

Microcosm and Macrocosm by A.C.Sekhar

Microcosm means Mankind viewed as the epitome of whole Universe and Macrocosm is the Cosmos which is the whole complex structure of the Universe. The Vedas describe the human body as a mini universe and whatever elements or entities exist in the universe, they exist in the human body also. The basic elements of the universe, namely, Matter, Energy, Time, Space, and Cosmos (Maya) exist also in human body.

The human body cannot exist or cannot be properly identified without appropriate combination of the above. If the material content of the universe is supposed to be sustained by the energy of light from stars and gravitational forces between the planets, the material content of the human body is supposed to be sustained primarily by the energy of 'life' (Pran) and vibration forces of heart and brain. We are told that in the Macrocosm, energy can be converted into matter and vice versa. So also in the Microcosm we see that a thought process generates neuro-peptides, some sort of chemical substances for various types of body reactions. It is common observance that emotions produce body movements.

Thus in both cases non-material and material contents are known to be inter-convertible. So also God and Man, or even more in a generalized concept, the Creator and Creation, are one and the same and inter-convertible, a notion peculiar only in Hinduism. In the universe a 'Black hole' is defined as an entity when light energy becomes so dense that it cannot escape out. Similar is the situation of 'Death' in humans when the life energy gets concentrated at one point and cannot exert its influence on other cells of the body and eventually this is driven out of the material content of the body, only to be amalgamated with the 'Universal Soul'.

The Universe consists of galaxies, stars which emit light, planets which revolve around the stars, satellites, molecules, and atoms of different chemical elements continuously in motion, some decaying and some re-creating again.. So also the human body consists of various organs, cells, neurons, and various chemicals, continuously growing, changing, or aging with time and ultimately decaying or re-shaping in different forms.

Vedas say that what is known as 'Self' (Aham or Atma) in human body is the same as 'Brahman' in the Universe and the Upanishads have asked the Vedic students to realize and understand Ahm Brahmasmi. which means the 'Self' in us is Brahman itself and that there is only one Universal Self which is sustained by 'Maya' power.

The Indian thought that Microcosm and Macrocosm are two aspects of the same 'Reality' and are governed by the same plan would only indicate that the functions and powers of the various organs of human body correspond to the powers of various symbolic deities of the Cosmic Universe. Viswarupa, the well known Cosmic body is thus invoked during various types of worshiping rituals (Pujas) as Agnirmukha, (for face) Brahmasiroh, (for head) Vishnurhridaye, (for heart) Rudrasikha (for Kapal, the top most part of the body) and so on.

Thus a complete understanding of similarity between Microcosm and Macrocosm can help the modern Mind, to realize one's own role in the Universe, that the part (his body) and the whole (the Universe) have the same functions, properties and plan, that any change in the 'part' do not affect the 'whole'. , a mathematically established truth that infinity remains infinity even if something is removed from, or added to the same . As a corollary, the part can generally remain in peace and harmony with any changing surroundings similar to celestial bodies not getting affected much with any celestial disturbances.