

## Exploration

# Experimentations on Enhancing Internal Excellence

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### Abstract

In the article, the author describes and discusses his experimentations on enhancing internal excellence. The state of chakras has been selected for scrutiny in this investigation. If the chakras are on target, the rest of the system should be equally good. The notion of chakras, or energy channels, is an ancient Indian concept developed thousands of years ago. There are seven chakras, whose state is correlated with energies of the ten fingers. When the appropriate fingers of the right hand and the left both have the correct amount of energy, the associated chakra will be of the correct size and perfectly aligned at the central vertical line. The state of the chakras is influenced by both the physiological and psychoemotional state of the subject and so this is a 2-input 1-output problem. When the emotions come under control - they will with meditation, it will reduce to a 1-input 1-output problem. The selected meditation process should address both the size of all the chakras, and their balance, meaning closeness to the central line.

**Keywords:** Internal excellence, consciousness, enhancement, measurement.

*Yogastha Kuru Karmani (Be always in the state of Yoga): Bhagvad Geeta, 2.48)*

### Introduction

Yogis say that every individual has the same capacity to rise to the fullest extent possible for a human being. The difference now is that the efficacy of the age-old wisdom can be ascertained with a scientific device to measure progress. "Rising to the fullest extent possible" means to achieve a significantly higher level of internal excellence (Figure 1 provides the definition).

- **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, guilt, frustration, jealousy, fear, worry, helplessness, sorrow

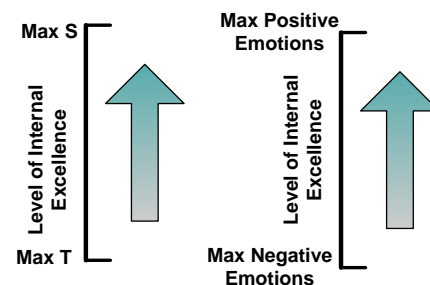


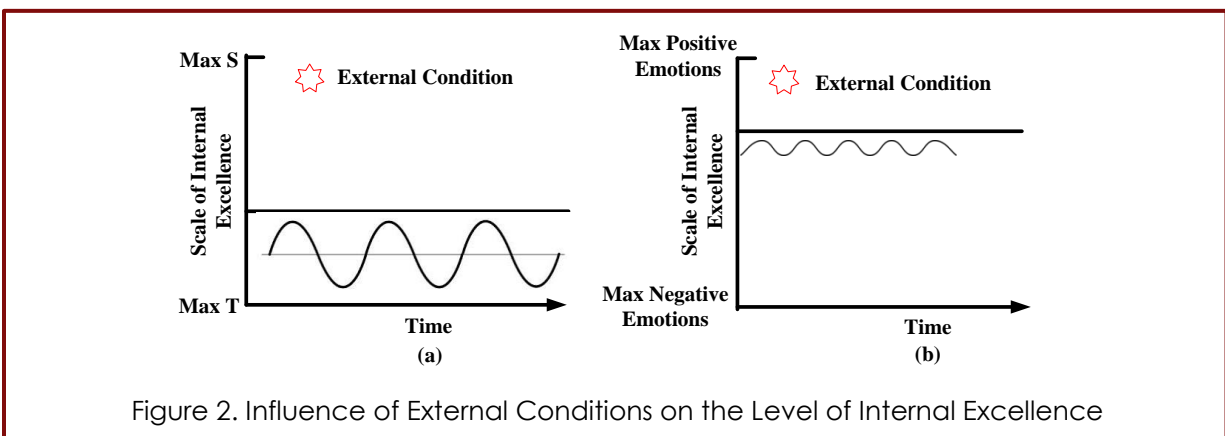
Figure 1. Level of Internal Excellence Explained

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There are two approaches to raising the level of internal excellence: (1) A conscious approach, and (2) A process whose side-effect is a rise in the level of internal excellence. In the conscious approach, the S, R, T components of the mindset are meticulously tracked to insure that the S component remains high and nudges higher while the R and T components remain low and nudge lower. The conscious approach is a necessary but not a sufficient condition for progress. The sufficiency condition is reached when a process whose side-effect is a rise in the level of internal excellence is included and it is meditation. Prospects of success with meditation are enhanced with proper diet and physical and pranic exercises.

