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Yogapathy: The Universal Philosophy of Psychosomatic Health & Physiological Wellness, Mind Liberation & Psychic Rejuvenation, Brain Stimulation & Promoting Learning, Spiritual Progress & Altruism

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Abstract

This article attempts to set right a popular misconception about the practice of Yoga. In our view, Yoga is not mere stretching and exercise. It is a philosophy that inspires a way of life. Consequently, we define Yogapathy as the discipline of establishing such a way of life. This article also sets out how to do so. Specifically, we advocate yogapathy as a causal nexus between well-studied concepts such as psycho-somatic health, psychic rejuvenation, and brain stimulation as affectors of physiological wellness, mind liberation and learning abilities for altruistic spiritual progress. Based on decades of theorizing and practice, we have adopted abductive reasoning techniques for the recommended procedures. Our finding is that of an advisory, there is sound empirical evidence to suggest that Yogapathy is a path towards spirituality and wellness.

Keywords: Psychosomatic Health; Physiological Wellness; Mind Liberation; Rejuvenation; Brain Stimulation; Promoting Learning; Spiritual Progress; Holistic Altruism

Psycho-Somatic Health and Physiological Wellness

Energy Centers (or Cakras) and Endocrine Glands, Linking Mind and Body

Linking the mind and the physical body (or the organ systems) are subtle psychic energy centers or cakras (depicted in Figure 1), which control our mental propensities and behavioural expressions (as well as the body through the endocrine glands, as indicated later). The cakras are connected by subtle energy channels (or nadis), through which the vital (bioplasmic) energy (or pranah) is conceived to reach each and every part of the body. The cakras are associated with and control specific endocrine glands, as depicted in Figure 1. The cakras regulate organ function through these glands by stimulating their hormonal secretions; this is how the chakras influence the body.

In the human mind, various thoughts are constantly emerging and dissolving. Behind these psychic phenomena are the underlying propensities (formed according to the past-psychic impressions on the mind). The propensities are expressed by the vibrational expression of the cakras, which in turn influence the endocrine glands and the associated organs through their hormonal secretions (Figure 2). Both the expression as well as the control of these propensities are dependent upon the cakras. Emotional stresses (such as

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anxiety and insecurity) are known to be responsible for such diseases as coronary heart disease and even schizophrenia. When subject to stress, the endocrine glands release hormones into the blood stream, which affect blood vessel calibre, digestion, metabolism, etc. [1].

Both mental and physical health of the individual (concerning Behavioural medicine) depend on the proper energy balance between the cakras and the endocrine glands to which they are related. Disease is caused by an imbalance in the energy flow to and from one of more cakras.

Mental Pain and Organ Dysfunction

In this era of increased mental (as opposed to physical) involvements and preoccupation, psychic ailments, neurological diseases and mental depressions are increasing. Just as excessive mental interactions and endeavour stresses the corresponding physiological system, so also excessive mental interactions and endeavours stress the portions of the mind that perceive and do the work of perception. The ego associated with the "I exist portion " of the mind is what makes the 'doer' portion of the mind perform actions, which can result in outcomes that are either painful of pleasant and subsequently disappointing.

The mind has to always have something to ideate on; it has to have objectivity. In daily life, the objectification of the mind resulting from harsh interactions and painful situations produces deformations of the mind. At times, these situations persist and the resulting feeling of helplessness, at not being able to alleviate or cope with the resulting painful deformations of the mind, produces mental pain and psychic ailments (due to imbalance in energy states of the chakras), also resulting in dysfunction of certain organ systems (due to imbalanced secretions of the endocrine glands).

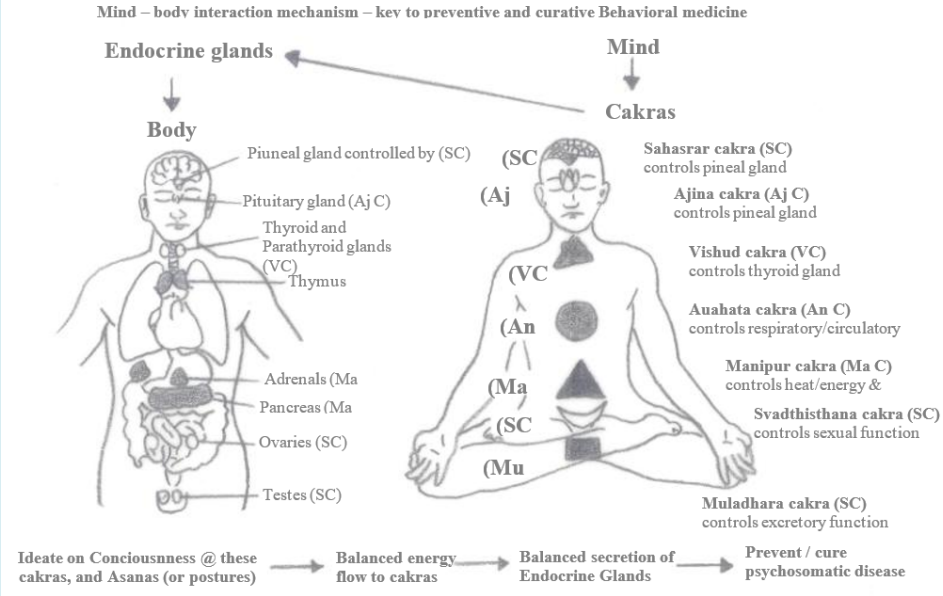

Figure 1: Cakras or Energy Centres and their association with Endocrine Glands.

