

## **19<sup>th</sup> Episode – Rasa (Mercury)**

Following 18<sup>th</sup> episode of “*Temple -The Truth*” towards Maha Kumbhabhisekam of Panching Gua Charas Jalalingeswarar Shivan temple, with good intention and thoughts for all devotees, the following write-up is prepared.

As discussed in the previous 18<sup>th</sup> episode, we looked at the details of Temple – The Truth. Quote “In Bhagavad Gita, Lord Krishna says that “*idam sariram kaunteya ksetram ity abhidhiyate*”. **This body is a temple.** The human body is the temple for the indwelling Spirit of God (Antaryamin). **Various parts of the temple structure correspond to various parts of the human body.** The temple is the physical body (*sthoola sarira*) which houses the presence of Divine. So, the actual building of the temple itself is a symbol of the presence of the Divine in the world”, Unquote.

In this 19<sup>th</sup> episode, we look details of Mercury. First let's look at some definitions as follows;

- 1) Mercury is called `Rasa` as it is the physical essence of Lord Shiva and also as it swallows other metals. `Parada` and `Rasendra` are its synonyms. It is rightly called `Parada` as it helps man to cross the ocean of worldly and physical miseries and thus provides him both liberation and enjoyment
- 2) `Rasasastra` is the subject which deals with the processing of mercury and allied substances including the details of appliances and laboratory
- 3) `Rasa-Vaidya` - Physician expert in `Rasasastra`

Rasa Shastra means the “science of mercury” but also refers to the science of making minerals usable for the body so they can be used as medicines. The science of Ayurveda believes that nothing is good for everybody and everything is good for somebody. Many minerals, such as mercury are considered toxic, but by proper procedures be made into medicines. In India, the Ayurvedic doctor uses 20% pure herbal preparations, 30% pure mineral preparations and 50% herbal and mineral preparations. This percentage of usage illustrates that there is much value to using mineral preparations.

In the Vedas, gold and silver had a ritualistic use. Rasa Shastra is believed to have come about in the 6<sup>th</sup> and 7<sup>th</sup> century. The Buddhist sage, known as Nagarjuna, is considered the first to use mercury and is believed to have done much in the creation of Rasa Shastra.

The science of working with minerals is named after Rasa (mercury). This is because mercury is considered to be a very powerful medicine. When mercury is properly prepared, it balances all three doshas (humours of the body), has a soothing effect on the body, prevents disease and old age. It nourishes all the vital parts of the body and increases the strength of the eyes. It is a vrisya (aphrodisiac), balya (tonic), snigdha (anointing), rasayana (rejuvenative), vrana sodhana and ropana (wound cleaner and healer), and krimighna (antimicrobial). When it is compounded with any herb it heightens the medicinal properties. Mercury is said to give a firm physique, a stable mind, and to be the best destroyer of disease.

### **Categories and Properties of Minerals**

There are two main categories of Rasa Shastra, Alchemy and Rasayana. Alchemy involves turning mercury into gold. Rasayana is the rejuvenation of the mind and body. It is said in rasa texts that metallurgy is a science which was taught by god Himself. Furthermore, it is also stated that mercurial operations are successful by the grace of God. Consequently, Rasa Shastra is a very spiritual science with many facets to see and understand.

### **Gold is an effective antimicrobial and antipyretic**

Many minerals have a more magical type of properties. *Charaka* says that no poison can be sustained in the body of people who have ingested gold because the presence of gold destroys the effects of all types of poisons especially Garavisa. One of many minerals used is *Lapis lazuli*, which produces feelings of wellbeing while expelling all doshas (the 3 human humors) from the body. Mercury and other minerals must go through purification before they can be made into medicine. The procedures are called samskaras for purification and assimilation. For mercury, there are 18 samskaras in the extreme method. *Shodana* removes the harmful substances or impurities present minerals or drugs that would cause toxic effects or diseases in the body. Listed in rasa literature are disorders associated with impurities in each substance. For example, “unpurified and not properly

purified incinerated silver if used internally may cause sariratapa (burning sensation in the body), vidbandhata (constipation), sukranasa (loose of semen), balanasa (loss of strength and longevity), destroys sariapusti (growth of body tissues), and produces many diseases. Improperly purified *shilajit* gives rise to inflammation, hysteric fits, giddiness, loss of appetite, hemorrhage, and constipation.

### Importance of Rasa Shastra in Ayurveda

Modern medicine deals with modern diseases through heavy usage of steroids. The prolonged use of such medicines and the lifestyle related problems make these diseases chronic in nature and decreases the immunity levels of those inflicted. Recent studies have shown that herbal preparations alone are not capable to deal with the complicated and chronic nature of diseases. It is for this very reason that Rasa Shastra has been placed with so much importance in modern Ayurveda.

Now lets looks at the relationship or importance of `rasa` (mercury), consecrated temples and naturally formed co-existing energized space within Jalalingam temple. Figure below shows presence of mercury within the formation of limestone. It will take time for each of us to understand and see the nature in Gua Charas, before we can conclude the presence of mercury or vice versa, but the fact is there is indeed abundance of positive energies within Jalalingam temple, which was provided in the 5<sup>th</sup> Episode - Syayambhu Linga.



