

## CORRELATION BETWEEN ENERGY DISTRIBUTION PROFILE AND LEVEL OF CONSCIOUSNESS

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### Abstract

*The purpose of this experimental study was to determine the energy levels corresponding to the different focal points (Chakras or centers) of the body, which is related with consciousness. In this experiment, the energy level is measured at four different centers, namely, the navel center, the heart center, the throat center and the eye center of the Human beings. The measurements have been taken using Energy Measurement System (EMS) developed at Department of Electrical Engineering, Dayalbagh Educational Institute, Dayalbagh, Agra, India, which works on the principle of tissue resistance of body. The probe was placed at different centers and subsequent readings were taken. The measurements clearly showed that the energy level in terms of tissue conductance or current at constant voltage is highest at the eye center and decreases at lower center, which represents at the correlation between consciousnesses which is highest at eye center and lower at lower centers.*

**Keywords:** *Consciousness, Body Energy, Chakra energy, Measurement.*

### 1. Introduction

Today the Human beings are suffering with tension, depression and surrounded with many problems. The physical world is full with problems and pains, for example –

In Families, there is lack of confidence, breaking relations – caused dissatisfaction.

In Societies - opposition, violence, fight lead to dissatisfaction.

In Nature – Imbalance, pollution caused Global Warming.

In spite of tremendous progress in Science and Technology to provide all sorts of facilities and education, the problems in life are increasing rather reducing. We are neither able to stop Global Warming (GW) nor Family Warming (FW). Today the tolerance and temperance in an individual are reducing. After spending approximately 20 years of life for education, why are we not able to differentiate the right and wrong?

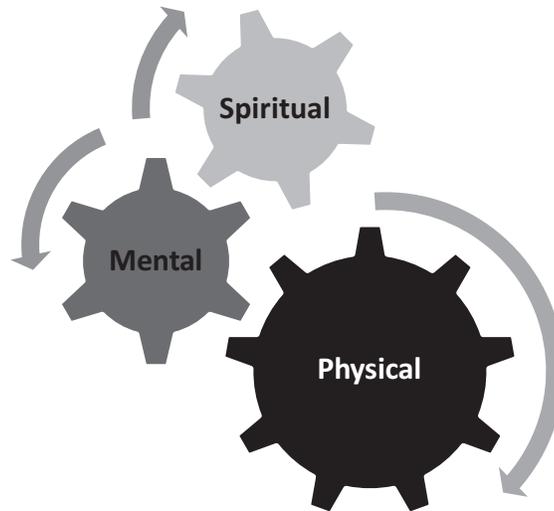
The answer is Lack of Consciousness. Everything in the universe not only has its materialistic aspect but also its conscious aspect.

### 2. Types of Consciousness

The mystical psychiatrist Richard Maurice Bucke [3] mentioned three types of consciousness:

- Simple (Physical) Consciousness, awareness of the body, possessed by all living beings;
- Self (Mental) Consciousness, awareness of being aware, possessed only by humans; and
- Cosmic (Spiritual) Consciousness, awareness of the life and order of the universe, possessed only by humans who are enlightened also known as transcendental consciousness [19, 20].

These three types of consciousness can be represented as shown in Figure 1. The spiritual consciousness drives mental consciousness and mental consciousness drives physical consciousness [12-15]. In human body, higher level of consciousness lies in human Brain shown in Figure 2.



**Figure 1 Holistic view of Consciousness**



**Figure 2 Highest level of consciousness in human brain**

How does mother know the pain of her child?

There is some intrinsic link between mother and her child. When you think continuously for a longer time about any one and when other will also think about you then consciousness is raised and you are in a position to know what is happening on the other side. This is known as quantum entanglement. How do we achieve this state? or How do we increase our Level of Consciousness?

Meditation helps in quantum entanglement and raises consciousness. It is widely accepted that meditation can result in reduced stress, greater health and a sense of calmness and balance. Studies show that in states of meditation we produce a greater quantity of slow frequency THETA brainwaves. The sound embedded in meditation activates your own THETA brainwaves and leads you easily into restful and rejuvenating meditation [1, 5, 6, 17, 18].

