

## Article

# Power of Meditation: Materialization of Energy/Intentions

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## Abstract

Different tiny particles of stable matter, one of which we have identified as pure gold, have been found at several meditation sites where a yoga Guru and his followers were meditating. Among the alternative explanations for the appearance of these particles are: (1) When a meditator who has achieved a high level of consciousness delves deep into meditation, the energy drawn from the five elements or forces of nature is created part of which condenses in the form of tiny particles. In this instance there is no deliberate intention to materialize the particles, (2) In the case of followers the phenomena of synchronization/stochastic resonance may explain the appearance of these particles since they are part of the same network of the yoga Guru. However, the followers being at varying but lower levels of consciousness, their biological/physiological systems are unable to harness the much higher energy of the yoga Guru rejecting the excess energy which results in the materialization of different types of particles. It is also possible that in the case of the followers this is an instance of materialization of intention since the news of these particles first appearing around the yoga Guru would have traveled to the deep recesses of the followers' consciousness. Further studies under controlled conditions are needed to confirm the observations. The work points to the intriguing possibility of meditation at the disposal of outstanding scientists leading to breakthrough solutions to significant human challenges such as renewable energy, desalination of sea water, etc.

**Keywords:** intention, materialization, emotions, compassion, energy, vibrations, six sigma.

## Introduction

The general notion of intention leading to materialization is perhaps obvious. Man first desires, creating an intention, and then devises means and mechanisms to accomplish it. He puts together a process, using science and technology where appropriate, to help transform the intention into actual materialization. Thus, when man desired to go to the moon, he put together appropriate science and technology, in this case aviation and rocket science, to actually materialize it.

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Health & wellness aspects of meditation have been widely reported (e. g., see 1, 2, 3). Here, we investigate an interesting possibility of meditation leading to actualization of intentions. There are references to this phenomenon in the Vedic literature and Yogis have been maintaining as such over millennia. The following conversation between Larry King and The Late Maharishi Mahesh Yogi in 2005 on CNN, the latter's first TV interview in twenty five years, sheds some light on the topic (4).

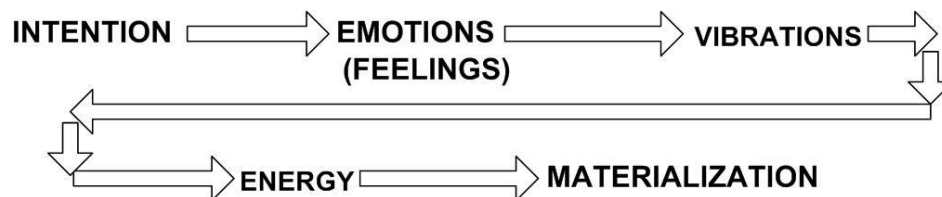
Larry King: "What is Yogic Flying?"

Maharishi: *Yogic flying is that level of creative intelligence in the self referral consciousness that will materialize the intentions. Whatever the intention, materialize the intention.... So the same law of nature is captured in the field of one's own consciousness and then with the thought that I should be in the air, the body lifts up, the body lifts up.*

In this article we present a plausible theory of energy/intentions leading to materialization, present an experimental result that is supportive of the theory, and offer a suggestion on the final confirmation of observed result.

## Theory

We scrutinize the phenomena of energy/intentions leading to materialization with a scheme depicted in Figure 1.



**Figure 1.** Intention to Materialization

In his book, *The Divine Matrix* (5), Braden presents the work of Western and American scientists which showed that emotions can travel long distances instantaneously. That is, once created, emotions are already at the intended destination, without a time lag. This is a clear indication of the presence of an energy field everywhere for such a phenomenon cannot occur without energy. A NASA website informs us that *70% of the Universe is dark energy, dark matter makes up about 25% and the rest - everything on Earth, everything ever observed with all of our instruments, all normal matter - adds up to less than 5% of the Universe.* We understand that energy can neither be created nor destroyed although it can be changed from one form to another. We also understand the equivalence of energy and mass principle through Albert Einstein's famous equation  $E = mc^2$ .