## Methods of Measurement

An important indicator of progress amenable to self-assessment in the pursuit of higher levels of internal excellence is the capacity to remain centered (Yogastha Kuru Karmani) in the face of the most challenging external situations that are part and parcel of life. For example, if you stub your toe, what is your instant reaction before you have had a chance to think? Another example, let us say you are driving, obeying all the traffic laws and someone cuts into your lane nearly causing an accident, what is your instant reaction? As depicted in Figure 2 if the disturbances in the internal condition are sustained for long periods of time, then the level of internal excellence is inadequate. If the changes in the internal conditions are small and temporary then that is indicative of a higher level of internal excellence. Among other indicators of high levels of internal excellence are: (1) Spontaneous affection shown by animals, birds, butterflies and children; (2) Just being among individuals with a high level of internal excellence brings a sense of serenity and calm; and (3) Perfectly balanced chakras.



Each of the 6 ½ billion of us on Earth have many trillions cells. Each of these cells has a nucleus which contains 46 chromosomes. We inherit 23 X, X chromosomes from our mother and 23 X, Y chromosomes from our father. The chromosomes are made of atoms which in turn are made up of subatomic particles. In other words, at the fundamental level, we are all made up of vibrations which is light not necessarily visible light. Just as the atomic configuration determines if a substance is iron or gold, the cellular configuration determines whether the cells are healthy or not. That is, the frequency of vibrations of light we are emitting unknown to us is what

determines our health and even the level of internal excellence. Change the vibrational frequencies and the cellular configuration will change for the better as will health.

Ancient Chinese and Indian masters have known this for thousands of years. Konstantin Korotkov has developed a clever way to measure this light we emit to estimate the physiological, psycho-emotional, and internal excellence state of humans. This device called Bio-Well, based on the principle of Gas Discharge Visualization, utilizes a completely harmless current applied to each finger of our two hands and measures the light emitted by them. Correlating the pixels so emitted to the state of tens of thousands of subjects in the database allows for the prediction of the physiological and psychoemotional state of the subject under scrutiny at a high probability. This device has been approved by the Russian Ministry of Health as a medical diagnostic device for use in Russian hospitals and doctors' offices.

Bio-Well produces several outcomes. They are: (1) Overall energy, J, (2) Stress level & balance between physiological and psychoemotional state, (3) Chakras, (4) Yin Yang meridians energy distribution, (5) Health Status, and (6) Energy reserve. The state of Chakras has been selected for scrutiny in this investigation. If the chakras are on target, the rest of the system should be equally good. The notion of chakras, or energy channels, is an ancient Indian concept developed thousands of years ago. There are seven chakras, whose state is correlated with the ten finger energies. When the appropriate fingers of the right hand and the left both have the correct amount of energy, the associated chakra will be of the correct size and perfectly aligned at the central vertical line. The selected meditation process should address both the size of all the chakras, and their balance, meaning closeness to the central line.

Six sigma principles suggest that perfection is not in the plan of nature meaning that it would be extremely difficult to achieve the correct size and perfect alignment of all chakras at all times. Variation occurs because of many factors that are either known or unknown/uncontrollable which statisticians refer to as common cause variability. One source of difficult-to-control variation is what we inherit from our ancestors. Not only do we inherit potential diseases from our ancestors but also emotional traits and this has a bearing on the level of internal excellence. We further complicate our lives beginning with the time we are in our mother's womb when things are beyond our control but also later by our own actions to the present age. There are only two ways to rid ourselves of the ill effects of past negative emotions that are lodged in the energy channels: Either suffer from them or eliminate them. The results of meditation suggest that the effects of past negative emotions are attenuated.

For the seven chakras, the outcomes are: (1) Energy level (size) of each of the seven chakras, Joules, and (2) Balance of each of the seven chakras, closeness to the central vertical line, %. Thus there are fourteen outputs to regulate. The target value of the energy level of each chakra is 5 J, and the target value of the Balance of each chakra is 100.0 %. This is an interacting multivariable control problem as several of the finger energies influence more than one chakra. The goal is to drive each chakra energy towards 5 Joules and the Balance towards 100.0. Perfection is not possible and so we would be content with achieving the correct mean value of each chakra energy and the Balance while minimizing the variance of the size and Balance for all seven chakras.

