

Advantages of Savita Meditation Over Transcendental Meditation Methods: Electromagnetic Energy Difference Between the Two Meditation Systems

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Abstract:

Background

Two systems of meditation – Savita and Transcendental (SM and TM) are as old as age of the planet earth itself. Though the methods of meditation are different but the goal of each of the system remains same.

Goal

The goal of two systems of meditation is to reach ultimate power of the Universe with apparent difference in the protocol methods of meditation.

Method

The time-tested scientific methods of focussing the mind towards ultraviolet energies of the Electromagnetic spectrum of the Sun in the early morning hours between 06.15 am and 06.45 am are adopted in the case SM while in TM, the mind is focussed in any region of the EM energies at any time.

Two groups design is adopted to test the results on UG, PG and PhD students of UoP, Haridwar. A sample size of 50 students is considered – 50 SM and 50 TM meditators out of 300 students.

Results

The ultraviolet (UV) region of Electro-Magnetic energy spectrum data is used in this research work. It is found that the UV energies of the Savita meditators are greater in the morning times than the Transcendental meditators. The energy differences in the Savita meditators are found to be 99.74 % greater than the TM meditators. This effect may only be observed during the early morning Sun raise time for about 30 minutes between two types of student meditators in the age group range of 18-28 years. This implies that blue region of the EMS during TM practices are only 3.1 eV while for SM meditators it is a bonus of 1200 eV during the early morning meditation.

Discussion and Conclusion

The results are discussed with reference to Electro-Magnetic (EM) energies of the Savita photon energies. It is found that Savita meditation is more beneficial for the meditators than TM meditators.

Key words: Savita Meditation; Transcendental Meditation; Electro-Magnetic energies; Ultra-Violet energies; Visible energies

1. Introduction

The yoga practitioners of different schools practice different techniques of meditation. In this paper, we reviewed most of the schools such as Pandit Sri Ram Sharma techniques, Maharsi Mahesh Yogi Transcendental methods are given importance and analysed merits and de-merits in their methods. Pragma yoga [1] is meant for Sadhana practitioners, Savita Dhyan [2] for focussing, for Westerners eating disorders are common and for them to keep the body-mind fit, a strict diet control methods are adopted along with different yoga practices. [3,4,5, 6].. Their analysis and findings reveal reduction in stress levels, anxiety, depression life

style changes, enhanced mindfulness, self regulation improvements, relaxation, heart rate normality, quality transformation and overall personality changes. [7,8, 9,10,11,12,13]

In all the above methods, it may be found that the Classical Physics concept of Electromagnetic (EM) properties [14] of Sun rays are not taken into account in the early morning meditation. The research work carried out by various social scientists on Gayatri Pariwar group have not considered UV energy though they practiced in the morning times [15]. In this paper, we made an attempt to include the UV energy data and focus during the meditation practices.

2. Methodology

Two groups are adopted in this paper. The first one is a theoretical background for the meditation techniques and the second one is an experimental set up of a sample study of 100 UG and PG students of UoP. Fifty students act as Savita Meditators and other 50 as TM meditators. A two group design is adopted to study the difference between the groups. RMANOVA software, SPSS -25 is used to analyse the data.

2.1. Theory

Nature supports the Savita meditators during the morning time between 06.15 to 06.45 am. During this time, the Sun's ultraviolet light frequencies are available. The energy available during this 30 minutes time is 1200 electron volts. This energy gets absorbed by brain neurons during this ten minutes time. During the day time it is all the way, the blue energy frequencies of the EM spectrum. [16]

3. Discussion and Conclusions

Critical discussions are carried out based on the additional bonus energies that are available in Savita meditation techniques. What is additional bonus energies available during the early morning meditation?. The additional bonus energy that is available during the Savita meditation is 1200 electron volts i.e. about 500 torch batteries power. This power is a gift to human kind from the nature. These ultraviolet photon energies are available from the Sun rays when one does meditation (Fig.1) and (Fig.2) during 06.15 am to 06.45 am. During this time ultraviolet energies are emitted and freely available. As seen from Tables 1 and 2, the freely available energies are 1200 eVs. In addition to that, if 12 –steps Surya Namaskars are done with 12 Mantras (Table 2), each lasting for 2 minutes. When brain neuron networks gets vectorial / tensor detections, the full 1200 eVs power could be generated in the brain. Focusing on each of 12 mantras are essential, The natural energies / blue region energies of the order of 1.8 to 3.1 eVs are always available during the day time of 12 hours. The day time energies are visible range energies from 1.8 to 3.1 electron volts. These energies are always available in the nature in the visible region of the Elector-Magnetic Spectrum (Table 1). These energies are available during the Transcendental meditation (TM) [17] during the day time. There are no ultra-violet energies (1200) availability during the 12 hours day time. What one gets during the day time meditation or in the evening time it's between 1.8 to 3.1 eVs..

To our knowledge, this quantified scientific data may not be available in the case of Pandit Sri Ram Sharma's 12 times Gayatri mantra chanting. It's qualitative study by the Gayatri group members.

Based on E-M energy tables 1 and 2, one may conclude that morning time meditation from 06.15 am to 06.45 am or Savita meditation is a more powerful method than TM method. UV energies play an important role in SM when related to TM.

