

**REG STUDIES TO QUANTIFY THE CHANGES IN
CONSCIOUSNESS FIELD EVOKED BY SOME YOGA
PRACTICES, AGNIHOTRA YAJÑA AND NAVARATRI
FESTIVAL**

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ABSTRACT

BACKGROUND: Yoga is getting popular engulfing the whole globe. While yoga is used for slimming and health, it also bring inner peace. Group practices of yoga can endure harmony and peace in the surrounding to build ideal social orders. Vedic ritualistic sacrifices have been in vogue in India since times immemorial. Recently they have become very popular important components of these sacrifices are the *mantras*, which are sound forms known to invoke and harmonise subtle energy called Prāna. The sacrifice still practiced in India through Yajña and mantras involve ritual offerings to the fire at sunrise and sunset to the accompaniment of specific *mantras*.

Festivals have been playing a key role in keeping the cultural heritage of India for thousands of years. They continue to play their role even in this Hi-Tech era in bringing joy, reducing stress & tensions and thereby knit the society to harmony.

OBJECTIVES: This present study aimed at quantifying the changes in consciousness fields evoked by:

- A. Group yoga practices: Deep Relaxation Technique (DRT),
Cyclic Meditation (CM) & Maitri Milan
- B. Agnihotra and Aphoryama *Yajñas*
- C. Navaratri festival

Using a standard random event generator.

DESIGN:

A1: The effect of DRT compared with random thinking (RT) was studied in 80 healthy volunteers evoking the capacity to influence the REG. Each session consisted of 3 trials of 'pre' followed by 10 trials 'during' and 3 trails 'post'. The experiment was repeated on 1st day and 15th day.

A2: For CM investigations, forty healthy volunteers were selected for the study. Assessment was done on Pre, During and Post performance of Cyclic Meditation.

A3: The protocol to measure the effect of Maitri Milan session on consciousness field was as follows: measurements were taken during the session of Maitri Milan. The duration of the session was about 45 minutes, which is combination of Gita chanting, spiritual discourse ending by a short meditation session. Data were taken for 30 days.

B1: Pre baseline measurements were taken before *Agnihotra mantra* in location; similar measurements were taken during *Agnihotra*; post measurements were taken after completion of *Agnihotra*. All three measurements were taken for 10 minutes each.

B2: Pre-Apthoryama yajña baseline measurements were taken in the yajña location ('Day 1'); similar post-yajña base-line measurements were also taken ('Day 12'). Measurement on Days 2 to 11, were taken during the ten days of the different yajña activities. All these yajña days were compared with Day 1.

C: Pre-Puja baseline measurements were taken on before one day of *Navaratri puja* in the *Puja* location; similar measurements were taken on days 1 to 9 (during *Puja*); post-Puja measurements were taken after completion of *Navaratri*. On day 1 to days 9, different Puja activities took place.

RESULTS:

A1: DEEP RELAXATION TECHNIQUE (DRT): While all base-line data was normally distributed as shown by the Kolmogorov-Smirnov normalcy test, results showed that there were no significant changes between pre-during-post sessions of DRT and Control on 1st and 15th day. Similarly there were no significant changes between groups.

A2: CYCLIC MEDITATION (CM): The supine rest before the start of the intervention showed no significant influence on the REG. However, as the intervention started, the REG started showing

alternate phases of significant and non-significant changes during performance of different phases of Cyclic Meditation. After the intervention (post data) again in Supine rest position there was no influence in REG. It was seen that the REG was influenced for a total of 660 sec. out of 1270 seconds during the CM.

It is obvious that REG responds to situation of emotional agony or excitements felt by large number of people globally. In CM group performance also these aspects have come out vividly when there is a sudden change in physical level blood flows or one at emotional level. This study can be a breakthrough in PK power studies where group effectiveness of CM can be used to bring positive change in the surrounding atmosphere.

A3: MAITRI MILAN: Each day of Maitri Milan REG was significantly influenced in different duration of time. It was found that on the 5th day REG was maximum influenced for the 1865 sec,(chanting 60 sec & lecture 1805 sec.) which was longer duration of time compared to the other days.

