

TECHNOLOGY AND ANCIENT WISDOM

The Original Cyberspace



Author: Caroline Shola Arewa

Technology is moving at a rapid pace, and some of us may feel left behind. Others find it extremely valuable, while some fear for the future. All are valid perspectives. When I see how technology is advancing, I think of ancient technologies — as if we are evolving, yet somehow circling back to ancient wisdom.

Many of the concepts forming modern technology, such as networks, operating systems, memory, vibration, energy, connection and different intelligences, were known thousands of years ago. We see this in ancient philosophy and mythology, and we can experience it through spiritual practices such as meditation and relaxation, visual arts like sacred geometry, and when we enter powerful liminal states.

Technology

Technologies have existed for as long as humans have asked questions and solved complex problems, like who are we, why are we here, and of course, where do we go after death. The core human need and desire to evolve hasn't really changed; what's changed is the language we use to describe it, and the ways we engage with the unknown.

Today's tech language is one of digital networks, social media, algorithms, artificial intelligence, cloud storage, energy and quantum theory. The ancients spoke of vibration, elements, akasha, crystal skulls, dreaming, altered states of consciousness and cosmic order. Energy is the bridge between ancient and new technologies. Both speak the language of energy.

Original Cyberspace

I think of Akasha, the element of ether that relates to the throat chakra, as humanity's Original Cyberspace. Just as cyberspace is full of data and information, if you know how to access and download it, the Akasha

is said to hold everything that was, is or ever shall be. Again, you need to know how to access and download it. You can't get it with your computer's browser; instead, you need to tap into the Akasha through altered states of consciousness. According to Yoga philosophy, Akasha is not empty space; it's a living energetic field of vibration, sound, thought and consciousness. A place of communication and information. A place where the Akashic Records are held. A subtle space that holds the memory of all things. This was long before the cloud and wireless communication.

Mystics of old spoke of an invisible field connecting all beings beyond time and space. Today we speak of entanglement in quantum physics. And we still store memories, conversations, photographs and

identities in a non-physical space we call the cloud, which exists everywhere and nowhere all at once. If you have the code, you can access cyberspace and if you know the code, the Akashic Records are available to you.

Crystal Technology

I have always loved crystals for their energy, beauty and connection to the chakras. The power of crystals was known to both ancient peoples and modern scientists. Quartz crystal has been used for thousands of years in spiritual traditions around the world due to its powerful energetic and resonant qualities. Quartz crystal is also an essential part of modern computing. Quartz provides stability. Computers, watches, radios, satellites and communication systems all rely on crystal oscillation to function accurately.



The ancients may not have utilised semiconductor engineering, but they clearly knew crystals held properties connected to energy, resonance and memory. If I hold a crystal and try to download information, I don't fully know how. And in a thousand years from now, if someone holds my iPhone, which gives me access to so many apps and information sources, they may look at it in dismay and think, "How did they get any information from this?" We are back to the codes that unlock information. If you don't have them, you will think the information, knowledge and wisdom don't exist, when really it is your inability to tap into the technology, old or new. Spirituality and science have been answering the same questions in different ways for millennia.

Binary Systems

Long before digital technology existed, ancient systems of divination explored our existence through duality and polarity. The binary nature of computing echoes ancient systems of seeing into the unknown. Computers function through binary code ones and zeros, on and off, light and dark. The Chinese I Ching used combinations of broken and unbroken lines, a binary system that reveals patterns of growth and transformation. The Yoruba Ifa tradition from Nigeria uses Odu, another binary divination system. In Yoga philosophy there are also powerful polarities: Shiva and Shakti, sun and moon, purusha and prakriti. So many parallels emerge. The binary logic of computers was preceded by ancient wisdom that explored our existence through this dynamic balance.

