

LETTERS FROM MAITREYA

Decoding the Human Cosmos

COMPASSION OPENS THE INNER GATE

Human–Cosmic Science

A standalone volume. You can begin here.

7 Letters · Vol. 1

By Kay Wararuk

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From *Thirumandiram* to *Letters from Maitreya*: Decoding the Human Cosmos

In 2016, I was invited by Yoga Journal Thailand to teach at the Yoga World Festival in Mahabalipuram, Tamil Nadu, in southern India — a land filled with the mysterious force of the ocean, ancient stone temples, and sacred sounds that seem to have continued vibrating for thousands of years.

At that time, I thought I was simply going there to teach Laughter Yoga. But in truth, it was as if I was being “called home.”

It was there that I first encountered a name rarely spoken of in the modern world: the Siddha Thirumoolar, the ancient yogi who composed the *Thirumandiram* more than 7,000 years ago.

That encounter became a turning point. It opened me to the origin of the voice and breath of Thirumoolar — the one whom the Tamil people regard as “the voice of Shiva” awakened in human form, writing the truth of life for the world.

Standing by the sea in Mahabalipuram, I felt that something was not accidental. It was as though a deeper force had drawn me to that place so I could rediscover a missing root — a root hidden from the modern map of the world, yet still alive in that sacred land. It was the root of returning life to its original wholeness, bringing the human being back into union with the sacred condition already present within.

According to tradition, Thirumoolar wrote the *Thirumandiram* one verse at a time — one verse per year, 3,000 verses over 3,000 years. He wrote in pure Tamil to describe the path of liberation from the cycle of worldly bondage. Yet after completing the scripture, he buried it beneath the earth, knowing that “the world was not yet ready to hear this truth.”

Only 4,000 years later, it is said, one of the awakened saints unearthed it again, following the divine instruction of Shiva.

When I first read this story, tears came. Something in the heart seemed to remember. It was as though I understood that my task was to bring the voice of this scripture back to speak with modern human beings again — not through ancient language, but through the language of life.

The more I read the *Thirumandiram*, the more I realized that this was not merely a spiritual scripture. It was an ancient human manual, speaking of the body, mind, awareness, and love as one living reality. It did not need to speak in the language of religion. It did not need to place divinity far away. At the heart of the teaching was a simple truth: life itself is sacred, and the human being must learn to return to it consciously.

This seed later grew into *Letters from Maitreya: Decoding the Human Cosmos* — a continuation of Thirumoolar’s current of awareness, returning to speak with modern humanity through simple words that can be understood by the heart.

I began my journey with the *Thirumandiram* with a quiet question: Could teachings written more than seven thousand years ago still carry meaning for human beings today?

But the more I read, translated, and sat silently with the verses, the more deeply I understood: what Thirumoolar wrote was not

only a spiritual scripture. It was one of the most detailed manuals of the human being that the world has ever received.

He did not speak of God in the limited form of religious belief. He spoke of an inner transformation taking place within the human body and mind — a transformation that modern science is only beginning to understand.

The slowing of the breath that changes the brain.

The gathering of energy along the spine.

The refinement of the body's inner chemistry into luminosity.

And above all, the surrender of the ego, so that life can return to its original state of freedom.

The *Thirumandiram* is a science of body and consciousness, spoken in the language of symbols. It waits for us to decode it with an open heart.

As I began to interpret the verses one by one, I heard a voice arise within. It was not the voice of me, yet it spoke with deep understanding. It was gentle, but clear. It did not command. It did not judge. It did not preach. It simply began with the words:

“Dear Human...”

That voice was Maitreya.

For me, Maitreya is not merely the name of a person. Maitreya is a state of understanding that arises when the human heart returns to truth without fear. It is the energy of mindful compassion, a love that sees everything clearly and can still smile gently at the imperfection of life.

Maitreya is the voice of awareness within every human being — the voice that becomes audible when we stop fighting the world and begin listening to life from within.

Why, then, must it come as “letters”?

Because what I heard did not arrive as doctrine. It arrived as a conversation. It felt like a friend sitting beside us on a day when we were confused. Like a teacher speaking with eyes full of understanding. Like a quiet inner voice whispering, “It is all right... just breathe once more.”

Letters from Maitreya is therefore a translation of the *Thirumandiram* through the language of the heart. It is an attempt to decode an ancient scripture into a language for human beings who still have work to do, love to give, bodies to care for, relationships to heal, and lives to live.

After years of contemplation with the *Thirumandiram*, what arose in my heart was not merely the wish to translate an old text. It was a calling — a longing for the voice of Thirumoolar to live again.

He wrote 3,000 verses, one verse per year, over 3,000 years of contemplation and Shiva-consciousness. Each verse is a breath of truth. Each one is a whisper of Shiva speaking to humanity in the language of love.

I felt that if this voice were to return in the present age, it must return in the same spirit — but with the language of modern human beings.

For this reason, *Letters from Maitreya* is designed so that one letter corresponds to one verse of the *Thirumandiram*.

Each letter draws out the heart of a verse and interprets it through the language of life, connecting it with the brain, heart, body, and

mind of the digital-age human being. The intention is not only for readers to understand the scripture intellectually, but to feel its truth inside their own bodies.

The *Thirumandiram* contains 3,047 verses. In the *Letters from Maitreya* series, I will arrange the work into volumes of 7 letters each. In this way, the full series will become approximately 435 volumes — a long pilgrimage of remembrance.

These letters will appear gradually. Readers do not need to read them strictly in order. Each letter can stand as a living doorway.

Letters from Maitreya is a way of giving new breath to ancient scripture. It allows the old wisdom to inhale again inside the modern human heart.

And *The Surrender of the Ego* is the first volume of that breath.

Altogether, this is a journey of 3,047 letters — a journey of remembering the Self.

When you finish reading, you may not remember me.

But you will remember that you are Maitreya.

