

The background of the cover is a vibrant blue sky filled with soft, white, fluffy clouds. In the center, a series of horizontal, glowing light bands form a staircase that ascends towards a brilliant sunburst at the top. The sunburst consists of numerous rays of light radiating outwards, creating a sense of divine light and hope. The overall composition is symmetrical and evokes a sense of spiritual ascent and enlightenment.

# **Body, Mind and Spirit**

**Dr. C.P. Aboobacker**



Human brain is often described as a biological machine with over 100 billion neurons or nerve cells each of which has an average of 7,000 connections to other neurons. Our brain receives inputs from sensory receptors and produces electrical signals which travel along the neural network and specific patterns are believed to represent concepts, thoughts and memories.

Our heart is also involved in receiving, decoding and processing information and is said to be the seat of intuitive intelligence.

The biological machine model of brain considers consciousness to be a by product of brain. This concept cannot explain and accommodate the existence of extra sensory perception and psychic abilities.

The data from near death experiences (NDEs) and out of body experiences (OBEs) raises the possibility that consciousness can exist independent of the body and travel to other locations.

This book is an attempt to understand the mysteries of body, mind and spirit.

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## PREFACE

Ever since I started working with children with autism, the amazing skills they exhibit in different fields have perplexed me to no limits. Being a doctor by profession, I tend to look at issues in a scientific and logical way. But, many skills they exhibit are way beyond my reasoning and even my imagination.

Chandrakanth is a teenage boy of 13 years. He started writing Malayalam and English alphabets at the age of 3-4, before going to school. He started computing simple mathematical calculations before seeing a Maths teacher. Perplexed by these extraordinary behaviors, Chandrakanth's mother consulted a child psychiatrist and he diagnosed this ability as part of an illness called 'Autism' and was given medicines to cure this. At the age of 6, Chandrakanth wrote the first poem 'Rain' and following this, poems flew out like a monsoon as and when his mother was ready for dictation (At that age, Chandrakanth needed mother's help and now he is independent). As of now, two books 'Rain' and 'Guru' have been published, the copies of which have been sold out. Chandrakanth now writes short stories, screen plays and even songs with perfect composition.

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The most astonishing fact about Chandrakanth is that, he is able to read the minds of other people especially of his mother. This was demonstrated many a times in front of the media and medical professionals . He writes Arabic, Russian, Suriani and all Indian languages. During the recent Chennai floods, the ground floor of a retired Major General's house was half drowned and the family had to move to the first floor. When the flood receded, they could not find a precious medal (the Major received during his military service).They searched for hours together, but in vain.Finally, they telephoned Chandrakanth's mother and the boy located the medal which was kept in a particular shelf among books. How could Chandrakanth remote view the medal? Chandrakanth's mother narrates several incidents/instances when the boy helped them to find 'lost' articles.

Neerada is a 15 year old girl. She hates school and studied in Bahrain for few months only. She is a poet and two books have come out in English in her name. She knows the details of periodic table (Chemistry) and explains Einstein's law (Physics).Her mother asks: 'how do you know all these things? You have not gone to school!'. Her answer is: 'I get these information directly from God!! Arun is now 7 years old and is able to remember thousands of vehicle numbers, visualizes volumes of dictionary and found sameness in calendars of 2005 and 2010.He has already learned Biology up to 12th standard. Vinod, another 8 year old autistic boy can recite more than 1000 poems after hearing once.Sukesh Kuttan is a singer and is able to sing after hearing once and performed his role perfectly in a group dance without rehearsal.

We know Daniel Tammet who is known for his incredible Math calculations. If you ask him to multiply four digit numbers (eg: 4582 x 3864 x 7963) or divide 19 by 37, the answer is ready by the time you finish your question. He was able to recall the mathematical constant pi to 22,514 decimal places in just over 5 hours and till now, Tammet's endeavor is a new European record. There is a boy in Kerala who

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does the same pi value up to 114 decimal places. Shahid can tell the day of any date for 75 years backward or forward. Aksin is able to remember the birth dates of thousands of friends he has met. What do all these mean? I was forced to believe what I have seen. But, I had no scientific explanations and I am sure that nobody will believe unless they witness their skills with their naked eye.

Fortunately, I got the book 'The ESP Enigma' written by Diane Hennacy Powell, who was trained in Medicine, Neurology and Psychiatry at Jones Hopkins University School of Medicine. I also had the privilege of a few communications with her regarding the savant skills exhibited by Chandrakanth. The book gave me a great breakthrough in my thought process and is the main reference for my book 'Body, Mind and Spirit.'

Albert Einstein said "A human being is a part of the whole, called by us the 'Universe'....He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature."

To quote Diane Hennacy Powell, "We have created our own prisons by holding onto limited beliefs about what is possible. Perhaps, we now can begin to open up our minds and unlock the gates."

I dedicate this book to all my children in the spectrum who have driven me to think out of the box and this is the result of such a divergent thinking. I have tried to be as scientific in my approach, neutral in my thinking and critical in my judgement. I have quoted many prophetic revelations since they are the true verses from Allah, the All-Knower.

**Dr. C.P. Aboobacker**

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