

Article

A Yogic Perspective on Human Attributes & Disease

Pradeep B. Deshpande* & James P. Kowall

Abstract

The yogic perspective explains how we are all vibrational creatures and that the vibrational characteristics are the primary human attributes that determine our physiological and psychoemotional state. A scientific device based on the Gas Discharge Visualization (GDV) principle described allows us to estimate our vibrational characteristics, dubbed as photonic signature. The process of meditation is suggested to be effective in improving our vibrational characteristics. The before-and-after GDV measurements of the first coauthor pursuant to a meditation session are presented corroborating the benefits of meditation in improving our vibrational characteristics. The explanation of the yogic perspective, measurement of our vibrational characteristics, and the process of meditation to restore them are suggested to have a potential in the prevention and treatment of cancer and other diseases. It is hoped that the paper will serve as an impetus for further research in this area.

Keywords: Yoga, science, meditation, energy, creativity, disease, human attribute, health.

Sanchet Karma

American Medical Association says that the root cause of eighty percent of all diseases is stress but the yogi says, the root cause of all diseases is stress. Negative emotions (anger, hatred, hostility, resentment, frustration, fear, guilt, sorrow, etc.) lead to stress but positive emotions (unconditional love, kindness, empathy, compassion) do not. Dramatic illustrations of the impact of positive and negative emotions may be found in the video clips in References [1, 2].

To further explain, human beings have trillions of cells which have a nucleus, a cytoplasm, and a cell wall. In the nucleus, there are forty-six chromosomes. We inherit these chromosomes from our parents: 23x,x from our mother and 23x,y from our father. They in turn inherit their chromosomes from their parents, who inherit them from their parents, and so on. Thus, there is a clear link of ourselves to our ancestors. We already know that some of our physiological traits are inherited from ancestors but we may also inherit some of the psychoemotional traits. Where do the negative emotions come from? The yogi says, what happens in this life is dependent on our past lives (interpret this to mean what we inherit from our ancestors through the

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chromosomes; need not subscribe to reincarnation) and by our own willful actions from the time we were in our mother's womb to adolescence when we had little or no control, to our current age. In Sanskrit, the inherited and self-generated negative emotions go by the name *Sanchet Karmas*. Sanchet Karmas are purported to be lodged in first four of five energy sheaths: (1) The physical body, (2) Life-force sheath, (3) Mind sheath, (4) Causal Sheath, and (5) Blissful Sheath. Disturbances in any of the first four energy sheaths lead not only to diseases but also to a host of other problems in life. There are only two ways to rid ourselves of Sanchet Karmas, either to suffer from them, a process which in Sanskrit goes by the name *Prarabddha Karma*, or to eliminate them and replace them with positive emotions. The latter is a hypothesis that can be tested. Finish medical researchers have shown how deeply emotions are embedded in our consciousness. For their study, 700 volunteers, roughly half of them from Eastern cultures and the rest from the West, were recruited and were given a blank silhouette (labeled Neutral in Figure 1) to color specific emotions. The researchers discovered to their amazement that definite patterns of colors emerged for different emotions as depicted in Figure 1. Their study was published in the Proceedings of the National Academy of Sciences-US [3].