## Meditation Process

The author has included in his practice a variant of the asanas and pranic exercises of some yoga gurus. The meditation practice was developed by Sanjeev A. Aroskar who holds a B. tech in Electronics and Computers from the Indian Institute of technology, Mumbai. Earlier in his career, he had the opportunity to work on more than fifteen projects for the former President of India the late Dr. APJ Abdul Kalam when the latter was a Project Director. At the author's request, Aroskar has strived to insure that the meditation practice is consistent with six sigma principles. The frequency of the program is twice a day. For more details on meditation for materialization of intentions, the reader is referred to Reference 4.

When we strive for perfection, it is nice to have an ideal to work against. For example, the author's graduate students developed control algorithms that could theoretically deliver perfect control in manufacturing applications. We also understood the problem with specifying perfection and therefore designed control laws which were a suitable compromise. Such is the case here as well. In this case, self-realized masters who remain connected much of the time have the best performance. One such individual is the author's Guruji, Gurumahan Maharishi Paranjothiar who has an Ashram in the Thirumurthi Hills, Tamil Nadu, India. For the last twenty-five years, he has spent three weeks every year in meditation in a Pyramid-shaped structure for world peace with little or no food or drink ([www.universalpeacefoundation.org](http://www.universalpeacefoundation.org)). Figure 3 depicts his chakras from the bioenergy measurements in May of 2013. For the vast majority of us, such performance is nearly impossible to achieve. Nonetheless, the benefits from achievable performance are very significant.

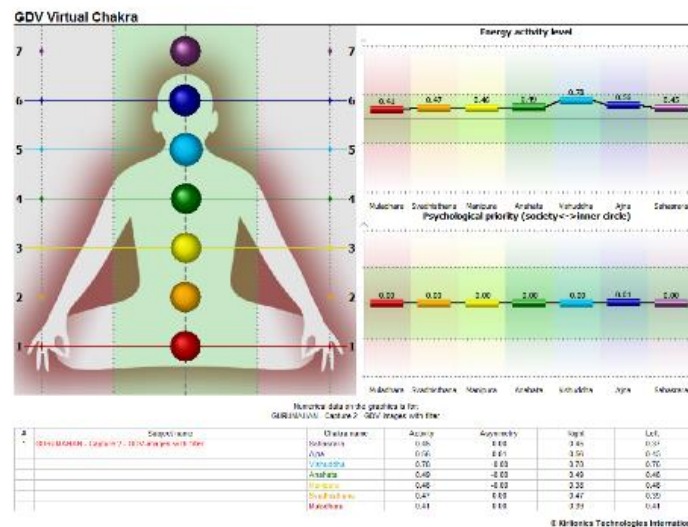


Figure 3. Guruji's Chakras on May 26 2013

## Current Results

Figure 4 depicts the results of meditation over many days. In these figures there was one day when all seven chakras were nearly balanced and of near-perfect size. This is significant as the author had arrived from India carrying a 9 ½ hours of jetlag two days earlier. On several other days, five or six of the seven chakras were nearly balanced and nearly on target. On the days they were off-balanced/off-target size-wise, discernable causes could be identified. For example, on one of the days the author had taken a flu shot and had developed a reaction the following morning. On another occasion, when it was not possible to do meditation in the morning due to some overseas calls that had to be made, the effect was visible in the measurement. When meditation was added that evening, several of the chakras became more balanced. These and other data not included here suggest that the entire program needs to be done sequentially in one shot, preferably in the morning. Furthermore, the author suggests that if he can progress to this extent, anyone can.

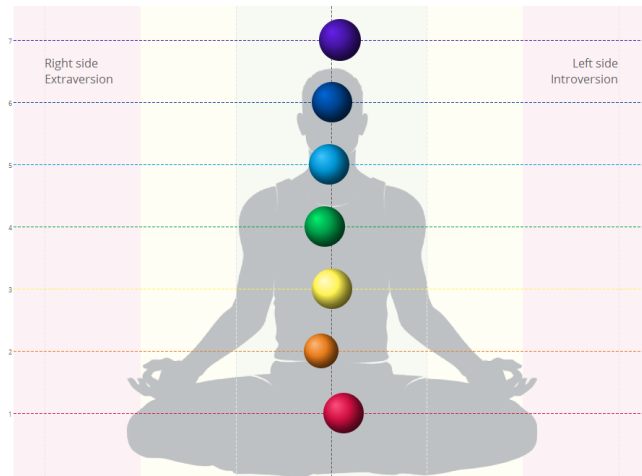


Figure 4(a). October 18, 2015 (58 Joules)