So then, what is the remedy for the acute and chronic painful states of the mind, and concomitant physiological ailments, resulting from intimical interactions? It is meditation into higher (cosmic) consciousness, as presented in figure 1.

Overview of this Article

The remainder of this article is organised as follows.

1. **Psycho-Somatic Health and Physiological Wellness:** Energy Centers (or Cakras) and Endocrine Glands, Linking Mind and Body

2. **Yogapathy:** Actualizing Meditation as being with the Divine Entity

Meditation is spending some time being with the Divine Entity; in fact, the Divine Entity is waiting for us to do so and to bless us; this is how to actualize our meditation pocess.

3. **Psychic forces on the mind, influence of Cosmic Consciousness on the mind, promoting Liberation of the mind**

Cosmic Consciousness first devolves into Cosmic

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Mind, and the Cosmic Mind devolves into matter. Matter evolves into subtler structures through synthetic reactions, thereby providing the templates of primitive life structures, represented by primitive states of mind (and consciousness).

From primitive organisms to complex organisms, there is an unfolding of consciousness due to the increasing reflection of Cosmic Consciousness, with a corresponding increase in psychic dilation of the mind and concomitant increase in complexity of the nervous and anatomical structures. Increasing psychic dilation of a living being's unit mind leads to intellectual development, and eventually to parapsychic and intuitional development, by doing meditation.

4. Psychic Rejuvenation and Therapy

Mind deformation and pain can be caused by unfulfilled micro-psychic longings and/or inimical interactions. This pain can be alleviated by the dilatation of the mind ideating on Cosmic Consciousness, the fundamental constituent of the manifested universe. This rejuvenated mind can, in turn, positively influence the psychic state and psychological body. By effacing the previously acquired psychic impressions on the mind, and by preventing the formations of new impressions, the mind becomes more amenable to the attractive influence of Cosmic Consciousness.

5. Fundamentals of Meditation Practice

The process of ideating on the Divine Entity (Cosmic Consciousness) by recognizing the divine presence around us is the most effective form of doing meditation. This brings in divine energy flowing into one's mind, flooding it with blissful feelings and literally lighting it up. Through this process, over time one's mind gets cleared from its embedded impressions formed by one's actions and reactions. This not only relieves stress but verily brings a peaceful feeling of 'oneness with Divinity', as enlightenment.

Meditation Process based on three Lessons: Ishvara Pranidhana, meaning offering one's mental self to God (or Divine Entity) and making union with God. Pranayama, the science of Pranah. Cakra Shodhana, meaning purification of the cakras.

6. Physiological Characterization of the Meditative State

In EEG waves, the 'beta' state is associated with worry and anxiety; (ii) the alpha state has been noted to be associated with pleasant feeling, wellbeing, tranquility, relaxation; (iii) abundance of alpha-wave activity is considered to represent a state of relaxation and relief from concentration; Progressive lower frequency states (from beta to alpha and more pronounced increased alpha-activity shift to lower frequency alpha states) are associated with increased relaxation and tranquility, culminating in a deep 'internalized' state (of warmth, love, and contentment) in the theta state, characteristic of a blissful mind state [2].

In the EEG wave distribution for a meditation practitioner and instructor. it can be noted, during meditation, there is an increase in the amount of theta waves. Then a Meditation Effectiveness Index is developed based on the significant decrease in heart rate from the start of the meditation process [3].

7. Meditation Benefits for Body and Mind and Spirit

The three cardinal benefits are:

Body: Boosts the immune system, lowers blood pressure, and reduces heart risk [4-6].

Mind: Increases Brain Gray matter, enhances cognitive function and memory, and reduces stress [7,8].

Spirit*: Increases compassion and empathy and improves relationships.*

Meditation can help students to perform better and become super-learners. Meditation stimulates learning associated brain regions. The two parts of the brain that are highly active during memory storage and recall, the Hippocampus and frontal lobe, are particularly stimulated during meditation. By flexing this part of the brain, meditation multiplies your ability to memorize, store, and recollect large sums of information.

8. Concluding Remarks: Where the spiritual path really begins to get enlightened is when we recognize that transforming ourselves in the deepest possible way is in fact an evolutionary imperative. That too, with profound consequences far beyond ourselves. If we begin to recognize that in everything we do, we are in fact accountable to the Whole, to *Parama Parusa*, then something truly miraculous can begin to happen in our dedication to develop a more heightened civilization on our planet Earth, for progressive living of all the people [9].