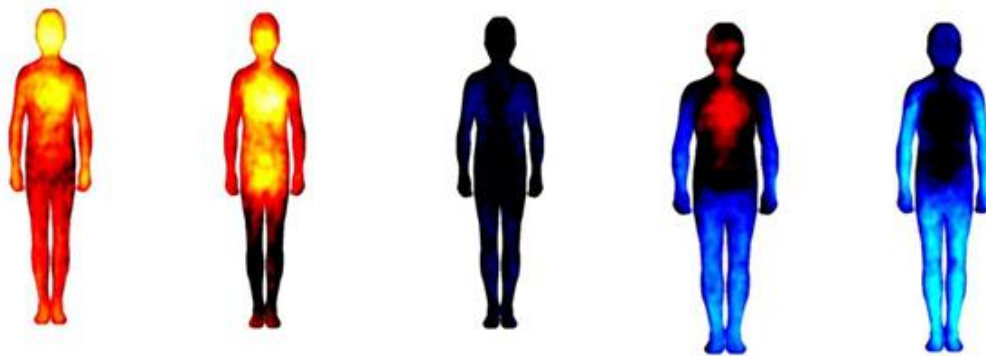


Figure 1. Seven Hundred Volunteers Color Different Emotions

We Are All Vibrational Creatures

The Sanchet Karmas are related to our vibrational characteristics which in turn has a bearing on health. To explain, if we breakdown our cells further into even smaller parts, we will find that they are made up of atoms. Scientists suggest that only 0.0001% of the body volume is required to house all the atoms in the human body. So, what is in this empty space? And, what is the purpose of the empty space? One plausible answer appears to be vibrations, and the characteristics of these vibrations determines our health and wellness. To elaborate, atoms are not solid objects. They have protons and neutrons in their nuclei and electrons orbiting them. So, a question arises: what characteristic of an atom gives the specific character to matter? For example, why is Gold, Gold? Or, why is Iron, Iron? The answer is, vibrational characteristics of the specific atomic configuration (number of protons and neutrons in their nuclei and electrons orbiting them). Similarly, since the cells are made up of atoms, the vibrational characteristics of

the specific cellular configuration is what determines the cellular structure, which in turn determines if a cell is normal or not. The specific vibrational characteristics of the cells determine our physiological and psychoemotional state. Now, vibrations can be thought of as light, not necessarily visible light, with unknown frequencies along the entire electromagnetic spectrum and hence the name, light-energy. Thus, the vibrational characteristics, or light-energy, can be thought of as photonic signature and it is unique for every human being. This is the rationale for the observation, we all are vibrational creatures and the foregoing discussion explains the link of our vibrational characteristics to Sanchet karmas.

Modern Physics Perspective [4]. The basis for atomic and molecular vibrational modes is the standard model of particle physics, which is based on quantum field theory, specifically, non-abelian gauge theories, which with the Kaluza-Klein unification mechanism of extra compacted dimensions of space are unified with Einstein's field equations for the space-time metric, and so these atomic and molecular vibrational modes correspond to the vibrational aspects of the geometry of space-time. The holographic principle teaches that these geometrical space-time vibrational modes reduce down to fundamental bits of information encoded on a bounding surface of space, which is an event horizon that is ultimately a cosmic horizon which arises with the expenditure of dark energy or the exponential expansion of space, and this in modern cosmology, is understood as the causal factor for the big bang creation event. So, it would seem that the origin of the vibrational modes within each of us individual creatures originates from the creation of the universe itself. Additional details may be found in Reference [4].

Capturing & Analyzing Human Vibrations

Unbeknownst to us, we are constantly producing vibrations that are reflective of our physiological and psychoemotional state. If we can only find a way to amplify and then capture and analyze these vibrations, perhaps we can estimate our emotions and that will allow us to look for a process to empower us with positive emotions at the exclusion of negative emotions and that in turn will rectify our vibrational characteristics and the photonic signature, relieving us of our Sanchet Karmas and the diseases. With funding from the National Science Foundation and the US Airforce with additional support from major US corporations [5, 6], Computer Science and Electrical Engineering researchers at MIT developed a wireless device, which goes by the name EQ Radio to capture and analyze these vibrations. The wireless device sends RF signals to the subject and captures and analyzes the reflected signals (see Figure 2(a)) with a machine-learning algorithm to determine the heart rate, heart rate variability (HRV), and respiration rate from which the subject's emotions are estimated, the researchers say at an accuracy of 87%. These findings are supportive of the earlier work of other researchers who had found a link between emotions and heart rate variability as depicted in Figure 2(b)[7].

