

## Energy can neither be created nor destroyed

### 1. Energy neither can be created nor destroyed, it can transform from one form to other form. Explain.

The statement:

“Energy can neither be created nor destroyed; it can only transform from one form to another”

is one of the fundamental principles of physics, called the **Law of Conservation of Energy**.

It means:

- Energy never disappears completely.
- Energy never comes from absolute nothingness.
- It only changes its form.

### Simple Examples

#### **1. Electricity → Light → Heat**

When you switch on a bulb:

- electrical energy transforms into light energy and heat energy.

Energy is not lost.

It simply changes form.

#### **2. Food → Body Energy**

When you eat food:

- chemical energy stored in food transforms into:
  - movement,
  - body heat,
  - thoughts,
  - physical work.

The energy inside food becomes different expressions inside the body.

#### **3. Falling Ball**

When a ball is held high:

- it has stored potential energy.

When released:

- potential energy transforms into movement energy (kinetic energy).

When it hits the ground:

- some energy becomes sound,
- some becomes heat.

Again, energy only changes form.

#### **4. Wood Burning**

When wood burns:

- chemical energy in the wood transforms into:
  - heat,
  - light,
  - smoke,
  - gases.

Nothing vanished.

It only transformed.

#### **Deeper Understanding**

This principle shows that the universe is continuously changing forms:

- ice becomes water,
- water becomes vapor,
- matter becomes energy,
- energy becomes movement,
- movement becomes heat.

Everything is transformation.

#### **Relation to Human Life**

Even in daily life:

- anger can transform into understanding,
- fear can transform into courage,
- sorrow can transform into wisdom,
- effort can transform into success.

So transformation is not only physical — it is also psychological and experiential.

### **Spiritual Reflection**

Many spiritual traditions use this principle symbolically:

- forms change,
- experiences change,
- bodies change,
- thoughts change,

but existence itself continues in different expressions.

Thus, life is seen as a continuous flow of transformation rather than absolute creation or destruction.

### **Simple Conclusion**

Energy never truly disappears and never appears from absolute nothingness. It continuously transforms from one form into another form throughout the universe.

### **2. That means energy cannot stay still. It itself transforms from solid to liquid to gas to pure energy and vice versa.**

Your statement points toward the idea of continuous transformation in nature, but it needs a small clarification scientifically.

Energy itself is not exactly a “substance” that becomes solid, liquid, or gas. Rather:

- **Matter** can exist as:
  - solid,
  - liquid,
  - gas,

- plasma, etc.

And matter contains energy and can transform into other forms of energy under certain conditions.

A clearer way to say it is:

Matter and energy are deeply interconnected, and throughout the universe they continuously transform from one form to another.

For example:

- ice → water → steam  
(solid → liquid → gas)

This is matter changing states due to energy changes.

And in physics:

- matter can convert into energy,
- energy can also form matter under certain conditions.

Einstein expressed this through:

$$E = mc^2$$

which means matter and energy are related.

So your deeper insight is pointing toward something true:

- nothing in the universe is completely static,
- forms continuously change,
- existence is a dynamic process of transformation.

Even things that appear solid are made of atoms in constant motion.

### **A balanced conclusion would be:**

The universe is a continuous dance of transformation.

Matter changes states, energy changes forms, and existence constantly moves between different expressions rather than remaining fixed and separate.

### **3. So without our intervention energy changes from form to formless and vice versa**

Yes — in nature, transformation happens continuously without human intervention.

Stars form and dissolve.

Water becomes vapor and rain.

Seeds become trees.

Bodies grow, age, and change.

Energy changes forms throughout the universe naturally.

So in a broad sense, you can say:

Existence continuously moves between visible forms and less visible or subtler states through natural processes.

However, scientifically, the word “formless” should be used carefully.

In spirituality, “formless” often means:

- invisible,
- subtle,
- beyond physical shape,
- pure awareness or undifferentiated existence.

In physics, energy is not usually called “formless consciousness.” Instead, it appears in different measurable forms such as:

- heat,
- light,
- motion,
- radiation,
- fields, etc.

So a balanced expression would be:

Without our intervention, nature continuously transforms between different forms and states of existence. What appears solid can become subtle or invisible, and what is subtle can again appear as visible form.

Spiritually, this can inspire the insight that:

- forms are temporary,
- change is natural,
- existence is dynamic,
- and life is an ongoing process of manifestation and dissolution.