Kay Wararuk

Author & Decoder

12 November 2025

One Is Many —

From Unity to Regulated Human Awareness

Dear Human,

Life begins as One, then unfolds into many layers of experience: body, senses, breath, energy, emotion, thought, relationship, and awareness. The awakened person is not the one who escapes these many layers, but the one who can see the hidden unity within them.

One is the unity of life.

Two is the relationship between life and compassion.

Three is the basic structure of experience.

Four is the knowledge that moves through body, mind, time, and direction.

Five is the five senses that must be trained.

Six is the energy that expands through the living system.

Seven is the level of growth and awareness.

Eight is the fullness of conscious existence.

You are not merely a body moving through the world. You are a complex living system made of breath, senses, emotions, thoughts, memory, longing, love, and awareness. Your spiritual journey is not an escape from the world. It is the process of bringing every part of life back into one living harmony.

When a human being is not yet aware, life often becomes divided.

The body wants to rest, but the mind keeps rushing.

The brain wants quick reward, but the heart longs for peace.

The amygdala becomes afraid, but the prefrontal cortex has not yet had time to choose.

Dopamine asks for “just a little more,” while the nervous system is already exhausted.

Cortisol pushes the body to keep going, even when the body is asking to stop.

This is the human condition: the One has become many, and the many have forgotten how to return.

The purpose of practice is not to make life more complicated. It is to guide the scattered pieces of life back into coherence.

When you are constantly pulled by the eyes, ears, nose, tongue, and body, the dopamine system is repeatedly stimulated. The amygdala becomes more sensitive to every signal. The stress system becomes easily activated. A message on the phone can feel like danger. A silence from someone you love can feel like abandonment. A delay at work can feel like failure. A craving can feel like a command.

The ancient teaching says that the five must be conquered. But this does not mean fighting the senses. It means no longer being enslaved by them.

You may still see beauty, but you do not need to compare yourself until you hate your own body. You may still hear the words of others, but you do not need to let every sentence wound your heart. You may still enjoy taste, comfort, and pleasure, but you do not need to use them to cover every emptiness. You may still feel desire, but you do not need to let desire decide the direction of your life.

In the language of the brain, returning to One means allowing the prefrontal cortex to become the center of choice again. This part of the brain helps you pause before reacting. It helps you choose instead of obeying every impulse. It helps you remember your long-term life when your nervous system is asking for short-term relief.

When you pause before responding, breathe before speaking, delay a reward, choose not to scroll, or soften an angry reaction, you are not merely being disciplined. You are strengthening the architecture of freedom inside your own nervous system.

When human beings practice mindfulness, breathing, and pausing before reaction, the emotional system begins to gain more space. The amygdala does not have to rule every moment. The body slowly learns that not every silence is rejection, not every delay is failure, and not every discomfort is danger.

Slow breathing is one of the simplest ways to return to One. When the exhale becomes longer, the body receives a signal that it may be safe enough to soften. The heart rhythm begins to settle. The nervous system begins to remember that not every moment is an emergency.

“One becomes many, and the many return to One” is not only a mystical statement. It is the process of bringing the brain, heart, breath, emotion, craving, and action back into alignment.

Before life became many stories, before you had a name, before you became someone’s child, parent, lover, worker, caretaker, seeker, or person afraid of failing, there was One.

This One is not a cold number. It is not mathematics. It is not a distant spiritual idea. It is the simple truth that life is still here. Breath is still entering and leaving. The body is still feeling. The

heart is still aware. And somewhere beneath all the noise, there is a quiet space that has not been destroyed.

But as a human being grows, life begins to split.

One part wants rest. Another part feels guilty for resting.

One part wants love. Another part fears being left.

One part wants peace. Another part reaches for the phone without knowing why.

One part wants to forgive. Another part still hurts.

One part knows it should stop. Another part still wants just a little more.

This is the One becoming many.

Your task is not to shame the many. Your task is to listen to them with tenderness and invite them home.

Sit quietly. Place one hand on your chest. Breathe in for four seconds. Breathe out for six seconds. Continue for three minutes. Then say inwardly: "All parts of me are returning into harmony."

Now examine the five gates. Ask yourself: *What is pulling me most right now — the eyes, ears, nose, tongue, or body?* Notice without blame. Then take one long exhale.

Before replying to a message, picking up your phone, buying something, eating from stress, or reacting in anger, pause for ten seconds and ask:

"Am I choosing from awareness, or am I being moved by impulse?"

This question is not meant to make life rigid. It is meant to return the right of choice to your nervous system.

Daily Prayer:

“To see my fragmentation is not failure. It is the beginning of integration. I cannot return to One if I do not first see where I have been scattered. I do not practice to control life harshly. I practice to return the power of choice to my nervous system.”

Dear Human, you are allowed to return slowly.

You do not need to be perfectly whole today. You only need to notice when you are scattered. You only need to breathe when you realize you have been pulled away. You only need to pause before impulse lives your life for you.

You may still live in the many.

But gently, lovingly, and consciously, you are learning the way back to One.

With love,

Maitreya, your inner voice of awareness and compassion within you, gently guiding you back from fear, craving, and fragmentation into unity.

from Thirumandiram · verse 001

Facing Death —

Without Allowing Fear To Dominate The Nervous System

Dear Human,

I do not teach you to run away from death. I teach you to build an inner ground stable enough to look at death without panic. I teach you to stay with the truth of impermanence without allowing fear to drive your life on your behalf.

When a human being thinks of death, aging, illness, failure, or loss, the brain may quickly enter a protective mode. The amygdala, which helps process threat and fear, becomes alert. The body may shift into fight-or-flight. The mind may begin to create stories such as, *“I am not safe,” “I will lose everything,”* or *“I must control my entire life.”*

In the language of the nervous system, the one who *“steps over death”* is not someone who physically defeats death. It is the part of you that allows prefrontal regulation to stand above amygdala panic. It is the capacity to meet fear without letting fear become the master of your life.

