

Science, Spirituality and Media in Establishing Values

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Abstract – This article emphasizes on spiritual viewpoints and spiritual experiences, including enlightenment and the perception of oneness encountered by many people that have had strong spiritual experiences. Over past several centuries human society has witnessed tremendous scientific progress tremendous scientific progress and growth of material affluence in many parts of the world on the one hand and a serious erosion of moral and spiritual values on the other. As mankind is facing a multidimensional civilization crisis, which has engulfed almost all perspectives of our lives, material and spiritual. All nations, whether rich or poor are nations with a troubled soul and are in search of new paradigm. Eminent thinkers throughout the world, including leading scientists, peace workers and spiritualists, firmly believe that only a synthesis of science and spirituality can lead the world out of the present troubled times. The synthesis of science, spirituality and media has a unique potential to resolve the mind body problem, the question of evolution and life's origin and many other philosophical, ethical and moral human concerns. One of the primary objectives of this paper is to grab attention of sincere scholars and thinkers throughout the world.

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INTRODUCTION

Most people think that science and spirituality are totally opposite fields of study, but both areas are two sides of the same coin. The aim of science is to uncover the deepest spiritual truths and the aim of spirituality is the search for the cause behind scientific fact. Some of the greatest scientists, when questioned about their discoveries, point to spiritual inspiration or divine power as the force behind their findings. Albert Einstein, who revealed the theory of relativity and made this nuclear age possible, once said, "I assert that the cosmic religious experience is the strongest and noblest driving force behind scientific research." If we look at science today, we find that one of the goals of the scientists is to discover how creation came into being and how human beings came into being. New discovery is able to detect some of the earliest remains of the big bang. Scientists are competing to see who can be the first to discover what happened at the moment of creation. The scientists search through outer instrumentation, spiritual scientists search through rising above this plane of existence to higher levels of consciousness.

Let us look at modern medicine; we find a whole new approach to healing. In the past we thought healing occurred by the course of certain drugs. Those in a new field of medicine talk about the mind-body connection. They speak of healing the body by healing the mind and using the power of soul. In

some of the greatest medical institutions of the world, doctors are nowadays advocating meditation as a way to reduce stress and eliminate stress-related illnesses. Another study reveals that people who spend time in meditation or religious worship recover sooner from surgery than those who do not. We are living in a phenomenal age in which the lines between science and spirituality are being unclear.

NECTAR OF LIFE

The aim of human life is lasting peace, equanimity and equipoise of mind, which can never come from worldly attainments. Happiness obtained from worldly accomplishments is transient and hence does not last long. On the contrary, they become a cause of worries and sorrows at some stage in life. The aspiration for self-fulfilment becomes evident from their search for the nectar of life. True happiness lies in spirituality, if taught by a preceptor and learnt by a seeker as a science of experience of the inner world.

Human being is fundamentally and essentially divine in nature. The divinity in man is masked and obscure by the endless chain of thoughts and desires. Simply knowing that the supreme spirit dwells in all beings, as Soul is not sufficient. We, thus, need someone who can give the abstract metaphysical truth a visible reality. We need some outside help for this. This outside help comes from

perfect spiritual master of the time who has himself known and seen the metaphysical form of God by unravelling the profoundest mystery. While the outside physical world of objects is the domain of the physical sciences, the field of study of religion and spirituality is the inner world. Our inner realm (kingdom) is beyond comprehension of sense organs, gross body, subtle mind and intellect.

The vision is the revelation of the inherent divinity in the man. This super-sensuous experience is instant and spontaneous in every aspirant at the time of initiation. It happened not only in the remote past; it is possible even today; provided one has the urge in his heart. It is, thus, on opening of the eye of spirit that your journey into the inner space of the ultimate reality begins. This is the eternal way of meditation.

SPIRITUAL PHILOSOPHY OF SCIENCE

One of our most fundamental challenges is to reconcile our scientific understanding of the world with our spiritual experiences and beliefs. There must be a unity at a higher level of reality, despite the outer appearances to the contrary. The endeavours of conventional science focus only on material and technological aspects of our lives and largely ignore other areas of vital interest to many of us, such as natural therapies, psychic phenomena, subtle energies and free energy generation, the multitude of anomalies and unexplained phenomena, as well as the whole area of religion and spirituality. A main reason for this is the absence of linkage between science and spirituality that makes these subjects understandable in scientific terms.

However, such a unified theory of everything is possible by assuming that there is a further dimension in addition to the commonly accepted three space dimensions or four spacetime dimensions. Furthermore, this will also allow a logical and unified understanding of many aspects of science, such as quantum physics, that are presently unintelligible except mathematically. With this we have the foundation of New Physics and New Science. This will allow science to move from focusing on the material universe to spiritual science investigating the totality of our existence.