It looks that during the Maitri Milan, the collective consciousness of the gathering, and the mantra chanting were of sufficient strength to apparently affect the REG, and make the

‘random sequence’ non-random on various occasions. REG appears to provide a tool for quantifying the effectiveness of Maitri Milan sessions.

B1: AGNIHOTRA: REG was significantly influenced during the duration of *Agnihotra mantra* time. It was found during *Agnihotra* REG was significantly influenced for 574 out of 600 seconds. In pre and post phases REG showed no significant changes.

Contrary to the general observation of physical significance of performing *Agnihotra* for cleansing the physical environment around the site, this study shows that the surrounding consciousness fields one highly influence which could be of great use in harmonizing the social fabric of the Indian society.

B2: APTHORYAMA YAJÑA: The significance changes occurred on the second day, during Vedas Chanting ($p < 0.001$), the third day, during Agni Prasthapana ($p < 0.05$), Soma Kriya ($p < 0.05$), Shainchitti ($p < 0.001$), Pravargya ($p < 0.01$), the fifth day of Pravargya ($p < 0.05$), the sixth day during Subramanyam Ahwan ($p < 0.001$), Garun Cayana ($p < 0.05$), the eighth day during Garun

Cayana ($p < 0.05$), Agni Produce ($p < 0.05$), and Subramanyam ahwan ($p < 0.05$), the ninth day during Soma Yajña ($p < 0.05$) and final Puja ($p < 0.05$).

Results indicate the possibility that *Vedic* Yajñas can enhance the power of humans to influence the REG. One interpretation of such events is that they cause an enhancement of psycho-kinetic power.

C: NAVARATRI FESTIVAL: During all 10 days of the Navaratri Festival significant influences on the REG were seen during various sessions as compared to pre puja with no event. The maximum readings occurred on the 8th day while the *Asthami* was being performed. On the 8th day REG was significantly influenced ($p < 0.05$) for the 1498 sec, (7.2%) which was longer duration of time compared to the other days.

The maximum readings occurred on: The 8th day while the *Asthami* was being performed. This may be due to '*Yajña*' as performed. This comprises of a sacrifice, which is offered to the sacred fire. The sacrifice honors the goddess *Durga* as well as bids her farewell. The sacrifice or offering is made out of clarified butter (ghee), rice pudding (kheer), and sesame seeds.

CONCLUSION:

DEEP RELAXATION TECHNIQUE: The null hypothesis is proved as shown by no significant changes between DRT and control session.

CYCLIC MEDITATION: CM practices done synchronizing by a group of people well trained in its performance can influence the REG significantly for sizeable duration (51.96 %) of its performance.

MAITRI MILAN: The significance readings occurred due to vibration of chanting and participants also so much involved during the chanting.

AGNIHOTRA: During the *Agnihotra* session, the collective consciousness of the gathering, and the mantra chanting were of sufficient strength to apparently affect the REG, and make the ‘random sequence’ non-random on various occasions. Results indicate the possibility that *Vedic mantras* can enhance the power to influence REG.

APTHORYAMA YAJÑAS: Results indicate the possibility that *Vedic Yajñas* can enhance the power of humans to influence an REG. One interpretation of such events is that they cause an enhancement of psycho-kinetic power.

NAVARATRI FESTIVAL: The *Navaratri Puja* produced significant influences on the REG during several sessions. It caused an enhancement of psycho-kinetic power. Results indicate the possibility that *Vedic Puja* can change the consciousness field and influence the REG.

This study showed that the *Yajña* sacrifice with *mantra* was significant influences on the REG as compared to pre and post with no event. In the presence of a *Yajña* an REG produced greater than chance excursions more often than a control REG. REG was influenced may be due to positive emotions. Emotions are the key factor of influenced based on studies. Emotions are power thoughts according to Yoga. These power thoughts were cancelled waves which one out of phase and building of resonance when phase and frequency matched. Synergy of matched emotions can influence or change the atmosphere.

Key words: *Yajña*, Environment, Random Event Generator (REG)