Sri-Om
Dwadash Varsh Gyan Yag
2006-2018
Sixth Year 2011-12

Jeev Atma (jeev atma)

Dr. S. K. Kapoor
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Second week: Five basic elements

| 6             | First basic element  |
| 7             | second basic element |
| 8             | Third basic element  |
| 9             | Fourth basic element |
| 10            | Fifth basic element  |

Third week: Sun to Earth range

| 11            | Sun to earth range   |
| 12            | Pole star to Water range |
| 13            | Asht Prakrati to Fire range |
| 14            | Nav Braham to Air range |
| 15            | Par Braham to space range |

Fourth week: Transcendental carriers

| 16            | Transcendental carriers-1 |
| 17            | Transcendental carriers-2 |
| 18            | Transcendental carriers-3 |
| 19            | Transcendental carriers-4 |
| 20            | Transcendental carriers-5 |
Second month Self Referral state  2-3-2011 to 1-4-2011

First week: Self Referral state
21  Self referral state-1
22  Self referral state-2
23  Self referral state-3
24  Self referral state-4
25  Self referral state-5

Second week: Shad Chakras format
26  First chakra format to second chakra format
27  Second chakra format to Third chakra format
28  Third chakra format to Fourth chakra format
29  Fourth chakra format to Fifth chakra format
30  Fifth chakra format to Sixth chakra format

Third week: Braham Randra to Orb of Sun
31  (6 space ➖) as origin
32  Along transcendental carriers of sun light
33  With pole star as origin
34  Birth re-birth cycle
35  Liberation from birth-rebirth cycle

Fourth week : Cavity of Heart to orb of Sun
36  Cavity of heart
37  As a seat of transcendental lord with self referral base
38  Pole star as origin of base
39  Jad Prakrati
40  Chetan Prakrati

Third month Unity state

First week: Unity state
41  Seventh state of consciousness
42  Along seven streams flow
43 Jyotirmadhey Triloki manorama
44 Unity of existence phenomenon
45 Pulse beats to impulses of Bliss

Second week: (1, 2, 3, 4, 5, 6, 7)
46 (0, 1, 2, 3)
47 (1, 2, 3, 4)
48 (2, 3, 4, 5)
49 (3, 4, 5, 6)
50 (4, 5, 6, 7)

Third week: Divya Ganga flow (9, 7, 3, 1) and (11, 9, 5, 3)
51 (9, 7, 3, 1)
52 (13, 11, 5, 3)
53 (17, 15, 7, 5)
54 (21, 19, 9, 7)
55 (25, 23, 11, 9)

Fourth week Pole star
56 Pole star as origin of solar universe
57 7-space as origin of 6-space
58 Dharuv mantra
59 Dwadash Adityas
60 Unity state of existence phenomenon

Section-2 Jeev Atma
First month jeev Atma
  First week : Jeev / human beings

61 Jeev
62 Human beings
63 Human frame
64 Water : one seed
65 Light : End seed
Second week Human being / pursha format
66 Pursha format
67 Creative dimension
68 Spatial order
69 Black Fire
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Third week Pursha format and Purshotam
71 Purshotam
72 Self referral dimension
73 End one seed
74 space End
75 Artifices

Fourth week : Jeev Atma
76 Being
77 Self
78 Soul
79 Nav Braham
80 Par Braham

Second month Self
First week Self as Anthakaran

81 Anthakaran
82 Manas
83 Budhi
84 Chit
85 ahamkar

Second week Self as Prarabdha karmas
86 क्रम
87 कर्म
Third week self as Kriyaman karmas

91 \[ y' = y + j + b \]
92 seed formation
93 Human frame manifestation
94 Shad chakra format
95 Dash Chakra format

Fourth week Self

96 \[ j + v + k \]
97 \[ j + v + m \]
98 \[ j + b \]
99 \[ y + j + b \]
100 \[ j \hat{f} e \]

Third Month soul
First week Soul as Braham

101 Soul
102 First quarter
103 Second quarter
104 Third quarter
105 Fourth quarter

Second week Soul as self

106 First spatial dimension
107 Second spatial dimension
108 Third spatial dimension
109 Fourth spatial dimension
110 Soul as self
Third week Soul as Jeev
111 Origin of first spatial dimension
112 Origin of second spatial dimension
113 Origin of third spatial dimension
114 Origin of fourth spatial dimension
115 Soul as Jeev

Fourth week Soul
116 Braham as atman
117 First pada of Braham and first quarter of atman
118 Second pada of Braham and first quarter of atman
119 Third pada of Braham and first quarter of atman
120 Fourth pada of Braham and first quarter of atman

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First Week Living being
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122 Transcendental sphere
123 Creator Space as first lever of Lock and key of Living Being
124 Transcendental space as second lever of Lock and key of Living Being
125 Self referral space as third lever of Lock and key of Living Being

Second Week Five Basic element
126 Five Basic elements
127 Second Basic element
128 Third Basic element
129 Fourth Basic element
130 Fifth Basic element
Third Week 26 elements range
131 (5, 6, 7, 8)
132 Twenty six primes range
133 Twenty six structural components of cube envelope
134 Twenty six elements of Vishnu lok
135 Twenty eight elements of Unity state

