

Meditation for Human Integration

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Abstract

Life is what you make out of it. The past is gone. Do your best in the present and that will shape your future. It is stated by wise people that the universe, its creation, human perception and reality as we know is an illusion. Reality is not what you see. What you see depends upon the color of your glasses and is a function of earlier life impressions, this life actions, environment, education and training while leading life on this earth. In spite of all this, it is important to do the best. For doing the best we need to understand the process of doing the best by following our heart. shows the process, called heartfulness (HFN) meditation or contemplation. As mentioned in references, meditation helps develop 3 skills, such as 1) discernment, 2) will power and 3) discipline. For being successful in any profession you must have these skills. Thus, HFN meditation helps normalize ego, greed and nurture wise executor leading to human integration.

Keywords

Meditation, physical body, subtle body, causal body, consciousness

1. Introduction

Pay attention upon the birth and death of humans. These events are not in anybody's control. The leading psychotherapist, Michael Newton reference (Newton, M., 1995, 2000) has shown the existence of reincarnation. Before, accidentally directing his patient to reveal her life experiences 500 years back, he did not believe in reincarnation. Through his extensive work, regression analysis of thousands of individuals, he has revealed that souls take birth in the family of his/her own choice. Most people believe that all the souls on the earth (Figure 1a) come from the same source, brighter world, and has the same origin (Figure 1b). Still, look at how people are fooling themselves by killing their own brothers/sisters and other relations. Figure 1 shows the souls taking birth on earth every moment.



Figure 1. a) View of mother earth from space and b) souls selecting parents to take birth

Figure 2 shows that the human being consists of three bodies; as 1) physical body, 2) subtle body and 3) causal body. We cannot significantly change the two bodies namely physical body and causal body. The third body, the subtle body, consists of consciousness which is a function of mind, intellect and ego. Figure 3 shows the three-dimensional space of these constituents and Figure 4 shows a systems view of the same. Each individual is governed by this and can finetune these characteristics to lead his/her life honorably. The 3D picture (Figure 4) indicates the variation of each constituent. Figures 5, 6 and 7 represent the levels of three constituents. Each axis has infinite number to points. The point at zero, for each coordinate represent the creation of the universe level point. The heartfulness meditation reference [soni, S., Soni, G. 2021] can help individuals to finetune their components of subtle body. Spiritual Anatomy by Kamlesh D. Patel, reference [Patel, K., 2023], gives a complete description of Heartfulness meditation, philosophy, foundation and practice.