NEUROPHYSIOLOGY OF MEDITATION

Meditation is engagement in thought, especially of a spiritual or devotional nature. To elaborate further, meditation is an attempt to concentrate mind on a single form or an idea or an aspect of divinity at the exclusion of all other forms, thoughts and ideas. The mind is focused inwards and this effort of concentration acts as a stimulus to gain access to knowledge of 'object of meditation'. The aspirant makes an attempt to minimise perceptions through senses - input through special senses like touch,

sight, hearing etc.-by detaching mind from sense organs in the brain.

Meditation brings tremendous changes in the human brain and nervous system. Researches have given a great fillip to the study of neuro-physiology of Meditation and Yoga. Hypnosis, drugs, sleep suspended meditation etc. can bring about altered consciousness brought about by meditation alone.

One of the ways to control physiological reactions to psychological stimuli is meditation, yoga etc. The scientists take Transcendental Meditation (TM) as the uniform technique and base their observations on the study of the subjects engaged in this form of meditation. In summing up the results the scientists have come to the conclusion that the effect of meditation is a "**Wakeful, Hypo-Metabolic State**". They have found that:

Yogis could slow both heart rate and rate of respiration.

Yogis could slow the rate of metabolism as confirmed by decreased oxygen consumption and carbon-dioxide output.

Electro-Encephalo-Gram (EEG - recording of brain activity) in Yogis showed changes of calmness in the form of "alpha rhythm" during both eyes closed and eyes open recordings. Their skin resistance to electric stimulation was increased (indicating increased tolerance to external stimuli).

Our physical stress is in the form of "fright, flight and fight" mediated through over-secretion of certain neuro-transmitters and neuro-modulators, by way of stimulation of sympathetic nervous system. In this process we become panicky or aggressive, our blood pressure rises. The stress and anxiety are the end results if we allow our natural age-old sympathetic reactions to act and to come to surface. We try to run away, become fearful or fight the situation. These reactions should be replaced by more calm and peaceful reactions of equanimity and fearlessness. The need is to just face the brute and it will go away. Such desirable reactions of non-aggression and peaceful attitude are generated by Yoga and Meditation.

A regular and useful test known as electroencephalography EEG on Yogis and the Zen Meditations were undertaken to record the electrical activity of their brain during the state of samadhi. This study demonstrated that the basis of conscious state of brain, among other things is due to activation of reticular system in the brain stem in response to internal and external stimuli. These stimuli bring about various changes during

sleeping and wake full states of the organism and these can be studied by EEG.

Effects of external stimuli like a loud gong, strong light, thermal stimulation and vibrations were studied. The results were compiled and analysed. It was observed that two Yogi could keep their hands immersed in extremely cold water for about 50 minutes (raised pain threshold). During state of meditation, all of them showed persistent "alpha activity" in their EEG with increased amplitude wave pattern, both during 'eyes closed' and 'eyes open' recording. It was observed that these alpha activities could not be blocked by various sensory stimulation during meditation.

SPIRITUAL PREFECTION THROUGH SCIENCE

Science had started as neutral mission for knowledge: pure and simple, based on reason and rationality, but without any consideration of reasonability. For, reasonableness does not come under the purview of physical science; it comes under the application of the truths one has gathered from the vast pool- ocean of knowledge. The quest for knowledge is to realise the totality of; however, as the person or persons involved in seeking and exploring the 'totality' are themselves the parts of that one whole, they in no way can ever grasp or reached the wholeness; unless of course one becomes the whole himself. And indeed that alone is the graceful aim that the whole has reserved for and granted to the human beings thus knowingly or unknowingly the person or the persons as a collective endeavour bracket clans, groups, states prevents nation world sector the whole process of evolution is always in a flux and in the process of reaching the wholeness that can also be called perfection. In this journey the person reaches a temporary phase or a stage where he can have consciousness that he is capable of reasoning and rationalizing about the wholeness. From this point of view, one should try to see the scientists claim that they do not need religion and spirituality to interpret the meaning and value of the universe and its existence, and interrelationship and interdependence of multi ferrous objects and emotions therein.

The science of spirituality is the outcome of immense labour and head poured into clarifying one genuine concept, its application afterwards is a matter of simple logistic and matter of time. While the rewards of intensive labour and application of intellect to create and evolve or (resolve) a concept is but intellectual satisfaction and recognition later, its application in the form of technology brings forth immediate comfort and joy in life of the many mostly concerned with sense pleasures. Such comforts take the forms of more pleasure and ease in life in the field of physical sciences, while in the spiritual field they become rituals and traditions. Light and electricity is a communication and transport,

availability of food and housing all pertain to the technological fallout physical sciences, while temples and worship books and prayers come handy as religion is based on the science of spirituality, discovered an enunciated by the Prophet or the Seer.