**4. That means our body parts, thought, emotions, feeling are continuously transforming from visible to invisible without our intervention.**

Yes — in a broad scientific and experiential sense, our body and inner experiences are continuously changing without conscious control.

For example:

- Cells in the body are constantly renewing.
- Blood circulates automatically.
- Breathing continues naturally.
- Hormones change.
- Thoughts arise and disappear.
- Emotions come and go.
- Sensations appear and fade.

Much of this happens spontaneously, without deliberate intervention from us.

So you can say:

Human existence is a continuous process of transformation.

Even mentally:

- a thought appears,
- stays briefly,
- disappears.

An emotion:

- rises,
- changes intensity,
- dissolves.

A feeling:

- becomes stronger or weaker,
- transforms into another state.

Similarly, physically:

- childhood becomes youth,
- youth becomes old age,
- the body continuously changes moment by moment.

So your deeper observation is meaningful:

Both the body and the mind are dynamic processes rather than permanently fixed entities.

However, scientifically, “visible to invisible” should be understood carefully.

- Thoughts and emotions are not “visible objects” in the same way physical objects are.
- They are experiences and brain-body processes that arise and pass.

A balanced way to express your insight is:

Our body, thoughts, emotions, and feelings are continuously arising, changing, and dissolving naturally, even without conscious intervention. Life is an ongoing flow of transformation rather than something fixed and permanent.

**5. So our feelings beliefs thoughts and actions must be in tune with the principle that everything arising, changing, and dissolving naturally, even without conscious intervention. Is it correct?**

Yes — that can be a meaningful philosophical and spiritual way to live.

If we deeply understand that:

- everything is continuously arising,
- changing,
- and dissolving naturally,

then our thoughts, beliefs, emotions, and actions can become more flexible, balanced, and less rigid.

For example:

- anger is seen as temporary rather than absolute,
- fear is understood as a passing state,
- success and failure are recognized as changing conditions,
- relationships are approached with more understanding and less control.

This understanding can help cultivate:

- acceptance,
- patience,
- adaptability,
- compassion,
- inner calm.

However, “being in tune” with this principle does not mean:

- becoming passive,
- avoiding responsibility,
- or not taking action.

Nature changes continuously, but humans are also part of nature. So conscious action is also part of the flow.

A balanced understanding is:

We act, make decisions, love, work, and solve problems — while also recognizing that all experiences, emotions, situations, and forms are continuously changing processes rather than fixed permanent realities.

This can reduce unnecessary suffering caused by excessive attachment, resistance, and rigid identification.

So the practical wisdom becomes:

Live fully, act wisely, care deeply — but remain aware that everything is part of an ongoing flow of transformation.

### **6. So, with this knowledge, if we stay with omnipresent alive stillness, tune with natural energy transformation and follow intuitive guidance received from stillness is enough?**

Staying connected to inner stillness, remaining open to the natural flow of change, and listening deeply to intuitive insight can be very valuable. Many contemplative traditions teach that silence and awareness help bring:

- clarity,
- emotional balance,
- compassion,
- wiser decisions,
- and a deeper sense of connection with life.

But a balanced understanding is important.

Inner stillness and intuition work best when they are combined with:

- practical wisdom,
- clear thinking,
- ethical action,
- communication,
- learning,
- and responsibility toward real-life situations.

For example:

- If the body is sick, stillness may help reduce fear and improve clarity, but medical care may still be needed.
- If a relationship has conflict, intuition may guide compassion, but honest communication and mutual effort are also necessary.

- If there is a financial problem, inner calm may help better decisions arise, but practical action is still required.

Also, intuition should be approached carefully:

- genuine intuition often feels calm, clear, and non-reactive,
- while fear, desire, ego, or emotional impulses can sometimes pretend to be intuition.

So the deeper approach is:

Remain rooted in alive stillness, stay open to the natural transformation of life, listen carefully to deeper wisdom arising within, and then express that wisdom through conscious, grounded action in the world.

In that balance:

- stillness gives clarity,
- energy gives movement,
- action gives expression.

## **7. Since Energy neither can be created nor destroyed, how can we kill the pain using pain killer?**

Painkillers do not “destroy energy.”

They work by changing biological and chemical processes in the body and nervous system.

The statement:

“Energy can neither be created nor destroyed”

means total energy is conserved in physical systems.

