**Synchronization of Science and Spirituality for healthy and prosperous Life with special reference to Kriya Yoga techniques**

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**Abstract:**

Science where on one hand deals with the exploration of facts based on observations,confirmed by experiments at the concrete level, spirituality on the other is concerned with the deeper knowledge and understanding ofthe self by going deep within. A thorough study of both these branches divulge an affable association built upontheir interdependency and co-relation suggesting their close association, affecting each other zone, rather than being distant. The same understanding was established, delivered and propagated by the teaching of the *Yogi Sri Paramahansa Yogananda ji*. If we can understand it well, the spiritual experiences by yogis is not different from the scientific development in ancient and contemporary world. This paper explores the spiritual teachings, experiences,and attempts to understandthe nuances of spiritual growth sync with the scientific temperament for the evolution of human consciousness out of the mere mundane perspective towards inclusive outlook, ultimately leading to the overall welfare of humanity.

**Key words:** Scie*nce, spirituality, ancient, experiences, consciousness.*

**Introduction:**

*A prayer that is strong and deep will definitely receive God's answer....By the application of science in religion, your uncertain belief in spiritual possibilities can become realization of their highest fulfilment."*— Sri Sri Paramahansa Yogananda

Twentieth century went down in the human history, as the era of science.Modern science expanded its horizons of human enquiry to an amazing capability,harnessed nature to have a better control over time and space. It went on to produce devicesthat made life free of drudgery and full of comforts.Distanceswere gradually shrunk to facilitate world into the scenario of global village. Scientists around the world constantlyworked over ambitious projects having far-reaching impact and signification for human race. The theories examined by them for future experimentation seemed to cross into the realm of fantasy bordering on the Implausible.Yet, all these innovative experimentations and divulgence into the unknown horizons seeking to answer questions of happy life, living, and peaceful coexistence have not been addressed so far, rather have created a chaos arising out of the insecurity of one nation having a control over this knowledgethan the other. The more we have ventured into the matter of things,to answer questions related to our very existence, the more confusion into its enquiry seems to have opened up. Science does appears to have resolved many things, but in the very desperate act to solve all has opened up a bundle of yet another; knowing nothing. It is here that something beyond science seems to offer an answer, but only if we desire to know, belief and expounding comes later. This further elucidates that on science alone does not rests the idea of a harmonious life and living. We need to reconsider the ones who have believed on the efficacy of its harmony, since they are the ones to have experienced and lived it as a living testimony. Yogic way of living including true paths help to lead happy and harmonious life.(Chandraabc, 2001) .The teachings of Sri Sri Paramhansa Yogananda stressesupon the harmonious development of body, mind and soul. According to Yogananda Ji – “ The physical body is a bundle of motions and the millions of tiny cells that comprise our flesh and bones are full of life and activity; the human body, which looks so compact and solid, is in fact nothing but a bundle of motions, of forces whirling together in ultra-rapid motion”. (Autobiography of the Yogi, 1946)

**Scientific Outlook**

The greatest blessing of science that has brought a revolutionary change in the thinking process of all the modern human beings is the rational tempering it has given to the human mind. In its light, all dogmasand irrational supposition are rejected and only those propositions that can make subjective to scientificscrutiny are accepted. The blessings have however proved to be a mixed one. On the one hand, the scientific outlook has emancipated human mind from the fearof the unknown arising out of his ignorance, blind faith and superstition,On the other hand, it has enslaved his mind to the confines of the physical phenomena. A concrete body having more than abstractions to deal with, therefore making it a more complex and grappling beyond the concrete, enabling via the abstractions indeed, upon which it rests.

The entire metaphysical phenomena has been left out of the purview of science, because the same is not open to scientific verification. The reason endorsed is that the reaches of science do not extend beyond the physical and the corporeal. This limitation of science hasstrangely, though been universally accepted – with a few notable exceptions. The scientific sanction has for dismissed all metaphysical existence as a myth.