ROLE OF SCIENCE AND SPIRITUALITY FOR WORLD PEACE

Mankind today is facing a multidimensional civilization crisis, with has engulfed almost all perspectives of our lives, material and spiritual. All Nations weather Rich or Poor Nations are nations with a troubled soul and answers of new paradigm full stop the question is how can science and spirituality contribute to world peace.

When we think these thoughts, brain sends out chemical messages to the body in response. With mostly negative thinking we are sending out messages to the body which are not in harmony which are not peaceful and loving and which age the body and cause it to get sick. As a society, we can see that this is true. Stress levels are up, mental disorders are up, fear is in the news and here is in ourselves. This is very obvious and anyone can understand this. The common thing that happens when people read books or see movies of this kind is that they sharpen in the desire to know more about to experience more within their life and that is so true. The books won't give you that experience but they will make you realise that there is a greater experience of life to be lived and that it is up to you. Meditation practice can give a state of continual peace that is beyond the mind, beyond the body and is greater and more than anything that is possible. Within everyone is this state of ease and with a little practice everyone can let go of the direction to thinking and high drama and return the mind to its natural state of peace and harmony.

In fact, with just a little practice, your whole life can be changed so dramatically that the idea of the fearful world, or the idea that you aren't good enough a simple seen as that. They are seen as worthless thoughts not worth thinking as we experience of peace and joy start to naturally dominate your daily experience in any situation and in every movement. The choice is yours. The great news is, once you become aware that this is indeed true magically a path opens up for you to help bring a great experience to you.

The scientists today are facing multidimensional questions, science am discovering the ultimate reality through experiments in mathematical analysis but the reality of truth continues to defy all such attempts. The spiritual leaders of the world are also seeking the ultimate truth. When the scientists desire to remain objective, observer-observed dualism appeared on the scene and

rendered any absolute observation impossible. This is particularly true for the sub atomic world. This unpredictable and uncertain behaviour of quantum particles has led to an interesting interpretation of quantum mechanics.

Swami Vivekananda has defined science as "Nothing but the finding of the unity", in his famous Madras lecture he had said, "One atom in this universe cannot move without dragging the whole world with that. Swamiji had also said, "One man contains the whole universe. One particle of matter has all the energy of the universe at his back."

The coming generation would realise the most blissful state of essential unity pervading all over the universe and announce: AATMAN IS BRAHMA. SCIENCE IS TRUTH AND TRUTH IS BRAHMA. So, said Vinoba commerce science and spirituality is equal to world peace.

SPIRITUAL CYBERSPACE

Turning to the subject of technology, we rely on computers in almost every aspect of our lives, from outer space travel to communication, from medicine to education. Knowledge is doubling in 3-5 months: it used to double almost every 18 months a few years ago, and at the beginning of the last century, knowledge used to double every 200 years. What is interesting, he explained is that today most scientists believe in god than ever before. In fact, commerce scientists are discovering many of those things that saints and mystics have been saying for hundreds of years.

We can compare the basic principles of a computer with how a soul works. Just as a computer Ninja master programmer to make it function, to the soul has a Master Programmer who is God; likewise, just as a computer needs a basic program or operating system to run, each soul is given a fundamental program by God: to be non-violent, ethical, truthful, humble, full of selfless service, purity, compassion and love. This is how we are supposed to operate. As human beings, we also put other programs in to our system based on our interests and needs. Just as a computer may have a program that does accounting or diagnostics, we too, have programs based on our needs. Also, as we are in this physical world, we come under the domain of the universal mind that power which is sustaining the physical astral and causal regions. The universal mind is putting more programs and viruses into our being which make us malfunction. We find that the instead of being a loving and non-violent, we are filled with anger, attachment and ego, in this computer industry as well as computer systems are hit with spam or junk mail; this is what happens to us not only do we get viruses he remarked that we get junk mail from the universal mind and waste time with the outer attractions that become distractions from our goal of self-knowledge and God realisation.

As we access the information from the internet. If we do load the information unknowingly, it may be virus, which will damage as system. In the same way if we load the heart unknowingly that can damage us and we will move from one or root. The media personality needs not to project the things which may be the virus for the human's being.

