

## **2 Human Performance and Consciousness: An Experimental Study**

(D.K. Chaturvedi, Manish Arya, Rajeev Satsangi)

This experimental study is the extension of the work presented in TSC 2012 and 2013 in which the correlation between chakra (ganglia) energy and consciousness is described. This paper deals with the measurements of chakra energy at eye center and throat center with the sensor developed in Department of Electrical Engineering, Dayalbagh Educational Institute. The measurements have been taken with 130 Diploma students of Technical College before and after appearing in 20 minutes examination of Quiz Test (QT). The correlation is determined between the difference chakras' energies and the students' performance (i.e. marks obtained in QT). It is found that the correlation between the difference in eye center, throat center energies and marks comes out to be 0.94 and 0.41 respectively.

Similar study has been conducted for determining the correlation between Industrial worker performance and their Consciousness. For this study, two industries has been selected in Agra, U.P. India namely BP oil mill and Bajaj Auto Workshop. Again the consciousness is measured with the help of chakras' energy and performance rating of industrial worker is collected from the supervisor. The correlation is determined between worker performance and consciousness. The results show that the workers with high consciousness level will perform better than the workers with low consciousness level. This study will help in maintaining job efficiency, determining the need of training of a particular worker, promoting worker's safety and also to serve as a partial basis for salary increases, promotions, terminations, etc.

## **4 Music as a Spiritual Dimension: the East-West Common Identities**

(Alexander J. Graur)

Together with Mathematics, Music is the most abstract language. As a product of human mind it is the expression of Logic, in all its aspects. That makes Music and Mathematics the universal language of mankind, though they have their dialects, as any language has. The music accompanied the spiritual activities of the human beings since the dawn of human civilization; it is an expression of consciousness. Used for worship, meditation, religious rallies, personal and common devotion, the Music expresses the human mind in all its aspects. The universal musical meme it is still strongly active in all the cultures and ideally unifies them. This presentation will show the musical structures common to various Eastern and Western cultures, the ways they disseminated around the world and their role in the spirituality of various cultures and religions; with commented audio examples.

## **5 The Essence of Reality**

(Thomas Nehrer)

The essence of the conscious Self transcends – yet fully connects to – the physical realm it encounters. Perceiving that interactive connection is necessary in order to fully comprehend the qualitative character of consciousness itself. However, recognizing the timeless, integrated Oneness of Consciousness/Reality is fundamentally deterred by any individual's belief system – his/her complex set of learned or deduced beliefs and definitions.

Thus, any paradigm – science included – creates a synthetic model that, upon acceptance as true, appears to be so: the mind is easily fooled by its own held tenets. Whatever one believes in appears to be true. (Many beliefs and definitions, along with underlying assumptions, were absorbed from parental/cultural authority during early childhood, emotionally woven into

personal treatment during nurturing and imprinted by language itself.)

The track towards full, clear awareness of functional consciousness incorporates shedding beliefs and definitions, however hallowed, however popular, not conjuring new ones.

Religion generally severs the Self from some creative, imagined force out there. Ancient notions of luck and fate additionally project causality to external forces. Science, ignoring the independent validity of thought/feeling/expectation/hope/fear/etc. as attributes of an independently extant Consciousness, projects causality to diverse real-world forces and sources – consistent with its core notion of this being an objective reality (with the self a result of complex brain function). Reality's functionality is straightforward: Consciousness manifests qualitative imprints of its own complex nature as an ongoing flow of events and relationships that fully, inviolably reproduce its inner elements in the meaning of real-world encounters. Reality must be seen as a personally encountered fulfillment of the psyche's total content – in personal experience – not as the time-flow, unfeeling conjunction of particles and objects on a micro- to macro-scale.

This interaction can be perceived personally when one notes that patterns are inevitably engendered in life: we all create patterns in health issues, relationships and success, locked into distinct effects while situations and people come and go. Clearly aware of this connection, one sees that outer patterns always have inner roots: find then dispel inner mechanisms underlying outer issues, and resultant patterns will change. The religious mind projects that metaphysical connection to a hypothetical external source (a god). The scientific mind, attuned to attributing causality to real-world sources, cannot easily grasp the inner-outer connection. It will, consistent with held beliefs, attribute causality to bacteria, conditions, spontaneous body malfunction or other illusory sources – oblivious to repeated patterns.

In my long inner journey toward clearly perceiving the inner-outer Oneness, I attained "Clear Awareness" of the connected nature of Self/Life. I did so by healing a wide range of physical maladies simply by eliminating their inner sources – and by shedding all synthetic particles of definition, scientific as well as religious, encountered during decades-long introspection of my psyche – ridding it of artificial tenets. I will explain how Consciousness and Reality relate in specific terms – what inner mechanisms correspond to explicit outer, i.e., real issues. But I can only do so for those open-minded enough to question their own favored paradigms.

## **6 Emotional Quotient (EQ) and Spiritual Quotient (SQ)**

(Anirudh Kumar Satsangi, Ankita Satsangi)

Quotient is a ratio. Emotional quotient (EQ), is a measurement of a person's ability to monitor his or her emotions. The ability to assess and affect situations and relationships with other people also plays a role in emotional intelligence. This measurement is intended to be a tool that is similar to intelligence quotient (IQ). There is no standard of measurement of EQ so far. There is also no standard of measurement of SQ.

We have attempted to derive mathematical formula each for EQ and SQ. Emotional quotient may be expressed as the product of wisdom (w) and intelligence quotient (IQ), and spiritual quotient may be expressed as the ratio of parasympathetic dominance (PSD) to sympathetic dominance (SD). Mathematical formula of spiritual quotient and of emotional quotient will certainly facilitate further research in the area of spiritual science.

Quotient is a ratio. Emotional quotient (EQ), is a measurement of a person's ability to monitor

his or her emotions. The ability to assess and affect situations and relationships with other people also plays a role in emotional intelligence. This measurement is intended to be a tool that is similar to intelligence quotient (IQ). There is no standard of measurement of EQ so far. There is also no standard of measurement of SQ.

We have attempted to derive mathematical formula each for EQ and SQ. Emotional quotient may be expressed as the product of wisdom (w) and intelligence quotient (IQ), and spiritual quotient may be expressed as the ratio of parasympathetic dominance (PSD) to sympathetic dominance (SD). Mathematical formula of spiritual quotient and of emotional quotient will certainly facilitate further research in the area of spiritual science.

## **10 Belief System-A Perspective from Radhasoami Point of View**

(Shanti Gupta, Radhika Singh)

Belief, degree of consciousness, faith and love for a deity are synonymous. Belief system is fundamental to human existence. One's Religion is basically his belief system. Each individual belief system is unique and constitutes physical and subtle nervous system in the human body.

All arrangements in creation are carried through currents. Similarly, the entire economy of this physical body is regulated by currents, known collectively as the nervous system. Networks of currents spread out in individual systems / subsystems. Human nervous systems or more aptly their belief systems are wired in these networks and constitute its quanta in the quantum force-field.