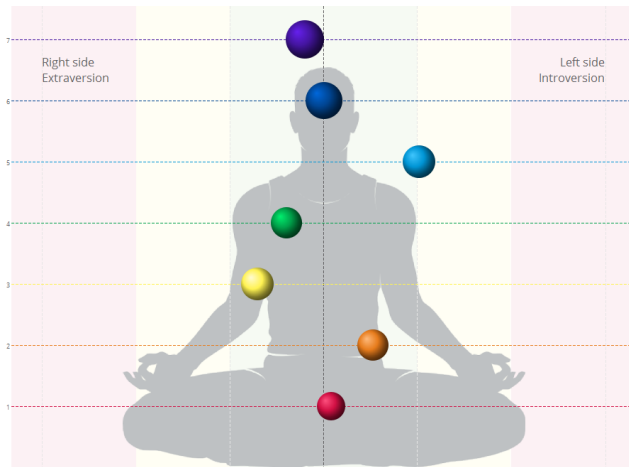


Figure 4(b). October 25, 2015 (Reaction to Flu Shot) 51 Joules

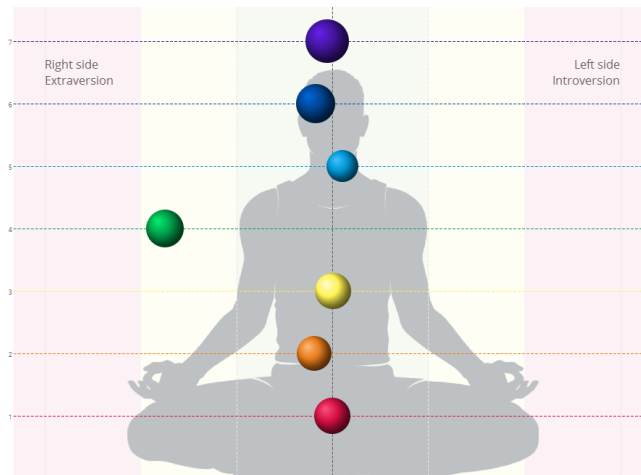


Figure 4(c). October 27, 2015 (56 Joules)

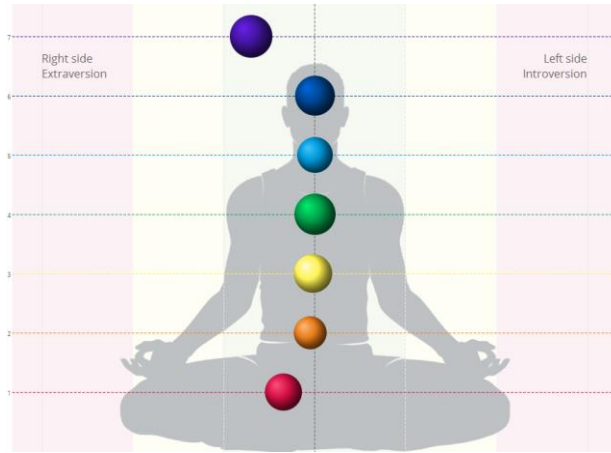


Figure 4(d). October 28, 2015 (60 Joules)

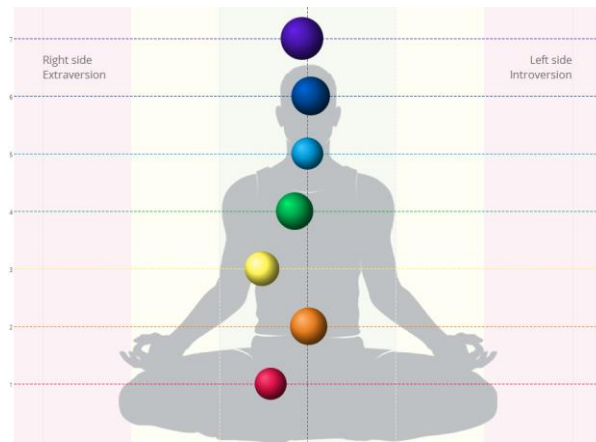


Figure 3(e). October 30, 2015 (59 Joules)