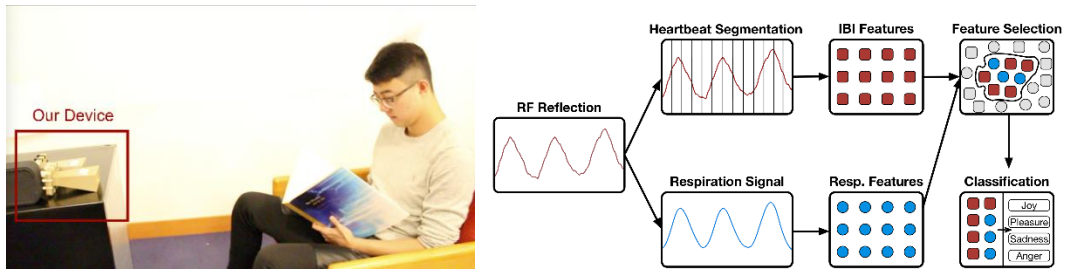


Figure 2(a). MIT's EQ Radio

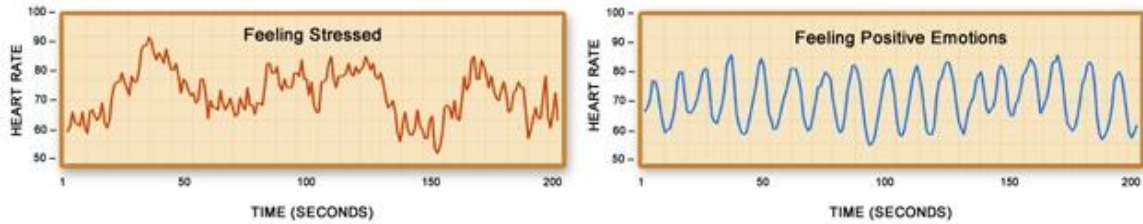


Figure 2(b) Influence of Emotions on Heart Rate and Heart Rate Variability.
 (Courtesy, Dr. Rollin McCraty, Institute for HeartMath, Boulder Creek, CA)

If the vibrational characteristics of the cells (our photonic signature) are the basic attribute of human beings, then, autonomic functions such as heart rate, HRV, respiration rates, etc., must be its subsets. Therefore, it is more appropriate to find a way to measure the photonic signature, light-energy. The light-energy cannot be measured directly. It must be inferred from secondary measurements. Over fifteen years ago, a Russian scientist developed a device to estimate the photonic signature of humans using the principle of gas discharge visualization (GDV) [8]. Here, instead of RF signals as in MIT research, a harmless electrical input is applied to all ten fingers (one at a time), placed on the glass electrode of the GDV device connected to a digital computer with a USB cable as shown in Figure 3. The finger's response to this stimulus is a burst of photons that are captured by the software. The light-energy characteristics of the photonic discharge (pixels - intensity, area) so captured are compared with the data for tens of thousands of subjects in the database to estimate the physiological and psychoemotional state of the subject at a high confidence level. The measurement is painless, noninvasive, and takes only a couple of minutes to complete. Suffices to say, the inferential measurement of photonic signature is correlational in nature and therefore, unlike an MRI or a CT scan, the possibility of outliers cannot be ruled out. The GDV device was approved by the Russian Health Ministry for use as a routine medical diagnostic device in Russian hospitals and doctor's offices over fifteen years ago [9].

