An educational framework connecting planetary and mind frequencies

Vijay K. Gupta
University of Colorado, Boulder, CO. 80309
International Institute for SKY, Boulder, CO. 80302

Surjalal Sharma
University of Maryland, College Park, MD, 20742

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Introduction

What is this talk about?
A mechanistic worldview of the modern science and technology Growing human footprint due to highly materialistic life styles 21st century racing towards a civilizational collapse (Brown, 09)

Why do we care?
If Geophysical scientists-educators don’t care, then who will?

How to reverse the current trends?
Our proposal: Introduce a multi-cultural educational focus

Schumann planetary frequencies

Schumann (1952) made a theoretical prediction of the existence of resonant frequencies in the earth-ionosphere cavity (the atmosphere) ELF (extremely low frequency waves) propagation in the earth-ionosphere cavity has many resonant frequencies (Schumann resonances). Schumann resonance frequencies are excited by lightning during thunderstorms around the globe

Theoretically, the reciprocal of time (T) for the velocity of light to go around the earth’s circumference gives a frequency of 7.5 Hz

Modern observations show that the lowest Schumann frequency lies in the range 7 and 8 Hz (Sentman, 1987)

Above findings in space geophysics establish the nature of the planetary oscillator

Detection of Schumann resonances

The mind frequencies according to the ancient science of Yoga

Inquiry into the mind has a long tradition in the ancient science of Yoga and Indian philosophy

The modern science accepts the physiological and the electrical nature of brain (Lipton, 2005)

Electroencephalogram (EEG) places electrodes on human head and measures the electromagnetic (EM) activity of brain as frequencies

How are the brain and mind frequencies related? Is it a big question, because brain is material but mind is not

Unhamodhran (2015b) tested the hypothesis that “it is impossible to separate the frequencies of mind and brain”

Dhamodharan conducted an EEG experiment on himself using three different stages of SKY meditation system

EEG and mind frequencies using SKY

Brain frequencies are designated as Beta, Alpha, Theta and Delta (Lipton, 2005)

Delta is the lowest of synchronized rhythm, 1 – 3 Hz, Theta 4 – 7 Hz, Alpha 8 – 13 Hz, and Beta >14 Hz is the highest

Notice that Theta is very close to the Schumann frequency

SKY meditation practice lowers mind frequencies systematically from Beta in day-to-day activities

SKY meditation is based on linking one’s mind with the life energy, or the Kundalini energy in the yoga literature (Vethathiri, 1999)

We limit our discussion to only one of the multiple stages of SKY meditation, called Thuriya, which corresponds to Theta frequency

EEG experiment with SKY

Unhamodhran (2015b) is a senior professor of the SKY system and conducted the EEG experiment on himself in India

He placed 20 electrodes on different parts of the head, fingers, and ears, and sat on a 3’ high wooden box

The third stage of SKY meditation is Thuriya, where the life energy is experienced on top of the head

The researcher concentrated for five minutes on top of his head, and the EEG recorded Theta frequency shown below

Fig.1 EEG pattern of Theta Frequency

Spatial map of EEG data

A voltage map of the EEG measurement of electrical patterns at the surface of the scalp gives a spatial representation

It reflects the cortical activity that is commonly referred to as “brain waves”.

The map below presents frequencies in terms of different colors. Pink and yellow represent neutral voltage

- In Thuriya, the central part of brain becomes pink & yellow, while the periphery (blue) shows higher frequencies

Acknowledgement

We acknowledge Indira Bhatt Gupta and her unparalleled passion to bring consciousness in modern Geophysical Sciences through mind and meditation. She noted and pointed out Itzhak Bentov’s pioneering work on a coupling between mind and Schumann frequencies in mediators, which served as the foundation for our work. It enabled us to build on this innovative idea through modern observations in Schumann frequencies as well as in mind frequencies. We are grateful to Indira for this lead, and her support for our research through the International Institute for Simplified Kundalini Yoga.

References


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Entrainment of coupled oscillators and implication

- We have illustrated that the lowest Schumann (7.8 Hz) is slightly above meditation in Thuriya (4-7 Hz)
- Two oscillators vibrating at frequencies close to each other can result in entrainment or phase locking
- Bentov (1977) observed that mind in meditation at 7 Hz can phase lock with the lowest Schumann frequency
- Subconscious mind is programmed in the Ueta frequency in the womb and in Thuriya in the first six years after birth
- 95% of one’s behavior after the age of six is dictated by the subconscious mind (Lipton, 2005)
- Subconscious mind must be reprogrammed in Theta frequency to reduce unchecked consumption and simplify a highly materialistic life style

A framework for transforming current education
- A systematic practice of Thuriya meditation offers a simple method to experience that human existence is connected with the whole planet
- The ancient and indigenous cultures believed and practiced planetary interconnectedness
- Students can use meditation to balance their academic, personal, family and social lives
- Meditation is a cost effective tool to maintain personal health and well-being
- Universities need to introduce meditation in their sustainability curricula
- A transformation of education is urgently needed for reversing the current unbalanced consumption and a highly materialistic life style