Agreed that there is abundant energy in the universe but the relevant question here is whether a yogi or another individual can capture it through meditation. Self-realized yoga Guru Paranjothiyar who goes by the title Gurumahan Maharishi Paranjothiyar founded Universal Peace Foundation at Trimurthi Hills, Tamil Nadu, South India many years ago to bring about world peace through meditation (6). He sits in meditation for three weeks every year in

December as part of his efforts to promote global peace. In a past three-week meditation session, it has been recorded that his weight at the start of meditation and at the end had remained constant at 62.5 kg. Now, for an individual at rest as in meditation, the phenomena of weight change can be analyzed according to the equation

$$\Delta \text{weight} \square \text{Energy In} - \text{Resting Metabolic Rate} \quad (1)$$

Where *Energy In* refers to the calorific value of the food intake while the *Resting Metabolic Rate* (RMR) refers to the energy used, which is a function of weight, age, gender, and height. It is given by the Mifflin-St Jeor Equation which for males is:

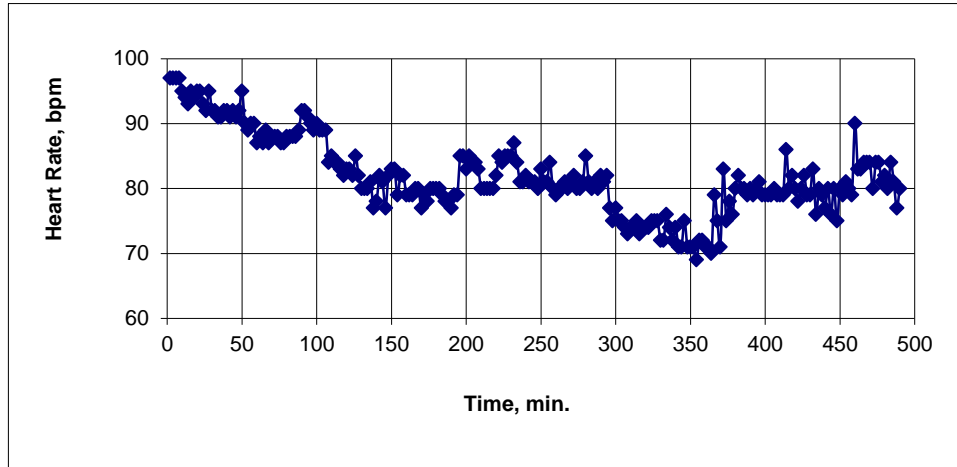
$$\text{RMR} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (6.76 \times \text{age in years}) + 66 \quad (2)$$

$\Delta$ weight in Equation (1) refers to energy accumulation expressed in terms of change in weight.

During the three weeks in a meditation session in December 2012, Guruji's food intake comprised of 2 glasses of milk a day which roughly equates to 400 calories. The RMR for Guruji is approximately 1,700 calories. Given that there is no weight change over the three week period, the equation will balance only if (1) The metabolic rate goes down to the 400 level, the same as the energy intake from food, or (2) There is a positive term present on the right hand side of Equation (1) and this term is energy acquired from elsewhere.

To investigate Guruji's RMR during meditation, we requested and he consented to wearing a clip on the earlobe connected to a handheld device called EmWave2 from the Institute for HeartMath in Boulder Creek, CA. This device has the storage capacity to capture heart rate data for up to 14 hours. Figure 2 depicts 2-minute average heart rate data on Guruji for the first 8 hours. It appears that the battery in the device was not fully charged at the start and therefore could not capture the full 14 hours of data. As seen in Figure 2, Guruji's heart rate was in the nineties at the start and went down to eighty or so at the end of 8 hours. Heart rates and RMR being strongly and positively correlated, we surmise that RMR too would have gone down by a proportionate amount. Granted that we do not have the full three weeks of heart rate data, there is reason to believe that the metabolic rate (and therefore the heart rate) could not have gone down to the 400 level but rather would have gone down asymptotically to reach a new specific lower value towards that corresponding to the Basal Metabolic rate which is the minimum metabolic rate required to maintain body functions. If this is so, then the reduction in RMR would not be sufficient to balance Equation (1). This reasoning leads us to believe that the energy must have come from elsewhere. This belief is strengthened by the example of migrating birds that are reported to lose very little weight after flying nonstop for thousands of miles (7).