The fountainhead of quantum spiritual force-field is the Supreme Being; field is compact in purely spiritual, lesser in spiritual-material, loose in material-spiritual region and void in nether pole. The basic flux is the attraction of spirit, mind and the matter respectively which bind the particles together. The God particle discovered by scientists is the physical particle of the material-spiritual region. The God-particle of spiritual-material region is subtler. The Supreme God-Particle of spiritual region is the subtlest.

Human existence is composed of spirit, mind, and the body each having its own reservoir. Man is de facto the microcosm while creation is macrocosm. Man represents all spheres of the creation. Devotion, love and faith for the Lord are embedded in the microcosm or individual belief system with sustained meditation over a period of time which help in establishing communication channels with the macrocosm. The prayers or intonations travel through such channels.

All impressions of acts, desires and thoughts are preserved in the highly elastic Manakasa. They are transmitted to destination by the elasticity and constitute centres of further acts. These impressions travel life through life and are known as Samskaras and determine the circumstances, qualities and attitudes of an individual. They form the founding belief system which is inherited at the time of new birth and firms up and matures with spiritual training, development and experience of an individual referred to as meditation in the small space allocated to free-will during his life time or deteriorates without it.

Network conductors in the creation are so programmed as to recognize only the Dhunyatmak sounds which reverberate on their own. The sensory conductors in the human body shall take the call only when the individual spirit tunes in with the Dhunyatmak sound characteristic of

that Region. When that happens, one's spirit is transported to that region. The spiritual force-field is agitated by the meditation; the particles of that force-field coalesce to form conducting particles which constitute the path through the particular artery connecting the spirit entity with the presiding deity on virtual form.

God is conquered and He is willing to be conquered by his lovers. Lord is the sea of 'Grace and Mercy'. He accepts even the corrupt Bhakti and even when the belief systems are not firmly embedded in the nerve systems of the people who are driven to prayer meets by personal and selfish ends.

## **11 Sound as a Manifestation of Creative Energy with reference to the Hymns of Guru Nanak Dev in the Sri Guru Granth Sahib: A Quantum-Mystic Approach**

(Avneet Kaur, Gurpyari Jandial)

David Chalmers, in *The Conscious Mind* (1996), used the idea of the philosophical zombie to argue that a mechanical view of evolution cannot account for the phenomenon of awareness, while Daniel Dennett attempted to refute this argument by asserting that the mind is an emergent phenomenon of our bodies. "Quantum mystics" commonly propose the idea that an underlying consciousness or intelligence connects everyone, based on the fact that quantum fields can be interpreted as extending infinitely in space. In recent years quantum physicists have come up with the idea of super-strings that permeate and connect the entire universe. Like mystics, physicists are now dealing with a non-sensory experience of reality and like mystics, they had to face the paradoxical aspects of this experience. The models and images of modern physics have come close to those of Eastern philosophy.

Energy in its unmanifest state is without motion or sound. But when it becomes kinetic there is a flow which results in motion and sound. When the innate and dormant energy present in our bodies becomes active, the sounds reverberate. These sounds manifest themselves differently at different levels or spiritual planes. Therefore this 'soundless sound' or *anaahad naad* which pervades the entire universe and even our human bodies, is given tremendous importance in almost all systems of faith and can be rightly explained with the help of quantum mechanics. Where classical physics gave importance to the physical reality and what our sensory organs perceived, it is with the dawn of the quantum approach in modern physics that the gap between the physical and metaphysical world has almost disappeared.

The paper aims at analysing the role of sound and the repetition of the Divine Name through which one can experience the continuous flow of spiritual current. Quantum mechanics suggests that matter exhibits both the properties of a particle and a wave, Guru Nanak Dev in the 15th Century described the creation and the Lord as existing both in the wave and solid particle form. This universe was first created by the sound which was in wave form and later manifested in the solid form by creation of this universe. Thus He is prevalent in both the solid as well as the subtle form. As stated by an eminent Sikh philosopher, Dr. Grewal "He and His universe is a form of energy which keeps on changing forms..... from waves to particles; subtle to solid; unmanifest to manifest and vice versa. Singularity is in the origin; the energy but the duality is in the forms."

**14 Awareness of Being and The Science Of ‘Spanda’**

(Dharampal Satsangi)

Being aware of the universe of beings, not the beings themselves, is the starting point of all thinking. Therefore, first there has to be an awareness of beings before we experience the objective existence of beings. Awareness, call it Super Consciousness or Ultimate Reality, is therefore innately pure abstract; both thought-free and thing-free, for just as space is absolutely distinct from all the objects within it, so also is Awareness, absolutely distinct from all within it.

All beings are connected to one another, both outwardly and inwardly. They are connected outwardly because they all dwell within the Divine Awareness, and connected inwardly because the essential Self (Atman) of each being is its nature (Samskara), as a Self expression (Swabhava) of the same Divine Awareness that is The Ultimate Reality.

The formless awareness that we perceive as empty space is not in fact empty but is a fullness of formative potentials. Such potentials – all potentials – only exist in Awareness, and do so as potential shapes and forms of awareness. Formless Awareness undergoes contraction to give bodily shapes to these potentials. We all are the bodily shapes of formless Awareness. We are each a unified space or field of awareness, our bodies are a mere boundary between the Awareness we exist within and the awareness that exists within us. We are potential Awareness that has contracted to become actualized.

Awareness, contracting and stretching like a ‘string’ from pure potentiality to actualization (physical creation) exerts a ‘creative tension’ between these domains (potentiality and actuality) and vibration sets in the string. This vibration is called ‘Spanda’ that resonates within all beings and things as Consciousness. Spanda has a pulsating or quivering character of a primordial heart beat. Spanda is the trembling of actuality (consciousness) with potentiality (Awareness) that can be felt at any time, in any space and by any being on the threshold of outer movement, action or speech.

The virtual (potentiality i.e. Awareness) and actual (actuality i.e. consciousness) are, therefore, co-resonating systems. As the actual contracts (resonates at a higher intensity) the virtual dilates (relaxes). When the virtual contracts back, the actual dilates. Based on the teachings of Kashmir Shaivism, this paper endeavors to elucidate the primordial sound and vibration as link between this world and the world beyond.