Energy and Frequency

Our entire high-tech society operates on invisible frequencies. We have become accustomed to using Wi-Fi, Bluetooth, mobile networks, satellites, radio waves and wireless communication. We literally move

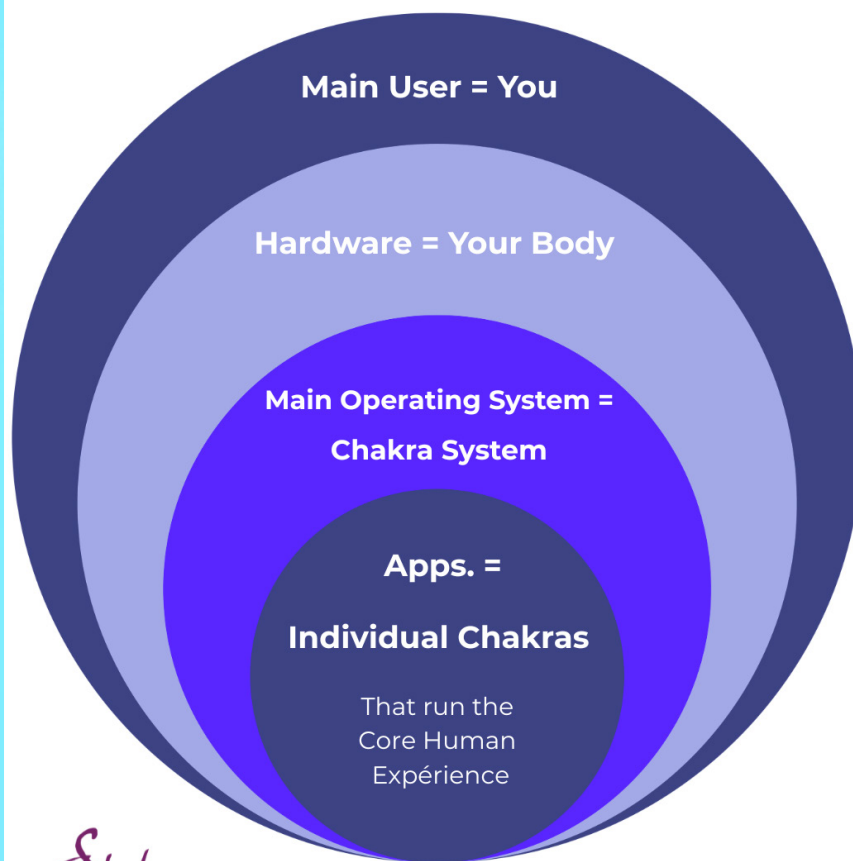
through a sea of invisible data every moment of the day.

Ancient traditions viewed reality as fundamentally vibrational. In India, the term Nada Brahma means the entire universe is sound and vibration. Sacred chants — Hekau in Egypt and mantra in India — are more than words; they are frequencies that alter consciousness. Temples in Egypt and India embrace principles of sacred geometry; they are positioned and created with precision. The use of resonance and harmonic structure in sacred spaces is seen throughout Egypt. What the ancients knew as energy and frequency, science can now measure and confirm.

Energy and Chakras

The chakra system has been the foundation of my work for almost four decades. My first two books, *Opening to Spirit and Way of the Chakras*, share my inclusive understanding of this powerful system. Suffice it to say, I have both a good understanding of and a great passion for energy and the chakras. The chakra system is one of the oldest systems of reality and development of and consciousness ever devised, and it's still one of the most useful because it covers a full spectrum of human possibility. Each chakra represents an aspect of self that can be awakened and cultivated.

Your Spiritual Operating System



Shola
Shola Arewa

I often liken the chakra system to a spiritual operating system. You are the main user; your body is the hardware. The chakra system is the main operating system, and each chakra is an application. Consciousness is the energy the whole system runs on. Every chakra regulates a different dimension of human experience. There is an app for grounding, creativity, cultivating inner power, love and compassion, communication, inner vision, knowledge and wisdom, and Satchidananda, expanded awareness. Have you fully downloaded all your apps? Are they updated? Are you using them? Are some slowing down and buffering? Do you ignore any? Do any need more energy? This is how I view energy and chakras. I try to avoid blocked and closed terminology. They are not blocked or closed, but you may use some at capacity while ignoring others. If one chakra is overloaded, the entire system slows down and falls out of harmony, much like corrupted codes and overloaded circuitry.

