

Essay

Making America Great Again

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Abstract

A couple of years ago, the rise of America appears to have come to a grinding halt. An indication of this is an unparalleled rise in negativity. In this essay, I present the scientific framework for internal excellence which is the knowhow to replace this negativity with positivity. I trust the reader also sees how closely India and America are linked. This is the reason why yogis starting with Swami Vivekananda, Yogananda Paramahansa, Maharishi Mahesh Yogi, Sri Sri Ravi Shankar, and Sadhguru Jaggi Vasudev have an interest in America. It is hoped that this nation will embark on a program to make America great again and the world is sure to emulate America's example.

Keywords: Internal excellence, external excellence, American Dream.

Introduction

There has been an alarming rise in negativity across the United States in the last few years and the US is not alone. Lucy Hawking, the daughter of the famed physicist the late Stephen Hawking, quoted her father as saying, *his greatest concern is how divided we have become* [1]. In an interview to CNN's David Axelrod on November 17th, Supreme Court Justice, Sonia Sotomayor said when asked about the modern political discourse, *too large of an emphasis has been put on differences rather than common "human values."* She added, *we all have families we love, we all care about others, we care about our country, and we care when people are injured". "And unfortunately, the current conversation often forgets that. It forgets our commonalities and focuses on superficial differences whether those are language or how people look or the same God they pray to but in different ways. Those differences truly are not important," she added. "What is important is those human values we share and those human feelings that we share. But I worry that we forget about that too often* [2]. At a recent conference, "Towards Peace, Harmony and Happiness: Transition to Transformation" organised by the Pranab Mukherjee Foundation, former President Pranab Mukherjee of India said, here, Institutions have come under stress in recent times. "Our Constitution provides a delicate balance of power between various institutions of the state. The balance has to be maintained. In the recent past, these institutions have come under severe strain. There is widespread cynicism and

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disillusionment with the functioning of these institutions. To restore their credibility, the correctives have to come from within,” he said [3].

Gallup estimates that the national cost of negativity is \$1 trillion, annually [4]. We propose that a process to dramatically reduce the negativity cost, complete with a scientific measurement device for audit purposes, is now available. This is also the pathway for a better and more peaceful world [5], [6]. To discuss these ideas and to propose a plan of action across the nation, we sought a meeting with the Hon. Douglas County Commissioner, Mrs. Mary Ann Borgeson in Omaha, Nebraska on October 29, 2018 and she graciously agreed. Gurumahan Maharishi Paranjothiar, founder of Universal Peace Foundation (UPF), Thirumurthi Hills, TN, India, graced the occasion by his presence.

Internal Excellence Explained

To understand the fundamentals of what creates negativity, we have to understand the notion of internal and emotional excellence. All seven-and-a-half billion human inhabitants of Earth have three components of the mindset: **S** (Truthfulness, honesty, steadfastness, and equanimity), **R** (Attachment, bravery, ego, ambition, greed, and desire to live), and **T** (Lying, cheating, causing injury in words or deed, and sleep). The definition of the three components is such that perfection (all **S**) or pure evil (all **T**) is precluded. The level of internal excellence has nothing to do with race or caste, religion, gender, or national origin. Now, human beings are endowed with two emotions. Positive emotions: Unconditional love, kindness, empathy, and compassion, and Negative emotions: anger, hatred, hostility, resentment, frustration, jealousy, sorrow, and the like. A little reflection will reveal that positive emotions strongly and positively correlate to the **S** component while negative emotions strongly and positively correlate to excessive values of **R** and **T** components. The two scales of excellence shown in Figure 1 are entirely equivalent. It should be clear, negativity divides us while positivity unites us. Negative emotions spell big trouble on many fronts while positive emotions improve health and wellness, performance in all walks of life, better leadership decisions, creativity and innovativeness, and less discord and violence. To attenuate negativity, the society must rise on these scales of excellence and this requires a measurement device and a process with which to rise. The **S**, **R**, **T** components cannot be readily measured, but the two human emotions can.