**15 On Death and Beyond**

(Durga Prasad Rao Chilakamarthi, Dharampal Satsangi)

The concept of death is a mysterious one, daunting humanity from time immemorial. Though man is aware of the unavailability of death, he is still afraid of facing it for he thinks that it is the end of every thing. Death, according to general understanding, is the permanent cessation of all biological functions that sustain a living organism. And if we define death in terms of consciousness, the living organism can be said to have died when consciousness ceases to exist. In the absence of consciousness, the body is simply a lump of dead matter. So it is very essential to understand the nature of death to overcome fear. According to Indian view, death is not the complete cessation of one's existence. It is an intermediate stage to eternity. Moreover it is the original state while life is a transient one. An allegory explains it clearly. There is a cage-like body of which all the nine doors are open. Dwelling in it is an air like bird. It is of surprise that the bird still stays in it whereas flying out would be natural. Our tradition, combines

philosophy with higher experience and teaches practical wisdom which paves the way for transformation of man to divinity. Lord Krishna explained the concept of death to Arjuna when the latter was reluctant to fight against Adharma, fearing that his kith and kin would be killed. O Arjuna! It is not wise to grieve neither for the dead nor for living. Atman, the quintessence of our being is never born nor does it die. This is eternal, changeless and ever existent. It is not killed when the body is killed.

Our Sastras, by suggesting a philosophical way out warn us not to be afraid of death. Oh fool! Why are you afraid of death? Do you think that the God of death will spare you even if you are afraid? But it is certain that he will not catch hold of an unborn. Therefore, try not to be born again in this world.

Here the way out suggested, is birth-less-ness which constitutes proper understanding of the nature of death and belief in the permanent existence of soul. The human body is made up of five kosas annamaya, pranamaya, manomaya, vijnanamaya and anandamaya of which the three bodies; gross, subtle and causal are constituted. Atman, being different from all these and beyond, has nothing to do with them. It never dies when the body dies. Moreover, the theory of transmigration of soul, gives a great solace to the departed soul as well as to those who are related to him. It is explained in the Upanishads, that the nature of soul is Sat, Chit and Ananda :- Ever existent, Consciousness and Bliss. All beings here are indeed, born from Bliss, having been born, they remain in Bliss, and on departing; they enter into Bliss (Chandogya Upanishad). It is also stated that the enlightened man is not afraid of any thing because he realizes his own nature as Bliss (Taittiriya Upanishad-2-9-1). By this, it is quite evident that the underlying principle is the immortality of soul, the realization of which gives supreme happiness. Coming to the practical aspect, it is stated that any person can get the experience of death while alive by becoming acquainted with it. SuratSabdaYoga, the technique of meditation, taught in the religion of saints, enables one to enter into that state willingly, stay free of it and enjoy the bliss of it. In this paper, some allegorical, logical, bio-logical, eschatological and philosophical interpretations of death and solutions to become free from fear of it are vividly sketched.

### **17 Consciousness studies for an integrated personality**

(Arati Swaroop, Dharampal Satsangi)

Vedas are recognized as the treasure house of knowledge for the religions of the world and they tell us that life is axiologically oriented towards the quadripartite axiological framework built around the values of Virtue and Morality (Dharma), Wealth and Power (Artha), Aesthetics, and Liberation or Salvation (Moksha). The object of life is the pursuance of all these four goals of human endeavor, although the pride of place belongs to Liberation. Morality is central to the scheme, as it is the controlling value in relation to Wealth and Power, and Aesthetics, and is the enabling value in relation to salvation. To achieve this end it is essential to realize the centrality of the human Spirit (Atman) as the ultimate experiencer, which has been explained beautifully in the Katha Upanisad.

Human development has therefore to be oriented towards the development of all three of his faculties, side by side for a balanced and integrated personality. Personality development is generally taken to be the development of Physical and Mental faculties and the most important Spiritual faculty, which until recently, was completely ignored. This resulted in a lop-sided development of man, ill at ease with fellow man leading to social strife. Developments of science and technology having reduced the world to a global village only aggravated this imbalance.

According to philosopher Bertrand Russell if enhancement in human consciousness does not keep pace with advancements in human knowledge, then it will only lead to increase in miseries.

An integrated personality is the simultaneous and uniform development of all the three faculties namely, physical, mental and spiritual. Spiritual development is the elevation of consciousness which is awareness in its fullness and increases progressively as the human spirit ascends to higher levels of spiritual consciousness. Consciousness determines our attitude and disposition towards life.

### **18 Creative Action leads to Cosmic Consciousness**

(Madhuri Malhotra, Dharampal Satsangi)

Creative action (call it Right Action) is an Ordained Action that is in harmony with Ordained Duty and leads to eradication of past impressions (Samskara) stored in the Cosmic Mind (Manas). This steadies the mind and facilitates attention current to gain communion with the Primordial Sound Current to attain Cosmic Consciousness.

Scriptures of the Radhasoami faith and the Bhagvad Gita are two classic religious doctrines in the Eastern Devotional Tradition that set forth in precise and penetrating words the path of “devotion through creative action” (Karma Bhakti) that leads to Cosmic Consciousness.

The only way in which a great scripture can become a practical classic to guide mankind is when it teaches spirituality that can be lived, here and now. Radhasoami faith is a modern faith of the devotional school where the statements of eternal truth and Cosmic Consciousness are presented in the scientific accent of our times. Scientific, not because of some scientific data that can be perceived by our three dimensional senses but, because of its logical belief system. Based on the teachings of the Bhagvad Gita and Radhasoami faith , this paper endeavors to elucidate “creativity in action” (Right Action) leading to cosmic consciousness.

### **20 Enhancing Risk Consciousness through self reflection: A case study of an Indian Entrepreneur**

(Santi Swarup Kandikonda, Mukti Sri-Narain)

Entrepreneurs take risk and build organizations that fuel the growth of economies. Number of studies have shown that risk taking is a personality trait as well as a result of contextual forces. It is affected by the perceived risk and the risk bearing capacity of an entrepreneur. Many studies have also shown that entrepreneurs are over optimistic and do not analyze the risks associated with a start-up decision. So when the risk manifests they are severely affected. A previous study by the authors (TSC 2013) has also indicated that entrepreneurs do not attempt to do a feasibility study by developing a detailed project report to understand and mitigate risk.

In this study, we have used Risk flow charts and series of questions during the interactions with an entrepreneur and encouraged him to study and reflect on the start-up decision. This entire process of interaction was developed in to a case study. Management students and executives were asked to evaluate overconfidence and risk consciousness at the end of each stage. Their responses were evaluated using scatter plots. The analysis of these results indicated that with each interaction and guided reflective learning the over confidence of the entrepreneur has decreased and the risk consciousness has increased.

**21 The Progress of Scientists can be “Multiplied Several Fold” by Recognizing the Science of Consciousness**

(Krishnananda Sabaratnam)

The ‘Dayalbagh Vision’ of Spiritual Consciousness, while applauding the scientists for their achievements, urges them not to rest on the laurels of their present astounding progress, which can be multiplied several fold, if they would recognize the Science of Consciousness. It could be achieved easily for solving the problems for curing all the various ills and evils that affect the society.

There are great dangers of sorts lurking, as had been alerted worldwide, that would wreak far more detriment and do “more disservice both to humanity as well as to science”. In these grave situations, the one and only way to avert the formidable dangers is to pursue, even as a last desperate trial, seriously “to recognize the Science of Consciousness”, which had been a proven ultimate power that sustained, evolved and saved humanity, and other life forms.