John Locke [8] defined consciousness as “the perception of human's mind.” The word "conscious" originally derived from the Latin *conscius* (con- "together" + *scire* "to know"). The

Latin meaning of *conscius sibi*, as "conscious to oneself" or "conscious unto oneself". It is the relationship between the mind and the brain with which it interacts is called mental consciousness. On the other hand, when brain or human body interacts with the outer world is called physical consciousness. Both of these consciousnesses have subjectivity, awareness, the ability to experience or to feel, wakefulness, having a sense of selfhood, and the executive control system of the mind and brain. A few theoretical physicists have argued that classical physics is intrinsically incapable of explaining the holistic aspects of consciousness, but that quantum theory provides the missing ingredients. Several theorists have therefore proposed quantum mind (QM) theories of consciousness [16]. Notable theories falling into this category include the Holonomic brain theory of Karl Pribram and David Bohm, and the Orch-OR theory proposed by Stuart Hameroff and Roger Penrose [7]. Quantum mechanics seems to offer a mathematically complete and empirically all-encompassing description of the physical world. QM was originally conceived to account for the failure of the classical Newtonian paradigm to cope with the domain of the very small. Yet a multitude of quasi-independent but convergent strands of evidence leave little doubt that an appropriately relativised Schrödinger Equation exhaustively describes the behaviour of the stuff of the world on the macro-level as well. In fact many cosmologists nowadays treat our pocket universe itself as a quantum event. By current lights, we're the inflated product of a spontaneous fluctuation of the quantum vacuum. The quantum entanglement and superposition, may play an important part in the brain's function, and could form the basis of an explanation of consciousness. classical physics is intrinsically incapable of explaining the holistic aspects of consciousness, but that quantum theory provides the missing aspects [2].

Consciousness is a relative fuzzy term and everything in the universe has consciousness.

- Rocks and stones have very low consciousness,
- Trees – low level consciousness
- Flying insects, bird and Animals – Medium Consciousness
- Human Being – Higher Level of consciousness
- Enlightened Human – Highest level of consciousness

William James [21] mentioned that Consciousness is not constant but it is always changing. It is shifting back from lecture and day dreaming. Even when you sleep, your consciousness moves through a series of stages. Consciousness is our awareness and our environment. When we sleep we are less aware of ourselves and our environment. During unconsciousness we are completely unaware about ourselves.

### 3. Measurement of Consciousness

There are two ways to measure consciousness -

- Indirect Measurement
- Direct Measurement

#### 3.1 Indirect Measurement of Human consciousness

1. Most of the studies on indirect measurement of human consciousness are based on Verbal reports (answers to questionnaire). It is widely considered to be the most reliable indicator of consciousness. Problems of verbal reports for measurement of consciousness-
  - Daniel Dennett [4] has argued for an approach he calls hetero-phenomenology, which means treating verbal reports as stories that may or may not be true.
  - That it restricts the field of study to humans who have language.

- Approach cannot be used to study consciousness in other species, pre-linguistic children, or people with types of brain damage that impair language.
  - The validity Problem – Turing Test, Gordon Gallup (1970s) -mirror test.
2. Another method of indirect measurement of consciousness is using water Consciousness [11]. Human vibration energy, thoughts, words, ideas and music, affect the molecular structure of water. Hence it can also be used for measurement of consciousness.

### 3.2 Direct Measurement of Consciousness

1. Measurement through AURA - The aura is the energy field that surrounds the human body, and in fact all life forms.
2. Measurement using physical quantities
  - Skin conductance
  - Frequency
  - Flux
  - Temperature (Thermal Images)
  - Light absorption
3. Measurement of brain activities through EEG, MRI etc.
4. Microtubule and consciousness

In this paper, the skin conductance method has been used to measure the consciousness level of humans.