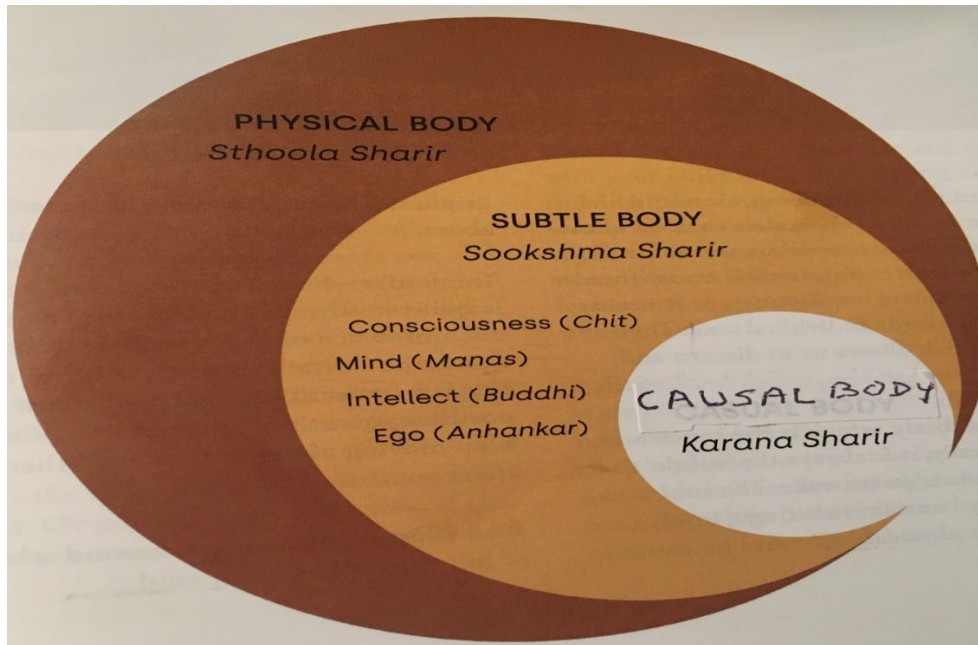


Figure 2. Constituents of human being

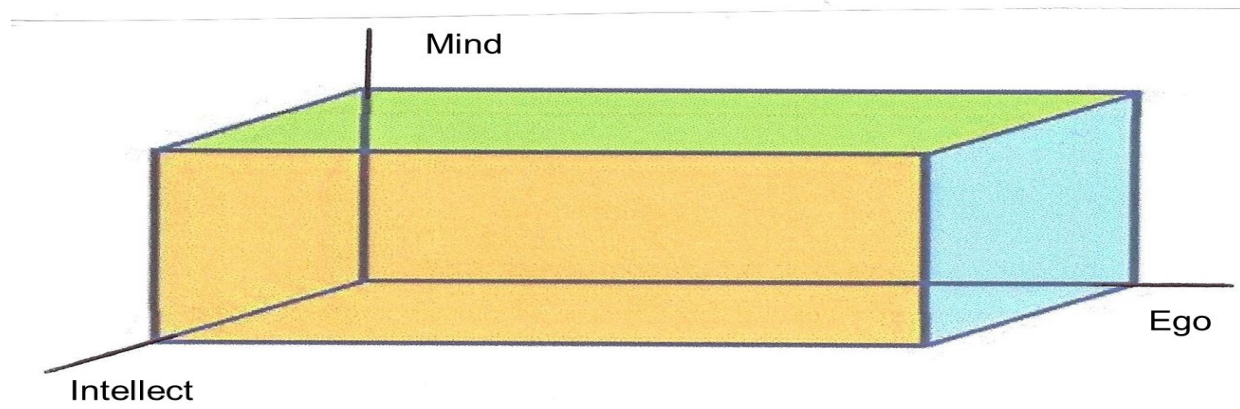


Figure 3. Three-dimensional view of Consciousness=function of (Mind, Intellect, Ego).

1.1 Objectives

This paper gives some visual aspects of subtle body, and detailed process of meditation and influencing factors to develop the required consciousness (awareness) to lead a happy and peaceful life. Since meditation is your own action to normalize your functional faculties, when more people follow it, the process results into **human integration**.

2. Components of Consciousness

The subtle body (Figure 4) is a function of mind, intellect and ego. Each of these traits mind, intellect and ego are further given in Figures 5 to Figure 8.

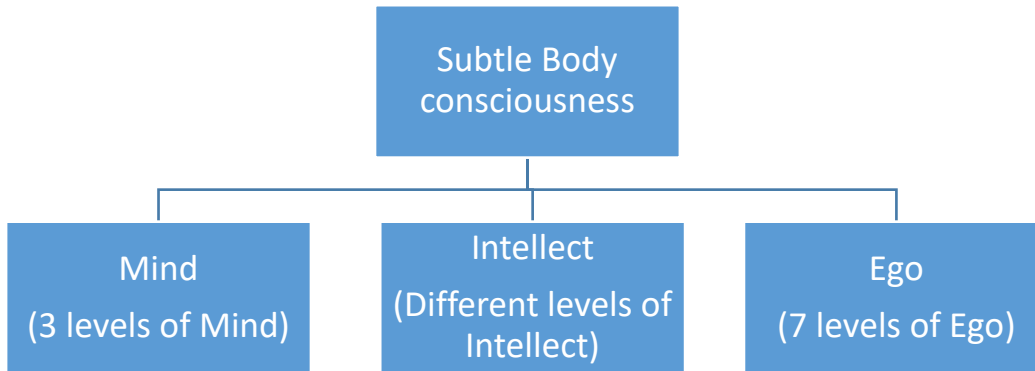


Figure 4. Consciousness as a function of Mind, Intellect, Ego.