Yogapathy: Actualizing Meditation as being with the Divine Entity

Let us then portray how we can actualize meditation to be cured of ailments and to become divine. For that, we need to recognize and be aware of the presence of the Divine Entity all around us, everywhere. That makes all the Meditation Lessons meaningful. So in the First Lesson, Iishvara Pranidhana, we can start by recognizing and manifesting the presence of the Divine Entity around us. This makes the mind withdrawal phases easier. Let us then consider arriving at the stage when we are only aware of our mind surrounded by the Divine Entity. Now to be connected with it, we can use our Ista mantra to ideate on the Divine Entity or consider having the Divine Entity pour divine energy into our mind. This can make our mind expand and literaly light up, making us feel enlightened. Over a period of time, this can also obliterate the embedded impressions in our mind and

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make us liberated. Likewise, we can also recognize the role of the Divine Entity in energizing the cakras in Cakra Shodhana, and curing ailments.

So based on that, let us consider that meditation is spending some time being with the Divine Entity. In fact, the Divine Entity is waiting for us to do so and to bless us. This is how to actualize our meditation

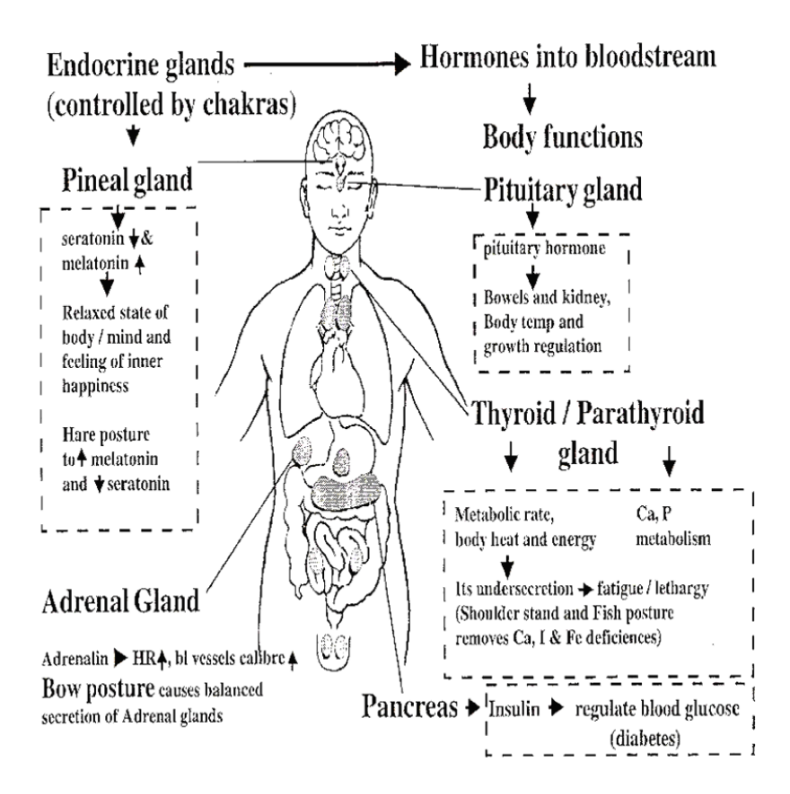

Figure 2: Chakras and Yogic asanas influencing the Endocrine Glands, and the organs through hormonal secretions.

Psychic Forces on the Mind, Influence of Cosmic Consciousness on the Mind, Promoting Liberation of the Mind

Cosmic Consciousness Field

Cosmic Consciousness first devolves into Cosmic Mind, and the Cosmic Mind devolves into matter. It is through the Operative principle, that the Cosmic Mind expresses itself into the five fundamental factors (ethereal, aerial, luminous, liquid, and solid), providing the constituents of the physical universe and the basis of cosmology.

The Cosmic mind also emanates microvita, which now energize matter to form an ectoplasmic mind. Under the influence of microvita, matter evolves into subtler structures through synthetic reactions, thereby providing the templates of primitive life structures, represented by primitive states of mind (and consciousness). Figure 3 illustrates the process of development of the primitive mind and life structures, through energization of matter by microvita.

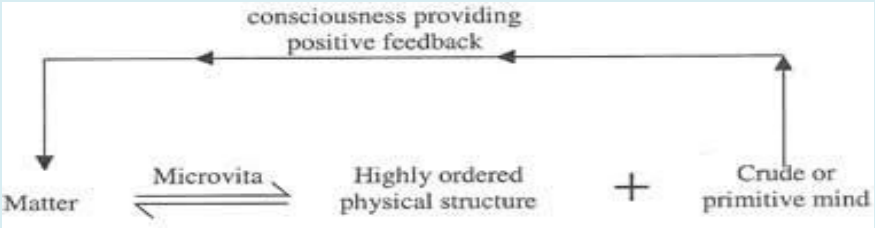

Figure 3: Emergence of a primitive mind and life structures, from the Cosmic mind, through energization of matter by microvita.