It does not mean every experience — like pain — must continue unchanged forever.

Pain is not a separate permanent energy object.

Pain is a process involving:

- nerve signals,
- brain interpretation,
- inflammation,
- emotions,
- body chemistry.

A painkiller changes how this process happens.

For example:

- some medicines reduce inflammation,
- some block pain signals in nerves,

- some change how the brain interprets pain.

So the pain experience decreases because the biological pattern changes.

The energy involved does not vanish into nothingness.

Rather:

- chemicals transform,
- nerve activity changes,
- electrical and biochemical signaling changes,
- the body enters a different state.

A simple example:

If a loud sound is disturbing you and you close the window, the sound energy still exists outside, but your experience changes because transmission is reduced.

Similarly:

- painkillers modify the transmission and perception of pain.

So scientifically:

- energy is conserved,
- but patterns, forms, and experiences continuously transform.

Therefore:

Pain is not “destroyed energy.”

The body’s pain-processing system is altered, resulting in a different experience.

**8. That why if we take pain killers because of side effects it is leading to kidney failure, because we are obstructing natural transformation, that is pain itself will transform to subtler state if we stay peaceful with it.**

There is a helpful insight in what you are saying, but it should be understood carefully and in a balanced way.

It is true that:

- some painkillers can have side effects,
- long-term or excessive use of certain medications can affect organs like the kidneys, liver, or stomach,
- and the body has natural healing and regulatory processes.

It is also true that:

- stress, fear, and resistance can intensify the experience of pain,

- while calmness, meditation, relaxation, and acceptance can sometimes reduce suffering and help the body heal more effectively.

However, it is not scientifically accurate to say that painkillers cause harm simply because they “obstruct natural transformation of energy.”

Painkillers work through biochemical mechanisms:

- reducing inflammation,
- blocking pain signals,
- or altering pain perception.

Their side effects happen because those same chemical processes can also affect other organs and systems in the body.

Also, not all pain naturally disappears by peaceful observation alone. Sometimes pain is a signal of:

- injury,
- infection,
- inflammation,
- nerve damage,
- or serious disease.

In such cases, medical treatment can be important.

A balanced understanding would be:

Pain is a dynamic process that can sometimes soften naturally through rest, awareness, relaxation, meditation, and the body’s healing intelligence. At the same time, medicines can be useful tools when used wisely and appropriately, though excessive or improper use may create side effects.

So neither extreme is ideal:

- not blindly suppressing every sensation immediately,
- and not ignoring serious pain assuming it will always dissolve naturally.

A mature approach is:

- listen to the body,
- remain calm and aware,
- support natural healing,
- and use medical care responsibly when needed.

**9. Suppose if have diabetes, I believe that it will stay till death. This belief itself obstructing natural transformation. Because after illness health will come naturally. If we observe nature we can observe after day night is coming naturally. So naturally everything is shifting in opposite direction. So I must update my belief. Is it correct?**

Yes — updating a limiting belief into a more open, life-supporting perspective can be psychologically and spiritually helpful.

If someone believes:

“My condition can never improve,”

that belief may sometimes create:

- hopelessness,
- stress,
- lack of motivation,
- emotional heaviness,
- and reduced participation in healthy habits.

A more balanced and empowering belief could be:

“The body and mind are dynamic. Improvement, adaptation, healing, and better balance are possible.”

This kind of mindset can encourage:

- healthier living,
- consistency,
- emotional resilience,
- openness to healing,
- and better self-care.

Your observation about nature is meaningful:

- day changes into night,
- seasons change,
- the body changes,
- emotions change,
- life continuously transforms.

So psychologically, it is wise not to become completely identified with a fixed negative future.

However, it is also important to remain grounded.

Some conditions like diabetes can be:

- managed very effectively,
- improved significantly through lifestyle changes,
- and in some cases partially reversed or put into remission, but they still require responsible care and monitoring.

So the healthiest approach is neither:

- hopeless resignation,  
nor
- denial of medical reality.

A balanced understanding is:

“I do not need to believe I am permanently trapped. My body is dynamic, life is always changing, and improvement is possible. I can support natural healing through awareness, healthy living, proper treatment, and a positive yet realistic mindset.”

This combines:

- openness,
- responsibility,
- hope,
- and practical wisdom.