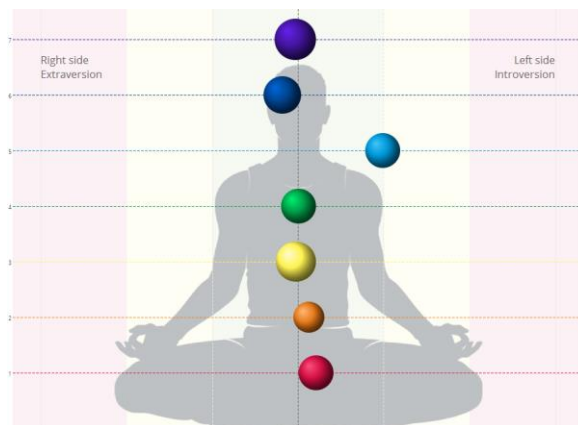


Figure 4(f). November 1, 2015 (61 Joules)

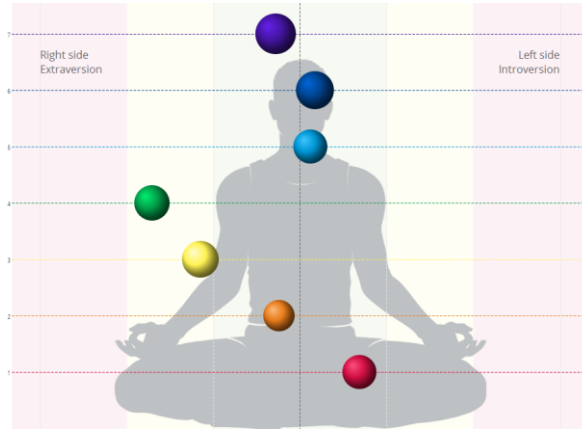


Figure 4(g). Nov 2 2015 Pranayam Only in AM (60 Joules)

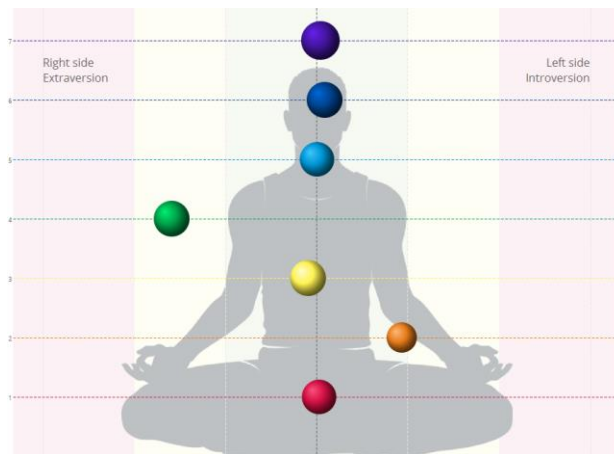


Figure 4(h). Nov 2 2015 Meditation only in PM (54 Joules)

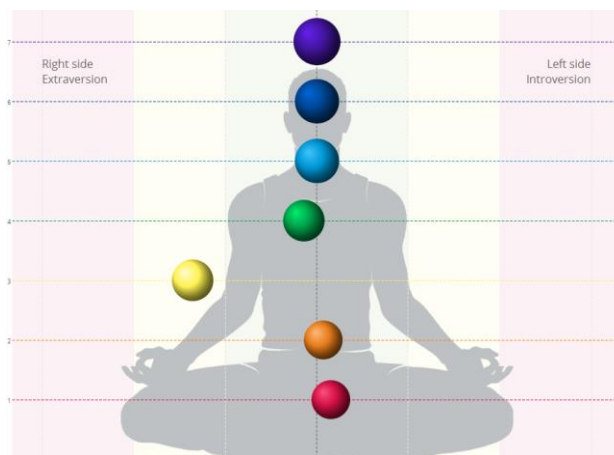


Figure 4(i). Nov 3 2015 (64 Joules)

Figure 4. Chakra Measurements of the Author



Generally speaking, the state of the chakras are influenced by both the physiological and psychoemotional state of the subject and so this is a 2-input 1-output problem. When the emotions come under control, and they will with meditation, it will reduce to a 1-input 1-output problem. Then, it will be easier to link the state of each chakra to specific problems with the physiological state. This information is valuable since our bioenergy field is the first to be affected well before the symptoms of ailments are revealed in the body.