Kamlesh Patel, the global leader of Heartfulness Institute, present in more than 150 countries, [Patel, K., 2023] has given a thorough explanation of Heartfulness meditation and the deep understanding of human spiritual anatomy. This treatise has covered complete process of human beings, goals and methods to achieve them. This paper covers some explanations of subtle body which is a function of mind, intellect and ego. Each of them is broken into parts so that the practitioner of the meditation can experience the normalization of unhealthy ego. Also, two simple mathematical formulae expressing some everyday examples to see the influence of Ego levels are given below. Meditation conducted in a prescribed method nurtures human nature leading to moderation.

Using Compound Interest Formula for Ego:

The amount of money A to which a principal P will grow to after t years at interest rate r (in decimal form), compound n times per year, is given by the formula

$$A = P \left(1 + \frac{r}{n} \right)^{nt} .$$

$P = \$100,000$, $r = 6.5\%$ $n = 2$, $t = 0$ to 10 years.

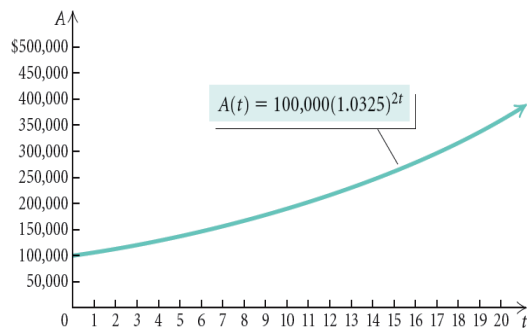


Figure 5a. Compound interest

Using Population Growth Formula for Ego:

The function $P(t) = P_0 e^{kt}$, $k > 0$ is a model many kinds

of population growth. In this function:

P_0 = population at time 0,

$P(t)$ = population after time t ,

t = amount of time,

k = exponential growth rate.

The growth rate unit must be the same as the time unit.

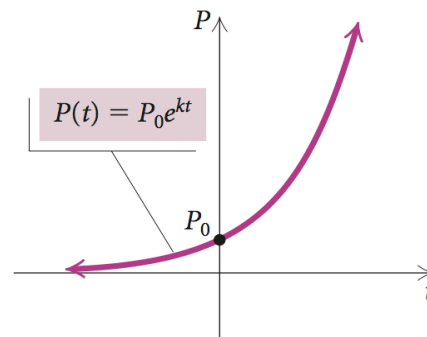


Figure 5b. Population growth formula

We have shown as to how six bad ego functions can increase according to two algebraic formulas [Beecher, J., et al, 2014] given above. One is compound interest increase and the second is exponential growth formula. These are just to understand the physical aspect of increases which affect negatively the consciousness because of ego functions. Heartfulness meditation helps positive ego executor to overcome negative ego functions.

2.1 Levels of Mind

Three levels of mind [Freudian Psychology] are given in Figure 6:

- A. The conscious mind: contains all of the thoughts, memories, feelings, and wishes of which we are aware at any given moment.
- B. The preconscious: consists of anything that could potentially be brought into the conscious mind.
- C. The unconscious mind: is a reservoir of feelings, thoughts, urges, and memories that are outside of our conscious awareness.

Note that this summary is not about the theory of mind, but rather about the levels of the mind.