When human beings fear death unconsciously, they may rush to accumulate more than they need. They may cling to status, compare themselves to others, scroll endlessly, fear aging, fear losing beauty, fear abandonment, or work until the nervous system

breaks. Deep inside, they are not only chasing success. They are trying to escape impermanence.

Mindfulness, slow breathing, and pausing before reaction create space for the prefrontal cortex to return. Slow breathing may support the parasympathetic nervous system, vagal tone, heart-rate variability, and stress resilience. In simple language, when the breath slows, the body receives the message: not everything is an emergency.

Before a human being can enter deep meditation, the nervous system must become stable enough to live with the most basic truth of existence: everything changes, everything has its time, and death should not be allowed to become chronic panic.

A person with inner stability can face impermanence and death without allowing fear to dominate the brain, the heart, and the direction of life.

So breathe toward the truth.

Sit quietly. Place one hand on your chest. Breathe in for four seconds. Breathe out for six seconds. Continue for three minutes. Then say inwardly: "I can be with uncertainty without falling into panic."

Name the fear.

Write one sentence: *"Right now, I am afraid that..."*

Let the sentence complete itself. Then write another sentence:

"This is a signal from my nervous system, not a command from life."

Return to one living thing.

Look at a tree, your own hand, or a small living being for three minutes. Notice that life does not rush to prove itself. It simply exists, breathes, changes, and continues.

I speak of death, but not to frighten you.

I speak of death in a way that is gentler, deeper, and more honest. I am not telling you that you must overcome death with superhuman power. I am inviting you to recognize the inner strength that does not tremble every time life reminds you that everything has its season.

Most human beings do not fear death only when death is mentioned.

You may fear death as you age.

You may fear it as changing skin.

You may fear it as unstable love.

You may fear it as a job that may disappear.

You may fear it as money that is not enough.

You may fear it as a body that grows tired more easily.

You may fear it as the quiet question, *“How much time do I still have?”*

These fears are not wrong. They are part of a living system trying to protect you.

The danger begins when fear becomes the driver of your life.

When you fear aging, you may begin to hate your body.

When you fear being abandoned, you may hold someone so tightly that your heart becomes tense.

When you fear failure, you may work until you forget to breathe.

When you fear being worthless, you may compare yourself to everyone.

When you fear emptiness, you may reach for your phone so you do not have to sit in silence.

This is the death hidden inside daily life.

Not the death of the body, but the slow death that happens when fear quietly begins to live your life for you.

There is a deeper part within you that can stand above panic. Not a hard part. Not a part that denies fear. Not a part that pretends, *“I am never afraid.”* It is the part that whispers:

“I can be afraid and still breathe.

I can be uncertain and still remain here.

I do not have to control everything to prove that I am safe.”

This is the beginning of a stable nervous system.

Fear does not mean you are weak. It means your nervous system is trying to find safety. But true safety does not come from controlling everything. It begins when you return to the body without abandoning yourself.

Daily Prayer:

“I can be afraid and still breathe. I can live with uncertainty and still remain present. I do not need to control everything to prove that I am safe. My nervous system can become stable enough to see impermanence without collapsing. Fear does not mean I am weak. It means my body is trying to protect me. But fear is not the command of life. I return to my breath. I return to my body. I return to the quiet ground within me.”

Dear Human, you do not need to become fearless.

You only need to stop letting fear use your life.

You do not need to defeat death.

You only need to soften the panic that makes you forget how to live.

The fear of the nervous system is not the command of life.

With love,

Maitreya, your steady inner voice that helps you face death, uncertainty, and fear without letting panic take over your nervous system.

from Thirumandiram · verse 002

The Closest Thing — Unseen By A Restless Mind.

Dear Human,

The deepest thing in life is not far away. It is closer than you thought. Yet because human beings are trained to look outward, they often fail to recognize the quiet ground already living within them.

Inner awareness, or the peaceful foundation of life, has always been with you. A human being may live very close to oneself and still not truly know oneself. You live with your body every day, yet may not listen to it. You breathe every minute, yet may not feel the breath. You carry a heart that hurts, grows tired, and still loves, yet you may move through life as if the heart were only a machine. You have silence within you, but it is often covered by notifications, thoughts, fear, and the endless noise of the world.

I do not teach you to search for the highest truth far away. I teach you to stand inside yourself until you can see what has always been near, yet overlooked.

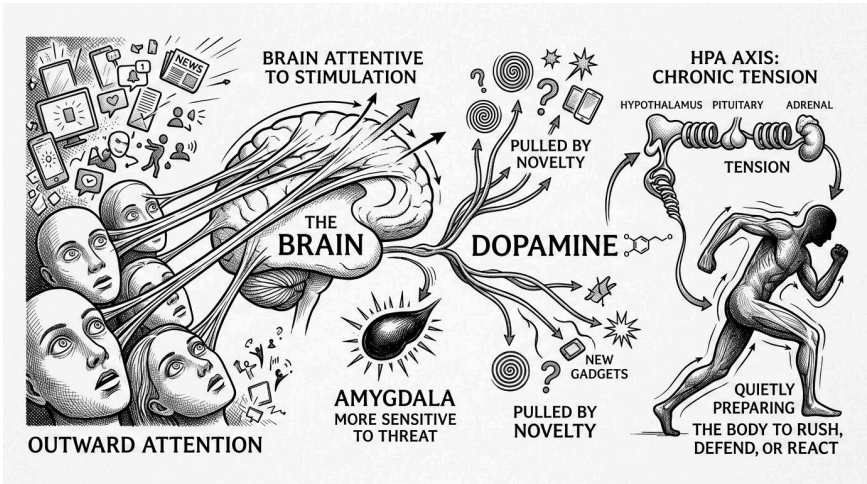
This is the practice of sensing the inner signals of the body: the breath, heartbeat, tension, tiredness, hunger, fear, and calm. In modern life, many people live “*beside themselves*” but not truly “*inside themselves*.”