## Discussion

An MRI or a CT scan depicts the state of the specific subject. In contrast, the bioenergy measurements answer the question, compared to the tens of thousands of subjects in the database, how does this subject stack up with a high confidence level. The bioenergy measurements may be important predictors of future problems as the bioenergy of a human being is the first to be affected well before the symptoms of ailments appear in the body.

Although this article has focused on raising the level of internal excellence, there are numerous side-benefits: Health & wellness, creativity & innovativeness, improved performance in all walks of life, better leadership decisions, and less discord. Elizabeth Blackburn has linked high levels of stress to shortening of telomeres and accelerated aging and various diseases. AMA says 80% of all diseases occur because of stress. Stress being a byproduct of negative emotions and since meditation relieves negative emotions from the inside, it is no wonder meditation has been found to relieve stress.

When combined with the scientific framework for external excellence (six sigma), the ideas in this paper extend to organizational excellence, national transformation, and to a better and more peaceful world (Reference 4). Just as a person has an individual level of internal excellence, so do nations. A nation whose population has an increasing level of internal excellence (rising S component), rises while a nation whose average level of internal excellence is falling (rising T component), declines. There is only one way for a developing nation to emerge as a developed nation: Raise the level of internal excellence of the population!

Experimental investigations will confirm that the benefits of spending sufficient time on the program during working hours to an organization and to the individuals will far outweigh the cost to the company of allocating the time for the activity. Success is not likely if the staff is asked to do this on their time. Although meditation brings about changes from within, it is important to also consciously strive to cultivate positive emotions and avoid negative emotions. The yogi says, external conditions only have 3% effect on us but how we respond to them has 97% effect.

It is advisable to remain committed to relying on data alone for decision-making everywhere else except when you sit for meditation. Then, the rational mind must be sent on a vacation or else it will become your worst enemy. Open-mindedness is essential for progress. Rationalism need not equate to tunnel-version. Prospects of success with meditation are enhanced by Shraddha, Bhakti, Vishwas (faith, devotion, and confidence/trust) but this need not make us superstitious.

Everyone will benefit from the program but not equally because each of us carry a varying amount of common cause variability.

The results are sensitive to how one places the fingers on the glass electrode of the Bio-Well device. For example, Figure 5(a) depicts two measurements taken one after the other. The tester needs to follow all the protocols during the measurements. That said the measurements cannot go from those in Figure 5 to those in Figure 5(b) due to errors. The subject is advised to cultivate a neutral mindset at the time of measurement. Expectations of a certain result may bring about an unwelcome change.

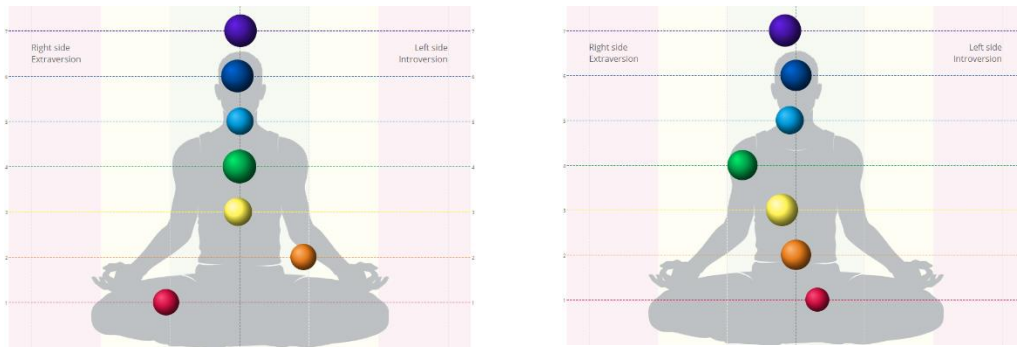


Figure 5(a). Two Measurements Nov 5 2015 Energy 60 J (Left) and 61 J (Right)

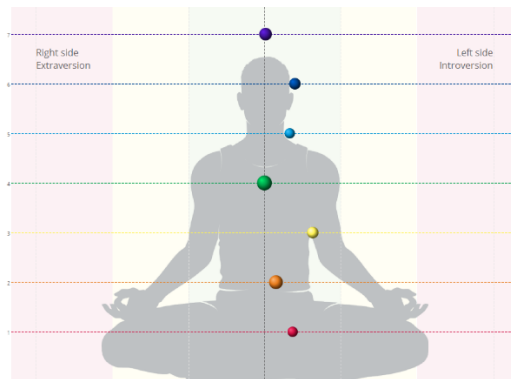


Figure 5(b). Stomach Cancer Patient Jul 27 2014 (Energy 30 J)  
(Courtesy Konstantin Korotkov)

To see how much of a difference the program was making, the before-and-after measurements were made on November 10<sup>th</sup>. The results in Figure 6 show substantial improvement. One reason for the before results is that the author had gone to see an emotion-stirring James Bond movie, Spectre, and had gone to bed very late but the inability to remain centered in the face of these simple external conditions point to a scope for additional improvement.

