you believe in certain way that makes you think in a certain way? See, in spirituality, I would say the simple and pure minded people have rightful thoughts. 'cause simple and pure minded people, they are not selfish, they're not arrogant,

Daaji ([01:04:36](#)):

Right?

Daaji ([01:04:39](#)):

So one has to cultivate that first simplicity and purity in the heart. And that's what we teach also through heartfulness practices. How to arrive at simpler and pure hearts by removing complexities and impurities from the heart. Our intentions can be simpler.

Caspar ([01:05:02](#)):

Everything becomes a little bit simpler when we listen to our hearts, right? It, it, it, yeah. It reminds me of one of my favorite lyrics, Daaji from a song by Lauren Hill called Zion. And, and in the lyrics she goes, you know, they said, Lauren, baby, listen to your head. But instead, I chose to listen to my heart, you know, <laugh>, and that, that led her into this, this, uh, beautiful life in a sense, and making the right decisions. So I do feel that tapping into the heart is such an important part of really understanding oneself and, and finding the right things, and then creating the right thoughts that actually lead us into a healthy and happy existence. Correct?

Daaji ([01:05:44](#)):

Exactly. Even those chakras that I mentioned, 16 chakras, the most important chakra is the heart. If you know your heart, forget the rest of the chakras. Yeah, <laugh>, it's not very important to learn other chakras. Once you have mastered the heart, forget the rest.

Caspar ([01:06:09](#)):

That's all that you're needed. Follow your heart. That's it. <laugh> Daaji, I, I wanna ask you a, a final question here and, and, uh, you know, wrap this up is, what, what would you want readers of Spiritual Anatomy to take away from reading the book? What would be the core essence, the thing you'd want most that readers pull out of this book?

Daaji ([01:06:33](#)):

Well, most people will enjoy reading this book. You know, I would, uh, request them, prayerfully do it, meditate, feel, and then see how it helps you transcend yourself. How you become greater than yourself. Inside, you should feel so happy that you meditated and you felt so good about it. So at times, you know, when we read books, we feel that it's enough. It's like, you know, I've given the example that, you know, at, you might get the knowledge of each chakra, or you might get the knowledge of God. For example, somebody say, oh, this is God. Okay, have you become godly out of it just by seeing that statue of a God? No. Have you become wiser just by looking at the map? You know, you have a map of going from New York to Florida. It's not going to help you. You have to travel and experience. So this inner journey, I have written as much as I could from my eyes, from my perspective, your perspective can be different. And it is, it'll be great actually, uh, to experience it individually because what I written is my experience. And, and I wish you experienced something even better. You may be able to write something even grander than what I have tried to explain, but never be satisfied by reading a book experience and move on.

Caspar ([01:08:30](#)):

I love that message. It is all about the experience of life, the journey of life, the blessing of life. Yes. Daaji, thank you so much for sharing. Thank you, Casper. Your story, your knowledge, it was incredibly inspiring and I think all the listeners here are, are very blessed to have heard this. So thank you.

Daaji ([01:08:49](#)):

Thank you, Casper. Thank,

Caspar ([01:08:51](#)):

And if you're listening, check out spiritualanatomy.com and daaji.org. That's daaji.org for more information and to read this beautiful piece of work. And until next time, continue to write your own healing story.