The ultra-subtle Divine Science in the Supreme Master Plan for Creation has been continually unravelled by Nature, in definite and calibrated stages, through its process of originating, uplifting and evolving Creation and its wondrous life-forms, over the ages and eons, starting from the inert to the acme of ultra-sensitive and ultimately subtle Spiritual Consciousness. The Rishis and Munis of yore in India delved deep into the Supreme Divine Mysteries and sang the zenith-Glory of the Divine Creational Plan as "Satyam Sivam Sundaram" –The Eternal Truth is Eternal Auspiciousness and Eternal Beauty—as an efflorescence of the subtle-most Science of Spiritual Consciousness. This primeval and perennial Philosophy of India had its genesis in the glorious Upanishads of the Rishis, and were purified over the ages by the Sages, and now ultimately by the unbroken Holy Line of Incarnations of the Supreme Being, Param Sants, imparting directly as the ultimate “Radhasoami spiritual philosophy, a globally and scientifically accepted phenomenology”.

**28 Rationality or Intuition – An Experimental Study of Live Traders and Their Decision Making**

(Rupali Misra Nigam, Sumita Srivastava, Sanjay Misra)

Decision-making involves a combination of intuition and rationality, with both being contributing in a harmonious iterative manner. In the Eastern approach, the nature of reality is discovered by experiencing it directly, without thoughts. This is accomplished through a variety of meditative processes. However, the Western approach to a deeper understanding involves the application of symbolic thought (i.e. words and mathematics). In other words, science relies upon a specific thinking process (logic) while faith relies upon specific thoughts (dogma).

The study investigates the role of intuition, a manifestation of Eastern philosophy, and rationality, a manifestation of Western philosophy in predicting the price of seven listed stocks, currency and commodity over one-day, one-week and one-month investment time horizon. In an experimental design, a group of 34 live-traders undertake meditation protocol and predict the prices before and after the experiment.

Researches reveal that religion, religious beliefs and religiosity play a significant role in influencing judgment, emotional and motivational qualities, frame of reference based on a connection with a transcendent and ultimate reality. The study attempts to investigate the



relationship between self-reported mindfulness, longitudinal meditation, religiosity and intuitive ability and cognitive capability of the stock-market investors.

### **32 Vedantic Higher Consciousness - A Reflection In The Poems of the Great Mystics Sri Aurobindo and Walt Whitman**

(Namita Bhatia, Soami Das Bhatia)

Veda means knowledge and anta means end, thus Vedanta means the end of knowledge. The quintessence of the teaching of Vedanta is that Brahman (God) is the only Reality and that the Universe is an illusory appearance; that the individual being (self) is essentially Brahman or God Himself. This oneness of the self (jiva) with Absolute Consciousness (Brahman or God) is the goal of Vedanta. For want of the right understanding of his real nature man remains deluded and considers himself miserable and beset with innumerable problems. Vedanta shows the way to eradicate these problems once and for all and enables man to attain the highest spiritual enlightenment, peace, happiness and freedom (moksha) from repeated births and deaths.

Men of religion call for spiritual discipline to live the great mystical and transcendental experiences and to cleanse and elevate human personality. It is made out clear that the sole purpose of all the spiritual exercises is the elevation of the human soul to those levels of consciousness.

This Eastern philosophy gets reflected in the works of Indian as well as Western Mystic poets. A mystic has apprehensions of a world of divine reality behind and within the ordinary world of sense-perception. He feels that the supreme soul or God is one and the same, but it assumes different forms. All Nature is alive and there is essential identity of Being among Man, Nature and God.

### **38 Non-duality or Duality at Will?**

(Sneha Idnani, Suresh Idnani, Swati Idnani)

Non-dual, simply put in English means – “Not two”. From the Lotus Sutra translated by Burton Watson, "The concept, often described as ‘nondualism’, is extremely hard for the mind to grasp or visualize, since the mind engages constantly in the making of distinctions and nondualism represents the rejection or transcendence of all distinctions."

In western cultures, the term is used in modern spirituality and new age as – ‘A primordial natural awareness without subject or object’. The taste of non-duality is the sense or experience of unity, peace, something vaster than the everyday you. The philosophy of Non-Dualism is the point of view that there is one Absolute Reality without a second and that each of us is one with that Reality, just as a wave is one with the ocean.

Eastern philosophy and mysticism promotes a slightly different thought process on this concept. "Advaita" in Sanskrit means "Non-duality". This is a difficult concept for most people as we look about us and see multiple objects. But what we see are only transformations not permanent forms, whether we are speaking of a chair, a tree or a human being. Each exists provisionally, but is certainly not lasting. One day the tree may become the chair and the human body will be eaten by worms. When we contemplate our own consciousness with intense awareness, leaving aside all thoughts of good and bad, we are automatically led to the experience of non-duality.

This abstract endeavors to explore the hard to define and slightly conflicting perspectives on the concept of Nonduality and how can it relate to the understanding of Ultimate Reality.

#### **40 Preliminary Investigations on Consciousness Correlations in Silver Coins through Kirlian Photography**

(Ashish Mani, Sahab Dass, Rohit Shrivastav, Vijay Malhotra)

Consciousness pervades all dimensions of creation and beyond, but is a difficult term to define in precise intelligible terms. Further, the measurement of Consciousness through its physical correlates is a major technological challenge. Most of the efforts so far have been to measure correlates in animate objects, which run into the problem of repeatability and controllability as properties associated with animate objects change with time, which is natural. A novel approach has been proposed to solve the problem of repeatability and controllability by using inanimate objects like Silver Coins. The motivation for using the current methodology is guided by the Eastern Philosophy that same type of inanimate objects produces different results when exposed to different environmental / energy conditions and account for difference in an object as Prasad (material seen or touched by Guru, Seer or Prophet) and ordinary objects. There is a re-surge of interest in the Kirlian photography more specifically in the domain of material testing and it is interesting that such images might also have connectivity with the consciousness-level of the object under study. Working on the above hypothesis, this paper investigates the possible correlation (if any?) between the pattern of images and the environmental conditions to which the silver coins are exposed. The procedure for exposing coins to varied environmental conditions, recording and processing of Kirlian images along with the observations will be discussed in the paper.

#### **44 Influence of Spirituality on Well-Being and Stress**

(Niti Soni, Vineeta Mathur)

Spirituality deals with the essence of spirit. It is the realization of a higher self beyond the physical realms and our connection to it. Spirituality is a personal concept. The relation with the higher self guides the spiritual life. The concept of well being relates to the factors necessary for human existence as a complete individual guided by moral values and ethics. It is a search for meaning in life. Stress refers to events or situations that cause nonspecific responses in the body, because of the demand that the event or situation makes on the body psychological/biological responses to uncomfortable stimuli. There are various coping mechanisms that help people to tolerate, manage and eventually minimize the impact of stress. The present study focuses on spirituality as a coping strategy to manage stress and influence well-being.