It may be concluded that any meditation techniques can offer a wide range of benefits, including;:

1. Stress Reduction: Meditation can help reduce stress by promoting relaxation and encouraging mindfulness, which allows individuals to manage their thoughts and reactions more effectively.
2. Improved Focus and Concentration: Regular meditation practice can enhance your ability to concentrate and focus on tasks, leading to increased productivity and efficiency.
3. Emotional Well-being: Meditation can help regulate emotions and promote a sense of inner peace, which can contribute to improved emotional well-being and resilience.
4. Enhanced Self-Awareness: Meditation encourages self-reflection and introspection, helping individuals gain a deeper understanding of their thoughts, emotions, and behaviors.

5. Mindfulness: Many meditation techniques, such as mindfulness meditation, emphasize being present in the moment. This can lead to greater awareness of your surroundings, experiences, and sensations.
6. Reduced Anxiety: Meditation techniques often involve deep breathing and relaxation, which can help reduce anxiety and promote a sense of calm.
7. Better Sleep: Practicing meditation before bed can help relax the mind and body, potentially leading to improved sleep quality.
8. Pain Management: Some meditation techniques have been used as complementary approaches for managing chronic pain and promoting overall physical comfort.
9. Spiritual Growth: For some individuals, meditation can be a spiritual practice that fosters a deeper connection with oneself, others, or a higher power.

It's important to note that the effectiveness of any meditation technique can vary from person to person.. Always ensure that any meditation practice that one engages in is safe and suitable for one's individual needs and circumstances.

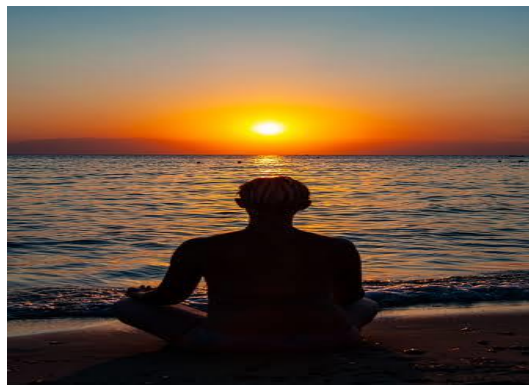


Fig.1 Picture of Savita Meditation [18]



Fig.2 Picture of Surya Namaskar [19]

The table-1 lists typical wavelengths, frequencies and energies for different regions of the EMS.

Table – 1 ; Energy, Frequency and Wave lengths of EMS [20]

Region	Wave length	Frequency	Energy (eV)
Hard gamma	1×10^{-9} nm	3×10^{26} Hz	1.2×10^{12}
Gamma	1×10^{-6} nm	3×10^{23} Hz	1.2 GeV
Gamma/X-ray	0.001 nm	3×10^{19} Hz	12 MeV
X-ray	1 nm	3×10^{17} Hz	120 keV

X-rays-UV	10 nm	3×10^{16} Hz	12 keV
Ultraviolet	100 nm	3×10^{15} Hz	1.2 keV
Visible (blue)	400 nm	7.5×10^{14} Hz	3.1 eV
Visible (red)	700 nm	4.3×10^{14} Hz	1.8 eV
Infrared	10000 nm	3×10^{13} Hz	0.12 eV
Microwave	1 cm	30 GHz	1.2×10^{-4} eV
Microwave/Radio	10 cm	3GHz	1.2×10^{-5} eV
Radio	100 m	3 MHz	1.2×10^{-8} eV
Radio	100 km	3 kHz	1.2×10^{-11} eV

Table-2 Savita Meditation [21] - Surya Namaskar Mantras in each of 12 steps with energies

Sl. No.	Sun Meditation	Translation	Time in Minutes	Energy levels (eV)	UV bonus energies (eV)
1	Om Mitraaya Namaha	Praise be to the One who is the friend of all	2	< 1.8 - 3.1	1200
2.	Om Ravaye Namaha	Praise be to the One who shines brightly and is filled with radiance	2	<1.8 - 3.1	1200
3	Om Suryaaya Namaha	Praise be to the One who eliminates darkness and brings in light	2.5	1.8 - 3.1	1200
4	Om Bhaanave Namaha	Praise be to the One who is filled with brilliance and lustre	2	<1.8 - 3.1	1200
5	Om Khagaya Namaha	Praise be to the One who traverses the entire sky and is all-pervasive	2	<1.8 - 3.1	1200
6	Om Pooshne Namaha	Praise be to the One who provides nourishment and fulfils desires	2.5	1.8 - 3.1	1200
7	Om Hiranyagarbhaaya Namaha	Praise be to the One with a golden-hued lustre	2.5	1.8 - 3.1	1200
8	Om Mareechaye Namaha	Praise be to the One who shines with the light of innumerable Rays	2.5	1.8 - 3.1	1200

9	Om Adityaaya Namaha	Praise be to the One who is the son of the divine cosmic mother, Aditi	2.5	1.8 - 3.1	1200
10	OmSavitre Namaha	Praise be to the One who gives life	5	>1.8 - 3.1	1200
11	OmAarkaaya Namaha	Praise be to the One who is worthy of all glory	2.5	1.8 - 3.1	1200
12	Om Bhaskaraaya Namaha	Praise be to the One who is wise and illuminates the heavenly world	2.5	1.8 - 3.1	1200

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