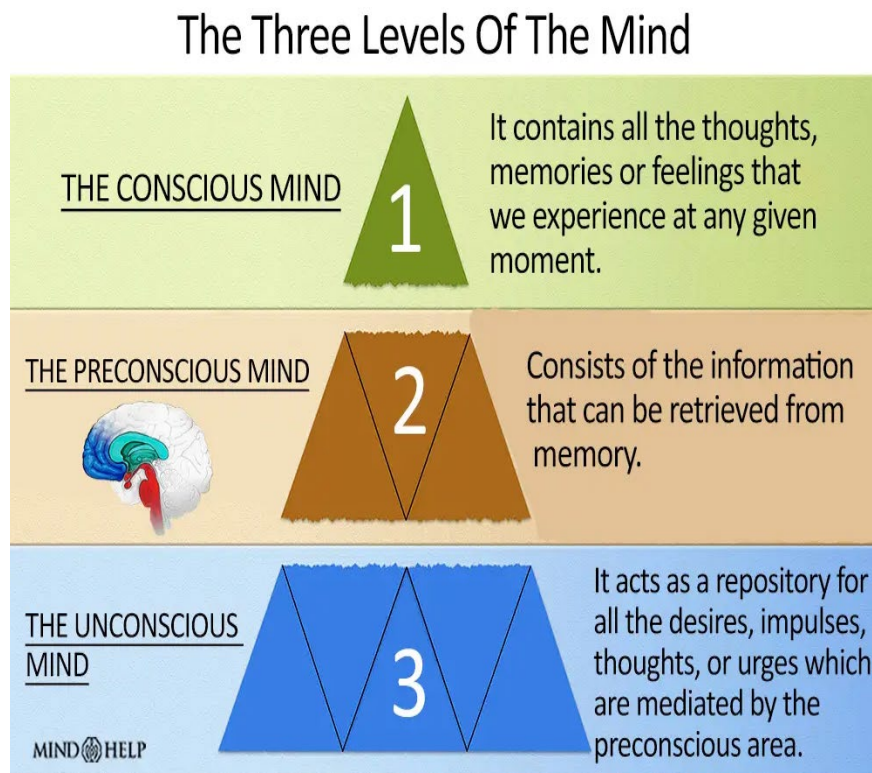


Figure 6. Three levels of the mind

2.2 Levels of Intellect

Different levels of intellect are given below in Figure 7 and are self-explanatory.

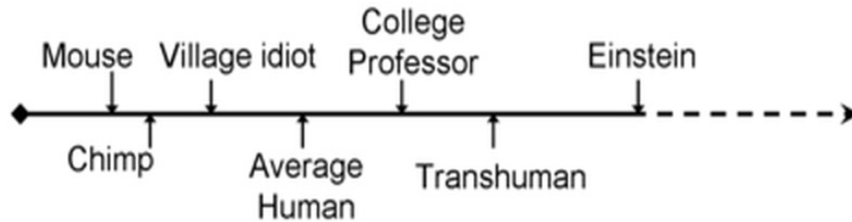


Figure 7. Levels of Intellect

2.3 Levels of Ego

There are seven different Ego States, and six of those ego states are unhealthy. The unhealthy Ego States are: Pleaser, Selfish, Rebellious, Master Manipulator, Critical, and Enabling (PSRMMCE).

For example being the parent of a troubled teen is anything but easy. While trying to manage your teen's problem behavior, it can be difficult not to engage in problematic behavior of your own. You might find yourself being unfairly harsh or critical, or "helping" your teen in situations where it might be better to let your teen face the consequences. One way of improving the chance of you responding in a healthy way is to make sure that you are operating from a healthy Ego State. The theory of Ego States is based on the work of Eric Berne, and his research on Transactional Analysis. The terms Berne uses have been changed in this article [Six Unhealthy Ego States] to better suit the way they fit into our therapeutic program.

