

A SHOT OF HOPE THE SPEAKING TREE

Positive Microvita Make Us Resilient

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The second wave of coronavirus has shaken our country. According to Shri Shri Anandamurti, 'virus' is a vague term, it should instead be 'microvita', or 'microvita' in plural.

"Microvita is the mysterious emanation of Cosmic Factor," he says. Whatever is beyond the arena of the senses or the jurisdiction of perception, to us it is mysterious. Hence, our world functions within the limitations of our senses and perceptions.

In the realm of cosmic extrovert, in the first phase – that is, in the phase of extrovert – the 'subtle' is transmuted into 'crude', and in the returning phase of introvert, the 'crude' is metamorphosed into 'subtle'.

There are entities which come within the realm of both physicality and psychic expressions, which are smaller than atoms, electrons or protons; and in the psychic realm they may be subtler than ectoplasm. For such entities Shri Shri Anandamurti, founder of Ananda Marga, has used the term 'microvita'.

These microvita may be broadly divided into three categories – first, those coming within the scope of a microscope; second, those not coming within the scope of a microscope but within the scope of perception as a result of their expression, their actional vibration; and third, those not coming within the scope of common perception but within the scope of a special type of perception, which is actually the reflection of conception within the periphery of perception. Such perception – that special type of perception – may be felt or realised by persons having highly developed, spiritually oriented minds. While the first category of microvita is crude, means negative microvita; the second category is subtle; and the third category is subtler, positive microvita.

Shri Shri Anandamurti further explains that the microvita of crude order which may come within the scope of a microscope, are what people call 'viruses' and say, 'this disease is of virus origin', though the better term will be microvita.

The symptoms of negative microvita and coronavirus are somewhat similar. The position of negative microvita is at the Muladhar and Swadhisthan Chakras. From here it moves up towards the Vishudhi, throat chakra. If it travels further up, it will lead to immediate death of the person. So, it comes back from the throat to the heart chakra and enters the chest and lungs. This is when people get lung infection and chest pain. Here we find the symptoms of negative microvita and coronavirus somewhat similar.

By the dint of our physico-psychospiritual sadhana, we can enhance our power of conception, and know all the secrets of these microvita.

Meditation, satsang, sentient diet, pranayam and regular practise of asanas can help to overcome the coronavirus challenge. There are two types of asanas – svasthyasanas, for physical and psychic development, and dhyanasanas that help in meditation. Through these practices, says Shri Shri Anandmurti, we can enhance positive microvita in the body, which can help us in controlling the effect of negative microvita or coronavirus.

(May 26 is Shri Shri Anandmurti's birth anniversary)



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