**10. So in health relationship money job, like this in every area if we believe that positive negative neutral divine state will come go, nothing will stay permanent and if we stay with omnipresent-alive-stillness, then life will be at ease. Is it true?**

Yes — many spiritual traditions and psychological approaches would agree with the essence of what you are saying.

When we deeply understand that:

- positive states change,
- negative states change,
- neutral states change,
- situations in health, relationships, money, and work continuously change,

then we suffer less from excessive attachment and fear.

Instead of clinging to:

- success,
- pleasure,

- certainty,  
or resisting:
- pain,
- conflict,
- uncertainty,

we begin to live with greater balance and openness.

And when attention repeatedly returns to a deeper sense of stillness, awareness, or presence:

- the mind becomes calmer,
- reactions reduce,
- clarity increases,
- emotional resilience grows,
- and life can feel more easeful.

This insight appears in many traditions:

- Advaita calls it abiding as awareness,
- Buddhism speaks of impermanence,
- Stoicism teaches acceptance of change,
- mindfulness practices encourage observing without over-identifying.

However, “life at ease” does not necessarily mean:

- no problems,
- no pain,
- or permanent bliss.

Challenges may still arise:

- illness,
- disagreements,
- uncertainty,
- loss,
- change.

But the relationship to those experiences changes.

A balanced expression would be:

When we recognize that all states continuously arise and pass, and we remain connected to deeper stillness rather than clinging to temporary conditions, life tends to become lighter, more balanced, and more peaceful — even amid change.

Then ease comes not because everything becomes perfect, but because awareness is no longer fighting the natural flow of life.

**11. Normally we try to release the pain immediately, and try to maintain pleasure always. This thinking is obstructing natural transformation of energy. So rather than clinging to pleasure become one with omnipresent alive stillness or sat-chit-ananda or eternal bliss. Because it will always be the same irrespective of the situation.**

Your reflection touches on an important insight found in many spiritual traditions:

- pain and pleasure are both changing experiences,
- clinging to pleasure and resisting pain can create additional suffering,
- and a deeper peace may come from resting in awareness itself rather than depending entirely on changing external conditions.

Traditions such as Advaita Vedanta, Buddhism, and Yoga often point toward:

- witnessing experiences without excessive attachment,
- recognizing impermanence,
- and discovering a deeper stillness or presence that is less disturbed by changing circumstances.

So spiritually, your statement can be expressed in a balanced way like this:

When we become excessively attached to pleasure and intensely resist pain, the mind remains in continuous struggle. By resting more deeply in awareness, stillness, or what some traditions call Sat-Chit-Ananda, we may experience a deeper inner stability that is less dependent on changing situations.

However, balance is important.

It is natural and healthy to:

- reduce unnecessary suffering,
- seek healing,
- enjoy happiness,
- and care for physical and emotional well-being.

Spiritual understanding does not require suppressing human emotions or ignoring pain. Instead, it encourages:

- not becoming completely identified with temporary states,

- and not believing that lasting fulfillment depends solely on external pleasure.

A mature understanding is:

Pleasure and pain both arise and pass.

Awareness or stillness remains the background in which these experiences appear.

The more deeply we rest in that deeper presence, the less we are psychologically controlled by changing conditions.

Then:

- pleasure can be enjoyed without fear of losing it,
- pain can be faced without total collapse,
- and life can be lived with greater openness, compassion, and equanimity.

**12. That means we are trying to increase, or decrease, or stop the change. Because of this we are not tuning to the nature which always change in its own speed.**

Yes — your insight points toward a deep contemplative understanding.

Much of human suffering comes from mentally fighting the natural flow of change:

- trying to permanently hold pleasure,
- trying to instantly remove pain,
- trying to freeze favorable situations,
- or resisting unavoidable transformation.

But nature itself continuously changes:

- day becomes night,
- seasons change,
- emotions change,
- relationships change,
- the body changes,
- thoughts arise and dissolve.

In that sense, excessive psychological resistance to change can create inner tension.

So spiritually, tuning with life means:

- allowing experiences to move naturally,
- responding wisely instead of compulsively controlling,
- and remaining connected to deeper awareness amidst change.

However, balance is important.

Humans naturally participate in change too:

- healing illness,
- improving life,
- learning,
- protecting themselves,
- creating beauty,
- solving problems.

These are also natural expressions of life.

So the issue is not action itself.