“Science can never be certain. It will always be probable, because something new can always be discovered. You may destroy the whole hypothesis, or change it, so science will remain probable. That is the very nature of it.”(Eternal Quest ,1982)

Because of the dominating influence of science in our lives, this cliché has unfortunately, been increasingly accepted by successive generations, as a scientifically investigated truth. The educational system has also helped this supposition to gain more validity and currency. Because of this, the hold of religion has been weekend. This has cleared the way for the spread of stark materialism all over the world. “Western science has conditioned man to be egoistic, alone. The eastern concept of knowledge, of knowing, is very different. It is ’to be in cooperation with’.”(Eternal Quest 117)

As, we look at the world scenario today. There is a near anarchical condition where violence has become a way of life. Injustice, fear, anxiety, anger and prejudice are the root factors contributing to the rise in violence. How can this trendbe reversed, is the question of everyone’s mind?

 Humanity, ethical and spiritual development has not kept pace with the explosive progress of material technology and this imbalance threatens to destabilize and even destroy human civilization. The increasingly visible side effects of industrial and technological progress confront us with grave dangers such as environmental hazards, depleting natural resources and nuclear war.

Science is directly helping man with material comforts through her golden inventions. The same science, indirectly, is helping man to be the reformer of dogmatic religions and to explain many miracles found in Nature and spoken of in religion. Science shows how, by changing the vibration of a pound of water into ice, that solidified water, instead of mixing and sinking, can be made to float on top of the water. It suggests through the scientific imagination that perhaps Jesus controlled the psychological relation between matter and mind and thus changed the atomic vibration of His body, enabling Him to walk on water.( Success Through Unity by Paramhansa Yogananda (Inner Culture, May 1936)

So, even though science has made invaluable contribution towards our understanding of the physical universe and has provided man with an analytical and objective mode of thinking. It has not offered any worthwhile and lasting solution to man’s social, cultural, political,economic and emotional problems. A full and balanced life would mean not only material progress which science promotes, but also more importantly, the dominance of abiding spiritual values. Theses ensure full development of the individual leading to sense of fulfilment.

All scientific exploration is aimed at discovering the laws that govern the forces and phenomena of nature in the physical realm. Spirituality, on the other hand explores the subtle realms of reality about life and our existence. It is awareness of one’s true identity, the inherent inseparable and eternal quality or attribute of a non-physical or cocient entity called the soul,atman or spirit.

Spirituality deals with the various states and levels of souls and various forms of its manifestations, such as thought, judgement, memory, belief, learning, outlook, attitudes, samskars etc. Spirituality has evidence that supports its affirmation about the existence of the soul and its belief that soul is eternal and immortal. Understanding spiritual truths and discovering one’s true self with the practice of meditation helps one become tension –free and efficient. It cultivates the innate virtue and powers of the soul.

During the last three decades or so, there has been a high spirit in effort to find parallels between both disciplines and some scientists and spiritualists have shown how they can play complementary roles, in knowing both the cosmos and consciousness. Discoveries of modern physics, especially the discoveries. Of quantum, physics are exactly the conclusions of spirituality.

Spirituality cannot be divorced from science. Due to the missing dimension of spiritual values, we have become prisoners of our own creation. Hence, as a modern philosopher has remarked. “Technologically we are on the moon, but psychologically we are still in the caves”

In the Western cities, science has progressed so far that the physical man is usually well taken care of, fed and clothed and sheltered. Yet, physical and material comfort without mental and spiritual peace and solace is not enough. India has been the unproclaimed reformer, the grand inspirer of human minds and souls. She has been the spiritual model of all religions. Her greatest and richest legacy to mankind has been the technique discovered and handed down for centuries by her saints and seers for the scientific spiritual culture of man. (India By Paramhansa Yogananda Inner Culture, November 1935)

Science and spirituality must therefore supplement each other to ensure lasting Peace, progress and prosperity in the world. Together, they can become a potent force that can change the world. As Dr. Abdul Kalam, a former principal scientific adviser of India said,” Spiritual and technological minds borne out of billion people of this country can indeed be a unique strength similar to solar energy radiated in the universe.” This kind of synergy between science and spirituality can make our imperfect world perfect for everyone.