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From this stage onwards the process of organic evolution begins and constitutes the 'Animate Evolution', whereby primitive unicells and bacteria give rise to simple plants and animals, and eventually to self-conscious human beings. From primitive organisms to complex organisms, there is an unfolding of consciousness due to the increasing reflection of Cosmic Consciousness, with a corresponding increase in psychic dilation of the mind and concomitant increase in complexity of the nervous and anatomical structures. Increasing psychic dilation of a living being's unit mind leads to intellectual development, and eventually to parapsychic and intuitional development. The psychic dilatation of the mind eventually culminates in its achieving mental liberation, from its psychic propensities embedded in the subconscious mind, based on our interactions and thinking. Eventually, the human mind becomes subtle enough to merge into Cosmic Consciousness—how, by doing meditation. This experience can be referred to as 'enlightenment'.

Psychic Forces on the Mind

The human mind can be divided into three layers: that which perceives, that which does the work of perception, and that which does the work of perception, and that which gives the feeling of existence. The psychic force on the mind, causing deformations of the mind, is thought to result from its interaction with the environment, and also due to the reactive momenta of the impressions of the mind caused by one's past interactions and behaviour.

These deformations and impressions lend a conditioning property to the mind, which influences the mental/emotional/behavioural make-up of a person, and dictates the nature of the response to a certain stimulus from the environment. This response creates additional impressions on the mind and creates a centrifugal psychic force on the mind. Such impressions and preoccupations of the mind (such as arrogance of success and disappointment of failure) preclude the mind from being receptive to the attractive centripetal force of Consciousness on the mind.

Influence of Cosmic Consciousness on the Mind

By effacing the previously acquired psychic impressions on the mind and by preventing the formations of new impressions, the mind becomes more amenable to the attractive influence of Cosmic Consciousness. How? The erasing of past impressions (or samskaras) can be effected by ideating on Consciousness. This elicits positive microvita (as depicted in Figure 3), which in turn intensifies the attractive influence of Consciousness on the mind.

How to prevent new psychic impressions? If the perceiving portion of the mind were to ascribe Cosmic Consciousness to the object of its perception, and if the 'doer' portion of the mind also ascribes the 'doer' activity to Cosmic Consciousness, then the mind does not acquire new impressions (which are essentially painful because they are only temporarily pleasant).

Thus, be defacing old psychic impressions and preventing new psychic impressions on the mind, the attractive force of Cosmic Consciousness is felt on the mind, which now starts moving centripetally in the ectoplasmic field of Cosmic Consciousness, as schematically shown in Figure 4. This provides transcendence to the mind, rejuvenates the mind, and also constitutes the basis of psychic expansion (or evolution) of the mind.

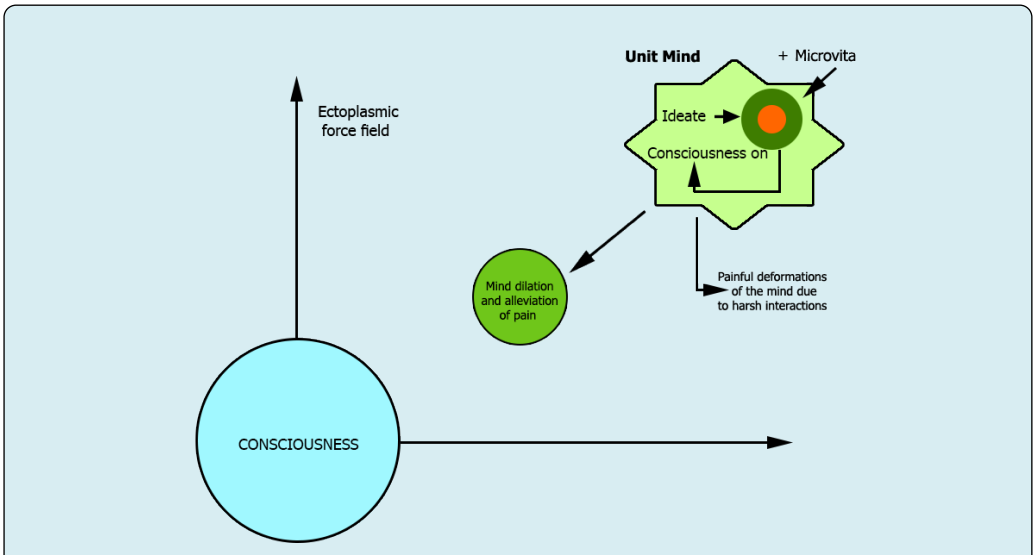

Figure 4: Ideating on Cosmic Consciousness for mental rejuvenation and enlightenment.

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Psychic Rejuvenation and Therapy

Mind Dilatation

It is seen that mind deformation and pain can be caused by unfulfilled micro-psychic longings and/or inimical interactions. This pain can be alleviated by the dilatation of the mind ideating on Cosmic Consciousness, the fundamental constituent of the manifested universe.