Sometimes the system needs a reboot. Turn it off and start again. Rest and reset. Ancient spiritual practices of asana, meditation, relaxation, breathwork, mantra and mindful living are forms of energetic maintenance; they keep the system operating on all levels. These practices help regulate and recalibrate the entire system so that all the applications can be used efficiently and powerfully, from the root to the crown.

Intelligences

Machines can organise information faster than any human mind. They generate text, images, music and conversation at lightning speed. But Artificial Intelligence (AI), data and information are not the same as Spiritual Intelligence (SI), knowledge and wisdom. They are poles apart. AI pulls you out towards endless information. SI draws you in, enhancing awareness and attention. One accumulates data and



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information; the other cultivates presence and wisdom. I don't think we should fear either; instead, I believe we need to develop both so they can be used harmoniously.

Ancient Egypt emphasised balance through the principle of Maat, which is balance and harmony in all things. This is Sattva Guna in Yoga, and right relationship in Buddhism. Yogic philosophy teaches us that consciousness shapes how energy is used. We have to bring conscious awareness to AI and modern technology, remembering that technology merely amplifies human intention. It doesn't replace it. A destructive mind creates destructive technology. A compassionate mind creates compassionate systems.



Evolution of Consciousness

Today, more people are being drawn to ancient practices such as yoga, meditation, breathwork, relaxation and contemplative practices. There is an increasing use of sacred symbols as adornment in tattoos and jewellery. These practices connect us to those who went before; they remind us of our innate spirituality, creativity and humanity.

Many decades ago in India, my teacher said that East is becoming West and West is becoming East. Swami Vishnu is no longer alive, but I see his prophecy taking place. He also spoke of the ancient yogic concept of Maya — the illusion of reality. The awareness that reality is shaped by our perceptions. Quantum physics says something similar: there is no absolute reality; we are living in a sea of potential and possibility. Everything is consciousness acting on energy, and that energy is constantly changing and evolving. To the ancients, our world is no more real than the virtual realities and avatars we create in the online world. The boundaries between what we consider real and the simulated grow thinner every day.

As technology evolves, we are externalising memory itself. You probably don't even know your phone number, or your partner's number; you don't need to. It's on your phone, saved in the cloud with lots of other information. It's a memory in cyberspace that you can download, like the Akashic Records. Jung spoke of the collective unconscious, a memory bank external to us that we can all tap into in dreams. It is as if we are mirroring ancient technologies and revealing recurring patterns within human consciousness, as if drawn from one cosmic memory.



Our Responsibility

There is so much more I could say, delving into geometric intelligence that once shaped temples and mandalas and now shapes circuits, algorithms and digital architecture. About activating sacred geometry and ancient symbols to empower us today — but I'm saving that for another article.

We should not fear or abuse technology. Instead, we have a responsibility to elevate consciousness and recognise that all life is interconnected. Our vibration shapes reality, and invisible networks shape our lives. Different languages. Different technologies. The same need to regulate the invisible architecture of our existence. As we continue to evolve, the key is not technology itself, but the consciousness we use to guide it.

What I really want to highlight in conclusion is that, across time and civilisations, the same patterns occur and the same need to answer questions remains. As technology races on, our humanity must be preserved and our spirituality maintained.



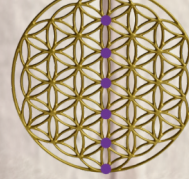
Caroline Shola Arewa, known as the Energy Doctor, is a mentor helping visionary thinkers align with their purpose and highest contribution.

With over 30 years of experience, her journey has taken her from a successful London fashion designer to a yoga teacher in India, and later to training as a psychologist and somatic therapist. A pioneer in integral therapy and bestselling author of *Opening to Spirit*, she has gained international recognition through award-winning work, global media appearances, and the creation of the Energy 4 Life Spiritual Coach Training, which has accredited hundreds of coaches worldwide.

Today, Shola empowers yoga teachers, therapists, coaches, healers, and heart-centred entrepreneurs to amplify their impact through programme creation, publishing, and speaking. Ready for your next level? Get your free Empowerment Profile.

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