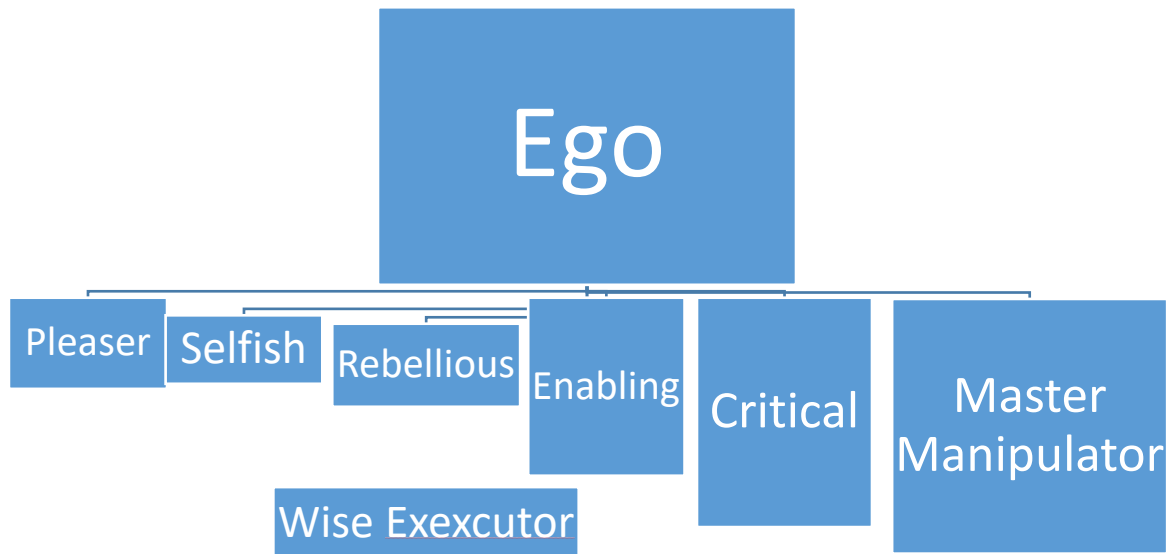


Figure 8. Seven states of Ego.

Unhealthy Ego States are given below:

2.3.1 Pleaser – People who are Pleasers obey the rules, but do not necessarily believe in the rules. They are obedient in the hopes of “flying under the radar”. They are more concerned with looking like a good person than being a good person.

2.3.2 Selfish – In the Selfish ego state, people are reckless and demanding. They try to have fun without thinking of the consequences.

2.3.3 Rebellious – The opposite of the Pleaser would be Rebellious. Rebellious people are openly oppositional. They resent and reject control by others. Also, they reject the ideas of cooperation or compromise.

2.3.4 Enabling – People who are Enabling try to eliminate other people's suffering in order to make themselves feel more comfortable. They feel it is their responsibility to make other people happy or successful. While Enabling people believe that they are being nurturing, the message that they send to others is that other people are not capable of caring for themselves.

2.3.5 Critical – Critical people try to control other people by being demanding or judgmental. They might also use sarcasm. The intention is to dominate other people.

2.3.6 Manipulator – Manipulators have no regard for rules that get in the way or their own interests. They will exaggerate, distort the truth, or try to play psychological games with others. Their intention is to serve themselves at the expense of others.

2.3.7 Shifting Ego States

You may recognize that more than one of these Ego States is familiar to you. Most people show behavior that demonstrates these first six ego states. Ego States continue to develop throughout a person's life, but different Ego States dominate at different times.

None of these first six Ego States are especially good at helping you to make the right decisions or maintain your relationships. Finding ways to reach a new Ego State, called the Wise Executor, could help you improve your choices and your relationships.

3. Heartfulness (HFN) meditation helps practitioners develop Wise Executor.

Heartfulness (HFN) meditation helps practitioners develop Wise Executor. It has always been emphasized by HFN leadership that meditation practitioners must use their will power for character formation. It does not happen automatically. Human beings are generally trapped in many of first Ego States. Groupism, to grind their axis, Exaggerating, you scratch my back and I scratch your back, ignoring those from whom took advantage, buying others with gifting, pretending and showing off are some common examples. HFN practitioners have the advantage of using cleaning method and individual meditation sessions with trainers to enhance wise executor.