The research was conducted on a small scale wherein the sample comprised of 40 participants who were young adult professional working in various fields and living an urban lifestyle. The methodology used was the questionnaire method. The participants were asked to take the Spiritual Well Being questionnaire which had two parts, religious well-being and existential well-being, and Perceived Stress Scale questionnaires. Responses were rated on a 5 point Likert scale, with response options ranging from strongly agree (5) to strongly disagree (1).

The scores were then studied statistically using the Pearson's correlation method. Significant correlations were found between religious well-being and existential well-being scores. The scores of religious well being obtained were positively correlated with existential well being (.67). Spiritual well being scores showed a negative correlation with stress depicting that individuals with higher spiritual well being reported lower level of stress. The study undertaken

to analyze the influence of Spirituality on well-being and handling stressful situations in life suggested that spirituality may serve as a protective factor in relation to the exposure to stressful life experiences and well being.

**47 Spiritual Consciousness in Param Purush Puran Dhani Soamiji Maharaj's Barahmasa**

(Prem Kali Sharma, Payal Sharma)

This research paper is based on analysis of Spiritual Consciousness in Barahmasa of Sar Bachan composed by Param Purush Puran Dhani Soami ji Maharaj. The practice of writing Barahmasa has come down from the ancient times. Jayasi's Padmavat is the representative epic of Prem Margi stream in the Bhakti Kaal. The Epic is written in the Sufi style wherein God is assumed to be the woman and the soul as the man and their union has been described. Baba Tulsi Sahab wrote Ghat Ramayan wherein he described Barahmasa as the union of the individual soul and the Divine Soul through the medium of nature imagery. Later on Param Purush Puran Dhani Soamiji Maharaj has rendered a beautiful description of Spiritual Awakening of the soul in twelve months of the year in Barahmasa. Barahmasa makes as one of the important forms of folk poetry. Consciousness is explained in a lucid manner by categorizing it in twelve parts, each part making for one of the twelve months of Indian Calendar.

**49 Consciousness for success in leadership - East and West perspectives**

(Mahesh Ohry, Deepak Ohry, Devangna Ohry)

The aim of this qualitative research was to explore, examine and gain an understanding of the awareness of consciousness by Leaders to influence leadership success in organizations.

Meditation practice is used to develop consciousness and is gradually becoming more recognised, however, its conceptual nature is often misunderstood since most people still regard meditation as an aspect of religious belief. A Leaders use of meditation practices can play a vital role in ensuring organization success by enabling Leaders to appreciate and handle the emotional processes of themselves and others effectively.

The aim of the study was to investigate responses given by a sample of Leaders from a variety of businesses regarding their use of meditation practice and consciousness in order to enhance leadership success. Further, to examine the different views towards meditation from East and West perspectives.

A Leader's experience of meditation practice for conscious awareness is subjective and open to interpretation. Hence, a social constructivist approach was used to investigate Leaders experience. The participants consisted of leaders from various organizations in the east and the west. The primary method of collecting data was by interviews in person. Common themes were identified in the leader's accounts regarding the role to enhance consciousness and self-perception of leadership skills. Data collected was used to test hypotheses offered, testing the construct of the core of leader's consciousness.

The analysis showed that the Leaders understanding of the concepts of meditation practice and consciousness varied widely. In fact, only 30% of participants were aware of the term conscious leadership with a smaller percentage actively practicing meditation. Interestingly, there were variances between leaders from East and West based organisations in their views of meditation in relation to consciousness and how it could benefit their performance as Leaders. The west

based leaders tended to see meditation as a stress relief and to achieve inner calmness, whereas east based leaders viewed meditation as a means of attaining higher levels of consciousness and detaching from one's ego e.g. followers of Buddhism and Radhasoami Faith.

A Leaders consciousness could have a positive and sustainable impact on individuals, organizations and society at large.

**51 Intuition Demystified by the Integrated Approach of Spiritual Phenomenology and Scientific Methodology based on the Philosophy of Radhasoami Faith**  
(Ankita Mathur, Purnima Sethi)

The quasi-magical, non-rational nature of intuition presents a colossal challenge to science. Intuitive knowledge apparently does not function like the methodical inferences associated with rational thought. It is known to arise “in a flash,” or “out of the blue,” sometimes with answers to tricky scientific problems, elegant solutions to complex mathematical theorems, and complete scores for intricate musical compositions. In recent studies, people have linked intuitive decision making to subliminal subconscious processing. But what is it that powers the unconscious/subconscious mind in absence of external stimuli to experience these flashes of information? The causal force behind the observed intuitive experiences still remains unknown to science. In this context, we would like to highlight that the philosophy of Radhasoami Faith-Religion of Saints, provides plausible solutions to these fundamental queries pertaining to intuitive consciousness. The Radhasoami faith hypothesis is of spirit-mind-matter interactions. If the spirit force is developed by the method of spiritual practices, at planes higher than those at which it is kinetic in ordinary circumstances, the tanmatras of the various senses will no longer be dependent upon the physical frame for communication of impressions, and subtle actions of various degrees, which are always taking place, would all come within their cognizance. The Supreme Creator makes prompts giving each spirit force when He so desires, the necessary direction which is intelligible to that particular individual entity based on his background. So He gives the optimal solution as a prompt. Accordingly, that is the Ultimate Communication Technology. Drawing inspiration from the Hierarchical Order Theory of Consciousness proposed by Most Revered Prof. P.S. Satsangi, we would like to propose the relevance of the theory in context of acquisition of intuitive knowledge. The higher-order consciousness of spirit force acts on lower order consciousness of spirit force as well as the mental plane. In the mind when an Orch-OR event occurs, decoherence takes place and consciousness is manifested in the physical plane as information which is perceived as intuitive knowledge. A scientific explanation to the same can be leveraged from the Omni Quantum Spiritual Force Field theory. We put forward Dayalbagh community as an exemplary example where people are strongly guided by their intuitive consciousness or take guidance from the mentor availing from His repository of intuitive consciousness to traverse an optimal life trajectory. The way of life here helps one cultivate their intuitive abilities.

**52 Scientific correlation of the Rudimentary Modeling Framework for Spiritual Domain**  
(Gaurav Mathur, Reena Mathur, Payal Sharma)

In consonance with the East meets West philosophy, this paper tries to give Experimental Scientific correlation to the “Rudimentary Modeling Framework for Spiritual Domain” presented by Revered Prof P.S. Satsangi Sahab. The paper also tries to correlate the different frequencies observed during experiments at Dayalbagh during mass congregational meditation-cum-prayer meetings in the Community Hall.