### 4. Measurement of skin conductance

A reliable marker of measurement of consciousness is skin conductance response [17]. To measure the skin conductance less than 200 micro ampere current is flown through the body using a constant voltage source. The skin conductance is calculated. The similar principle is used to measure the meridian energy in Chinese system. These are based on the existence of 12 meridians each on the two sides (Total 24 and 365 acupressure points on the limbs). The status of an organ depends on the balance between the meridian's energy. Over the last 50 years or so the Japanese scientists have developed the quasi-scientific Ryodoraku system [9] in which the electrical resistance (conductance) of tissues at selected acupressure points in the limbs on two sides, which were also identified in the ancient Chinese systems, is measured by an instrument, developed in Japan, the Electro Meridian Analysis System (MEAD Analyzer). As such it is harmless and, in fact, it has been approved for medical application in Japan and Taiwan.

### 5. Hypothesis

Energy level (skin conductance) increases from lower chakra (center) to higher level of Chakras and it has correlation with the consciousness.

#### 5.1 Experimentation

The experimental set up was developed in Department of Electrical Engineering, Faculty of Engineering, Dayalbagh Educational Institute, Dayalbagh, Agra, India based on the above principle. The block diagram has been shown in Fig. 4 and the experimental set up in Figure 5. The two electrodes were used one as positive electrode and other as negative electrode. Positive electrode was connected to different centers (*Chakras*) and the negative electrode to the palm of right hand. The constant voltage source of 9V was connected in series with a suitable resistance so that

maximum current flow through the body could be limited. Then the skin conductance was measured as shown in Figure 6 for four main centers (Chakras), namely, navel center (Manipur-Chakra), Heart Center (Anahat-Chakra), Throat Center (Vishuddhi Chakra) and Eye Center (Ajna-Chakra). These centers are considered for measurement because they are easily accessible. The results are shown in the form of bar chart as given in Figure 7 where y-axis is representing micro ampere current and x-axis shows different centers. It is very clear that the energy of eye center is highest and navel center is highest. Also the energy (conductance) is not constant throughout the day, but it varies. This energy variation phenomenon is clearly observed in Figures 8-9. The energy level increases whenever any focused mental activity or meditation is performed.