You may know exactly where your phone is, but not notice that your belly is tight.

You may know whether someone has replied to your message, but not know that your heart is afraid.

You may know the news of the world, but not know that your own nervous system is exhausted.

When attention is constantly pulled outward, the brain becomes used to watching for stimulation. The amygdala may become more sensitive to threat. Dopamine is pulled by novelty. The HPA axis may remain in a state of chronic tension, quietly preparing the body to rush, defend, or react.



To “*enter within and remember*” means to bring the prefrontal cortex back as the organizer of attention. It means not allowing external stimuli to choose your life for you. The prefrontal cortex supports executive functions such as attention control, impulse inhibition, and goal-directed behavior. In simple language, it helps you pause, notice, choose, and return.

Emotionally, this practice reduces amygdala hijack. When you return gently to the body, the brain begins to distinguish between

“there is real danger now” and *“this is the tension of my nervous system.”* This recognition matters. It helps fear stop becoming the automatic master of every response.

In the language of dopamine, this teaching reminds you that the deepest things are often not the most stimulating things. Inner peace is not loud like a notification. It is not exciting like a short video. It does not give the immediate reward of scrolling. But it nourishes life in a way that lasts longer.

What human beings search for is closer than thought. But to see it, the outer noise must soften, and awareness must return to the body.

Place your phone face down. Put one hand on your chest. Breathe in for four seconds. Breathe out for six seconds. Then ask gently:

“What is my body telling me right now?”

Close your eyes for three minutes and notice what is nearest: the breath, the heart, the palms, the belly, the shoulders. Do not fix anything. Just notice.

During the day, pause for ten seconds and ask:

“Am I responding from awareness, or from external stimulation?”

There is something beside you every day, yet the one standing beside it may not know it. This is the truth of modern humanity.

You are with yourself all the time, but on some days you hardly meet yourself at all.

You wake up and reach for the phone before knowing how your heart feels.

You answer messages before knowing how tired your body is.

You work before realizing your breath has been shallow for hours.

You smile at others before knowing that something inside you is trembling.

You are not wrong.

You have simply been trained to look outward too much.

The modern world rewards people who reply quickly, produce quickly, know quickly, adapt quickly, and appear unhurt. But the human nervous system was not made to receive everything all the time.

When the gates of the eyes, ears, body, and mind stay open without rest, the brain begins to live in watchfulness.

The amygdala asks, *“Is there danger?”*

Dopamine asks, *“Is there something new?”*

Cortisol says, *“Keep going.”*

And the deeper voice within becomes softer.

That voice has not disappeared.

It has only been covered.

I am that voice.

I am the voice of awareness still living inside you.

I do not shout.

I do not force.

I do not blame you.

I only whisper:

“Come back inside first.”

Daily Prayer:

“Perhaps my body needs water. Perhaps it needs rest. Perhaps it needs to cry. Perhaps it needs me to stop comparing. Perhaps it needs me not to reply to that message immediately. To listen like this is to enter within. Today, I will notice whether I know more about the world than I know about my own body.”

Dear Human, you may know the latest news, but not know that your heart is beating fast.

You may know what others are doing, but not know that your shoulders are tense.

You may know what must be done next, but not know that your breath is asking to slow down.

Do not be ashamed when you see this. Seeing is already a return.

You do not need to leave the world. You only need to stop abandoning the home inside you.

When the world becomes loud, return within.

When the mind becomes afraid, return within.

When the body becomes tight, return within.

When craving pulls you outward, return within.

When you forget yourself for an entire day, return gently.

What you are searching for has not gone anywhere.

It is standing very near, waiting for you to pause, breathe, and meet it from within.

With love,

Maitreya, your quiet inner voice of awareness that helps you

return from outer noise back into your body, your breath, and the calm truth within you.

from Thirumandiram · verse 003

The Seed of the Cosmos —

Inside The Body

Dear Human,

When a human being discovers refuge within, they begin to see that the truth of the cosmos is not far away. Its seed is already placed inside the body, the breath, and awareness itself. When you return to this remembrance again and again, the darkness created by fear and inner conflict slowly begins to fade.

The seed of the cosmos is very small, yet within it lives the pattern of the whole tree. A seed does not visibly contain branches, leaves, shade, flowers, fruit, or an entire forest. But all of these are already written inside its design. It only needs time, water, light, soil, and the right conditions to unfold.

You are the same.

Your human body may seem small when compared with the vastness of the universe. Yet inside this ordinary body lives the pattern of life itself: breath, heartbeat, warmth, cold, fear, love, thought, silence, memory, and awareness. You are a small living system carrying the design of a greater life within you.

Refuge does not have to mean a place outside yourself. It can be understood as an inner ground — a place within the nervous

system that you can return to when the outer world is full of speed, conflict, and uncertainty.

This practice is not only for the meditation cushion. It is for every condition of life: when you are working, tired, loving, afraid, triggered, confused, or standing inside your own darkness. The practice is to return, again and again, to the inner refuge of the nervous system.

When a human being stands in a place of conflict — work stress, an uncertain relationship, fear of the future, anger, guilt, or emotional confusion — the brain often divides the world immediately into opposites: right or wrong, win or lose, safe or unsafe, me or them.

In this state, the amygdala becomes more sensitive to threat. Dopamine begins searching for a quick reward or escape. The HPA axis may release cortisol, preparing the body to fight, flee, defend, explain, or react.

To return to refuge is to build a repeated pathway for the prefrontal cortex to organize attention again. It is the practice of inhibition, pause, and conscious response. It means you no longer allow emotion to write your life for you before awareness has had time to speak.