Understanding the knowledge is considered to be the prior and of foremost importance in ones life consciousness. Cultivating the habit of reading good literature, love and deep regards of the Gurus helps to understand the basic facts and provide clarity : I am soul: my true nature is peaceful : I have mind intellect samskaras: Now I have to fit them together. These facts are like the pieces of a jigsaw: it is only when they are fitted together in the correct way that the picture emerges. Each piece has learn some simple phrases in Hun little bit of a pattern on it on its own. It has only hint at what the completed picture is . By turning the information over in the mind . Playing with it . matching it up to my life as it unfolds. I begin to create the coherent view. Once there is understanding , my intellect remains clear and I am able to act in a positive and effective manner. Knowledge allows me to be detached from potentially stressful situation.

Patanjali speaks of listening to this Cosmic Om. Science knows that there is a Cosmic Hum emanating from all atoms. St. John says, “I heard behind me… a great trumpet.” Lahiri Mahasaya speaks of tuning and expanding the soul into Cosmic Vibration. All Christians and truth-seekers need not believe forever what Lahiri Mahasaya taught, but need to believe only for the purpose of demonstrating the truth of the teachings in their own Self-Realization.( Yogavatar Shyama Lahiri Mahasaya’s Ladder of Self-Realization, for Salvation for All by Paramhansa Yogananda Inner Culture, March 1937)

**Impact of Yoga and meditation in curing diseases:**

Worldwide, yoga and meditation are becoming popular for cure of various diseases and few group of researchers are extensively studying it. Monica et al. (2012) investigated the effect of yoga nidra on physiological variables in the cure of menstrual disorder. They carried out study at 126 patients and an autonomic function testing was done in both the groups at zero time and after six months. A significant positive effect was observed when yoga therapy was used as an adjunct in the patients of menstrual disturbances. They observed significant improvements in the blood pressure, postural hypotension and sustained hand grip, heart rate expiration inspiration ratio and 30:15 beat ratios of the subjects after yogic practice. Shapiro and Cline (2004) examined the changes in self-reported moods and emotional states from before to after Iyengar Yoga classes and dependence of changes in mood on one's personality traits. The study was carried out on 11 healthy Yoga students in a nine-session Yoga course and self-ratings of 15 moods dealing with positive, negative, and energy-related emotional states were obtained before and after each class. Personality traits of depression, anxiety, and hostility were assessed at an initial orientation. It was observed that positive mood effects of back bends were greater for participants who were relatively hostile or depressed. The therapeutic benefits of yoga and meditation are well documented, yet little is known about the practice of yoga in Australia or elsewhere, whether as a physical activity, a form of therapy, a spiritual path or a lifestyle (Yoga in Australia, 2012). The majority of the global population cannot afford existing asthma pharmacotherapy. Physical training as an airway anti-inflammatory therapy for asthma has been summarized potentially as a non-invasive, easily available, affordable, and healthy treatment modality (Pakhale et al., 2013). However, effects of physical training on airway inflammation in asthma are currently inconclusive. The effects of physical training on airway inflammation in asthmatics have been explained. Reduction in C-reactive protein, malondialdehyde, nitric oxide, sputum cell counts and IgE is there in asthmatics with physical training. Naturopathy and Yoga intervention are also effective in treating obesity ([Shetty](http://jomrjournal.org/searchresult.asp?search=&author=Geetha+B+Shetty&journal=Y&but_search=Search&entries=10&pg=1&s=0) and[Mooventhan](http://jomrjournal.org/searchresult.asp?search=&author=A+Mooventhan&journal=Y&but_search=Search&entries=10&pg=1&s=0), 2015). Therapeutic value of yogas has been explained by Brahmchari et al. (1980) in the treatment of asthma. Objectives Yoga practice during pregnancy is gaining increasing popularity. Characteristics of pregnant women practicing yoga has been studied at different locations (at home, in yoga classes, or both) (Cramer et al., 2015). Study sample was drawn from the Australian Longitudinal Study on Women's Health (ALSWH), a national longitudinal study of women to investigate multiple factors affecting health and well-being of women over a 20-year period. Relationships between yoga use (attending yoga classes and/or practising yoga at home) and women's characteristics (demographic measures, pregnancy-related health concerns, health service utilisation, attitudes to complementary and alternative medicine) has been established. Hypertension and obesity are common in a large group of population worldwide. These people are at increased risk of cardiovascular, peripheral vascular and cerebrovascular disease. According to yogic belief, people can be relieved by the complications of hypertension and obesity by practicing yogic exercise (Holkar and Makhija, 2015). Beneficial effects of 3 month & 6 months of Yogic exercise on various anthropometric parameters (weight, height, BMI, blood pressure) in patients of hypertension with obesity were estimated. A significant decrease in mean blood pressure as well as weight and BMI of patients was observed. There is consistent evidence that meditation can produce changes in the nervous system and physiology of the meditator, and can help with various psychological markers of well-being (2015). Anxiety is a potential cause of serious influence in a person's daily life. Effects of the work environment factors in disease development and progression are prominent. Working environments are places of significant sources of stress: they put us in connection with our duties and expectations (often not coincide with reality) and with a "forced socialization." Especially forced socialization is to be considered a main source of stress in work places, inducing negative outcomes in work and social relationships. Yoga, meditation, and mantra techniques help in controlling the condition of occupational stress and show the potential in considerably reducing anxiety and mood symptoms (Doria et al., 2015). Effect of yoga processes has been elaborated by Prashad et al. (2008) and the changes in pulse rate, respiratory rate, breath holding time, blood pressure, body weight, progesterone and estradiol have been observed in positive direction. They also studied treatment of patients with obesity (Prashad and Suri, 2007), hypertension (Prashad and Suri, 2004) and diabetes mellitus (Prashad and Suri, 2005) with the help of yoga.