It is this dilatation of the mind that will help to cope with, soothe, and even remove its painful deformations, caused by harsh interpersonal interactions and tragic situations. Further, not only will the dilated mind experience increasingly blissful feelings, but it will also have a greater capacity for multilateral activities, and in turn contribute to healthy organ systems functioning as well as physical and mental well-being.

Psychic Therapy

Thus, mind can be positively influenced by ideation on Cosmic Consciousness; this rejuvenated mind can, in turn, positively influence the psychic state and psychological body. On the other hand, a restless and disoriented mind (laden with micropsychic longings and sentiments) can adversely influence the psychic centers (cakras), and the organ systems (such as genital and the cardiac systems) via the endocrine glands.

By a combination of Cosmic Consciousness ideation and mental stimulation of these cakras (by means of mantras), one can soothe the painful deformations of the mind. By means of mantras and cosmic ideations, these cakras can be activated, not only to affect healthy function of associated endocrine glands and the corresponding organ systems, but also to enable liberation from psychic propensities.

Such a process also develops mental peace and calmness. It is the basis of stress-relaxation therapy, as well as for mental ailments and for behavioural problems, through mental rejuvenation. Even more importantly, this practice of Cosmic Consciousness ideation on the cakras can help to rid oneself of cruder propensities and develop altruistic qualities, leading to mental liberation and self-realization.

The increasing development of the mind, however, causes newer mental and psychological ailments, resulting from difficulties in coping with the increasing mental complexities. Thus, the mind has to be continually dilated. This is the basis of psychic therapy for mental ailments, behavioural problems, and mental rejuvenation, as well as for good physical health.

Effacing psychic impressions on the mind, by ideatinng on Cosmic Consciousness: By effacing the previously acquired psychic impressions (or samskaras) on the mind, and by preventing the formations of new impressions, the mind becomes more amenable to the attractive influence of Cosmic Consciousness, as depicted in Figure 4, leading to Liberation and eventually to Enlightenment.

Fundamentals of Meditation Practice

The process of ideating on the Divine Entity (Cosmic Consciousness) by recognizing the divine presence around us is the most effective form of doing meditation. This brings in divine energy flowing into one's mind, flooding it with blissful feelings and literally lighting it up. This gives immense happiness, based on the feeling of being taken care of by the Divine Entity. Through this process, over time one's mind gets cleared from its embedded impressions (or *samskaras*) formed by one's actions and reactions. This not only relieves stress but verily brings a peaceful feeling of 'oneness with Divinity', as enlightenment. In simple terms, meditation is taking the time off one's worldly involvements and spending time being with the Divine Entity, who is awaiting this union [10].

Meditation Process based on three Lessons: Ishvara Pranidhana, Pranayama, Cakra Shodhana

Herein we will explain the process of these three lessons: Lesson 1 is Ishvara Pranidhana, meaning offering one's mental self to God (or Divine Entity) and making union with God. **Lesson 2 is Pranayama**, the science of Pranah. **Lesson 3 is Cakra Shodhana**, literally meaning purification of the cakras.

Lesson 1. Ishvara Pranidhana

The goal of this lesson is to obtain liberation from samskaras or embedded psychic impressions in the subconscious mind. Herein, the meditator ideates on and feel one with God or Divine Entity. This gives one immense happiness, based on the feeling of being taken care of by God. This is done by concentration on one's "I feeling" or Ista Cakra (mind center), and the use of a general mantra (union with the Divine Entity) (or personal or "Ista mantra" given according to one's individual psychic vibration), to ideate on the Divine Entity. Three steps are required to reach this stage.

Meditation Steps:

Step 1 consists of recognizing and manifesting the presence of the Divine Entity around us in the form of mellow light. In this step, the meditator is only feeling the divine presence and is not aware of surrounding people or structures. This process of mind withdrawal from the surroundings is referred to as ***bhuta suddhi***.

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Step 2 involves developing a spirit body, to enable ideation on and union with the Divine Entity. In this step, by a special method, the mind or "I feeling" of the meditator is brought very carefully from (i) its disassociation with the external surroundings, and (ii) then from the physical body feeling, to where the "I" sits or the location of one's mind center. At this stage, one is only aware of oneself or one's mind and the Divine Entity (or Cosmic Mind) surrounding it. *This process of mind withdrawal from body feeling is referred to as* ***a'sana suddhi****.*

Step 3 now involves the mind ideating on the Divine Entity using a 2-syllable mantra. The Mantra has a specific meaning and an acoustic sound. The general meaning of all mantras is "You are my Guide, and with your guidance, I can become divine". This 2-syllable mantra is repeated mentally in consonance with one's in-breath and out-breath. This brings divine energy flowing into one's mind, flooding it with blissful feelings. At in-breath, the Divine Entity is infusing divinity into the mind. Then in response to this, at out-breath, one's mind expands into divine Consciousness and even gets lit up, giving a feeling of being divine.

