

## Op-Ed

# Why Teach Science of Internal Excellence

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### Abstract

Students will derive a myriad of benefits from higher levels of internal excellence that are amenable to an audit. Among them are health & wellness, improved performance in all walks of life including academic work, better interpersonal and family relationships, and less discord and violence.

**Keywords:** science, internal excellence, external excellence, ultimate reality, Consciousness.

Educators have the noble responsibility to teach students how to excel. Today's students are tomorrow's leaders and so the importance of teaching the correct knowhow cannot be overstated. Excellence can be categorized into two components: Excellence of the External and Excellence of the Internal. Excellence of the external encompasses two types of activities human beings engage in life: dynamic and static. Examples of dynamic processes include Petroleum refineries, petrochemical plants, pulp & paper mills, cement plants, Aluminum smelters, etc. Virtually everything else in life falls in the category of static processes or transactions. Transactional processes vastly outnumber static and dynamic manufacturing processes.

The outcomes of all processes, whether static or dynamic, manufacturing or transactional, are influenced by unknown and uncontrollable causes which prevent us from achieving perfection (zero defects ad infinitum). Restricting this degradation in performance to unavoidable variation, which goes by name minimum variance, is the limit of achievable perfection in all external activities. The author refers to the wherewithal of how to achieve this level of performance as **Excellence of the External** and this training requires college education. Engineering students are appropriate recipients of training in minimum variance in dynamic processes while all college students ought to be trained in the knowhow of how to achieve minimum variance in static processes which are abundant in life and commerce.

In his research into excellence of external activities the author kept finding evidence that organizations pursuing identical quality initiatives were realizing vastly different levels of performance. On the flip side, folks with no formal quality-training were delivering outstanding performance. It turns out that the elephant in the room in both instances is the level of internal excellence. Briefly, the level of internal excellence refers to the capacity of an individual to remain centered in the face of challenging external conditions that are part and parcel of life. The

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wherewithal of how to enhance the level of internal excellence is called **Excellence of the Internal**. Together the two components of excellence and the practices associated with them constitute the **Scientific Framework for World Transformation** and it has become available arguably for the first time in human history. Exemplary performance requires both external excellence and internal excellence. While the scientific framework for external and internal excellence requires college education, the practices of internal excellence can be taught to students from an early age when they are able to sit quietly for a period of time and follow directions. Scientific scrutiny of internal excellence is important for success as humanity has become increasingly rational minded since the days of Copernicus possibly stung by the false claims of an Earth-centric nature of our existence.

The capacity to remain centered in the presence of extremely unfavorable or highly pleasing external conditions depends on the three components of the mindset and two types of correlated emotions each of the 6 ½ billion of us is endowed with (The definitions are at the end of the article). The specific level of internal excellence of an individual can be inferred from several measurable outcomes. Among them are heart rate variability (beat-to-beat variations), respiration rates, brain waves, human energy field, and spontaneous affection shown by animals, birds and butterflies, among others. The principal tools for raising the level of internal excellence are contemplative practices such as mindfulness and meditation. Success with these practices can deliver improved health & wellness but they also benefit from good health and therefore a healthy diet and physical exercises for the external systems (spine, muscles, and joints) such as Yoga postures, workouts at a gym, etc., and breathing exercises for the internal organs and systems (Pranayam) are important.

Students will derive a myriad of benefits from higher levels of internal and external excellence that are amenable to an audit. Among them are health & wellness, improved performance in all walks of life including academic work, better interpersonal and family relationships, and less discord and violence. The United States is home to the science of external excellence while the practices of internal excellence are uniquely ancient Indian, several thousand years old. However, in its scientific incarnation the scientific framework of internal excellence is made possible in part by the work of several American, Russian, and European scientists together with three Americans of different faiths. One is a Jewish American journalist who began her journey to decipher the mystery of the beginning of the universe in 1995 when she was a teenager. In 2014 she published a path-breaking book, 'Trespassing on Einstein's Lawn'. The second is a Christian American theoretical physicist with a doctorate from Brown who is also a physician, board certified in Neurology and Internal medicine. Several years ago, he retired from private practice to spend full-time in search for the nature of ultimate reality. He is coauthor of the book on the Nature of Ultimate Reality with the author. Finally the author is an Indian American born in the Hindu faith and he has been on the journey to develop the framework for four decades. Together, the two components of the scientific framework can transform individuals, organizations, and nations, and make this a better and a more peaceful world. The author has made a presentation on this topic in several countries and the feedback has been overwhelmingly positive. He introduced the scientific framework and practices of internal excellence in his six sigma course (scientific framework of external excellence) in the MBA program of the University of Kentucky in Athens, Greece three years ago and the students love it.

## Some Words of Caution

The mysteries of the universe and the mystery of life are all about consciousness, emotions, energy, vibrations, and frequency. Once educators have internalized the scientific framework for world transformation, they will see that the quest to remain centered has nothing to do with race, gender, languages, religion, caste, or national origin. Discrimination and violence on any basis is a product of excessive R and T components. Race, religion, or caste have very little to do with these human afflictions. Incarnations, son of God, and Prophets from all faiths have left ample evidence that their sole aim in life had been to raise the S component and to endow humanity with abundant positive emotions (unconditioned love, empathy, kindness, compassion). These comments notwithstanding, the practices associated with the scientific framework for internal excellence which originated in ancient India involve certain postures, chants, etc., which can be easily misconstrued as being religious. They can be modified easily enough as deemed necessary without the loss of impact value.

## Further Readings

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- **Mindset Components:**
  - S:** Truthfulness, honesty, steadfastness, equanimity
  - R:** Attachment, bravery, ego, ambition, greed, desire to live
  - T:** Lying, cheating, causing injury in words or deeds, sleep
- **Emotions:**
  - Positive Emotions:** Unconditional love, kindness, empathy, compassion
  - Negative Emotions:** Anger, hatred, hostility, despair, resentment, frustration, guilt, jealousy, fear, sorrow
- Positive emotions are strongly and positively correlated with the S component
- Negative emotions are strongly and positively correlated with R and T components

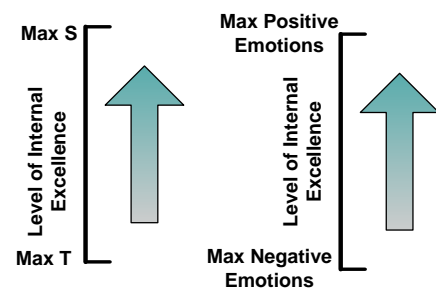


Figure 1. Internal Excellence Explained