Fourth Week Along Transcendental carriers within rays of the Sun
136 Along first dimension
137 Along second dimension
138 Along third dimension
139 Along fourth dimension
140 Along fifth dimension

Second month transcendental sphere
  First Week Transcendental sphere
141 Transcendental sphere-1
142 Transcendental sphere-2
143 Transcendental sphere-3
144 Transcendental sphere-4
145 Transcendental sphere-5

Second Week Within Creators space
146 Within Creators space-1
147 Within Creators space-2
148 Within Creators space-3
149 Within Creators space-4
150 Within Creators space-5

Third Week As transcendental carriers
151 Within Creators space-1
152 Within Creators space-2
153 Within Creators space-3
154 Within Creators space-4
155 Within Creators space-5

Fourth Week Along transcendental boundary
156 Along transcendental boundary-1
157 Along transcendental boundary-2
158 Along transcendental boundary-3
159 Along transcendental boundary-4
160 Along transcendental boundary-5

Third month Trimurti
   First Week Trimurti
161 Trimurti (f=ε fr $I$
162 Triloki to Trimurti
163 From Trimurti to Triloki
164 Trishapata (f=‘k r k)
165 Unity state of existence phenomenon

   Second Week Creator the Supreme
166 Creator the Supreme
167 Hyper cubes and hyper spheres
168 Half unit as working unit
169 Cube as dimension fold (1, 2, 3, 4)
170 Sphere as of manifestation format as well as of transcendental format.

   Third Week Lord of Transcendental worlds
171 Lord Shiv, Lord of transcendental worlds (5-space / $\S$)
172 Transcendental sphere at the seat of origin
173 Transformation role of Lord Shiv
174 Going the transcendental way
175 Twelve syllables mantra
Fourth Week Lords of Existence phenomenon
176  Existence phenomenon-1
177  Existence phenomenon-2
178  Existence phenomenon-3
179  Existence phenomenon-4
180  Existence phenomenon-5

Section-4  Par Braham
Pursha and Purshotam 2-11-2011 to 1-12-2011
  First week Shad Chakra format to dash chakra format
181  Shad Chakra format to dash chakra format
182  Meditate the Brahma way
183  Take off from Brahma Randra
184  Creative boundary of transcendental worlds
185  Pulse to impulse

  Second week 6=0+1+2+3 to 10 = 1 +2+3+4
186  6=0+1+2+3 to 10 = 1 +2+3+4
187  Spatial boundary to creative boundary
188  Spatial domain to solid domain
189  six half dimensions to ten directions
190  Sun fulfills ten mandals

  Third week First perfect number (6)
      to second perfect number (28)
191  First perfect number (6) to second perfect number (28)
192  (3, 5)
193  (27, 28)
194  Moon as Nakshtra
195  Step beyond half
Fourth week Sushukti state to Turia state
196 Sushukti state to Turia state
197 Casual body to source values format
198 Transcendental worlds to self referral state
199 Transcendental carriers to self sustaining virtues
200 Pursha to Purshotam

Second Month Braham and Par Braham
First Week Triloki and Trimurti
201 Triloki and Trimurti
202 Vishwa to Brahma
203 Brahma to Shiv
204 Shiv to Vishnu
205 Vishnu to Durga

Second Week Trimurti and Unity state
206 Trimurti and unity state
207 Vishwa and unity state
208 Brahma and unity state
209 Shiv and unity state
210 Vishnu and unity state

Third Week Unity state and Asht Prakrati
211 Unity state and Asht Prakrati
212 Pole star and Jad Prakrati
213 Jad Prakrati and Chetan prakrati
214 Anthkaran
215 Self riding the transcendental carriers of Sun rays

Fourth Week Braham and Par braham
216 Braham and Par braham
217 Along Braham as Brahma
218 Along Braham as Brahman
Along Braham as Brahaman
Along Brahanman scriptures

Third Month Par Braham 2-1-2012 to 1-2-2012

First Week Paravidya
Neti Neti
Nad (sound) to Anahat Nad (eternal sound format)
Jyoti (light) to Braham Jyoti
Ativahkas (transcendental carriers) to Brahm sitithi
(Brahaman states)
Self sustaining virtues

Second week 9, 10, 11, 12, 13
Along artifice 9
Along artifice 10
Along artifice 11
Along artifice 12
Along artifice 13

Third Week half 1/2, 1 ½ , 2 ½ , 3 ½ , 4 ½ , 5 ½ ,
Along Transition path from ½ to 1 ½
Along Transition path from 1 ½ to 2 ½
Along Transition path from 2 ½ to 3 ½
Along Transition path from 3 ½ to 4 ½
Along Transition path from 4 ½ to 5 ½

Fourth week ParBraham
Along values path of BEING
Along virtues way of SELF
Along vision road of soul
Brahman expression as Par Braham
As self sustaining Parbraham

Appendix
PREFACE
This book lessons are the steps of fourth year (12-2-2009 to 11-2-2010) of twelve years gyan yajna (2006-2018).