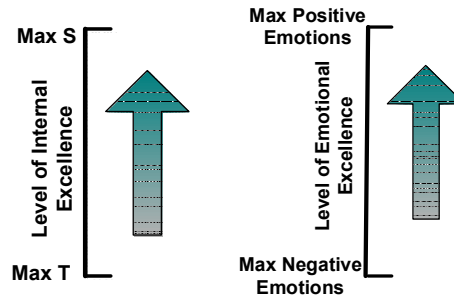


Figure 1. Scales of Internal and Emotional Excellence

To understand how, we have to realize that we are all vibrational creatures and our vibrational characteristics determine everything about us. They are our true nature. Furthermore, our vibrational characteristics strongly correlate to emotions. To elaborate, if we breakdown the trillions of cells in our bodies further into smaller parts, we will find that they are made up of atoms. Atoms are not solid objects, they have protons and neutrons in their nuclei and electrons orbiting them. Thus, at the fundamental level, we are all vibrational creatures. It is just that these vibrations cannot be perceived with the five senses because the signals are too weak. They have to be stimulated and amplified for measurement purposes. Negativity introduces disturbances in our vibrational characteristics causing all sorts of problems including health and wellness, performance in all walks of life, interpersonal relationships, poor leadership, and discord and violence. Modern physics too arrives at the same conclusion [7].

With funding from NSF and US Airforce, the researchers at the Massachusetts Institute of Technology developed a wireless device they call EQ Radio to estimate emotions. In this method, the device sends wireless radio frequency (RF) signals to the subject and captures and analyzes the reflected signals with a machine-learning algorithm to determine the heart rate, heart rate variability, and respiration rate which in turn estimate emotions [8, 9].

Researchers in St. Petersburg, Russia, developed a device based on the gas discharge visualization (GDV) principle which uses an electrical stimulus. In the GDV device, the subject inserts the fingers of his or her hand, one at a time, and places them on the glass electrode of the device connected to a digital computer with a USB cable. When the operator presses the SCAN button, the computer applies an electrical signal to the finger and the finger's response to this electrical stimulus is a burst of photons that are captured and analyzed in comparison with tens of thousands of subjects in the database to estimate the physiological and psychoemotional state of the subject. The measurement is noninvasive, painless, and takes only a few minutes [10, 11]. The GDV technology (GDVUSA.org) is registered with the FDA.

With the measurement device on hand, the next step is to identify a process with which to increase the level of emotional excellence to endow us with abundant positive emotions at the exclusion of negative emotions and such a process is meditation, or more generally yoga. Physical and pranic (breathing) exercises are supportive of meditation practices. In his first

interview in twenty-five years, Larry King asked Maharishi Mahesh Yogi on CNN in 2002, “*Does Transcendental Meditation require a change of personality?*” Maharishi replied, *the change of personality will be for the good as a result of it, towards positivity, towards harmony, towards higher values of life* [12]. There is a considerable body of literature in reputed science publications, medical journals, and business publications attesting to the myriad of benefits of meditation. The first author has many years of experience on himself that attests to the benefits of meditation.

In the meeting, I presented a synopsis of this scientific framework to the Hon. County Commissioner and Gurumahan explained the global ramifications of negativity and how meditation makes us positive. He also conducted a brief meditation session for the County Commissioner.

The County Commissioner told us that effective July 2019, she will assume the charge of President of the National Association of Counties (NACo). She is also Immediate Past President of Women of NACo. These organizations offer a unique opportunity to demonstrate the merits of the concepts explained in this paper nationally.

Making America Great Again

I arrived in the US as a twenty-year old in 1962-1963 and enrolled as an undergraduate student in chemical engineering at the University of Alabama in Tuscaloosa. Vivian Malone Jones and James Hood were the first ever African-American students to be admitted to the University of Alabama that semester. Alabama Governor George Wallace attempted to block them from registering for classes at the all-white university. Students in the dormitory named Gorges Hall where I was staying, along with students in other dormitories, were quarantined for fear of violence. Robert F. Kennedy, the Attorney General, had sent in Federal Marshalls to remove the Governor from the campus so that the two students could enroll in classes.

I learned my first lesson in the greatness of this nation on the day of my arrival in the United States when a gentleman named Eric Rogers came to pick me up at the Tuscaloosa airport to give me a ride to the campus. He even carried my suitcase and loaded it in the trunk of his car. Only later did I learn that he was Dean of the Graduate School at the University of Alabama and I was just an undergraduate student! In the subsequent years, the student body crowned an African American girl as Homecoming Queen. In the ensuing years, the whole nation appeared to make steady progress toward greatness.