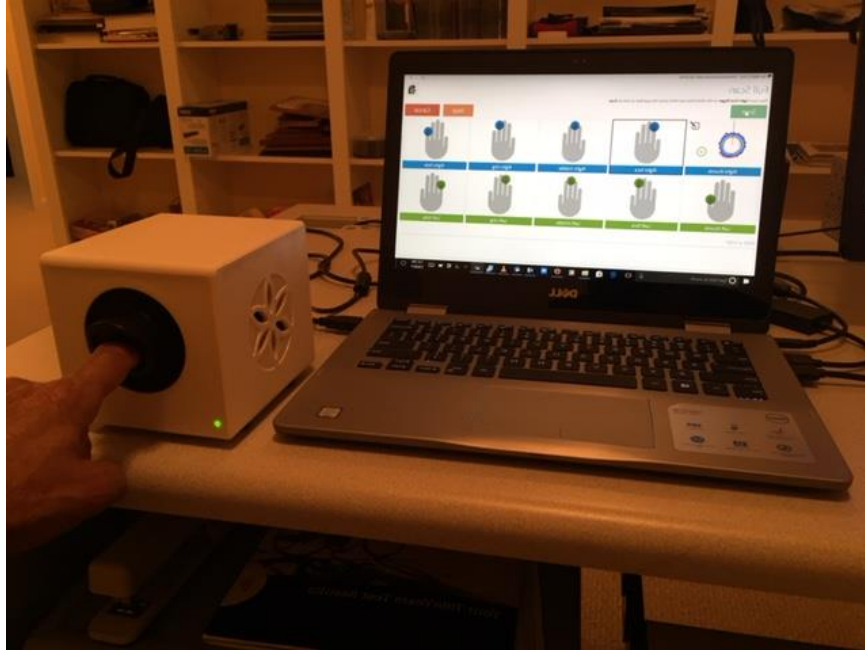


Figure 3. GDV Device Setup

The GDV device estimates the overall energy of the subject, emotional stress, health status, energy reserve, Yin Yang, and the state of chakras from the ancient Indian system of Ayurveda all in terms of energy in Joules. In yogic parlance, there are seven energy centers which go by the name *chakras* whose energy levels in Joules as indicated by their sizes together with their dis-alignment from the central vertical line as a percentage, determine their strength. The software specifies the target values for the chakra energies in terms of size and alignment. The state of these chakras determines the state of the energy sheaths mentioned earlier which in turn determines our Sanchet Karmas and the vibrational characteristics. From ancient times, the chakras have been associated with specific colors: Starting from the bottom, Muladhara (Red; lowest vibrational frequency), Swadishthan (Orange), Manipur (Yellow), Anahat (Green), Vishuddhi (Blue), Ajna (Indigo), Sahasrar (Purple/Violet; highest vibrational frequency).

The farther away the energy parameters are from their targets, the more problematic is the physiological and psychoemotional state. Fortunately, physiological changes occur rather slowly while psychoemotional changes can manifest themselves very quickly and this allows for the assessment of the efficacy of whatever we are doing to rectify our vibrational characteristics and the energy field. Figure 4(a) - (c) depict the energy diagrams of a yogi and two subjects suffering from stomach cancer and prostate cancer, respectively.