By this process over time, one's mind gets cleared from its embedded impressions formed by one's actions and interactions. Clearing the mind from its embedded impressions is referred to as **Liberation**. During this process of liberation, one's entire mental thinking gets transformed, one's personality and character get elevated, and one's interactions with others enter a new phase. Over time, this brings a peaceful feeling of oneness with divinity known as enlightenment. This is verily the purport and goal of this meditation lesson.

Lesson 2. Pranayama

Concept: Pranah, the Cosmic vital energy of *Brahma* is around you. You need to take it within you to keep you physically, psychically, and spiritually rejuvenated.

When we concentrate and consciously regulate our breathing, we can store up a big amount of *pranah* in the various nerve centers or *cakras.* Through *pranayama,* every part of the body becomes filled with vital energy, and all diseases can be destroyed from the root.

Performing Pranayama: The practitioners are instructed to do *bhuta suddhi* and *a'sana suddhi* withdrawal phases, as explained in the First Lesson. Then, with the first syllable of the *mantra*, one visualizes that the Vital energy (pranah) is entering the body through the prescribed *cakra*. This vital energy is being used to replenish oneself physically, psychically, and spiritually. Then, as one exhales (with the second syllable of your *Ista mantra)*, one visualizes that after the vital energy has been thus utilized, it is now going out through the cakra; after this, the pranah is replenished again during inhalation.

Proper control of breathing can alleviate many diseases, such as heart disease, high blood pressure, asthma, and tuberculosis, among others. Breath control dissolves emotional tensions and relaxes the mind, and it also increases willpower, concentration, and self-control. Finally, if the Divine Entity's pranah is infused, one can get totally sanctified and one's ideas will be divine ideas [11].

Lesson 3. Cakra Shodhana (Cakra Purification)

Background: Cakras are sub-stations of the mind, as illustrated in **Figure 1**. The state of body and mind depend on the activeness of the cakras. By Cakra Shodhana, the mind and body get purified, and the whole being is elevated.

Concept: The *cakras* are imbibed with vrittis (embedded sentiments or propensities), which are potential seeds of *samskaras* formation. Hence, we need to 'purify' our 'defective' *cakras* by stimulating them (at their central point of *ksiti piitha*) with the 'sacred idea' and *bhave* of our *mantra*. These sacred ideas imposed on cakras are propagated through nadis to the body regions, and the body thereby gets consecrated.

Herein, the practitioners are aware of the cakras and the divine light (of the Divine Entity) around them. Then they primarily concentrate on the controlling point of the *Piitha.* For example, in the case of the *manipur chakra* (triangular in shape, and red in color, as depicted in Figure 1), they can concentrate at its centroid and then stimulate it with the divine light by means of their *mantra*; this helps the digestive system, and also the pancreatic hormonal secretion gets affected. All cakras are thereby brought into the rhythm of the *mantra*, to create one tune leading to *Paramapurusa.*

Process: The practitioners first place their mind at the central point of *muladhara cakra* and stimulate (or energize) it with their *mantra 2 to 3 times,* with the feeling that in this process the divine light is purifying the *cakra* by wiping off its embedded *vrttis*. Then, they raise their mind to the *svadhisthana cakra* and likewise 'purify' it. They thus keep purifying each *cakra* up to the *sahasrara cakra.* They can now descend, purifying each *cakra* up to the *muladhara cakra.* This constitutes one trip. Like that, they can complete two to three trips.

By ideating at the controlling points of the cakras with their *mantra*, the practitioners can be liberated from the associated *vrittis*, and feel a sense of composure in the corresponding region. They will develop a stage of divine composure, and when they will reach the *sahasrara cakra*, the divine nectar secreted from that point will make them

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realize complete peace pervading their body.

Physiological Characterization of the Meditative State

States of rest, sleep, and mental activities have been characterized through the frequency analysis of electroencephalographic data. Electrical activity from the brain is displayed in the form of brainwaves on an EEG waveform. There are three predominant categories of brainwaves based on the level of activity. Beta waves (12 to 38 Hz) are predominant during the normal waking state when one is engaged in cognitive tasks being alert and engaged in problem-solving or decision making. Alpha brainwaves (8 to 12 Hz) are dominant when the mind is quiet, and also during meditation. Theta brainwaves (3 to 8 Hz) occur in deep meditation. During this state, the senses are withdrawn from the external world and focused on the internal mind. It has been noted that a mentally-disturbed person (with a primarily beta EEG pattern) has a lesser proportion of alpha waveforms when compared to one with a calmer mental state [2]. Complementary autonomic measures, such as electrodermal activity, have also been used to index such shifts in arousal during meditative states [12].

Characterization of subjective states of feeling associated with the EEG brain waves:

The 'beta' state is associated with worry and anxiety; the alpha state has been noted to be associated with pleasant feeling, wellbeing, tranquility, relaxation; abundance of alpha-wave activity is considered to represent a state of relaxation and relief from concentration. Progressive lower frequency states (from beta to alpha and more pronounced increased alpha-activity shift to lower frequency alpha states) are associated with increased relaxation and tranquility, culminating in a deep 'internalized' state (of warmth, love, and contentment) in the theta state, characteristic of a blissful mind state [2].