The authors accept the abode of Radhasoami Dayal to be the ultimate goal of spirituality and creatures with low level of consciousness are not able to understand or know this ultimate reality since the 'Path of Information flow' from the region of highest consciousness to us consists of resonance based switches which are open and can be closed only when they resound with the required 'Anhad naad' of the their respective regions. This postulate is correlated with the experimental work done by Dr Anirban Bandyopadhyay together with other scientists, wherein a microtubule has been found to behave like a resonating vibrating string giving resonance peaks in its conductivity at different frequencies. We find that microtubules also present this same properties of change of conductivity (i.e. acting like a resonance based switch) at different frequencies. Thus in a state of complete resonance the information data flow rate from Highest level of Spiritualness to us would be such, that we , in our present lives , will be able to see/realize the ultimate reality.

Next, the presence of external manifestations in terms of electromagnetic radiations of 'same' frequencies gives a strong indicative proof to the various 'Anhad naads' and resonance frequencies being talked about in Revered Prof Satsangi's Model. The paper also analyzes the mathematical correlates of the frequencies. Thus we aim to bring closer the Western scientific philosophy and the Eastern Experiential Cosmic and Spiritual modeling.

#### **54 The Enigma of Consciousness: Humans Vs. Robots**

(Bhakti Kumar, Akshar Srivastava)

Science fiction assumes that someday the human race shall witness Human-like robots. These robotic machines would look and talk like humans, feel pain, ingest food, feel love and anger etc. According to Susan Greenfield, lack of consciousness is the key difference between people and machines. There have been numerous propositions which have indicated that robots would be able to emulate human behavior. Movies like 'Bicentennial Man' (1999) and Steven Spielberg's 'A.I. Artificial Intelligence' (2001) project the human side of robots. 'Bicentennial Man' is a story of a robot who transforms into a human with a 'positronic' brain and a human heart in a span of 200 years. In these movies it is illustrated that the robotic personas like Andrew and David exhibit emotions, creativity, affection and love which are primarily human like characteristics but these properties are nothing but specified outputs to a certain set of inputs. It is the programming which indicates the robot to respond in a certain way to a certain given input. It is said that the Human Brain constitutes physical and psychological levels of consciousness and can achieve higher levels of consciousness with the body, mind and spirit interaction. Can machines have different levels of consciousness or can they illustrate consciousness only at the physical level, being devoid of the psychological mind consisting of emotions, behavior, feelings, intuition etc.? If we believe that human emotions and behavior can be emulated by robots via a learning algorithm or a kind of neural network, then how do we separate these human machines from human beings? The authors raise many such questions and attempt to answer some of them. The paper concludes by dwelling upon the fact that only Human Systems can reach the highest level of consciousness due to its constitution of the spirit, mind and brain.

#### **55 God's Grand Design: The Grand Unification Theory (GUT) hypothesis based on the philosophy of Radhasoami Faith**

(Gurpreet Gill, Purnima Sethi)

The Grand Unification Theory (GUT) aims to unite the fundamental forces of the universe. GUT represents the ultimate restoration of the natural symmetry such that all the four forces

combine into one entity at the Planck's dimension. The success of spontaneous symmetry breaking in explaining electroweak physics suggests that the three particle theories of the  $SU(3) \times SU(2) \times U(1)$  model could be the spontaneously broken version of a higher unified theory at some higher energy scale, a single theory with only one gauge group and one coupling constant. Though, gravity is not easily folded into a microscopic configuration, it is expected that it can be combined with the other forces at a smallest dimension of the order of Planck length i.e.  $10^{-33}$  cm.

The gravity force field, weak nuclear force field, electromagnetic force field and the strong nuclear force field keep the energy confined in a force field and are pertaining to the physical universe. Scientists so far have not been able to unify these fundamental forces. In this paper we propose that the missing link in the grand unification is the quantum spiritual force field which truly pervades the entire macrocosm. This prime metaphysical force field of spirituality or consciousness is all-pervasive. Thus all the force fields are different forms of one common source of energy i.e. Supreme Being Radhasoami Dayal. He is the source of origin of the prime spirit force. The spirit forces are all elementary particles of the prime source of energy represented by the prime or original quantum spiritual force field i.e. we are tiny miniscule bundles of prime energy these electrons, quarks etc. each consist of an even subtler spirit force entity within them as the prime energy drivers. Thus, a subtler state exists for which one has to awaken his inner eye as no experiments in the outer world would yield the necessary insights. One would be successful in getting experience of reality only when one performs exploration into the inner realms. Until scientists attempt to study the universe through the science of consciousness their comprehension of reality will never be complete and the grand unification of theories would be impossible to attain.

## **56 Resolution of Cognitive Anomalies through Scientific Study of Yoga is the key to the Consciousness Puzzle**

(Sant Saran, Sukhdev Roy)

The past quarter of a century has witnessed an explosive multidisciplinary interest in studying consciousness. The interest has ranged from artificial intelligence and computational and information processing in cognitive science to the philosophy of mind. Human beings as conscious subjects function at two levels, i.e., their awareness directed outward towards objects and events, and also focused inward to one's thoughts, feelings and being. Sharing experiences leads to the distinction between objective and subjective experiences. The primacy of the first or the second respectively, constitutes the distinction between the Western and the Eastern approaches. An important question that we confront is whether the scientific method that appears to adequately reveal the outward can be applied to the inward experience as well. Attempts to apply the logic of objectivity in the realm of inner awareness have led to reductive exercises designed to translate inner experiences into outwardly observable phenomena.

Although the favoured scientific approach is to determine the neurocognitive correlates of all conscious experiences, there are cognitive anomalies or parapsychological phenomena that resist all physical and neurobiological explanations. These phenomena have two attributes, the receptive that includes, extra-sensory perception, precognition, telepathy and clairvoyance, and the expressive that includes psychokinesis. Although tremendous effort has been made in the West to understand the wide variety of parapsychological phenomena, they have not met with appreciable success in science. This could perhaps be attributed to the lack of necessary conceptual and methodological tools required for understanding them. In this context, yoga acquires great relevance for psi and consciousness studies.

Yoga as a psychic discipline accepted by all Hindu systems has now acquired universal relevance by spreading to the west. According to yoga, psi is both real and natural rather than an anomaly and the acquisition of siddhis or psi phenomena are natural outcomes as a person progresses through different stages of psychophysical development. Systematic disciplined meditational practices lead to realization of higher states of consciousness. Mind itself is considered subtle material without being grossly physical. Yoga considers spirit, mind and matter as differentiated forms of consciousness. Scientific study of yoga meditators has already become important in neurophenomenological studies, as subjects with good concentration are required to establish neural correlates. Although, yogic norms forbid practitioners to reveal and use psi capabilities, experiments can be conducted on, for instance, Tibetans who generally accept precognition in the form of oracles and divination performed by lamas and also clairvoyance as a means to locate reincarnated monks.