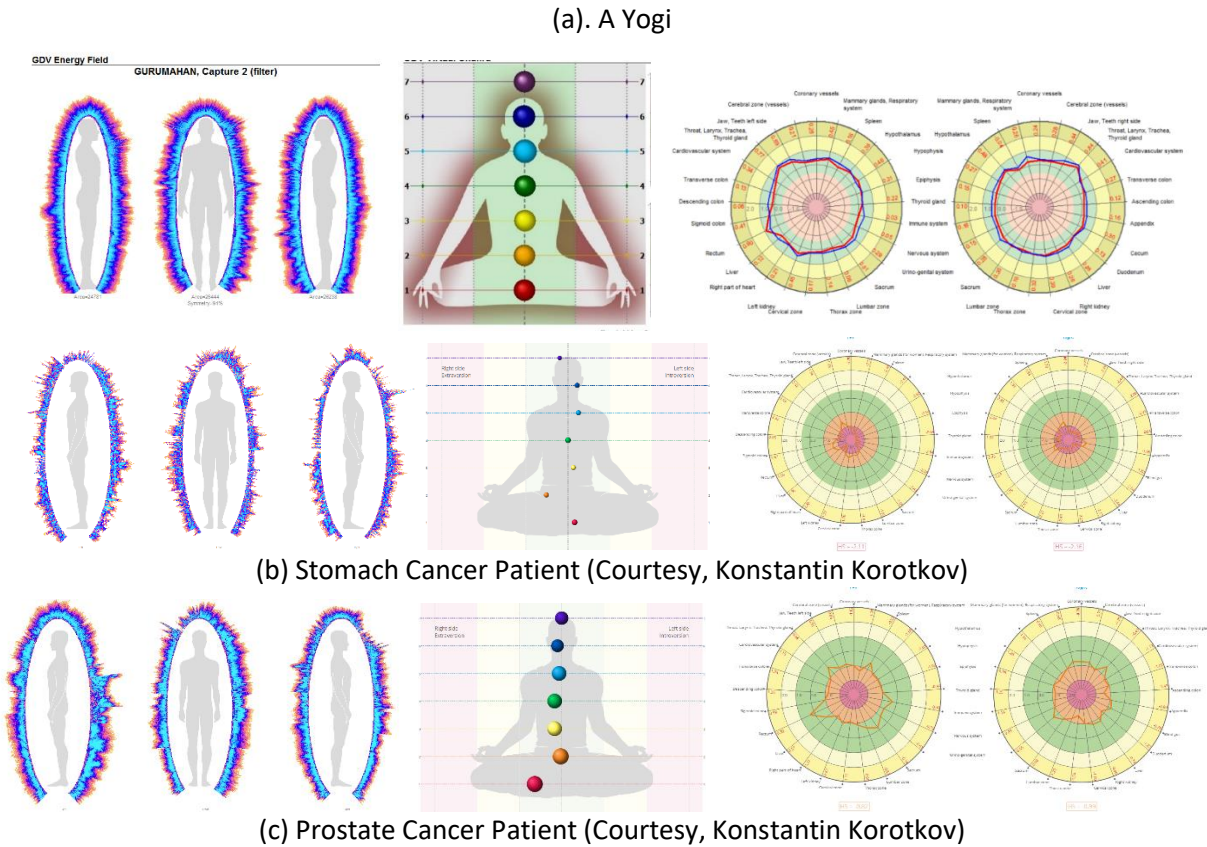


Figure 4. Energy Diagrams of a Yogi and Cancer patients

Our light-energy characteristics are the first to be affected well before the symptoms of the disease ever appear in the physical body. That is, if the health status diagram appears problematic but the individual feels apparently healthy at the moment, it may be signaling future health problems. Thus, the light-energy measurements may offer prospects for predictive medical diagnosis [10]. As examples, Figures 5(a) and (b) depict the energy diagrams of an Oncologist and a Nephrologist who are apparently healthy individuals active in their respective practices. These figures show that the energy field is broken and the chakras are smaller than their targets and dis-aligned. Such a state calls for intervention discussed in the ensuing paragraphs.

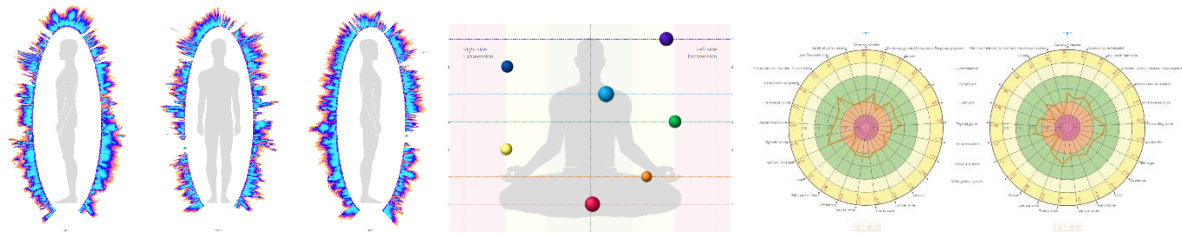


Figure 5(a) An Oncologist



5(b) A Nephrologist

Figure 5. Energy Diagrams of Two Physicians

How to Rectify Our Vibrational Characteristics

We have no awareness of our vibrational characteristics nor do we know how to manipulate them consciously any more than we know how to manipulate autonomous functions such as heart rate, respiration rate, etc. Yogis assert that the required impact on the autonomous functions has to be made with meditation through the central nervous system (brain, spine). Here, we provide a scientific explanation of how this may be coming about [11]. We know that the central nervous system (CNS - brain, spinal cord, and nerves) governs the functioning of various organs and systems. Eons ago, yogis came up with an ingenious scheme which used languages to produce the intended impact on the CNS. Taking Sanskrit as an example, there are thirty-three plus alphabets and not coincidentally, there are thirty-three vertebrae in the spine. Also, not coincidentally, the meditation process cites thirty-three presiding deities to meditate upon. The religious minded may take the deities literally but their stories can also be construed as metaphorical. According to the stories, each deity is charged with destroying specific demons that are identifiable with specific negative emotions such as anger, hatred, hubris, etc. (For example, Madhu/Ketab, Shumbh/Nishumbh, Raktabeej, Mahishashur). Equivalently, the deities can also be thought of as energy centers of which seven were cited earlier. The alphabets must be suitably combined in the form of short mantras which when recited correctly will produce the intended effect on the vertebrae, and through the vertebrae, various organs and systems. Proper diet, physical and pranic (breathing) exercises are supportive of the meditation practices. These ideas are illustrated in Figure 6. The links suggested here are purely for illustrative purposes. Reference [10] provides examples of several mantras and their impact on the energy field.