EEG Response Characterization of the Meditative State

In our study Ghista, et al. [3], for each subject, the EEG was recorded for 15 minutes with the subject in a relaxed but mentally active state, with the eyes closed. Then, the subject was asked to 'meditate' and the non-meditator was asked to 'concentrate', and their EEG was recorded during this period, which normally lasted for 30 min. A recording of the post-meditative or post-concentration period was also taken for 15 minutes. Frequency spectral analysis of the EEG data was carried out to determine the percentage of waves corresponding to each frequency band, as histograms [3]. It was observed that EEG alpha waves (8 to12 Hz) relative to beta waves (12.5 to 30 Hz) are associated with a more relaxed mental state, and EEG theta waves (4 to 8 Hz) relative to alpha waves, are associated with deeply relaxed mental state and higher consciousness feeling. However, this requires the assessment from a larger number of subjects. Then the effectiveness of meditation can be characterized in terms of (i) the decrease in the percentage of alpha waves (8 to12 Hz) from before to after meditation, and (ii) increase in the percentage of theta waves (4 to 8 Hz) from before to after meditation.

Figure 5 shows the EEG wave distribution for a subject who is a meditation practitioner and instructor. As can be noted, there is an abundance of waves at various frequency bands, but especially there are more waves in the lower theta frequencies. Then during meditation, there is an increase in the amount of theta waves.

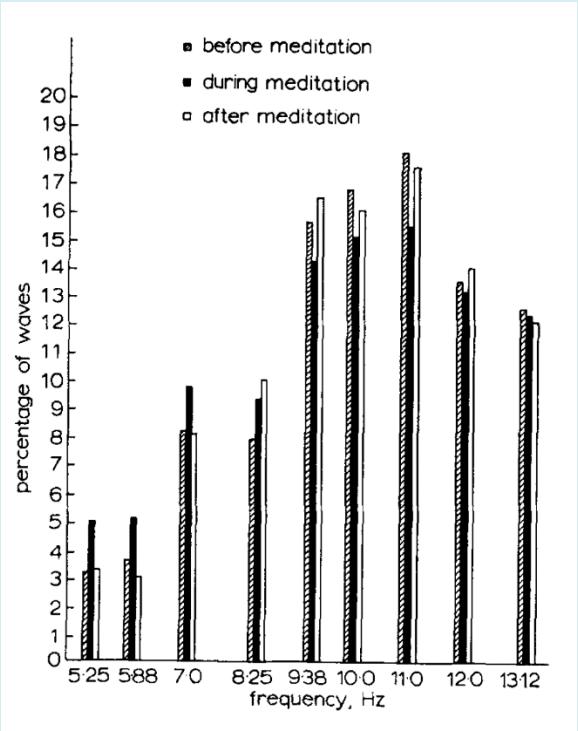

Figure 5: The relative abundance of EEG waves at the various bands for a subject who is a meditation practitioner and instructor, before, during, and after a meditation session.

Meditation Effectiveness Index

EEG response to meditation is one way to demonstrate its effectiveness. It could also be represented through another simple an effective way. It is well-known that meditation can enable decrease of heart rate (HR). So let us say that we monitor the HR at the start of meditation (HRs) by means of a wearable device. Let HRt be the heart rate at time t during meditation. Consumer wearables already

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report related physiological and readiness indices [13,14], and comparable wearable-derived indicators have been used to track physiological and affective states at scale [15].

Now let us plot HRt v/s time, and then simulate this data by means of this expression:

HRt = HRs t^-k, to determine the value of k (1)

Let HRf be the final value of HR at the end of meditation.

We can then develop the expression for
Meditation Effectiveness Index (MEFI) = k [(HRs-HRf)/ HRs] (100) (2)

It can be seen that greater the value of k and MEFI, the more effective the meditation will be. So, we can prototype a wearable device with an associated app that can determine MEFI for meditation subjects, to determine the effectiveness of their meditation. Interestingly, this will be the first such meditation effectiveness index. It could even enable people to assess the effectiveness of their meditation at home. We will now work on its practical implementation. This proposed index would complement existing physiological and well-being metrics, including heart-rate-variability-based indices, VO2-max-based fitness measures [16], self-reported well-being indices such as the WHO-5 [17], and the authors' related Physiological Wellness Index (PWI) [18].

Meditation Benefits for Body and Mind and Spirit

Three cardinal benefits are presented:
Body: Boosts the immune system, lowers blood pressure, and reduces heart risk.

Mind: Increases Brain Gray matter, enhances cognitive function and memory, and reduces stress.

Spirit*:* Increases compassion and empathy and improves relationships.

It is important for us to convincingly describe the benefitting effect of meditation on our body. For that we need to involve medical centers or medical schools in monitoring meditators, and processing their medical signals such as ECG and EEG as well as blood tests (for cholesteral and glucose) over a time period, and publishing journal papers on the results. This can make meditation to become known in the public domain, which is long overdue. Prior controlled studies of yogic and meditative practice support this approach, demonstrating measurable improvements in aerobic capacity, cardiorespiratory endurance, and related biomarkers [19,20].