Tremendous progress in our understanding of nature has taken place when anomalous phenomena have been resolved in science. Hence, scientific study of yoga meditational states that lead to development of extraordinary psychic abilities can be of great importance in resolving cognitive anomalies. In this paper, we review the various recent scientific studies undertaken on precognition, telepathy, psychokinesis on living and inanimate systems, clairvoyance, and psi and meditation that provide evidence for psi phenomena and also present a prospective work plan for future progress.

### **58 Correlation of Emotional Intelligence and Spiritual Consciousness**

(Vineet Shrivastava, Kavita Kumar, Indu Shrivastava)

Is higher level of Emotional Intelligence mandatory for attaining higher levels of Spiritual Consciousness? Or a Spiritually Conscious person bound to have higher levels of Emotional Intelligence? Do these have a cause and effect relationship? Salovey and Mayer (2001) defined Emotional Intelligence as "The ability to perceive emotion, integrate emotion to facilitate thought, understand emotions and to regulate emotions to promote personal growth". Spiritual Consciousness is an experiential quest as explained by Revered Professor Prem Saran Satsangi in various forums and conferences (2003-2013). Data can support that a person having higher Emotional Intelligence is better equipped to attain higher level of Spiritual Consciousness. A cause and effect can thereby be inferred thus.

### **59 Invoking Higher Levels of Consciousness: A Survey on the Relevance of Total Quality Management Framework of Dayalbagh Educational Institute's Education Policy**

(Purnima Sethi, Ankur Gupta, Arsh Josan, Ankita Mathur)

Over the years, the extraordinary and thought-provoking educational approach of Total Quality Management (TQM) has been a fundamental part of Dayalbagh Educational Institute (D.E.I). The D.E.I Education policy is an innovative, comprehensive and flexible higher and technical education policy with the mission objective of evolving a 'Complete Man' (Total Quality Person), which conforms to the concept of Total Quality Management and is geared for transformation of India to a knowledge society.

We were motivated to study and investigate the performance of students who have studied in D.E.I and its various distance education centers and gauge their performance in all dimensions of society. We conducted a survey on a set of 50 subjects half of which were D.E.I alumni while the rest had graduated from other reputed institutes of the country. We asked their colleagues to rate their performance on the basis of several parameters. All the participants were given customized

questionnaires specially designed to measure the subject's participation in social, community and national issues exercised in different situations in life, their contribution to community engagement through research, teaching and outreach programs and their behavior towards them. We observed from the analysis of the survey conducted that D.E.I alumni strived to impart enhanced co-worker support, contribution to community partnership, enhancing civic awareness and sense of responsibility as compared to the other half of the group. We also conducted a survey on the students currently studying in various undergraduate and post graduate courses at the Institute to learn about their personal opinion and experiences pertaining to the different facets of TQM implemented as part of their curriculum at the Institute and also to study the first person report of their Intuitive consciousness. We observed that different educational activities lead to not only academic objectives but also inculcate moral and spiritual values and develop social sensibilities among the students. High performance standards, fundamentals and continuous assessment in the educational system lead to 'Quality'.

The educational system enables the student to imbibe basic human values, sound ethical and moral principles and a spirit of tolerance and respect for the religious faiths and beliefs of others. It inculcates dignity of labour, discipline, hard work, selfless service, cooperation, humility and a spirit of brotherhood of man. Biggest attraction for anybody to study in D.E.I is the opportunity to inculcate higher level ability of intuitive consciousness which can guide one's judgment to transverse an optimal path in life.

## **60 Scientific Study of Environment at Holy Places Can Determine Field-effects On Consciousness**

(Sant Saran, Shabd Roop Satsangee, Sukhdev Roy)

Millions of people go on pilgrimage to numerous holy places and shrines throughout the world, to raise their level of consciousness by experiencing inner peace, unity, bliss, healing, or for fulfilment of wishes. Followers of almost all religious traditions are encouraged to visit their respective sacred sites. Many of the world's religions, including Christianity, Islam, Hinduism, Buddhism, Judaism and Chinese folk religion have shrines that often contain idols, relics, or other such objects associated with the figure being venerated. Most of these places have a long history and their effects have been experienced by people in different ages.

It is evident that there must be certain environmental factors that have such a tremendous effect on the spiritual, mental and physical state of different individuals and suggests a field-effect in these environments. The presence of a spiritual adept and mass meditational and prayer practices enhance the spiritual environment of a place. Experiments conducted at the Dayalbagh Prayer Hall revealed specific frequencies prevalent before, during and after the prayer services. Most of the sacred sites have also reported miracles especially related to healing that have been officially recognized as well. The most notable Christian example is the shrine of St Bernadette at Lourdes, France, visited by over 5 million pilgrims a year. As many as seven thousand medical cures have been attributed to this location's healing waters since 1873, with 69 of them getting official recognition as miracles by the Bishop of Pavia, Italy. The rapid and complete cures can only be explained through miraculous powers. Although the cause can be attributed to the sites, the faith of the individual can also be an important factor.

In this paper, we present an overview of the major holy places in the world and their reported effect on individuals. We propose that a scientific study of the environment at these holy places can establish the factors that not only enhance the environment but also that affect consciousness. Correlating them at renowned holy places would help in determining fundamental



factors affecting consciousness. The study would also establish whether only the environment affects the consciousness, the environment and faith together or it is only the faith of an individual that is the primary cause.

**61 Spiritual Intelligence and Working Memory of University Students' Involvement In Voluntary Agricultural Field-work: A Comparative Study**

(Kavita Kumar, Swati Tripathi)

Social service is a kind of professional and academic discipline that seeks to improve the quality of life and wellbeing of an individual, group or community. The concept of dignity of labor goes back to ancient times, and the practice of 'Seva' i.e. service with complete dedication has roots in many ancient civilizations and world religions. Any service that is done without the desire for reward or benefit is the work of the highest order. Hence working as a volunteer can be an extremely satisfying and rewarding experience. In this context, student life is the most valuable, productive and memorable phase of life where mental, physical, social and spiritual development takes place. As a student, one can inculcate healthy life style, good moral character and develop physical, mental, social and spiritual faculties to the utmost. If a student follows a disciplined life and honors the significance of social service and dignity of labor, it will definitely make him/her a worthy person. Spiritual intelligence is concerned with mind and spirit, and its relationship to one's existence in the world. Spirituality involves a sense of wholeness, connectedness at work, and has deeper values. Working memory is necessary for staying focused on a task, blocking out distractions, and keeping one updated and aware of things that are going on in the environment. Researches show that learning the basic skills necessary to engage in physical activity at a young age is beneficial for future cognitive functioning. Physical activity can affect the physiology of the brain and may be associated with improved cognitive functions including attention, information processing, storage, and retrieval.