As supportive evidence, Figures 7(a) and (b) depict the energy diagrams of the first author pursuant to a meditation program of Baba Shivanand Ji (pictured in Figure 7(c) when he was honored by Nassau County NY on July 9, 2017) in India not long ago. The YouTube interview Baba Shivanand Ji gave to a TV personality provides additional information [12]. In the interview, Baba Ji mentions that his organization had kept medical before-and-after records of subjects pursuant to his meditation program and they have seen a significant improvement in the vast number of cases. Baba Ji also narrated the story of a program he conducted for medical doctors in New Jersey several years ago in which patients with kidney stones, tumor, and cysts participated. All three showed improvement in a single 30-minute meditation session and this cannot be attributed to the placebo effect.

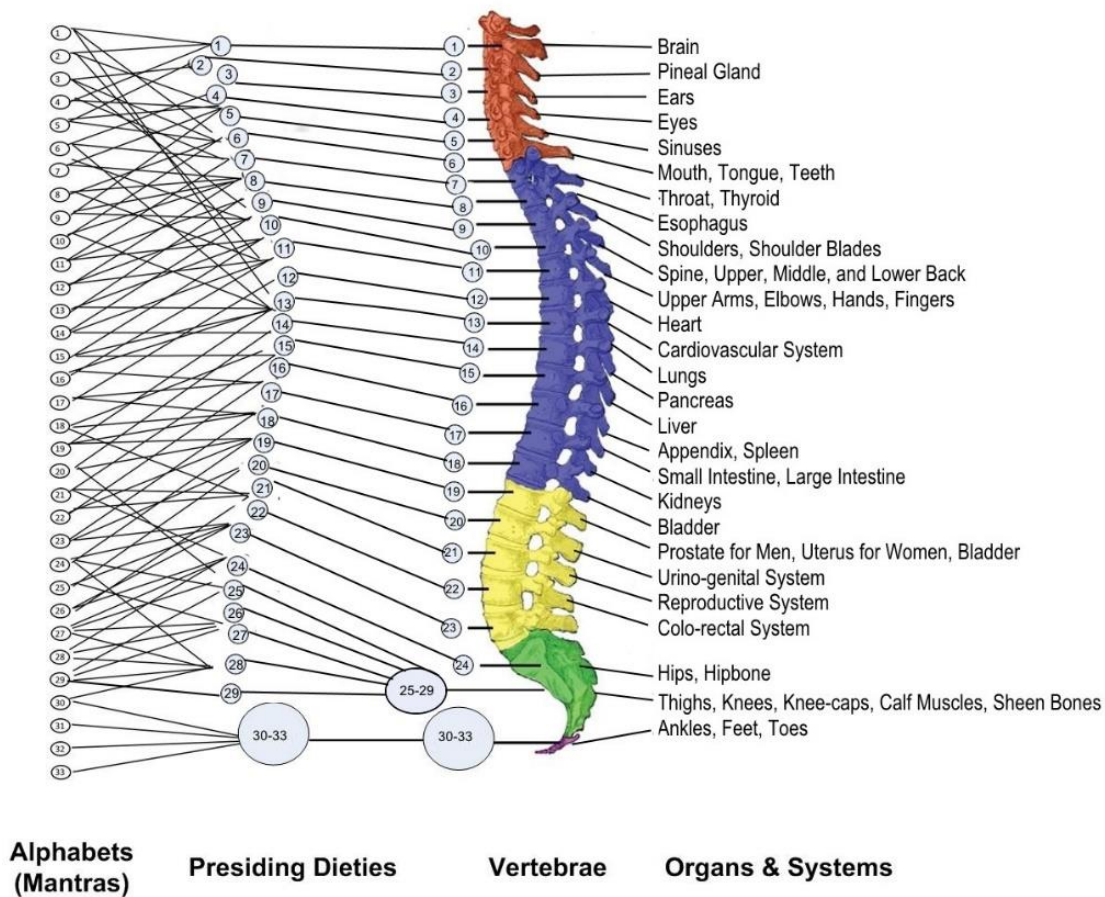


Figure 6. Linkages of Alphabets to Organs and Systems
 (The specific linkages shown are for illustrative purposes only)

