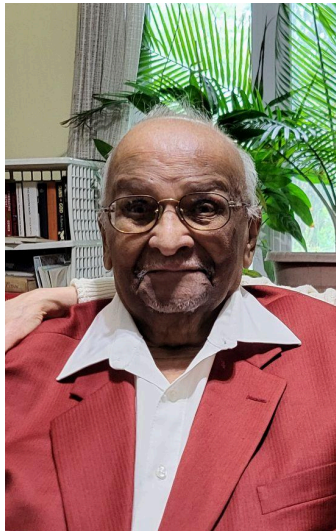


God-Head
Dr. AKB Pillai



I use the term God-Head to refer to the ultimate spiritual guidance for all human beings. God-Head is known by different names by different peoples and religions of the world. The Hindus know the God-Head as Brahman, while Jews, Christians, Muslims, and others have their own distinct names for the God-Head. There is only one God-Head to all human beings of the world.

We can know there is this God by observing the natural laws of the cosmos.

Human beings follow the natural cycles of the universe. These include the natural cycles of day and night, morning and evening, and sunrise and sunset. Every human being acknowledges these cosmic cycles. Human health and life itself depend upon the aforementioned cosmic cycle. The source of these cycles, I call the God-Head.

The God-Head also functions in every human being. The human Self is part and parcel of the God-Head. We can know the presence of the God-Head in us by a disciplined practice of getting rid of all disturbances, worries, anxieties, hatred, malice, lust, and everything negative from one's psyche. This practice needs to be learned by a knowledgeable teacher or Guru. As the psyche cannot remain still, it is best to fill the mind with the spiritual thought or mantra of your particular faith, such as Sri Krishna or any other deity. With regular practice of Meditation and Yoga, the disturbing thoughts will lessen and the God-Head thoughts can take up more space in your psyche. A simple meditation exercise in action is to breathe consciously and just let negative thoughts come and go, not giving them much attention. Then focus your energies on anything positive or creative that you engage in. When the psyche is filled with the God-Head, our hands naturally extend to others with goodness. Goodness is the natural character of human beings. Human beings have endured due to the principles of the God-Head. Goodness functions most joyously as all the disturbances are removed. This is explained by Sri Krishna in Bhagavad Gita, and before that in the Upanishad. When the God-Head takes possession of the psyche through the awakened Intelligent Will of a person, the person becomes totally creative and bold with no fears and anxieties. The Intelligent Will is one intelligently asserting goodness, such as love, forgiveness, or intelligent choices for health. A person has to forgive all the wrong things done to

oneself. A person has to forgive oneself for all the wrong things done to others and also forgive others for their wrongdoings done to that person.

A person can feel the God-Head inside oneself. The God-Head within a person becomes evident and empowered by feelings. A person can then even control one's dreams. Meditation with Intelligent Will strengthens the human psyche, the human Self.

Yoga makes one physically powerful, thus strengthening the body and the mind as well as the Intelligent Will. Yoga can completely transform a weak person into strength. Yoga was envisioned as the pathway of union with the God-Head. The ultimate nature of a human being is not only to realize the God-Head, but also to live with union with the God-Head. It is the greatest human bliss, the realization of the God-Head and the awakening of the Intelligent Will. These make one fully realize pure goodness, giving to and caring for other living beings. Such an ecstatic condition of Self Realization of the God-Head is termed by the Hindus as Ananda.

Those who are interested in knowing the step by step procedure to realize the God-Head in oneself, please contact Dr. AKB Pillai or Professor Donna Pillai, who hold the copyright of this article, at drakbconsultancy@gmail.com