The present paper has focused to compare the Spiritual Intelligence and Working Memory of University Students involved in Voluntary Agricultural Field-Work and those not involved in Voluntary Agricultural Field-Work. A sample of 100 students was selected, out of which 50 students were involved in Voluntary Agricultural Field-Work and 50 students were not involved in Voluntary Agricultural Field-Work. Individuals selected for the sample were only female students from different Faculties of Dayalbagh Educational Institute, Dayalbagh, Agra, India, age ranging from 18 to 26 years. Spiritual Intelligence was measured by ?Spiritual Intelligence Test? constructed by investigators. To measure the Working Memory, 3 sub-tests from WAIS-IIIUK, Third Edition were employed. The data was analysed on the basis of Mann-Whitney U Test. Results showed that students involved in Voluntary Agricultural Field-Work have better Spiritual Intelligence ( $Z_u = 4.938$ ,  $p < 0.01$ ) and Working Memory ( $Z_u = 2.730$ ,  $p < 0.01$ ) than those students not involved in Voluntary Agricultural Field-Work. The present investigation has implication with respect to improving the Spiritual Intelligence and Working Memory of students not involved in Voluntary Agricultural Field-Work.

**62 The Matrix of Consciousness: Guru, the Ocean of Spirituality, Communicates with Disciples through Spiritual Force Field**

(Surat Kumar, Bhakti Kumar, Kavita Kumar)

As it was proposed earlier, every individual has inherent spiritual domains in it, just like a ferromagnetic material has magnetic domains. These spiritual domains are influenced by the Guru through spiritual force field in the process of spiritualization, just like a ferromagnetic material gets magnetized. Spiritualization, not only works in close proximity of Guru, but Guru

can also effect spiritualization from a distance, through spiritual attribute of spiritual force field. This process of spiritualization can manifest its effects also through electrical, magnetic and gravitational forces of the physical world/existence. The spiritual force field is the prime force field existed in the Supreme Being/Reservoir of Spirituality, before the universe was created. It has its impression on the forces of physical world. Spiritual force field cannot be detected by tools of this physical world; however, its manifested effects can be measured or observed by physical tools.

Some effects like manifestation of  $\gamma$ -waves in the presence of the Guru creates resonance with the spirit currents/domains of the disciples present in the congregation/proximity. Such resonance can still be generated by the Guru, even when the disciples are situated at far-off places. These effects are manifested easily when the disciples are in perfect communion with the Guru. This process of spiritualization induces the consciousness of the Guru in the disciples. But this spiritualization is quantized or manifests in step-by-step manner through levels/grades.

### **63 Epigenetics and Consciousness: Does the Correlation exist?**

(Indu Shrivastava, Vineet Shrivastava, Kavita Kumar)

Does a molecular “sculpturing” process exist during development and adult life that takes adaptive cues from the environment (i.e, epigenetic mechanisms), or is this molding process purely stochastic in nature with selection doing the rest (i.e., genetic mechanisms)? (Borerelli et al, 2008). Cancer and other life threatening diseases are known to be caused due to genetic mutations. The effect of nutrients, environment and stress is proven in altering the genetic constitution. A recent study proved an increase in the risk of cancer by consumption of meat and animal products. Scientists are still trying to decipher the relation between one’s genotype and its relationship on one’s behavior. Is there a direct correlation between the food we eat, the air we breathe and how we handle our stress to the genetic constitution, which in turn contributes to the up regulation or down regulation of our consciousness? Alternatively, the quest is extrapolated to understanding whether a higher level of consciousness can help people overcome their genetic limitations.

### **65 Spirituality - "The Eastern Way of Conscious Living"-The Secret to the Eternal Life**

(Achint Satsangi)

The methodology of the eastern religious tradition, particularly the Radhasoami Faith emphasizes on surrendering oneself to the Sant SatGuru-The perfect Living Master, who have incarnated from the (highest) Region of Pure Spirituality -The Nirmal Chetan Desh.

The aim is to follow the teachings of the Sant Satguru and lead a spiritual life. This also involves the practise of the Surat-Shabd-Yoga. Leading life on the principles of the Radhasoami Faith is also profitable in some terms in the physical world. The disciple, due to the Grace of the Almighty, may be able to gain access to the Higher Levels of Consciousness, which leads to increased wisdom and "subtle perception ability" or the development of the sixth sense.

The individual gradually realizes the transient nature of the physical world; and develops an understanding of almost all phenomenon and thus the answers to the questions- Who am I? Why was I born? Why something is happening?...etc. He is able to find all the answers and finally discovers the Ultimate Reality-becoming ONE with The Supreme Being.

**66 Radhasoami Faith: The Modern Religion of Consciousness A Panacea for the Modern Man**

(Prem Prakash Srivastava, Prem Kumari Srivastava, Umang Srivastava, Akshar Srivastava, Alakh Bhatnagar)

This research attempts to problematize two evasive concepts that are most challenging and perplexing to man. One deals with a futuristic remedy to end strife and discord in religions in form of a global religion of the future; the second is to understand the spiritual consciousness of man that responds to such a proposition. Truly said, "The third millennium ... demands a reordering of priorities in terms of the spiritual, and an urgent need for a relevant faith.... that speaks to the current and future concerns of our time. (Caleb Rosado).

Making quiet but sure strides, the Radhasoami Faith is overcoming modernity's dismal legacy of alienation and individualism. It stands at the juxtaposition of progressiveness and tradition; which is its unique enabling element and force too. In this paper, we will argue two main points: Firstly, if Radhasoami Faith is a global religion of the future, then how and at what level does it intersect and blend with the consciousness of the common man? And, secondly, if spiritual consciousness is transcendence that enables the disciple to reach higher levels of consciousness - a mystical consciousness - under the guidance of a Self-Realized (Tattwadarshi) Sadh Purusha, and is a Jivan Mukta, who himself has attained Super Consciousness, and whose sole purpose of life is the emancipation of humankind by dispelling the darkness of ignorance (Agyana). And, if such a religion can provide a panacea to the common man? This paper is an attempt to examine and evaluate such questions and offer a few solutions!

**69 Quantum modelling of thoughts and The Sixth Sense (Achint Satsangi)**

The thoughts in mind can be considered as a Wave Function. The mind processes many thoughts simultaneously, and hence can be looked as a Superposition of Thought. The collapse of wave function or decoherence can be due to internal and the external factors. The external factors correlates to the sixth sense. What is Sixth Sense? The Eastern spiritual Traditions and the Western Science have different outlooks regarding its cause and existence.

Sixth sense is the "subtle perception ability". The observations of the East suggest that there exists a "mental space" and we all are "connected" through it. One's thoughts can affect others. How this works- When a person has developed a composition of thought, thought waves or "ripples" are created in the mental space of the source which sort of "interferes" with the thought function of the other - leading to collapse of the wave function.

Hence one is able to sense when someone is staring at self, one recollects image of a friend or relative suddenly, which happens when one focuses his line of thought to the other. This ability is further enhanced by meditation, and the followers of the spiritual religion have had advanced experiences.