The issue is inner rigidity and compulsive attachment.

A balanced understanding would be:

Suffering increases when the mind desperately tries to control, stop, or permanently hold changing experiences. Greater peace arises when we act wisely while also accepting that life unfolds through continuous transformation at its own pace.

Then:

- action remains,
- care remains,
- effort remains,  
but inner struggle reduces.

And by resting in deeper stillness or awareness:

- we become more flexible,
- more patient,
- more resilient,
- and more in harmony with the natural movement of life.

### **13. So give guided meditation to stay with omnipresent-alive stillness and allowing natural energy transformation in areas of life.**

#### **Guided Meditation**

#### **Resting in Omnipresent Alive Stillness and Allowing Natural Transformation**

This meditation is for:

- health,
- relationships,

- money,
- emotions,
- career,
- thoughts,
- and all changing situations in life.

Its purpose is not to force life.

Its purpose is:

- to rest in deeper stillness,
- stop fighting natural change,
- allow clarity and harmony to emerge naturally.

### **Step 1 — Sit Comfortably**

Sit quietly.

Keep your spine relaxed.

Close your eyes gently.

Take slow deep breaths.

With every exhalation, relax:

- face,
- jaw,
- shoulders,
- chest,
- stomach,
- legs.

Now silently say:

“I allow myself to rest.”

Pause.

### **Step 2 — Become Aware of Omnipresent Alive Stillness**

Now stop focusing on problems.

Instead, notice the silent presence already here.

Behind:

- thoughts,
- emotions,
- sensations,  
there is simple awareness.

Alive.

Silent.

Present.

Do not imagine it.

Simply notice the background stillness.

Now gently affirm:

“Alive stillness is already present everywhere.”

Pause for some moments.

### **Step 3 — Feel the Body as a Field of Changing Energy**

Now observe the body.

Notice:

- sensations,
- vibrations,
- warmth,
- pressure,
- movement,
- heartbeat,
- breath.

See how everything is continuously changing naturally.

Nothing is fixed.

Now say silently:

“Life is continuously transforming naturally.”

Remain aware.

### **Step 4 — Observe Thoughts and Emotions Without Controlling**

Now observe:

- thoughts,
- feelings,
- memories,
- fears,
- desires,
- happiness,
- sadness.

Do not stop them.

Do not force positive thinking.

Simply observe:

- thoughts arise,
- stay briefly,
- dissolve naturally.

Like clouds moving in the sky.

Now affirm:

“All experiences arise, change, and dissolve naturally.”

Pause.

### **Step 5 — Release the Habit of Clinging and Resisting**

Now bring awareness to areas of struggle:

- health,
- relationship,
- money,
- work,
- future fears.

Notice any inner pressure:

- “This must stay.”
- “This must go immediately.”
- “Life should move according to my speed.”

Now gently release this pressure.

Say slowly:

“I do not need to force life.”

“I allow natural transformation.”

“I act wisely and remain inwardly relaxed.”

Feel the nervous system softening.

### **Step 6 — Rest in Sat-Chit-Ananda**

Now move attention deeper than thoughts.

Deeper than emotions.

Rest as:

- silent awareness,
- alive presence,
- peaceful being.

Not dependent on:

- success,
- failure,
- pleasure,
- pain.

Just being.

Now silently repeat:

“I am the awareness in which all experiences arise and dissolve.”

Remain here quietly.

### **Step 7 — Allow Intuitive Guidance**

Now in silence, ask gently:

“What is life naturally guiding me toward?”

Do not force answers.

Simply remain open.

Allow:

- clarity,

- intuition,
- understanding,  
to arise naturally from stillness.

Trust silence.

### **Step 8 — Bless All Areas of Life**

Now gently bring awareness to:

- body,
- family,
- relationships,
- finances,
- work,
- future.

Surround everything with peaceful awareness.

Now affirm:

“May all areas of life move in harmony with natural intelligence.”

“May I remain rooted in stillness through all change.”

### **Step 9 — Completion**

Take a deep breath.

Feel gratitude for this moment.

Place your hand on your heart.

Now say softly:

“Change continues naturally.

Stillness remains eternally.

I live in harmony with both.”

Slowly open your eyes.

### **Daily Insight**

Whenever difficulties arise, remember:

“This moment is also changing.”  
“I do not need to fight every wave.”  
“Stillness is always present beneath change.”

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