

EFFECTS OF SIMPLIFIED KUNDALINI YOGA (SKY) PRACTICES ON HUMAN ENERGY FIELD AS MEASURED BY GAS DISCHARGE VISUALIZATION (GDV) TECHNIQUE

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BACKGROUND

According to Robert Leahy, "In the early 1950's, an average higher school student today has the same level of anxiety as the average psychiatric patient".

Present education system adds a lot of pressure on higher school students, resulting in low energy levels, increased stress and anxiety. Adolescence boys and girls have negative impact on physiological and psychological transformation, creating a disturbance in the endocrine glands causing low energy levels, increased stress and anxiety. It is vital to shape the physical and mental health of students during adolescence.

INTRODUCTION

The exercise or lifestyle that was devised in older generations might be suitable to their period but would not be feasible to the present generation. *Vethathiri Maharishi* researched for years and designed forms of yoga known as Simplified Kundalini Yoga (SKY). Anyone who practices it consistently is able to activate spiritual energy (Kundalini) situated at the end of the spine (Mooladhara).

Kayakalpa Yoga rejuvenates the body and mind by enhancing the quality of vital fluid; Sensual pleasures against the law of nature arising during adolescence can be moralized by this technique.

Introspection technique, is unique and designed for self-analysis, recognizing the positive and negative aspects of one's personality.

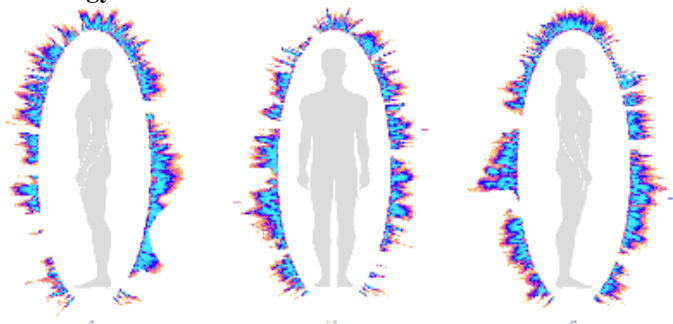
Lamp gazing technique is to enhance the absorption of universal magnetism, to build up the intensity of biomagnetism in the body to improve concentration, vision, facial radiance, to prevent and cure diseases.

It is proved in the research that consistent practice of SKY yoga improves energy levels in stress management with positive impact, alleviating anxiety and musculoskeletal problems along with improving cognitive and physical performance.

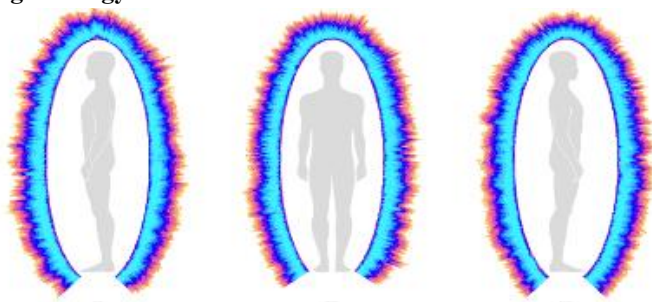
AIM

Simplified Kundalini Yoga practices must be part of higher school curriculum. Objectives are to achieve increased energy levels, reduced stress, high immunity, well-being of adolescents resulting in their high performance physically and academically.

Low Energy Levels



High Energy Levels



METHODS

This research study is based on Simplified Physical Exercise, Kayakalpa, Meditation (Agha, Thuriya and Shanthi meditation), Introspection and Lamp Gazing techniques.

Data was collected from a total of hundred adolescents' students from SLV Vidyaniketan School, Bangalore. Fifty of them (twenty boys and thirty girls) were experimented for SKY yoga practices for six months, six days a week while another fifty (twenty-three boys and twenty-seven girls) of them were not given any training. GDV (Gas Discharge Visualization) bio-well device was used to collect the data from all students and SPSS software was used for interpretation of the data.

GDV is a non-invasive technology that uses the electro photonic emissions of fingertips placed on the surface of an impulse analyzer to capture a person's physiological and psycho-emotional status in terms of energy, including the functional status of various organs and organ systems. GDV is developed by Dr. Konstantin Korotkov, which uses a specialized camera to capture images of energy emissions around living organisms.

RESULTS

Results show the significant difference between two experimental groups; One group practicing SKY (Experimental Group) another without any training (Control Group).