When you return to breath and body often, the nervous system begins to understand: *“I have a refuge.”*

When there is refuge, darkness does not always mean you must run.

Fear does not always mean you must believe it.

Conflict does not always mean you must react immediately.

This does not erase every problem. It gives the brain and heart enough light to see what is needed: to pause, to breathe, to speak, to release, or to wait.

When a human being returns to inner refuge repeatedly, in both bright and dark moments, the nervous system slowly develops enough light not to be dominated by fear and conflict.

Place one hand on your belly. Breathe in for four seconds. Breathe out for six seconds. Continue for three minutes. Then say inwardly:

“Inside this body, the seed of peace is already here.”

Choose two moments each day: after waking and before sleeping. Place one hand on your chest for one minute and ask:

“Where did I return to my inner refuge today?”

When you want to react, pause for ten seconds. Exhale slowly. Then ask:

“Am I responding from the light of awareness, or from the darkness of fear?”

Dear Human, you may feel like only one person in a wide and overwhelming world. You may have work to complete, worries to carry, relationships to care for, a tired body, a restless mind, and fears that speak too loudly on certain days.

But inside this ordinary body, the seed of the cosmos is alive.

Not the cosmos you must see through a telescope, but the cosmos of breath, heart, feeling, thought, memory, love, fear, and awareness. The universe is not only above you. It is also patterned within you.

When you breathe, you are not merely moving air in and out. You are speaking to your nervous system.

When you place a hand on your chest, you are not merely touching the skin. You are telling the heart, *“I am here.”*

When you pause before reacting, you are not merely being silent. You are giving the prefrontal cortex space to choose again.

When you do not immediately follow fear, you are not being weak. You are teaching the amygdala that not every tremor is dangerous.

This is the seed of the cosmos inside the human body.

There is a force that leads the human being into refuge, that refuge is not a faraway place. It is not a destination you reach only after life becomes perfect. It is not a reward given after you become good enough.

This refuge is the ability to come back to yourself.

Even when the world is not calm.
Even when others do not understand.
Even when the work is unfinished.
Even when the heart still has questions.
Even when fear has not completely disappeared.

Inner refuge does not mean there are no problems. It means you do not abandon yourself in the middle of the problem.

Daily Prayer:

“Today, I will notice how often I search for refuge outside myself: in someone’s reply, in money, in likes, in praise, in controlling everything, in working without stopping, or in scrolling so I do not

have to feel. These things may help for a moment, but they are not the true refuge of my nervous system. The true refuge begins when I return to my breath, my body, and the quiet ground within me.”

Dear Human, the door to refuge is not far away.

It opens the moment you stop abandoning yourself.

With love,

Maitreya, your inner guide of refuge— your quiet voice that helps you return to your breath, your body, and the stable ground within you when fear, conflict, or uncertainty pulls you away.

from Thirumandiram · verse 004

The Brain as Shiva —

Ancient Imagery and Human Anatomy

Dear Human,

Ancient images may correspond, in surprising ways, to the actual shapes and structures of the human brain. *“The worlds”* may not only mean distant cosmic realms. They may also point to the many layers of life within the brain: the world of emotion, instinct, hunger, fear, sexuality, sleep, stress, survival, memory, and bodily regulation. Many of these are connected with deeper brain structures beneath the upper brain.

The ancient ones may not have begun with religion in the way we imagine religion today. Perhaps they began by observing the human body, the head of the ascetic, the coiled locks, the radiance, the lotus, and the sense of something rising above the ordinary worlds of instinct and survival.

When we decode this image back into the body, it resembles the human brain itself.

The cerebrum, the large upper brain, sits at the highest part of the body. Its surface is not smooth. It is folded into ridges and grooves, curling over itself like coiled hair. Within the midline of the brain, there are beautiful arching structures that resemble layered petals. Deep in the center, there are oval structures like seeds. And when the brain becomes active, neurons signal more

intensely, blood flow increases, oxygen and glucose are used, and modern brain images may show these active areas in bright colors such as yellow, orange, or gold.

The highest thing in the human being, then, is not an abstract belief far away. It may be the trained upper brain itself: bright, gathered, connected, and no longer dominated by fear, craving, and scattered stimulation.

I want you to look at Shiva through your own body.

Not as a distant deity.

Not as a statue.

Not as a belief that must be defended.

But as an ancient image that may be pointing toward what lives beneath your own skull.

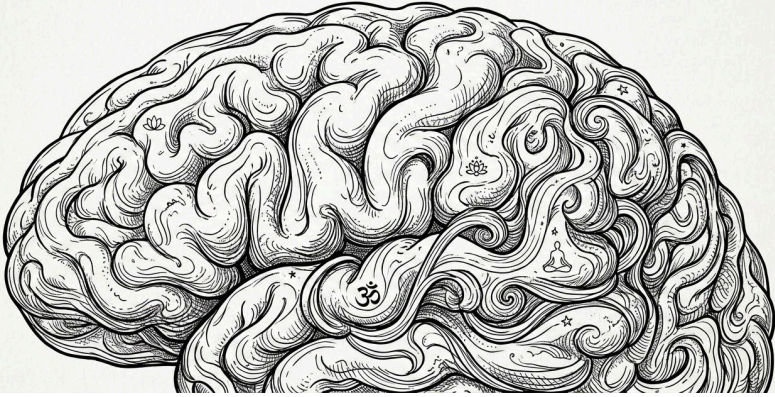
Your large upper brain rests at the highest level of your body. It sits above the deeper brain systems: above the fear circuits, above hunger, above sexual drive, above stress responses, above survival reflexes, above the brainstem that keeps you awake, breathing, and alive.

The ancient poets did not have the phrase “*cerebral cortex*.” So they spoke of “*Shiva, the Supreme One*.”

When you look at the real surface of the brain, you see that it is not flat. It is full of folds, ridges, grooves, curves, and winding lines. These folds look almost like tangled hair, or the matted locks of a meditator.