There appears to be a rational explanation for how a reduction in RMR during meditation increases energy. We know that thoughts require energy to spring up from the subconscious. In day-to-day life, our minds are continuously busy thinking about something or the other and this must necessarily result in an enormous consumption of energy. As a yogi delves deep into meditation, the frequency of thoughts drastically reduces which means the consumption of energy must dramatically decrease as well.



**Figure 2.** Guruji's Heart Rate During 8 hours of Meditation

The place of meditation is a 6'x6'x8' pit in the basement of a Pyramid structure depicted in Figure 3 located at the UPF Ashram at Trimurthi Hills. Guruji has contented for a long time that there is abundant energy in the universe and that it is possible to acquire it with the meditative practices he teaches. The Pyramid structure is purported to enhance the efficacy of the meditative process.



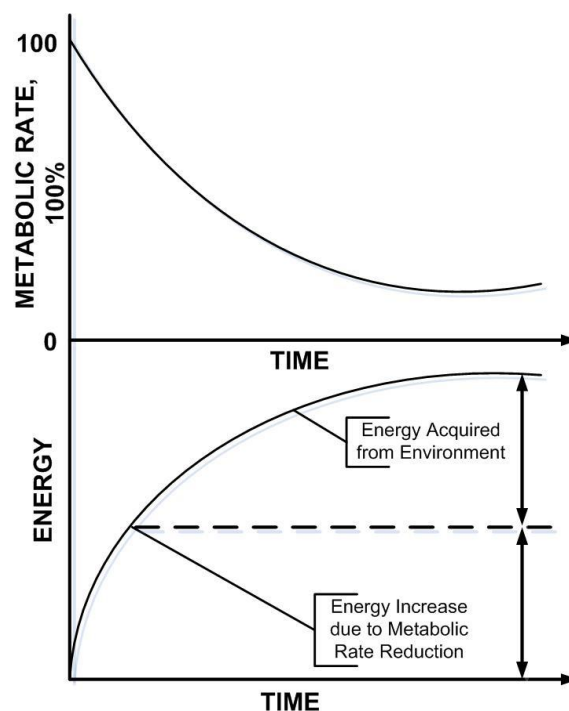
**Figure 3.** The Pyramid (Pranavalayam, The Temple of Wisdom)

Einstein's famous thought experiment, The Twin Paradox, too may offer a clue. In this experiment, there is a set of twins one of whom stays on Earth while the other travels into space in a rocket ship traveling at or near the speed of light and when he returns home after some time, finds that the twin who stayed on Earth had grown much older than him. Physicists provide a scientific explanation of what at first glance may to be paradoxical. The focus here is on how the traveling twin might have stayed young.

Physicists reason that the space traveler stays young because of time dilation and that the aging phenomena should only be looked at from the perspective of one twin or the other. Here, we wish to examine the prospect of aging from the perspective of let say their mother on Earth who sees that the traveling twin stayed young. Einstein's thought experiment does not speak of the traveler's health upon return nor his food habits while in travel but we may conduct another thought experiment in which the health of the traveler is fine and that there is no weight change due to travel. Under these assumptions, it is possible to surmise that the traveler's metabolic rate would have had to come down which in turn implies a reduction in heart rate, respiration rate, etc.

Thus, this example may be no different than the meditating Guruji Paranjothiyar. If the traveler did not experience a weight change and his food intake was modest and the metabolic rate did not reduce so much that it equaled the food intake, Equation (1) would not balance in the traveler's case either unless there is a positive term on the right hand side of the equation and again it is the *Energy In* from elsewhere. On the side, the hibernating animals in the animal kingdom are known to have a much longer lifespan and that while in hibernation, there is a tremendous reduction in their metabolic rates. These ideas lead to a hypothesis that it is possible to capture energy by traveling at or near the speed of light or through meditation as in the example of Guruji.