The science of “Kriya Yoga” has been clearly mentioned in the autobiography of Yogananda. Kriya Yoga is the union with the infinite through performing a certain action. (Autobiography chapter 26). According to the sage Patanjali “ Kriya Yoga refers to body discipline, mental control, and meditating on Aum”( Autobiography of Yogananda)The teachings of Paramhanse Yogananda stresses upon the harmonious development of body mind and soul., Through regular practice of the Scientific techniques and principles , Yogi will be able to realize the highest truth about the connection of Body , mind and Soul.In the last paragraph, harmony between knowledge and experience was emphasized. If there is any contradiction, trust and stability disappears. Again, what is vital here is the harmony between what happens internally and what happens externally. Practicing exercises, Chanting Aum and to sit in meditation and experience myself as a peaceful soul and then immediately afterwards to become angry with someone, renders that peaceful experience meaningless, and the soul feels lost and confused. Meditation must be reflected in action. I will actually become that which I experience in meditation.According to Yogananda, Kriya is the most effective technique available to mankind today for reaching the goal of Yoga: union with the Divine. Kriya Yoga is so effective because it works directly with the source of growth — the spiritual energy deep in our spines.All yoga techniques work with this energy, usually indirectly. Yoga postures, for example, can help open up the spinal channels, and balance the energy in the spine. Yoga breathing exercises like Kriya Yoga can help to awaken that energy.The Kriya technique is more direct. It helps the practitioner to control the life force by mentally drawing it up and down the spine, with awareness and will. According to Yogananda, one Kriya, which takes about 30 seconds, is equivalent to one year of natural spiritual growth.( https://www.ananda.org/meditation/)

What is important to understand here is that I will never experience progress unless I make an effort actually to change my negative actions and habits. However good my experiences in meditation are , if they are constantly contradicted by my actions , I will become a battlefield instead of a haven of peace.‘Giving’ refers to harmonious and altruistic relationships with others.