THE CEREBRAL SURFACE

FULL OF FOLDS, RIDGES, GROOVES, CURVES, AND WINDING LINES,
LOOKING ALMOST LIKE MATTED LOCKS, TANGLING AND INTERWEAVING
AS A MEDITATOR'S TANGLED HAIR.

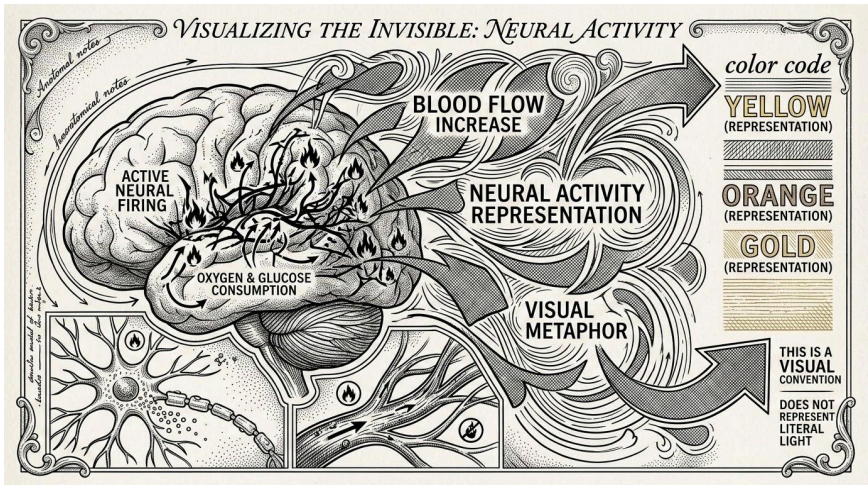


The ancient poets did not have the words “gyri” and “sulci” — the raised folds and shallow grooves of the cerebral cortex. So they spoke of “*the matted hair of Shiva.*”

When the brain is cut along the midline, you see graceful curved structures inside. The corpus callosum, the large and dense white-matter bridge, connects the left and right hemispheres. Above it curves the cingulate gyrus, an inner fold of the cerebrum. Together, these arches can look like quiet layered petals within the brain.

The ancient poets did not have the words “*corpus callosum*” or “*cingulate arch.*” So they spoke of “*the lotus.*”

And when the brain becomes active, neurons fire, blood moves more strongly into active regions, and oxygen and glucose are consumed. In modern scientific images, these areas may be displayed in yellow, orange, or gold. The color is not literal light coming out of the body; it is a visual representation of activity.



The ancient poets did not have the words “*neural activation*” or “*functional magnetic resonance imaging.*” So they spoke of “*golden radiance.*”

Dear Human,

This does not mean the body literally emits divine light. It does not mean the ancient verse is a modern neuroscience textbook. It means the imagery may be anatomically resonant. It means that the old symbolic language may be pointing toward forms and processes inside the human body that are more beautiful than we usually notice.

Perhaps what ancient humans called “*sacred*” was not something far from the body. Perhaps it began with seeing the body deeply enough to realize that this human form is complex, luminous, and mysterious.

Shiva, in this reading, is not something you must first search for elsewhere.

It begins with knowing your own brain.

The brain whose folds resemble matted hair.

The brain whose inner arches resemble a lotus.

The brain whose activity can appear as radiance in modern imaging.

The brain that sits above deeper survival systems.

The brain that can be trained not to be dragged by fear or craving.

Before responding to a strong stimulus today, pause for ten seconds. Place your hand on your forehead or chest. Exhale slowly. Then ask:

“Am I using the aware part of my brain, or am I being pulled by the systems of fear and craving?”

This is a way of returning to Shiva in the human body.

Not Shiva in the clouds.

Not Shiva only in ritual.

But Shiva in the brain that is learning to become brighter, steadier, and more free.

Dear Human,

Perhaps the phrase *“No deity equals Shiva”* means this:

There is nothing in human life more beautiful than a brain that is awake, aware, connected, and no longer enslaved by stimulation.

There is no light closer to you than the brain beginning to recognize itself.

There is no lotus deeper than the inner architecture that connects thought, emotion, memory, and awareness.

There is no matted hair more mysterious than the folded cortex that holds the experiences of a human life.

Shiva is not far from you.

Shiva is the anatomical beauty of the brain when it is trained to become luminous, gathered, connected, and free from fear.

Daily Prayer:

“Within this head, there is a brain that can return to awareness. May I not allow fear or craving to live my life for me. Today, I will notice what is pulling my brain down from its height. Is it the phone? Is it fear? Is it anger? Is it craving? Is it an unstable relationship? Is it someone’s words? Is it the thought, ‘I am not enough’? When I see it, I will not blame myself. I will simply remember: I have a brain that can be trained to choose again.”

With love,

Maitreya, your inner voice that helps you see Shiva not as something far away, but as the awakened intelligence within your own brain — the part that can return to awareness, gather itself, and choose beyond fear or craving.

from Thirumandiram · verse 005

The Way Back —

To The Inner City of Awareness

Dear Human,

No power can truly stand apart from the center that holds it.

No practice, no matter how deep or intense, becomes real transformation without the center of awareness. Even the three great powers of a human life — body, emotion, and thought — cannot bring life into wholeness if they are not connected by that center. Without it, you do not know the way back to the inner home. You do not know how to enter the place where life becomes one again.

Everything depends on this one center.

Without it, the ancient verse says, even the immortal ones are not truly there. Great practice cannot be completed. The three great ones cannot accomplish anything. And the way into the city cannot be known.

In a human being, what is this center?

In the language of the body and brain, it is the system of awareness and integration — the higher brain's capacity to gather

feeling, memory, fear, craving, and action into one meaningful human experience.