We theorize that as a self-realized yogi delves deep into meditation, his metabolic rate reduces to eventually reach a minimum value asymptotically while the energy acquired throughout this period increases reaching a maximum value asymptotically. These ideas are clarified in Figure 4. Independent verification of the proposed reality can be validated with experimentation.



**Figure 4.** Metabolic Rate and Energy during Meditation

## **Evidence of Materialization**

First author's account of how this opportunity came about. I was invited to give a talk on the author's Scientific Framework for Individual, Organizational, National, and Global Transformation at the National Chemical Laboratory in Pune on November 19, 2012 courtesy of coauthor Dr. B. D. Kulkarni and Dr. Vivek Ranade, Head of the Chemical Engineering Division at NCL. One of the participants in the audience was Director of an Energy Laboratory in Pune and was associated/acquainted with the meditation group of Dr. Jayant Balaji Athavale, a physician turned yogi based in Goa, India. Dr. Athavale founded the Spiritual Research Foundation some years ago ([www.spiritualesearchfoundation.org](http://www.spiritualesearchfoundation.org)). The Director suggested to the members of the group who happened to be in Pune at the time that they should meet me. The group came by at our residence around 10:00 pm and was with us till midnight. It soon became clear that they were genuinely interested in investigating their practices and recent discoveries with science.

The members of the group stated that they had first found tiny shiny particles on and around Dr. Athavale in a meditation session in March 2012. They also stated that these particles were found at several meditation venues in different parts of India and abroad where the followers of Dr. Athavale were meditating. The group referred to these particles as divine particles. They presented me with two small boxes containing three or four particles in each and asked if I could help investigate what these particles were made of when I returned to Louisville. They also invited me to come to a forthcoming meditation session in Pune to see the shiny particles for myself. This I did and found these particles scattered in several places on the ground in the meditation hall. To validate this measurement, I requested my friend Sanjeev Aroskar, B. Tech., Electronics, Indian Institute of Technology, Mumbai, and Principal of Ganesh Computers, Ltd., in Pune to go over to the venue and investigate. He reported finding the particles as well. Upon returning to Louisville I had a conversation with coauthor Dr. Mahendra Sunkara at the University of Louisville about the project and he kindly consented to assisting with the investigation.