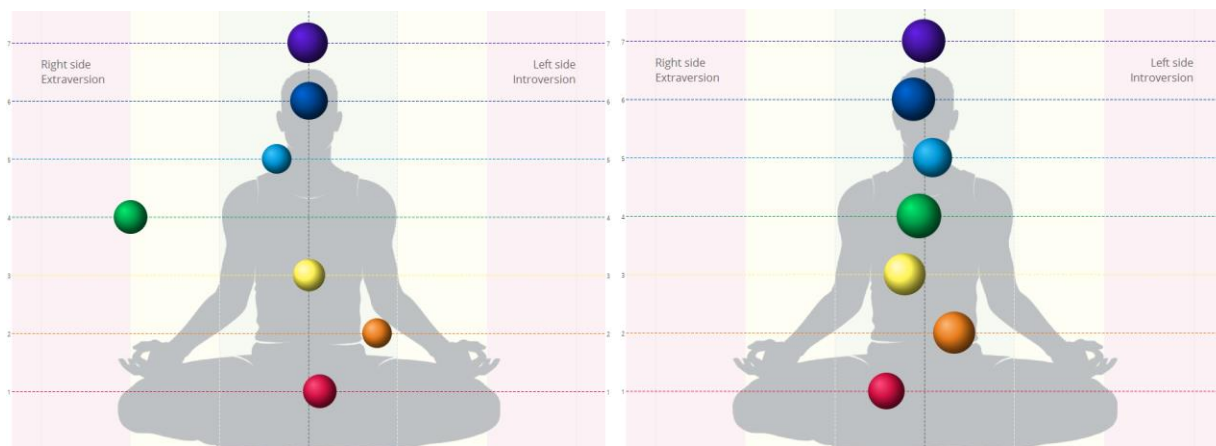


Figure 6. Before (Left - Energy – 55 Joules); After (Right – Energy 65 J) Nov 10 2015

## Epilogue

Some scientists have suggested that how it couldn't be anything else but consciousness that created the universe since there was nothing physical left at the moment of the Big Bang. Scientists have also conducted experiments in recent decades showing that everything is connected to everything else even though not physically linked with a field of energy that responds to the power of human emotions. Since everything is connected to everything else, it follows that our individual consciousness must also be connected to the universal consciousness. This implies that we too must possess the capacity to create. If we could demonstrate this capacity, then the hypothesis that the universal consciousness created the universe strengthens.

The meditation process is designed to materialize intentions and it contains a mechanism to create physical reality. The noblest intention worthy of creation is to rise on the scale of internal excellence. Now, we have a scientific measurement device with which to assess progress. Still, the author wanted to find additional evidence supportive of the hypothesis, intention can create physical reality.

With this mind, the author approached Sanjeev A. Aroskar in India who designed a program which included an explicit intention to become light as cotton so as to lift from the ground. The rational mind objects to this as it appears to violate Newton's Law of Gravity. Actually, we have lifted from the ground because we have become light as cotton and so Newton's Law really has nothing to say about it. Sanjeev gathered a group of six fellow meditators and practiced for several months and during the author's next visit to India, demonstrated the result. Figure 7 is a still-frame from the video taken with the author's iPhone camera showing Aroskar lifting from the ground by more than a foot. There is some spring-action involved here as the meditator was seen to be pushing himself up by pressing with his hands to the ground but this feat would be impossible to achieve with spring action alone. Readers will realize that sitting cross-legged it is impossible to lift even an inch by spring action of the hands pushing down. Four others in the group had lifted by various amounts but none as high as Sanjeev. One individual showed no

response at all. Just be sure, the author had an associate accompany him to witness the program and to take a video with his iPhone.

W. A. Tiller explains that space can become conditioned for example through a meditation process and then if an intention is introduced, it materializes. The author this article adds, conditioning of space requires a sufficiently high level of internal excellence.