INDEPENDENT SAMPLE T-TEST OF EXPERIMENTAL GROUP

VARIABLES		't' VALUE	SIG. VALUE	SIG / NOT SIG
PRE	ENERGY FIELD	-0.936	0.352	Not Sig
POST		-0.612	0.045	Sig

INDEPENDENT SAMPLE T-TEST OF CONTROL GROUP

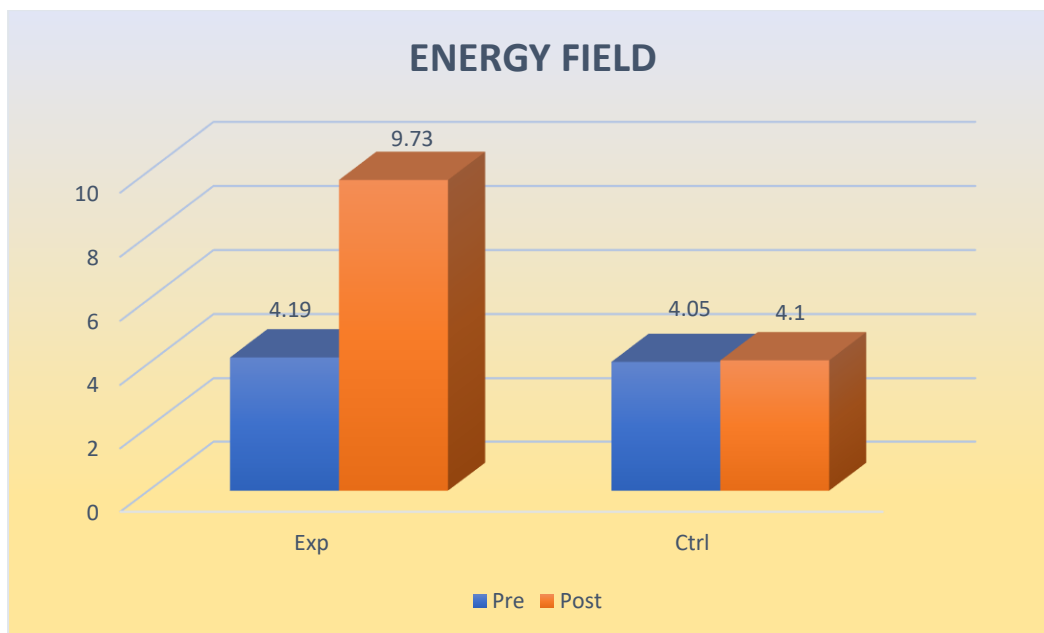
VARIABLES		't' VALUE	SIG. VALUE	SIG / NOT SIG
PRE	ENERGY FIELD	-1.965	0.052	Not Sig
POST		-1.716	0.089	Not Sig

For the Experimental group, the variable, Energy field in Pre-test is not significant (significant value > 0.05) at 5% level significance but the Post-test shows the significant value (significant value < 0.05) after SKY Yoga intervention. For the Control group, the variable, Energy field in Pre-test is not significant (significant value > 0.05) at 5% level of significance and the post-test also shows the non-significant values (significant value > 0.05).

PAIRED SAMPLE 't' TEST

PRE AND POST OF VARIABLE		Mean	Std. Deviation	Std. Error Mean	t	Df	Sig. (2-tailed)
Exp group	ENERGY	-6.80320	10.07141	1.00714	-6.755	99	.000
Ctrl group	FIELD	-.48260	2.20715	.31214	-1.546	49	.129

It is concluded from paired sample test and GDV fingertips energy measurements results, that the Simplified Kundalini Yoga training in Experimental Group was very effective hence proving the research hypothesis that SKY practice increases energy levels in adolescents.



CONCLUSION

SKY practices are significantly effective in enhancing the Energy field / Bio-magnetism in the adolescent students. The SKY Yoga imbibes the physical, astral (energy, mind and intellect), causal bodies bounded together with wheels of energy (Chakras). The life-force flows through 72,000 energy channels. Through continuous practice of SKY yoga, the quality and quantity of the life-force gets rejuvenated. Thereby one can uncoil Kundalini. The SKY Yoga practices balances the energy field of adolescent students and help in enhancing the deficient energy.

FURTHER CONSIDERATION

- This research can be further considered to experiment on plants and water by energy passing technique.
- A study can be conducted to find energy levels in seeds to determine its germination rate, in plants to identify how organically its grown. Energy passing method is very instrumental to improve the quality of plants growth.
- Few drops of water can be tested before and after blessings to measure its energy levels.
- Improving atmospheric positive energy levels is another interesting future consideration for my research.
- The atmosphere around us can be measured before and after meditation to detect its energy levels. Through meditation the energy levels in the atmosphere can be converted to be positive.

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