We all know that our time in this physical world is limited and that we need to meditate to reach our spiritual goals, but we are easily distracted into the activities of the world. To deal with these viruses and spam that invade our soul we go to spiritual meetings and sit in meditation on the inner light And Sound of God so that we can be cleaned and recharged spiritually.

CONNECTIVITY OF HEART AND BRAIN WITH GOD

The heart begins to beat in the unborn foetus even before the brain is formed so it appears that the heart truly holds primary status as the initiator of human life. Even so, scientists have yet to discover what causes the human heart to automatically begin this essential "auto rhythmic" beat in function that grants us physical existence. Although previously unknown, neuroscientists have now discovered that there are over 40,000 nerve cells(neurons) in the heart alone indicating that the heart has its own independent nervous system sometimes called "the brain in the heart" in addition, the heart has an electromagnetic energy field 5000 times greater than that of the brain.

Since the heart's energy field is greater than that of the brain's, we presume that feelings and information sent from the heart to the brain can have a profound effect on the brain's functions introducing heightened intuitive clarity and increased feelings of well-being. Gratefully, this welcomed state of balance or coherence between the heart and the brain eliminates stress and permits the personal condition we have called creativity as well as peace of mind!

Because this powerful coherence starts in each individual's heart rhythms the heart may be considered the conduit or vessel through which soulfulness, higher consciousness or spiritual energy enters the human being at birth. This scientifically identified condition of heart coherence supports the teachings of many world religions that state the human heart is the seat of the soul. Spiritual teachings also suggest that it is humanity's task to join together their individual coherent heart energies into one unified peaceful heart, one spiritually inspired healing intention.

Do you feel willing to explore the idea that both the heart and the brain was actually created so humans could always know "their Maker"? Would

you want your loving heart and fantastic brain to be healthy and connected with your created during physical life for essential spiritual guidance and support? Fortunately, among the many scientific and technical discoveries recently made, there are several which have helped us identify the major purpose of the brain as a spiritual receptor of light, of God's energy.

This spiritual capacity must be developed by the constant infusion of light (heart love) from the mother and family if the brain's normal physical growth is to be attained. Should this essential "growth fuel" be missing during its early months and years, the infant's brain development will likely be curtailed by lack of this essential light or love energy, causing a variety of serious repercussions. Rather it is to finally understand that both the heart and the brain require light and love to attain spiritual connection to god. This is critically true during a human's infancy face of physical growth- but also throughout its adult years thereafter.

Then, with this knowledge that we human beings were created to live with the constant fuel of light / love during physical life in both our hearts and our brains, we must educate ourselves and do everything in our power to fulfil our heart's and brain's ability to function properly and establish values. Health will be seen in a different way once scans of the brain's interior condition and functioning reveal any damaged or unbalanced areas, and new approaches for restoration can be applied.

CONCLUSION

Science and spirituality were not different at all. They both aimed at finding truth, at discriminating between what was truth and what was falsehood. They both aimed at service to humanity. Those who have chosen science as their fields are not much different from those who spend time engaged in the spiritual search. They are both seeking the answers to the same question, but in different ways. While physical scientists gaze at the stars through powerful telescope and listen to radio waves from distant stars through instrumentation, spiritual scientists gaze at the inner stars and listen to the inner music of the spheres through meditation. They both sit in silence, watching and waiting. They both search for the same answers. The physical scientists are trying to prove God to themselves through the outer eyes and ears, while the spiritual scientists are trying to prove God to themselves through their inner eyes and ears.

The lag between the science and spirituality must be corrected, and this can be done as was the case with the global application and spread of physical sciences, by finding the universal basis for all religions. Every religion is a necessary outcome of partial truth discovered by Prophet or Seer; the idea of universalisation and finding how many of religions is to accept the unitary principle behind each one of

them. The pure sciences have done it, but the science of spirituality is far from such attempts. It would be fruitless to claim that then the world would become Heaven to live in, but at least the intellect of spirituality would attain some conformity with its applied aspect, the religion. This bridging the gap between the basic science and its applied aspects in the field of spiritual science itself would bring peace and harmony in the society's world over. And even the misfortunes and dissensions in the field of physical sciences and their applied technological aspects shall find some respite in the process of bringing spirituality and religion in conformity they deserve. The advent of new media, has increased many folds the linkage of human minds to their ideals because they see number of times their ideals, spiritual messages, audio, video etc. through social media networking.

In the end we can say that values and peace can be achieved through science of meditation. The purity of meditation can surely mediate the day-today's stress, anxiety and hypertension and can make life simpler and better. The combo therapy of technology, values and spirituality can heal the problems of not only the society but between the countries also. This therapy has proved its worth and can only bring peace and harmony in this materialistic world.

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