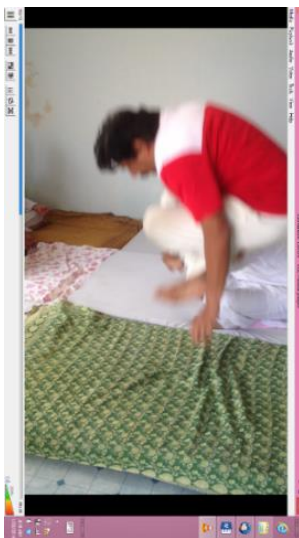


Figure 7. Aroskar Lifting off the Ground

### **Musings of the Author**

Scientific theories are always provisional in that as more and more data comes in that conforms to the predictions of the theory, our confidence in the theory rises but if a single data point presents itself that conflicts with the theory, then that theory must be abandoned in favor of a new or modified theory.

One of the side-benefits of the program is creativity and innovativeness. May be some scientists already engaged in deep research on renewable energy, desalination, global warming, etc., would make breakthrough discoveries by embracing these practices. A theory in the absence of a validated measurement is but a conjecture.

Capacity to learn is a gift; ability to learn is a skill; desire to learn is a choice: Source - Unknown. Progress requires a change of perspective from how much we know to how little we know. There is nothing wrong with making money. Trying to make it under false pretenses is where the problem lies. In the absence of emotions, the notion of God has no relevance. The teachings of all incarnations are nearly identical. This implies that they were all connected to the one and only source. In an ego-bursting admission, no one invents anything; we only discover them.

The wisdom of self-realized yogis is profound. Unfortunately, there are too many instances of unwholesome activities involving individuals pretending to be evolved souls. No wonder, there is so much confusion in the minds of many in the society. Trust but verify. Mysticism is science not yet discovered but take care, mysticism and superstition are close cousins and so validate all observations with six sigma principles.

Science is God already discovered but God is science yet to be discovered – Baba Shivanand Ji. Science demands that measurements must be repeatable and reproducible and that is the way it should be. On the hand, six sigma posits that there will always be a certain amount of unavoidable variation in any outcome under scrutiny due to uncontrollable and unknown causes. This concept is especially relevant in the present instance.

The scale of internal excellence (Figure 1) is nonlinear and contains chaotic orbits. Therefore, it is possible to traverse the entire distance from the bottom to the top or the top to the bottom in short order if you happen to hitch a ride on one of the strange attractors. Conversely, there could be little progress over an entire lifetime despite best efforts.

Some people erroneously link meditation to religion. However, it is clear that there is no scope for religious discord in the domain of universal consciousness. The world has become increasingly rational minded since the days of Copernicus perhaps stung by Aristotle's false claims of an earth-centric existence. Therefore, a scientific explanation is necessary to win the hearts and minds of the people.

Today's students are tomorrow's leaders and so it is important to introduce the program at an early age. Otherwise, we will find ourselves complaining about high healthcare costs, now over \$2.7 trillion and climbing, when we are much older when the time to act would have passed by several decades. The same reasoning applies for why the world is not more peaceful.

David R. Hawkins explained that only 25% of the world is transformable. In this connection, two questions arise: (1) How then can the world become more peaceful? and (2) How to reach the 25% who are transformable. The answer to the first question comes from the work of Maharishi Mahesh Yogi and his scientist followers. They conducted experiments which showed that a mere fraction of the people meditating has a profound positive effect even on those who are not participating in the exercise. As to how to reach the 25% transformable ones, the answer has to be via the World Wide Web. The strategy should be to bring the ideas and concepts to the attention of the 100% of the people knowing fully well that only a quarter of them are likely to embrace them but that should be sufficient to bring about a significant positive change in the society.

There are a small number of self-realized yogis who have come out to teach the practices of internal excellence. The work reported here shows that scientists too can teach the science and practices of internal excellence to a significant extent. Scientists may not have the capacity to take an aspirant to the top of the scale of internal excellence but the progress aspirants will make should be sufficient for national and global transformation and peace. This is significant since there are tens of thousands of scientists. So, national and global transformation is not a theoretical concept; it can actually be done. Aspirants desirous of reaching even higher levels of internal excellence may not find it difficult to reach a self-realized yogi who resonates with them.

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