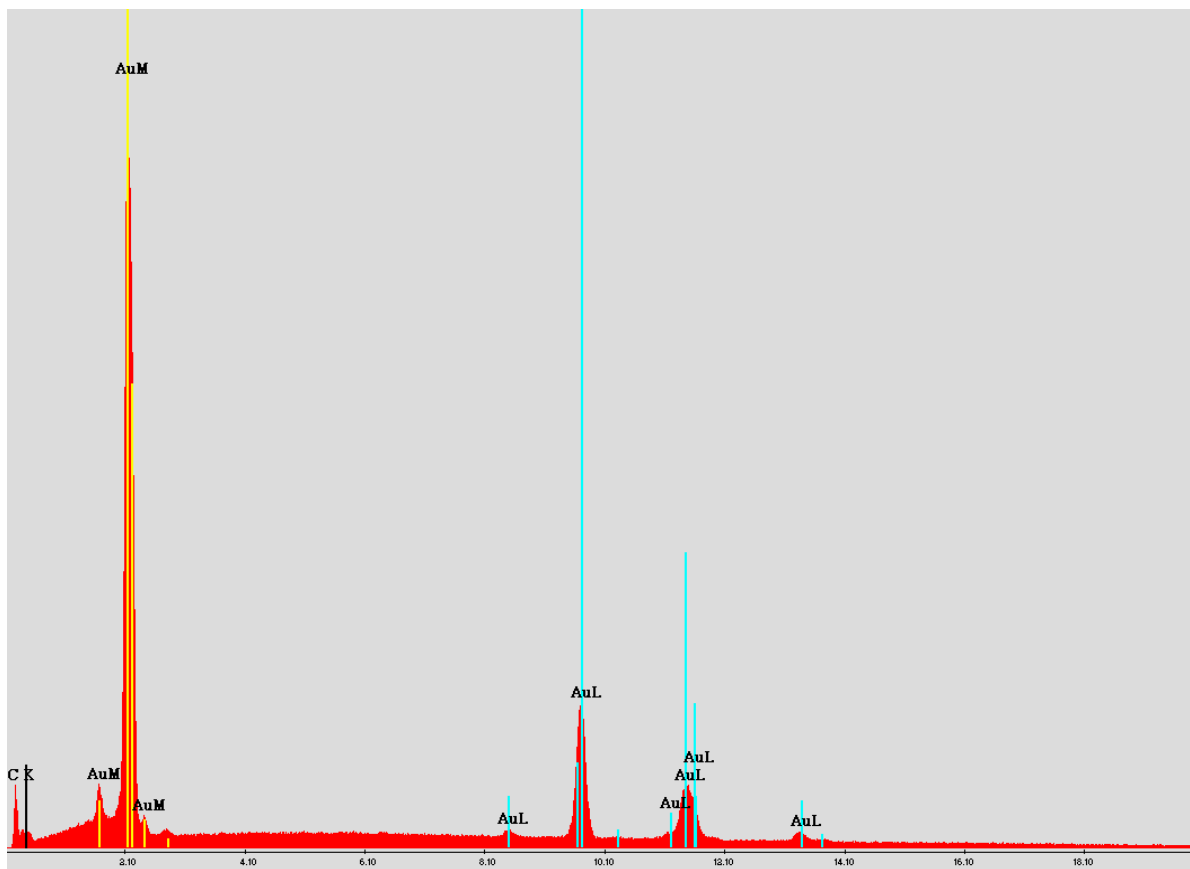
## **The Evidence**

Dr. Jacek Jasinski, a Research Scientist at the Conn Center, University of Louisville examined one of the tiny particles in a Scanning Electron Microscope in the presence of the first coauthor. A magnified image of the particle on the SEM screen is shown in Figure 5.



**Figure 5.** Particle on Scanning Electron Microscope Monitor

The EDX spectrum of the particle with the various Au lines marked is shown in Figure 6 showed that the particle was made of pure Gold. The small carbon peak at the very left of the EDX spectrum originates from carbon tape which was used to attach the particle to the sample holder.

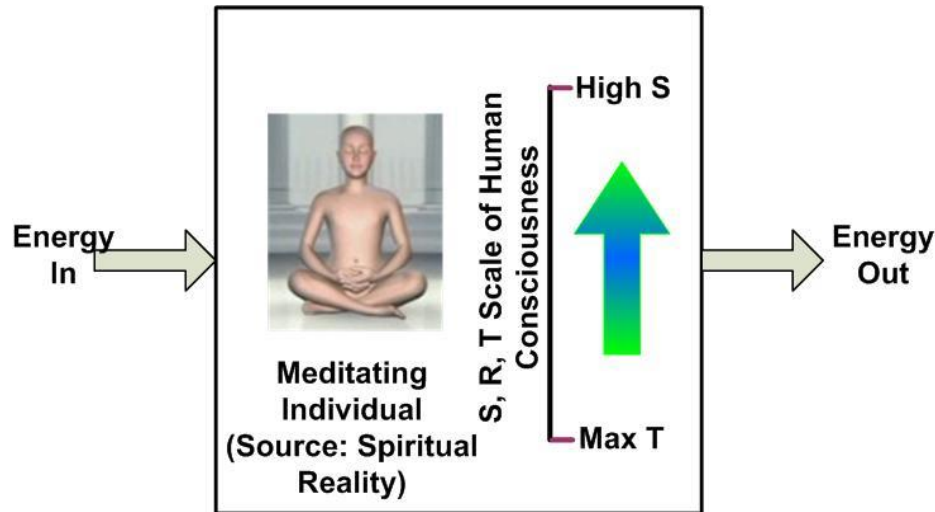


**Figure 6.** The EDX Spectrum of the Particle with Au Lines Marked

For common folks like us, desire and intention have a purpose that is often utilitarian in nature. In the case of individuals who have accomplished a higher state of consciousness through spiritual practices, however, there are no desires or intentions nor need for materialization. In such cases the desires or intentions are therefore not individual, but rather a part of a more holistic cosmic purpose. This is the plausible explanation in the case when the particles were first discovered around Dr. Athavale after his meditation practice in March 2012.