Today, when you use the word “temple,” it is a hugely contaminated word. When you say, “Temple,” people think, “Which religion?”. However, the matter of fact is, human beings who need temples, not Gods, isn't it? So, what kind of temples do human beings need? Whatever nurtures them and takes them to their peak, that is the kind of temple they need. The temple is not about God, it is about taking the “human animal” and allowing him the possibility of becoming a divine possibility.

If we convert or transform mud into food, we call this agriculture. If we make food into flesh and bone, we call this digestion. If we make this flesh and bone into mud again, we call this cremation. These are all different technologies. Similarly, if we can make any substance or **space** into a **divine reverberation**, this is called **consecration**. There is a whole science of consecration. As matter of fact, we can energize any object. If **we energize certain forms created out of certain material**, in a certain way, they will become **eternal forms**. One **important material** like this is **mercury**.

When we **energize a substance**, we want the **densest possible material that we can find**. Mercury is one of the densest possible substances and it is in **liquid form** – it is the only liquid metal. Once you energize this, it will remain the same way for ten, fifteen thousand years. If the right kind of situation is maintained, it may remain that way for a hundred thousand years. The idea and the science and technology behind this is that we create an energy form which will do something that you want to do for a long period of time. It is because of this that most of the lingas are mercury-based. For instance, the mercury lingas in the Theerthakunds @ Isha Yoga Center, are solidified mercury – 99.2% pure mercury – that 0.8% impurity is because laboratories are not capable of removing it.

Normally, the thing about idols which are consecrated with mantras and chants and things like that is that if you do not take care of it for a certain period of time, it will become a receding force. This is the reason why if any idol is even slightly damaged, they will take it and throw it into a well or a river because if you are in the presence of a form which is in a state of receding energy, it will cause harm to you. This is also another reason why most temples conduct Maha Kumbaabishegam for every 12 years, in order to re-active/refresh the energy. So, it is instantly taken and put in a place where no

human beings will approach it. That's the idea. But once a form is created with solidified mercury, it will never be a receding force even if nobody takes care of it. That is the safety. This whole science of solidifying and energizing mercury is called Rasa Vaidya. It is a subjective science, because if you must change one thing into something else, you need some kind of addition, subtraction, change in temperature – you have to do something, otherwise it cannot happen.

Indian systems of medicine like Ayurveda and Siddha Vaidya use mercury on a daily basis. Siddha Vaidya cannot operate without mercury. Mercury is the most essential ingredient in Siddha Vaidya and also in some Ayurvedic products. This practice has been on for thousands of years. Consumption of mercury is very much a part of yogic practice. We know what it does to the system. In India, you will see people wearing mercury balls around their neck. There are any number of people who have come out of very serious immunological diseases just by having a piece of solidified mercury on their body. Everything on this planet, if you know how to use it, it will be for your wellbeing. If you do not know how to use it, it will be your poison.

In the western part of the world, people are terrified of mercury poisoning. The poisoning happened only because industries used mercury and let out mercury compounds into rivers. It is the mercury compounds which poison. Mercury has always been on this planet. It has not poisoned the earth, has it? It is part of the earth. If you misuse it, it poisons you. Even the oxygen that you breathe can poison you. If you take in excess oxygen, you can become comatose. Everything on this planet, if you know how to use it, it will be for your wellbeing. If you do not know how to use it, it will be your poison. Shiva has always been known as the Neelakantha. That means a poisoned throat. If you have a cobra hanging around your throat, if you wear a cobra as an ornament, you are bound to have your throat bitten often enough to turn blue. But there has never been another man with the capabilities and the knowing that this man had. So, what is poison and what is the elixir of life simply depends on who you are. In the South, we have temples where the idol is made of nine deadly poisons. They are called navapashanas. A cocktail of poisons together become very healing and medicinal in nature. It is a very deep science of how to convert visha into amrita – of making a cocktail of poisons, which would instantly kill you, but instead it nourishes you. People consume the water that runs off these idols and it is very healing. But slowly the deity wears out.

Generally, their lifespan could be anywhere between hundred and fifty to two hundred years depending upon the size. Slowly they lose their shape and form because every day as water falls on it, it wears out and people are drinking it up, taking the Divine in. Unfortunately, these deities are not being replaced today. Right now, in the world, people who think logically are trying to handle human wellbeing by changing only attitudes. That is the only solution people have in the modern world, isn't it? "Be calm, take care of yourself, don't worry, be happy" – all this stuff. You will never achieve wellbeing that way. By changing attitudes, you can manage to a certain extent, yes, but it will never happen to its fullest extent because there are other dimensions and forces working upon you. Without handling those, you will never be free from certain things. It does not matter how much you try to change your attitude, you can just go bonkers in your mind simply because there are other forces both within you and outside of you. If they are not dealt with, one will not know a true sense of wellbeing. The majestically established Jalalingam temple is made of both consecrated Jalalingam (e.g. activated by nature's water dripping and coupled with mantras, chants and yagnas) as well as naturally formed Syayambhu Linga's which just does need any specific prayers or so. This has been also explained in previous, 5<sup>th</sup> Episode. All Jalalingam devotees are welcomed to experience and revitalize their energy for betterment of life experiences.

Shiva Shambo  
Om Nama Siva Ya Om  
Help Ever Hurt Never  
Service to Society is Service to Almighty  
Master Ir. Sivabalan - Temple Trustee  
27<sup>th</sup> Feb 2020