

THE NERVOUS SYSTEM
AND ITS IMPORTANCE:
PHYSICALLY & SPIRITUALLY



PARAMHANSA YOGANANDA

THE NERVOUS SYSTEM

NERVES ARE YOUR MEDIUM OF CONTACT WITH THE WORLD

What is the function of the nervous system? It is your means of getting in touch with the world and of keeping your sense of touch alive. It has the same function as your ordinary telephone in the house. The nervous system is the telephone that sees, hears, feels, etc. The nerves supply the current to your heart, brain, etc. Everything is carried on by the nerves. They act as a telephone also to supply the eyes, ears, olfactory nerves, etc.

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### **THE NERVOUS SYSTEM IS STRENGTHENED BY THE *ENERGIZATION EXERCISES***

The disease of the nervous system is the cause of all diseases. *Yogoda* has a special technique by which you can revive tissues if you have burned them out; you can revive tissues by sending energy into nerves that have been destroyed.

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AT THE INNER END OF THE NERVOUS SYSTEM IS THE SOUL

The life-force that courses through the nervous system is the medium by which mind and senses communicate. At the *inner end* of the nervous system, the mind, interiorized, communes with the soul.

HONG SAU :
DISCONNECTING THE NERVOUS SYSTEM

During slumber, the Life Force is switched off from the sensation-receivers of the eyes, palate, olfactory nerves, tactual centers, and auditory centers. Hence, the bell sound cannot reach the brain. This shows that the operator, Intelligence, unconsciously switches off the auditory nerve telephone, with the others, and so the man who is asleep does not hear the telephone sound in his brain. Though sleep is a good, scientific method of getting away from the constant sound of noises passing through the auditory nerves, still it is an unconscious, passive method. If one can sleep at will, then he can produce unconscious sensory relaxation, or the switching of the Life Force off from the sense telephones at will, and thus he can prevent the noises from entering his brain. But one does not wish to sleep every time he wishes to become really quiet.

The *Original Praecepta Instructions* teach the third method of consciously switching off the Life Current from the nerve-wires of touch, smell, taste, sight, and hearing. This is the easiest and greatest scientific conscious method of disconnecting the Life Force from all the five sense-telephones, so that the optical, gustatory, olfactory, tactual, and auditory stimuli, and their resulting sensations, may not reach the brain at all. This scientific method demonstrates that, if you learn to switch off at will consciously the Life Force from the five sense-telephones, with which your operator, Intelligence is working, then you can really remove the disturbing medium, which is directly responsible for allowing the stimuli of touch, smell, taste, sight, and hearing, to flow through it into the brain.

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**THE ONLY PATH TO GOD**

When the devotee's mind is identified with the energy in the optical, auditory, olfactory, gustatory, and tactual nerves, then objects of beauty, sweet music, wonderful fragrance, luscious taste, sex and attractive sensations of touch tempt him. The holy Gita tells the yogi to learn to withdraw his mind and energy from the sensory telephones of sight, hearing, taste and touch.