

## FOUR PRIMITIVE FOUNTAINS OF LIFE

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Once upon a time I dreamt that I was a butterfly, flying about enjoying its self. It did not know it was me. Suddenly I awoke and veritably was me again. I did not know whether I was a man dreaming I was a butterfly or whether I am now a butterfly dreaming I am a man.

Chuang Tzu

How STRESS is completely governed by the Four Primitive Fountains of life.

Stress can be defined as a state where the body increases its muscle tone involuntarily and causes the blood vessel to constrict thus requiring the heart to pump with more force to achieve the desired circulation. This in the long run will cause weakness of the heart leading to more serious outcomes.

When you are in a calm state of mind which can be achieved during meditation your circulation is in zero constriction. This is also the state when you are in deep sleep. So what causes the constriction of the blood vessels or conversely the increase in Muscular tone -- The Mind. The fear flight response.

The question is where does stress come from? Let us examine this.

A human being cannot live without doing actions, it's not possible, and when he performs actions, he reaps the fruits of his actions and those fruits motivate him to perform more actions. This goes on and on, there is no end, and it becomes a whirlpool from which he cannot escape. When you examine your actions, you will find that your actions are commanded and controlled by your mind.(actions, thoughts, emotions). If you do not think of doing something, you cannot do it. Your thought virtually is your action. Your thoughts, in turn, are controlled by your emotions. And from where do your emotions arise?

They arise from four primitive fountains called food, sleep, sex, and self-preservation. We human beings are still primitive because food, sleep, self-preservation and sex, still control human life exactly as they do in the animal kingdom. That is why they are called primitive fountains. You eat food, animals also eat food. You

sleep, animals also sleep. You indulge in sex, animals also do so. You are afraid and all the time you are protecting yourself, as do animals. You form a group, a particular group, animals also do the same. What is the difference between a human being and an animal?

There are four kingdoms: the kingdom of rocks, the kingdom of vegetables, the kingdom of animals, and the kingdom of human beings. In the process of evolution, a human being has attained the status of having choice, of being able to choose what he wants to do and avoiding that which he does not want to do.

Self-control is found in the human kingdom, but an animal is controlled by nature, by the four fountains. Therefore, a human being has to take responsibility for his own deeds and actions. Definitely a superior being, he can communicate with others, narrate, discuss, talk and decide. So, by the creative use of emotions, a human can control his thoughts and hence, his actions.

Emotional power is highest of all powers in a human being as far as the external world is concerned. And all emotions arise from the four primitive fountains. If these four fountains are properly understood, arranged and regulated, there will be no stress.

When you do not eat your stress levels are high. Eat when your body requires nourishment not when your mind feels it should. Take care of your diet. Learn to eat that food which is right for you. If you clean your teeth properly, chew your food well, eat simple food which is healthy for you, which contains both liquid and solid, both vegetables and fruits, you will be healthy. Intake of wrong kinds of food due to emotional eating also causes discomfort and then stress.

When we do not sleep, stress levels are again high. Your body and your brain require to rest to produce new cells and connections. Excessive sleep also is not conducive

to lower stress levels. Sleep disorders like sleep apnea and insomnia also increase stress levels. As a measure if you sleep in a healthy state your body will wake up in 6 to 7 hours and you will be well rested. There are other emotional reasons which will not allow you to sleep well, this mostly happens in the Kingdom of Human Beings.

You should see a Ram during the rutting season. They are aggressive and full of stress, some hormonal changes take place in their body. A nature's way to ensure propagation of the species . This feature is apparent in most species differently but all causing the constriction of blood vessels and consequent stress levels. The Human Kingdom is also governed by the hormonal level changes to insure propagation. Lack of or deprivation of conjugal union can increase stress levels by a huge amount in the Kingdom of Human Beings.

Self preservation is the awareness of activity around you and to protect yourself and your group from possible harm. All wars are caused when the collective conscious of a nation feels their self preservation is threatened. One can see the preying at the watering hole of a lion in the jungle to understand this fountain. Human has misused this self preservation thing the most, to allow his mind to gravitate towards conflict. This has caused stress not only to the combatants but also their families and sometimes an entire race. Also at the personal level excessive fear which is not founded on logic is stress giving.

In conclusion

The Four Primitive Fountains of Life - food, sleep, sex and self preservation will cause emotions which cause thoughts, This will surely cause stress if thoughts are not processed in the manner consistent with well being from which we all came from.

We do control the real thoughts as they are based on logic but our ability to examine our imaginary thoughts will go a long way in deflecting stress levels to healthy levels. Meditation allows your mind to discover a stress free oasis.

Simple food, adequate sleep, healthy sexual practices and self preservation - where your predominant thought has to be that the entire universe is conspiring to help you, this will ensure reduced or no stress levels.

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