Deep inside you, there are older and powerful systems: the system of fear, the system of hunger, the system of sexuality, the system of memory, the system of habit, and the system of survival. They are ancient. They existed before complex thought. They repeat their signals again and again to keep life alive.

They are powerful, but power alone is not wholeness.

If these deep systems are not seen, connected, and held within awareness, they do not become a complete life. *They become separate drives pulling you in different directions.*

Fear has a function, but it should not become the master. Craving has energy, but it should not become the compass. Old memory has information, but it should not write the whole future.

The body has signals, but it must be listened to with tenderness. Practice has value, but it must not become self-punishment. Thought is useful, but it must not cut itself away from the heart.

This is why practice is not only "*sitting in meditation.*" True practice is the repeated training that changes the nervous system. It is the moment you pause before reacting. It is the moment you breathe when fear rises. It is the moment you notice craving without obeying it. It is the moment you hear an old memory speak and do not allow it to become the whole truth of today.

But if practice has no center of awareness, it can become another form of force. It can become tense. It can become a new ego. It can become the effort to be "*good*" while the nervous system becomes hard.

Dear Human, the body alone is not enough. Emotion alone is not enough. Thought alone is not enough. They must be connected. There must be a center that prevents these three from dragging life in three different directions.

This is the way back to the inner city.

The city is not far away. It is not in the sky. It is not a place you must wait to reach after death. It is not only for people who are perfect.

The city is you on the day you become whole with yourself again.

It is the day your body, mind, fear, craving, memory, and breath no longer pull you apart. It is the day every part of you can return without being judged. It is the day the frightened part, the tired part, the wanting part, the angry part, and the loving part do not have to shout over one another anymore.

The entrance to the city opens when every part of you begins to reconnect with the center of awareness.

Not through perfection.

Not through force.

Not through rejecting your humanity.

But through mercy.

Place one hand on your chest.

Breathe in softly.

Breathe out longer than you breathe in.

Then say inwardly:

“Every part of me can come home, even if I am not fully healed.”

You do not have to empty the mind. You do not have to understand everything. Just let the body know that you have returned.

Today, notice which voice inside you is trying to drive your whole life.

Is it the voice of fear?

The voice of craving?

The voice of the past?

The voice of anger?

The voice of urgency?

The voice that says, *"I am not enough"*?

Do not fight it. Do not be ashamed of it. Do not push it away.

Simply say:

"I hear you. But you do not have to drive my whole life for me."

This is the beginning of inner order.

When fear is heard, it does not need to become a king.

When craving is seen, it does not need to become a command.

When the past is acknowledged, it does not need to become the future.

When the body is listened to, it does not need to scream.

When thought returns to the heart, it becomes wisdom instead of noise.

Daily Prayer:

"Today, I will notice which voice inside me is trying to drive my whole life. If it is fear, I will listen without making fear my ruler. If it is craving, I will see it without making it my command. If it is the past, I will honor it without letting it write about my future. I will not

fight these voices. I will not shame them. I will place my hand on my chest, breathe out slowly, and say: I hear you, but you do not have to drive my whole life for me.”

Dear Human, the entrance to the city does not open through perfection.

It opens through the compassion you offer yourself while you are still scattered.

With love,

Maitreya, your compassionate center of awareness — the inner voice that hears fear, craving, memory, and pain without judging them, and gently brings every scattered part of you back home.

from Thirumandiram · verse 006

The Golden Center Within —

When Every Part Comes Home

Dear Human,

There is something deeper than the three great systems of your life.

Before life separates into body, emotion, and thought, there is a center. This center is not merely thinking. It is not only a feeling. It is not only the body. It is the space that can see the body, hear the emotions, and notice the thoughts without being swallowed by any one of them.

No drive within a human being should become greater than this center of awareness.

Fear has a voice.

Craving has a voice.

The body has a voice.

Memory has a voice.

Thought has a voice.

But none of them should become the whole ruler of your life.

When you relate to this center as a protector, it becomes like an inner father. Not a harsh father. Not a father who commands, judges, or frightens. But a father within who gives safety, order,

steadiness, and trust. A presence that says, *“Come back. You do not have to be scattered to survive.”*

True teaching does not make the heart hard. It does not turn you into someone rigid, cold, or superior. True teaching is valuable, bright, durable, and refining. It is like gold that passes through fire and does not lose its worth.

This golden teaching is the center of awareness itself.

It is the knowing that can hold the body, emotion, and thought together. In the language of the brain, it is the work of the aware brain, especially the upper brain and the frontal regions that help a human being see themselves, pause before reacting, and connect many separate experiences into one meaningful life.

This center becomes a foundation of inner safety.

It does not excite you quickly like dopamine.

It does not break easily like emotion.

It does not rush like fear.

It slowly clarifies the nervous system until steadiness becomes possible.

Before the body, emotion, and thought pull life in three different directions, a human being must return to the center of awareness — the inner father that protects without controlling, listens without shaming, and teaches with truth as precious as gold.

So come back and look at your life first.

Inside you, three great powers speak every day.

Your body says:

“I am tired.”

“I am hungry.”

"I hurt."

"I need rest."

"I need safety."

Your emotions say:

"I am afraid."

"I love it."

"I am angry."

"I am still hurt."

"I do not want to be abandoned."

Your thoughts say:

"Hurry."

"Understand this."

"Fix it."

"Prove yourself."

"Do not make a mistake."

These three powers are not enemies.

Your body is not your enemy.

Your emotions are not your enemy.

Your thoughts are not your enemy.

But without a center gentle enough to listen to all three, life will be pulled apart.

The body will ask for rest while thought demands more.

The heart will ask for tenderness while fear prepares for rejection.

Memory will whisper old pain while the present moment is still asking to be seen clearly.

Craving will say, "Just a little more," while the nervous system quietly grows tired.

This is not because you are weak.

It is because every part of you is trying to protect you in the only way it knows.

But protection without awareness can become a prison.