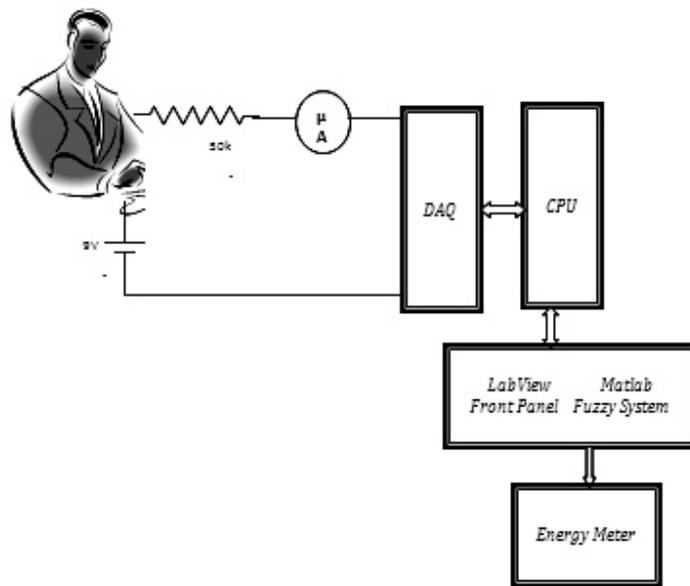


Figure 4 Block diagram of Chakra Energy Measurement system

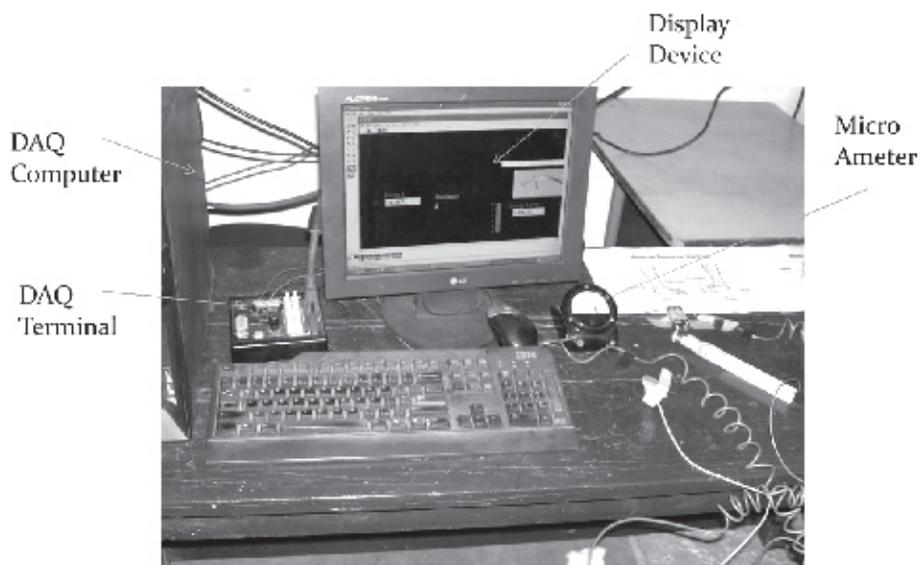


Figure 5 Experimental set up

## 5.2 Procedure

- The 0.3% salt water solution is made.
- The cotton pulp dipped in saline water and kept in positive electrode.
- The cotton enhances conductivity and uniform density to ensure measurement consistency.
- Apply negative electrode on palm and positive electrode on different centers.
- Measure steady state current with micro-ammeter.
- Record the data on PC with DAQ card and LabVIEW software.
- Plot the maximum current for each center.

## 5.3 Advantages of this system

- This is non-invasive and safe method. It is very simple and easy in measurement.
- It is a well established Chi (Qi) energy measuring system in Asian Countries.
- It will also help in determining basic health conditions.

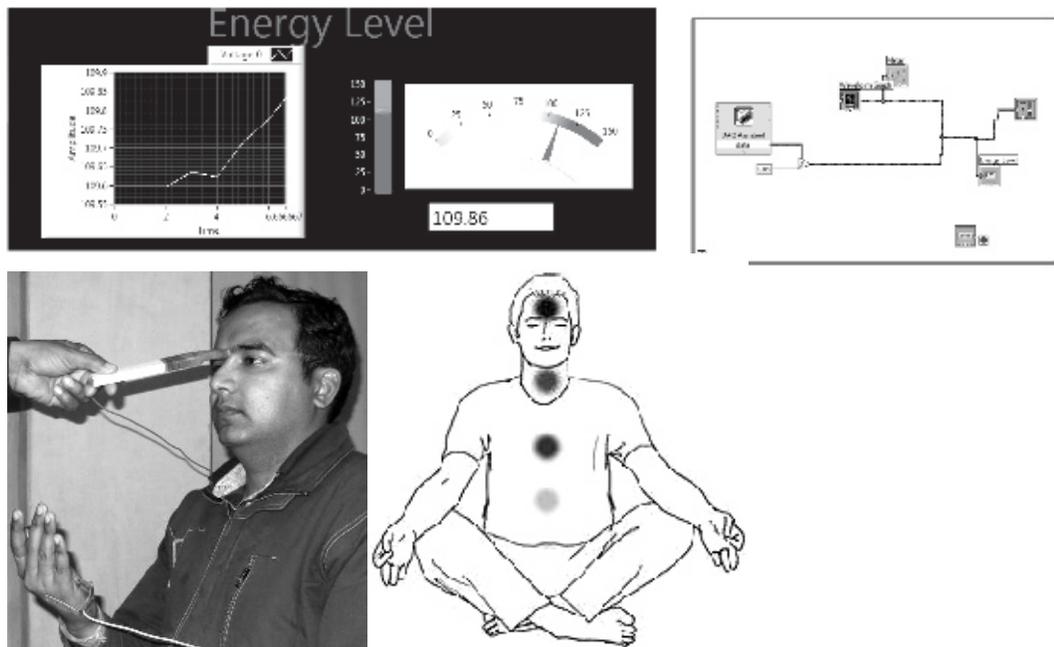


Figure 6 Measurement of energy at different centers (*Chakras*)

