

# Journal of Applied Consciousness Studies

An Official Publication of The Swami Vivekananda Yoga Anusandhana Samsthana



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# Journal of Applied Consciousness Studies: A Fresh Beginning

Greetings to all our readers. We are glad to introduce the first issue of this new Journal, with its title renamed as *Journal of Applied Consciousness Studies*. The editorial board, after carefully introspecting, has decided to change the name of the Journal from *International Journal of Yoga—Philosophy, Psychology, Parapsychology* to *Journal of Applied Consciousness Studies*. We believe, with this new title, we will be able to make the scope of the Journal more encompassing and assimilate different areas where yoga can potentially find linkage with. The Journal would accommodate contributions that include areas related to yoga, spirituality, mindfulness studies, Indian philosophy and psychology, transpersonal psychology, parapsychology, and other areas of research that bring out the unifying principle of applied consciousness studies.

The scope of consciousness studies is vast, spanning from the field of psychology to philosophy to spirituality. Science has always found it challenging to fit the scope of consciousness studies into any particular category, which does justice to the concept. In this context, theoretical papers on application of consciousness, ideas on development of applied consciousness research, and practice models/interventions/protocols apart from interventional studies on the subtle layers of consciousness and its mechanisms would be a useful contribution to this field. A unique approach to research methodology had been expounded in *Tantra Yukti* texts, which also needs further discussion.

Yoga is emerging as a popular tool to address various social issues across the globe. Yoga is emerging as a truly interdisciplinary science, interfacing many other disciplines, such as health sciences, social sciences, engineering, and humanities. With its encompassing reach and scope, there also arise several challenges, especially in advancing higher research in yoga. We require a broader framework where we can integrate with researchers from different disciplines and advance yoga research.

Healthcare has always been a major concern throughout the world. We are becoming more aware that no single system of medicine has the solution for all our health-care needs, and we need a healthy collaboration of different streams of medicine. Integrative medicine is the key to future health-care solution. We encourage practitioners of different systems of healthcare to contribute their perspectives and enrich the field of yoga.

The higher dimensions of yoga practices, which have not been pursued adequately by researchers, need special attention. Here again, we encourage philosophers and practitioners to participate in the discussion of emerging areas of yoga research. Subtler dimensions are intangible, and therefore, developing scientific methods to study such phenomena requires constant interaction between experts of different disciplines. We hope this Journal provides the right platform for such scholarly discussions.

With the changed name, we also attempt to keep the best practices of scientific publication in place and would strongly encourage open science practices. Our editorial team is committed to give the best experiences to both our valued authors and reviewers. At this juncture, we also invite you to join hands in making this Journal a vibrant source of intellectual discussion related to the area of consciousness studies through your contributions as authors and reviewers. We hope with this new direction for this Journal; we will achieve greater heights in unearthing the mysteries of yoga tradition.

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