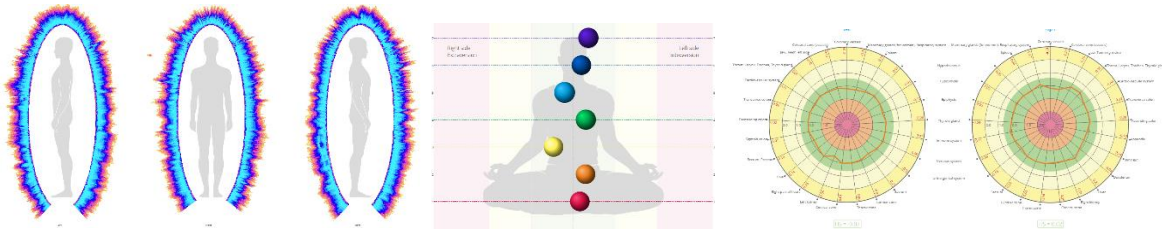


Figure 7(a) Energy Diagram of the First Author at the Start of the Program



Figure 7(b) Energy Diagrams of the First Author at the end of Day 3 of the Program



Figure 7(c) From left: Senior Advisor Dilip Chauhan, Chief Deputy Comptroller Mayor James Garner, Guru Maa, Honoree Dr. Avdhoot Shivanand Ji, Comptroller George Maragos, Angela Maragos and Ragini Srivastava during honoring ceremony of Baba Ji (Source: <http://thenewyorkcitypost.com/dr-avdhoot-shivanand-honored-by-nassau-county/>).

Discussion

Light-energy is essential to life. It has not been possible to create life even when supplied with all the chemicals in the body and all the modern gadgets. We propose that the missing element is energy, more specially light-energy. Nature has made a provision for human-life creation through conception. The available data suggests that the light-energy of apparently healthy individuals remains within a band for much of their lives, precipitously dropping to a low value at the end of life or soon thereafter. These ideas are reflected in Figure 8 (a). The available data also shows that the light-energy of severely unwell individuals is very low (in the range of 15 – 35 J) in comparison with apparently healthy individuals (> 50 J or so), chakras are much smaller in size corresponding to very low energy levels, and health status energy diagrams also reflect very low energy levels.

Korotkov has reported on the light-energy of nine subjects dying from various causes [13]. The glow area of the fingers which form the basis of the GDV results for these nine subjects reached very low values. As an example, the glow area for one of the subjects for several days after death is shown in Figure 8(b). The foregoing information taken together suggests that we should all strive to keep our light-energy level up as late in life as possible and meditation is a way to do so. A larger long-term study should examine the hypothesis whether keeping the energy level up through meditation in fact leads to a higher quality of life and a longer lifespan. The large body of literature on the myriad of benefits of meditation in scientific, medical, and business journals is suggestive of a likely positive outcome.