Scientific prayer is based on understanding of this truth, and on application of the universal.

forces of creation: It tunes in with God's thought patterns of health, harmony, and perfection —

and then uses will power to channel energy to help materialize those patterns. Through proper understanding of the right knowledge and becoming peaceful automatically helps to strengthen

our relationships with others , I still have to pay attention to this area , mainly because it is my relationships with others that spark of peacelessness within myself. It is easy to friendly and living also . Unfortunately in todays world. , we often find ourselves in interpersonal situation.

Ranging from mildly uncomfortable to openly hostel. In these situations, the practice of giving is my protection. It protects me from experiencing negativity, but also benefits the other soul who is unfortunate enough to feeling aggressive. Quality of life improved in many patient dealing with chronic diseases which leads to harmonious and healthy life.(Tóthová et al., 2014) In his book, *Scientific Healing,* Paramahansaji said:Words saturated with sincerity, conviction, faith, and intuition are like highly explosive highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired. Sincere words or affirmations repeated understandingly, feelingly, and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty. Appeal to that Power with infinite confidence, casting out all doubt; otherwise the arrow of your attention will be deflected from its mark.
“After you have sown in the soil of Cosmic Consciousness your vibratory prayer-seed, do not pluck it out frequently to see whether or not it has germinated. Give the divine forces a chance to work uninterruptedly.”Paramahansa Yogananda reveals the hidden laws for harnessing the power of concentrated thought — not only for physical healing, but to overcome all obstacles and create all-around success in our lives. Included are comprehensive instructions and a wide variety of affirmations for healing the body, developing confidence, awakening wisdom, curing bad habits, and much more.Giving should be done without the desire for returns or reward,When all these four aspects of knowledge, practicing, being, becoming and giving are in harmony with others , soul will be at peace with itself and in harmony with others . This state of practical soul consciousness has been termed freedom in life.

According to estimates from the World Health Organization (WHO) depression will be the leading cause for disability worldwide by 2022. Modern medicine is very effective in controlling infections, performing surgeries and managing diseases. However, it has limited role in stress-based, chronic degenerative, old age and lifestyle related disorders which are the bane of modern society. Modern man no longer faces the epidemic of plague but stress related diseases are becoming most intensive killer. Negative thoughts and attitudes are at the root of these diseases.

Man’s nature is threefold; physical, mental, and spiritual. The harmonious development of any one of these factors depends upon the development of other two. Physical well-being, for example, is precarious so long as one is subjected to violent emotions of anger, hatred, or jealousy. Mental happiness is uncertain if it does not have its root in spiritual joy and if the body is diseased with heavy toxic poisons, or low in energy and easily fatigued, one will not be able to enjoy life which leads to stressful life with full of ailments. Yoga and meditation helps to integrate the harmonious development of body, mind and soul. In the words of The Prime Minister, Shri Narendra Modi, mankind advances in various spheres of development and technology, individual human beings must progress too, and yoga offered an avenue for this. He said Yoga is not merely an exercise, but offered an opportunity for balancing the mind and body, and could help harness an individual's inner strength. Yoga and meditation is an ancient science which overhauls the entire being and helps us to achieve balance in mind, body and spirit. Yoga & Meditation is becoming more apparent to people on a universal scale. Yoga literally means to add or to join. It is a process of some bodily postures, when practiced regularly, can established a balance between physical, mental and spiritual state of mind. The method of meditation can truly heal our body and bring mind at peace which is the need of the hour. Meditation can actually bring peace and offer hope for the future, which further helps to channel our energies in such a way that will bring hope and determination. In today’s world, when everyone has over hectic life style, over busy schedule with rising physical and mental problems, yoga and meditation become a need to help and grow the society in a sustainable manner.

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