We believe that when an individual who has achieved such a high level of internal excellence (8, 9) delves deep into meditation, energy drawn from the five basic elements (Punch Mahabhoot in Sanskrit) or forces is created that flows through the body and emanates as a bio-energy field (an aura around an individual) which gradually dissolves and becomes a part of the cosmic energy that exists round and around. Part of this energy condenses in the form of tiny particles. These ideas are depicted in Figure 7.





**Figure 7.** Materialization of Energy/Intention for an Individual of High Level of Consciousness

Questions such as 'where these particles come from' or 'what is the process of their formation' etc., are important but beyond the scope of this work. They obviously require more focused attention and well planned experimentations. Followers and the near ones to Guruji Athavale believe that different particles are formed depending on the level of consciousness of the individuals connected in the network [10].

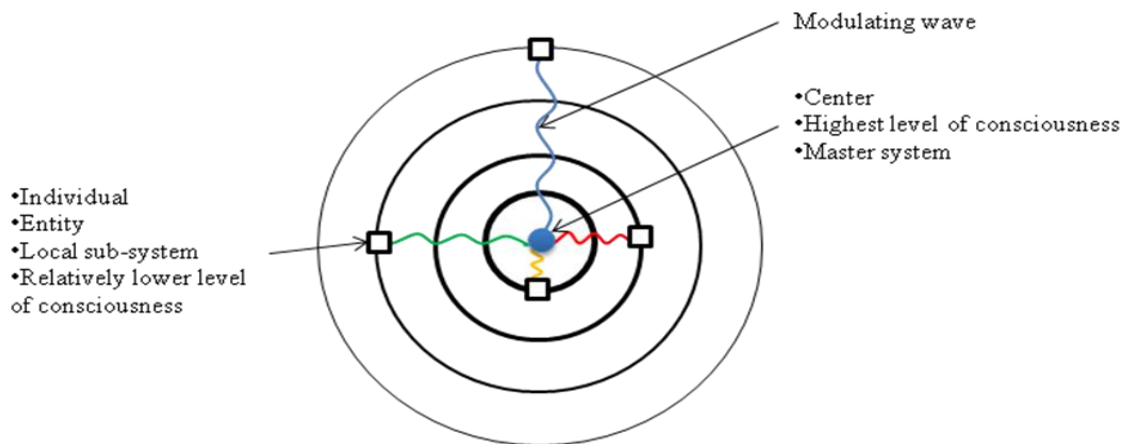
A possible qualitative explanation for why different particles are produced with different individuals can be attempted as follows. Imagine a set of concentric rings representing different levels of consciousness around a center point that represents the highest level of consciousness. Clearly the god principle, higher evolved saintly person, or Guruji Athavale occupies the center. The level of consciousness progressively diminishes as we move outwards from the center. Individuals with different levels of consciousness occupy these rings in accordance with their levels and remain connected to the center as part of the network. The coupling strength of the entities on the rings and the center is decided by the level of consciousness, process, belief, faith, compassion, willingness to surrender, etc. of the receiver and can be varying with time. Figure 8 illustrates the concept.

We now invoke two known results in nonlinear system dynamics to further explain the behavior of such coupled systems. One of the results refers to the phenomenon of resonance while the other is concerned with synchronization of such systems. It is known that when two systems operating at their natural frequencies are modulated (coupled) by a third (preferably random) signal containing a consortium of several frequencies they can begin to resonate with each other. The center in this case exerts itself on the entity on the outward ring and the two together resonate. The system at highest level of consciousness thus helps the one at lower level to achieve and march towards internal excellence. The purpose and the intention of the system at the center is thus to help achieve higher levels of consciousness for other systems in its environment for a better living.