4. Wise Executor

The healthiest Ego State is the **Wise Executor**. When people are in the Wise Executor Ego State, they operate in the here and now. They are supportive of others, but not overly enabling. People in the Wise Executor Ego State have developed their own personal set of moral values, which they use to help them make decisions. They are able to strategize to solve problems rather than try to manipulate other people.

For the sake of your relationships and decision-making ability, it is important to make sure that the Wise Executor is in control as much as possible. That is not easy. For the Wise Executor to be in control of your personality, you have to know yourself.

5. Insight Management

You have to learn a skill called Insight Management. Insight Management is the act of managing your own ability to understand the motives and reason behind your own actions.


Developing insight into yourself is hard, but it is worth it. Without a strong Wise Executor, your interpersonal relationships may degenerate into a web of unproductive and manipulative games with no real winners, and no real intimacy.

The goal of personality development is to help the Wise Executor. Ego State becomes the strongest part of your personality. Succeeding in this goal will help you to succeed in your relationships, and to make choices that make you proud.

Ego States describe thoughts, feelings, and behaviors that people use when they interact with other people. Being in the right Ego State will help you to make the right choices, even when the things get rough.

A word of warning: When you learn to recognize ego states, you might be tempted to call other people out on the Ego State that they appear to be operating in. Resist the urge to label other people. It could be counterproductive and cause people to become resentful. Instead of focusing on other people, think of these tips as ways of helping yourself to make your best choices.

6. Heartfulness Meditation

Heartfulness meditation consists of three steps-meditation, prayer and cleaning. To start HFN meditation it is advisable to connect with a trainer. One can google search Heartfulness and locate a trainer. The trainer will be happy to provide guidance and get you going based upon your interest and availability. To make things better you may like to do your homework by downloading the HeartsApp  from Heartfulness.org. HeartsApp describes most of its capabilities. The following images (Figure 8) taken from HeartsApp screen gives all the instructions to practice heartfulness meditation leading to human transformation and integration. The practice and trainer guidance is available free of cost. Reference [Soni, S., Soni, G., 2021] gives the mechanics of the heartfulness meditation and HeartsApp. It has covered the HeartsApp version available in June 2021. The current version of HeartsApp has lot more capabilities. It can be downloaded free. Figure 9 shows the picture of the current HeartsApp screen. The qualifications required for practicing HFN meditation are interest and willingness. Where there is a will there is a way.