Meditation Can Help Students to Perform Better and Become Super-Learners

Specifically for students, there are a number of reasons why meditation can help their learning. It is known that one side of the brain is more mathematical and scientific (left), while the other half is more creative and intuitive (right). Most people use one-half of their brains more than the other, creating an imbalance. Scientists have found that highly successful people use both brain hemispheres in harmony. By meditation, one can achieve "whole brain synchronization" (**Figure 6**) and enhance the learning ability.

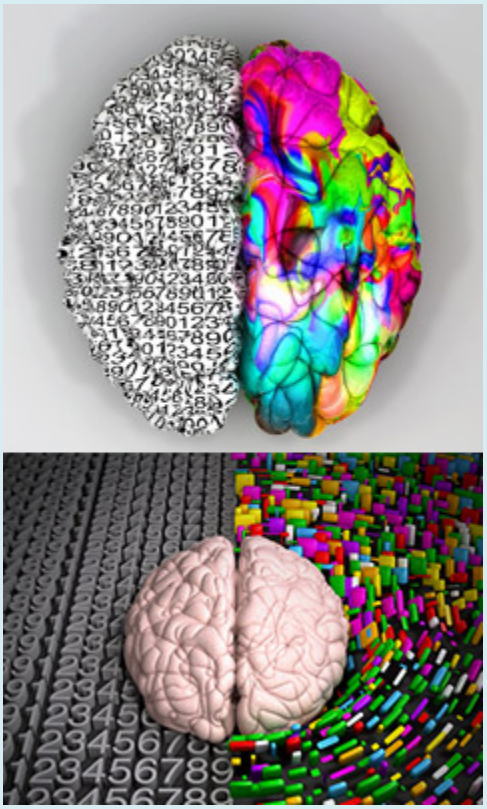

Figure 6: Brainwaves for effective living: Meditation helps one achieve "whole brain synchronization" and enhances learning ability.

1. Meditation puts you in the best brainwave state for "super learning
2. Meditation boosts Alpha brainwaves, the predominant state for learning, studying, memorizing, and recollecting large amounts of information. You can summon this highly creative and super-enhanced learning state, with meditation.
3. Meditation makes your left and right brain hemispheres work together. Did you know that one side of your brain is more mathematical and scientific (left), while the

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other half is more creative and intuitive (right)? Most people use one half of their brains more than the other, creating an imbalance.

4. Scientists have found that highly successful people use both brain hemispheres in harmony. By meditation, you, too, can achieve "whole brain synchronization", and enhance your learning ability.
5. Meditation stimulates learning associated brain regions. The two parts of the brain that are highly active during memory storage and recall, the Hippocampus and frontal lobe, are particularly stimulated during meditation. By flexing this part of the brain, meditation multiplies your ability to memorize, store, and recollect large sums of information.

Through all this, the students can become effective learners, and go on to become community leaders, as scientists and engineers, doctors and lawyers, and even space travelers.

Concluding Remarks

This article has attempted to present a growth path for humanity at the crises of war, violence, pollution and injustice. It is a call for a movement towards Spiritual Progress for Everlasting Peace, and our Responsibility to evolve for the Greater Good of Humanity.

The term Yogapathy was prescribed by the first author because this Yoga meditation science and practice (as developed by his guru, Shrii Shriii Anandamurti) is verily like Allopathic medical science, and superior to it in some ways. The central idea that meditation leads to an enhance phsiological state is not new; in some cultures, it is an ancient "truth". More recently, Hagins, et al. [4], Lau, et al. [19], Ray, et al. [20] and Rojas [1] have convincingly made such a case for the link.

It does not involve medications and can be employed for both preventive and curative care, such as for diabetes and blood pressure. Even more importantly, it can be employed to prevent and cure Alzheimer's and Dementia, which Allopathy cannot. However, all this requires a detailed analysis of Yogapathy in patients. We seek collaborations from holistic clinics around the world with the facility to conduct Randomised Control Trials to attest the efficacy of Yogapathy. Greater engagement between holistic practice and digital or clinical health services, of the kind increasingly studied in mental-health technology adoption research, could support such collaborative trials.

Imagine for a moment that the fate of the entire human race rested on our shoulders alone—that humanity's evolution depended entirely on our willingness to transform our consciousness, and become an exemplar of humanity's highest potential for the world.

Imagine that, "human civilization" became an evolutionary imperative. Would the quality of awareness and care with which we approached our interactions with others become more profound?

Where the spiritual path really begins to get enlightening is when we recognize that transforming ourselves in the deepest possible way is in fact an evolutionary imperative. That too, with profound consequences far beyond ourselves. If we begin to recognize that in everything we do, we are in fact accountable to the Whole, to *Parama Parusa*, then something truly miraculous can begin to happen in our dedication to develop a more heightened civilization on our planet Earth, for progressive living of all the people.

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