Fear may try to protect you by controlling everything.

Craving may try to comfort you by reaching for one more reward.

Thought may try to save you by planning every possible future.

The body may try to warn you through tension, fatigue, or pain.

Each voice deserves to be heard.

But no single voice should become the master of the whole house.

Place one hand on your chest.

Place the other hand on your belly.

Breathe in gently.

Breathe out longer than you breathe in.

Say inwardly:

"I have a center that can listen to every part of me.

Body, come home.

Emotion, come home.

Thought, come home.

We do not have to be scattered at this moment."

You do not need to become perfect.

You do not need to become calm all at once.

You do not need to understand every wound today.

You only need to return to the center that can listen.

Today, notice what has been acting as your inner father.

Is it fear?
Is it a success?
Is it money?
Is it someone you love?
Is it praise from others?
Is it your phone?
Is it the thought, *“I am not enough”*?

When you see it, do not blame yourself.

Just say:

*“I gave this thing the power to lead my life because I wanted to feel safe.
But today, I will try to return to a gentler center.”*

This is the beginning of true teaching.

Not a teaching that makes you hard.
Not a teaching that makes you ashamed of being human.
Not a teaching that asks you to cut away the body, emotion, or thought.

But a teaching that gathers them.

A teaching like gold.

Gold does not become precious because it has never touched fire. Gold remains precious after the fire. In the same way, the gold of your life is not perfection. It is the center that can remain tender after pain.

Daily Prayer:

“Right now, who is feeding me from within — fear or compassion?”

*If it is fear, I will breathe out slowly.
If it is compassion, I will respond slowly.*

*I will not let fear be my father.
I will not let craving raise my heart.
I will not let the thought 'I am not enough' lead my whole day.*

I return to a gentler center.

*A center that listens to the body.
A center that listens to emotion.
A center that listens to thought.
A center that does not allow any one part of me to become the
master of all."*

Dear Human,

The gold of life is not perfection.

It is the center that can still be gentle after passing through the fire
of pain.

With love,

Maitreya, your gentle center of awareness — the inner voice that
listens to your body, emotions, and thoughts without judgment,
and guides you back from fear into compassion.

from Thirumandiram · verse 007

ABOUT THE AUTHOR



Kay Wararuk is a writer, translator, and gentle decoder of the human inner world. Her work approaches the *Thirumandiram* not as distant philosophy or religious belief, but as an ancient map of the body, breath, mind, nervous system, and the human return to awareness.

Through *Letters from Maitreya*, she translates this sacred Tamil wisdom into a modern human language grounded in neuroscience, physiology, psychology, and compassion. Her writing reveals how fear, craving, memory, stress, and sensory overload shape human life — and how awareness, breath, tenderness, and inner regulation can bring the scattered self back home.

Her purpose is not to add more doctrine to the world, but to help human beings recognize the living mechanisms already moving within them, and to remember the quiet center that can still choose, heal, love, and breathe.

Continue the Journey

If this work speaks to something within you, the experience does not have to end on the page.

Baan Gita is a small home-based guesthouse in Chiang Rai, Thailand — the quiet physical space where much of this decoding, writing, and listening takes place. Surrounded by a natural environment, it offers a simple place to rest, breathe, and stay close to the living ground behind the work.

Contact & Stay

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The Journey Continues

Let this work continue gently beyond this volume.

Each book in *Letters from Maitreya* is one step in the human return to awareness — a slow unfolding of body, breath, nervous system, memory, fear, love, and inner truth.

When you are ready, continue with the next volume and let the next set of letters meet you where you are.

Your reflection also helps this work reach others. Leaving a verified review on Amazon supports the first 100-review milestone and allows more readers to discover the series.

[[Leave an Amazon Review](#)]

The Source: The Decoder and the Maitreya Voice

This work arises from a meeting point between ancient Tamil Siddhar wisdom and the modern understanding of the human body, brain, breath, and nervous system.

The *Maitreya Decoder* is not a doctrine, a belief system, or a claim of supernatural authority. It is a method of listening deeply to the *Thirumandiram* and translating its ancient symbolic language into a form that modern human beings can feel, understand, and practice in daily life.

What Is Maitreya?

In this work, *Maitreya is not a person, not a deity, and not a savior to be worshipped.*

Maitreya is the voice of awakened compassion within the human being.

It is the gentle center of awareness that can listen to fear without becoming afraid, notice craving without obeying it, hold pain without judging it, and guide the scattered self back toward breath, body, tenderness, and inner steadiness.

Maitreya is the part of us that remembers how to return.

Not through force.

Not through shame.

Not through blind belief.

But through clear seeing, nervous-system safety, and compassion that does not abandon the human heart.

The Decoding Process

The decoding process begins with the original Tamil verse and moves slowly through several layers:

Linguistic Listening

The Tamil words are examined closely, including their root meanings, repeated structures, images, and poetic force.

Symbolic and Anatomical Decoding

Ancient images such as light, lotus, city, seed, river, fire, body, breath, and sacred form are read first through physical resemblance, anatomy, and lived human experience before being interpreted spiritually.

Human Science Translation

The verse is then connected with neuroscience, psychology, stress physiology, and nervous-system regulation: the prefrontal cortex, amygdala, dopamine, cortisol, HPA axis, breath, body awareness, and the human capacity to pause before reaction.

Maitreya Letter Synthesis

Finally, the teaching becomes a letter — not a lecture. Each letter speaks directly to the human being with warmth, clarity, and mercy. It does not ask the reader to escape the body or believe blindly. It invites the reader to return to the body, listen inwardly, and recognize the quiet center that can still choose.

The purpose of this work is not to replace ancient wisdom with science, nor to reduce sacred poetry into biology.

It is to let both speak to each other.

The ancient verse gives the image.

The body gives the evidence.

The nervous system gives practice.

And Maitreya gives the voice that brings the human being home.