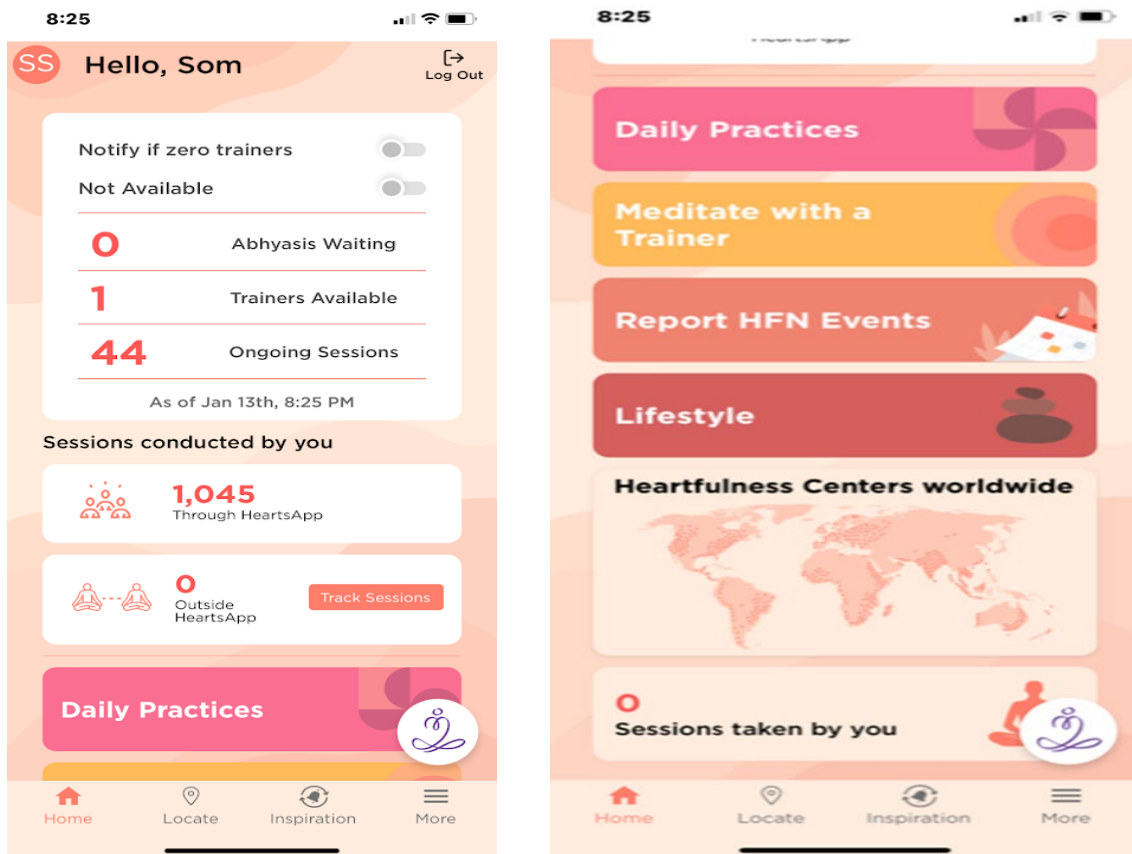


Figure 9. Screen shots of HeartsApp showing the information available in the current HearsApp (2023)

7. Concluding Remarks

HFN Meditation is a process to develop a balance between material and inner life. The nurturing of wiser ego amongst most of the individuals creates an egrigore for human integration. This is a step towards making more of our friends aware of the services available to them free of charge.

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Biographies

Dr. Soni has PhD from University of Roorkee (renamed as IIT Roorkee) India, 1972. Dr. Soni has more than 40 years of experience in teaching and research related to systems engineering design, analytical and experimental mechanics of composite materials and structures. Dr. Soni retired from AFIT in December 2011. Before joining as an Associate Professor in the Air Force Institute of Technology in December 2005, Dr. Soni was involved in AdTech Systems Research Inc as President and CEO for more than 20 years (1984- 2005). Dr. Soni's recent studies include: a) Cost modeling of composite Aircrafts; b) Systems Engineering Approach to Integrated Health Monitoring System for Aging Aircrafts; and c) Ballistic response of co-cured adhesive bonded composite joints. Dr. Soni is author/ co-author of 100+ research publications in the field of mechanics of solids and structures with special emphasis on composites. Dr. Soni is a Fellow of the American Society for Composites and A Google Scholar. He has won numerous awards including Co-author of Air Force Materials Laboratory's Cleary Award publication, State of Ohio Edison Emerging Technology Award, Enterprise Spirit Award of Kettering Moraine and Oakwood Chamber of Commerce; and Engineering Science Foundation (Affiliate Society Council) Award for Outstanding Professional Achievement for his accomplishments. Co-author of First place winner of IEOM international Conference, Lisbon, Portugal in Modeling and simulation competition 2023. Dr. Soni is a Heartfulness meditation trainer for more than 30 years.

Mrs. Gita Soni has Master of Science (Statistics), Wright State University, Fairborn, Ohio, 1983. She has taught Mathematics and Statistics in Wright State University. From 1986 onwards, Mrs. Soni worked as Chairman of Board of Directors of AdTech Systems Research, Inc., Beavercreek, Ohio. She was responsible for corporate accounting receipt and payment. Mrs. Soni is a Heartfulness trainer for more than 30 years.