The other result is equally important. It is known that the main system (master, in this case the center) and its local sub-system (slave, the entity on the surrounding ring) can synchronize with each other provided Lyapunov exponent (the index measuring its approach to some steady state) of the local sub-system is negative. Clearly those individuals who satisfy this constraint can synchronize with the higher level of existence or consciousness.

In either of the two situations, viz., resonance or synchronization, the entity at lower levels of consciousness is promoted to achieve higher levels of consciousness and the cosmic intention of the center is served. While this may be granted, how does it explain the formation of different types of particles as evidenced in the spiritual classes and work practices of the saintly people? We may advocate the following explanation to answer this question.

The center system when in resonance or state of synchronization with a system on the ring in the network provides a bout of energy with a view to bring up its level. The system at the lower end, however, may not be biological adapt or tuned to receive all this energy. It therefore processes only a part of this energy rejecting or emitting the excess it cannot harness. The energy rejected varies from one ring to another. The entity on the farthest rings has lower level of consciousness and can harness relatively smaller levels of energy it receives and therefore the excess energy is higher for entities on this ring. Consequently, larger quantum of energy is thrown out. The excess energy condenses as particles. It may therefore be surmised that different particles are formed for entities on different rings in accordance with the observations reported by Sanathan Sanstha (10). They also report that these different particles are formed in higher levels of existence and can be different in accordance with the layer in which they are formed.



**Figure 8.** Concentric circles showing levels of consciousness and coupling of master and local sub-systems

There are several well-known examples of stochastic resonance/synchronization. One among them is that of a group of marching soldiers and why they are instructed to march out of order when approaching a bridge. Stochastic resonance/synchronization may also explain how one twin knows the feelings of the other far away, healing in the presence of a Master, etc., and may have a bearing on the various manifestations of quantum entanglement.

These particles are sufficiently small, but it would be in error to classify them as nano- or the Higgs-Boson God particles. It is observed that these particles are often noble metal particles with stable electronic configuration. They appear to be pink, silvery or bluish-green in color. While the particle identified here turned out to be pure gold, the analysis of some other particles is continuing. Having connected to the cosmic energy field, these particles appear anywhere (toothbrush, comb, in the hair, on or under the carpet etc.) at or near and even at great distances especially in and around the followers connected to this individual of a high level of consciousness.

Further investigations are also needed to clarify whether these so-called divine particles are the product of materialization of intention or energy in one form or another or they form due to some alternative, more ordinary process related to known physical or chemical sciences. Reproducing these observations under “clean room” conditions would be a valuable next step of the study.

## Discussion & Conclusions

*All scientific theories are provisional in that as more and more data comes in that supports the predictions of the theory, our confidence in the theory rises. But, if a single data point were to materialize that contradicts the theory then that theory must be abandoned in favor of a new or modified theory.* Adapted from A Brief History of Time, Stephen Hawking.

Yogis and others record numerous examples of intentions leading to materialization where the desired outcome is health and wellness. Vedic literature too makes references to materialization of intentions. Various extraordinary capabilities which go by the name *Siddhis* are said to be achievable with specific practices which are pillared around some form meditation. It is suggested that these Siddhis might be used for noble or for evil purposes. However, as self – realized Yoga Guru Baba Shivanandji suggests ([www.shivyog.com](http://www.shivyog.com)), the use of these powers for evil purposes contains the seeds of his own destruction.

Throughout recorded history, there have been reports of *Eureka* moments which have lead to path-breaking discoveries. However, they were thought to have just happened, with no discernable process. Is it possible that a systematic process, i. e., meditation, might be employed to accentuate such Eureka moments. There are numerous challenges facing humanity such as the problems of renewable energy, new ways to desalinate water, generalized treatment of cancer, etc. The prospects of having a formal process through which breakthrough solutions might be achievable are exciting and worthy of further investigation.

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