I have had a strong hunch for decades that the United States possesses the same capacity to reach the highest level of excellence possible for a nation just as India had demonstrated during Vedic

times. Veda, Upanishads, etc., are treasure troves for humanity. They shed light on the mystery of the universe and the mystery of life. So, you might ask, how did the ancient sages come up with such profound knowledge and wisdom thousands of years ago when there was no such thing as science as we know it today? Such knowledge goes by the name, *shruti*. In Sanskrit, *shruti* means “heard”, implying that it cannot be sourced from previous knowledge. The knowledge and wisdom in *shruti* is acquired by increasing one’s focus of attention as with a meditative process. For more details, see the paper, Scientific Analysis of Siddhis [13]. The work of mathematical genius, S. Ramanujan, is a stunning example of *shruti*. Barely a high school graduate, Ramanujan would write down complex mathematical theorems and their proofs without knowing the steps in between. Asked by his mentor, Prof. G. S. Hardy at Cambridge how he does that, Ramanujan replied, *Goddess Habaki speaks to me*. In the language of the scientific framework, he must have connected to the source. For Ramanujan, this happened during puja (worship). The British biographical film, *The Man Who Knew Infinity*, provides a fascinating account of Ramanujan’s life. Ramanujan is the second Indian to be elected Fellow of the Royal Society. As Jim Kowall points out, such *shruti* knowledge, however profound, must nonetheless withstand the rigor of logical scrutiny. When I say America has the potential to reach the highest level of excellence, I mean the nation has the capacity to create knowledge and wisdom to tackle such problems as renewal energy, global warming, desalination, etc., which may come as *shruti*. The likes of Albert Einstein too must have connected to the source, unknowingly, and the result is such discoveries as $E = mc^2$, spacetime curves around massive gravitational objects, etc. But now we have understood how creation happens and we have a process to bring about creation. Truly heart-warming prospects for America and the world.

Just below *shruti*, is the knowledge and wisdom derived from rational thinking which goes by name *smruti*. Such knowledge may be used to corroborate the knowledge and wisdom acquired with *shruti*. Six sigma is a great example of a methodology that can be used to corroborate the knowledge acquired with *shruti* and it is uniquely American. Developed at Motorola during the seventies by the late Bill Smith and the late Dr. Mikel J. Harry, six sigma may be deployed to achieve the best possible performance of processes and services. I tell my Indian friends, six sigma is as precious as Vedas and Upanishads, Geeta, etc. Without it, it is not possible to corroborate the knowledge and wisdom of *shruti*; it would only remain as an interesting philosophy, bordering on conjecture.

In a speech at the Biltmore Hotel in Los Angeles, California just before he died on March 7 2018, Yogananda Paramahansa remarked, *I look forward to a new model world that combines the best characteristics of “Efficient America” and “Spiritual India”*. Six sigma is the science of external excellence and spiritual India is the science of internal excellence presented above. I have discovered that in the absence of an adequate level of internal excellence, the best of the best quality initiatives, including six sigma, deliver suboptimal performance. The late Dr. Harry

was fully on board on the need for internal excellence in external excellence programs. See my paper on his blog, Business Improvement Times [14].

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The National Association of Counties has a unique opportunity to make a national contribution. To explain, a small fraction of the world population is transformable but that small fraction is sufficient to transform this into a better and more peaceful world. Unfortunately, it is not possible to know who the transformable ones are. The only route to progress is to bring the framework to the attention of the whole nation knowing that the transformable ones will be in it and they will be take the ball forward. According to Wikipedia, NACo's membership totals more than 2,350 counties, representing more than 80 percent of the nation's population. Thus, the National Association of Counties has a unique opportunity to contribute to a more peaceful nation. Our job is relatively easy, and it is to convince the participants in a workshop the merits of our case and we are supremely confident of success.

Acknowledgments: We are most great grateful to Mrs. Borgeson for sparing her precious time for the meeting and to Gurumahan for his presence. The meeting was supposed to last an hour; instead it went on for two hours. The author also thanks Gopi Gopikrishnan for his assistance in organizing this meeting and to Jayaram Nagarajan and Ravi Pillai, volunteers with Universal Peace Foundation North America (UPFNA) for their help. I am a registered democrat and I told Mrs. Borgeson, if she were to run for national office, I will vote for her. It is not the red vs. blue thing, it is all about internal and emotional excellence.

Further Readings

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