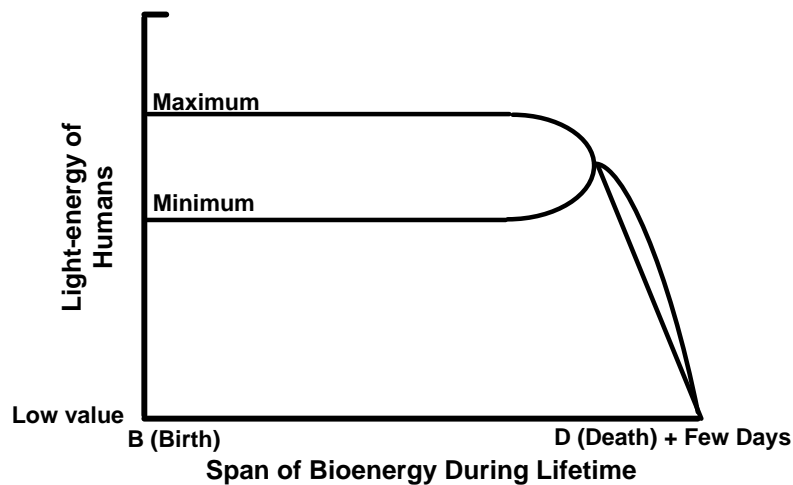


Figure 8(a). Criticality of Light-energy to Life

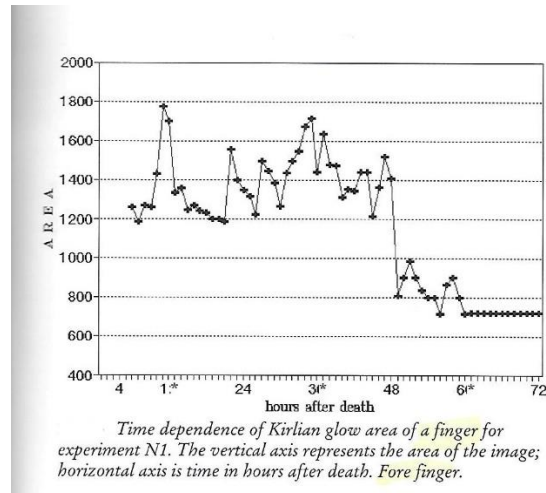


Figure 8(b) Glow Area of the Fore Finger for Several Days after Death
(Source: Ref. [13] with Permission of Dr. Korotkov)

The US Army conducted experiments in 1993 to investigate the possible impact of emotions on DNA. They collected a sample of tissue and DNA from a subject's mouth and located it in a different room in the building. Then, the subject was shown videos which were selected to evoke a spectrum of emotions. The researchers discovered that every time the subject experienced emotional peaks and valleys, his cells and DNA exhibited powerful electrical responses at the same instant although the subject and the DNA were separated by a distance measured in hundreds of feet. The scientist later reproduced the results when the distance between the two was several hundred miles [14].

Researchers at the Institute for HeartMath (IHM) conducted an experiment in 1995 to study the effect of coherence (which is associated with positive emotions – unconditional love, compassion, kindness, appreciation, etc.) + intention on DNA placed in a beaker several feet away [15]. They assigned the task to a group of five who were trained in achieving high coherence to focus on the placental DNA. With high coherence, the team could intentionally wind or unwind the DNA. These data highlight the power of meditation to influence us at the cellular level. Recent studies offer a clue as to how meditation might be working in some cases [16, 17]. Here, medical researchers implanted an electric device near the collarbone that emitted electrical pulses to stimulate the vagus nerve which helped block surges in inflammatory molecules. Benefits for rheumatoid arthritis and Crohn's disease patients were reported.

Six sigma highlights the importance of steadfastly remaining committed to relying on data alone for decision-making and that is a good thing but the yogi offers an equally valuable advice: At the time of meditation, give your rational mind a well-deserved vacation or else it will turn into your worst enemy. In this context, the feelings of Shraddha, Bhakti, and Vishwas (faith, devotion, confidence), supportive of success with meditation, come easily to the religious-

minded, but hopefully, the scientific explanation presented here will have a similar effect for the rational-minded.

From a scientific perspective, every human being is a nonlinear, self-regulating, multivariable, and evolving, each with unique characteristics (Sanchet Karmas) inherited from ancestors and by their own actions. Therefore, it is not possible to guarantee the same level of benefits for everyone. From the yogic perspective, the inability to rid ourselves of serious diseases means that Sanchet Karmas have not been entirely eliminated. This in turn may be because of several factors, among them are: (1) The meditation process is not optimized, (2) The practitioner hasn't been regular in the practice, and (3) There is a tinge of skepticism in the heart, mind, and consciousness of the practitioner.

Much of the world is not in a position to take advantage of many of the medical advances owing to high costs. The approach outlined here is advantageous in this respect. A distinguishing feature of this approach also is that the patient is a more active participant in contrast to standard approaches. The suggested approach is worthy of being considered as a complementary approach to standard medical care.

It may not be possible to deliver the kinds of benefits the referenced yogi apparently can for he has spent many decades meditating for long hours. That said, everyone will benefit to a significant-enough extent so as to make the effort worthwhile. This article has barely scratched the surface. Much further work is possible, and hopefully, the article will serve as an impetus for further research on the topic of meditation and cancer.

Conclusion

A yogic perspective on cancer is presented. The process of meditation is a tool that is worthy of inclusion in the toolkit of physicians treating patients for various diseases. The article has presented the scientific rationale and a yogic perspective on cancer and limited experimental evidence on the prospects of treating and avoiding cancer with meditation.

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