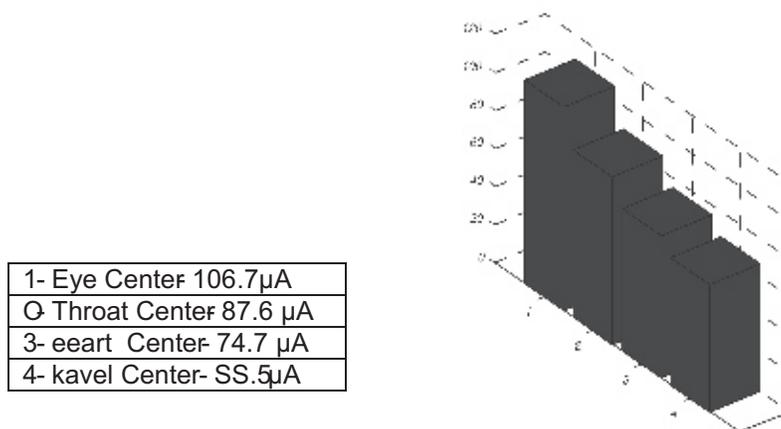


Figure 7 Results of four different centers in human body.

The conductance also measured with the standard MEAD system found similar trend. Badawi (1984) [1] and Travis and Wallace (1997) [17] mentioned that the frequency of the peak power in EEG increases with focused mental activities, which increases alertness (consciousness).

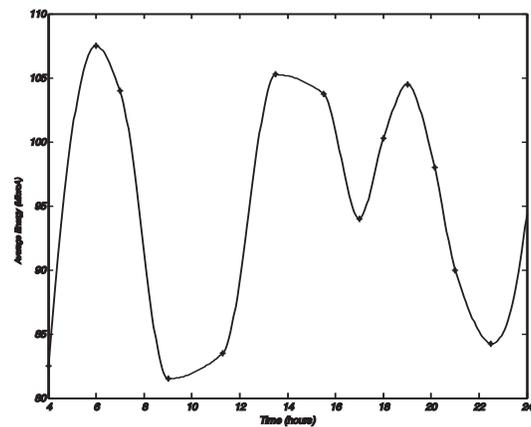


Figure 8 Average energy variation during 24 hours.

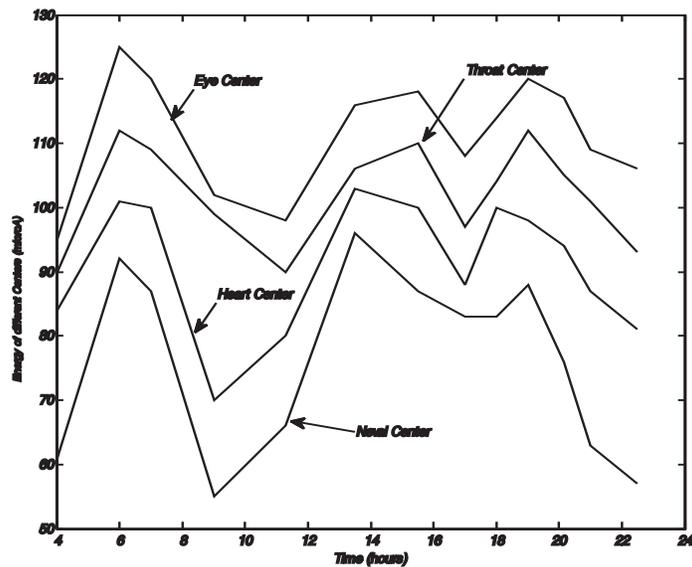


Figure 9 Energy variation of four chakras during 24 hours.

Energy raised during focused mental activity as mentioned below -

- After morning meditation/prayer – 6AM,
- After Evening meditation/prayer – 7PM and
- After taking lecture – 3PM .

## 6. Conclusion

The paper deals with the pilot study to find the correlation between the human energy (tissue conductance) and consciousness. The energy levels in the form of tissue conductance are experimentally measured and it is found that the lowest energy (conductance) level at the navel center, higher energy at the heart center, the throat center and highest at eye centers of the body, which is correlated with the consciousness level in the human body. The consciousness increases in human body from foot to head. The consciousness is lowest at foot and highest at human head or brain. It is accepted that the consciousness Level of higher centers (Chakras) are higher than lower centers. In the measurement also we have observed that highest energy at eye center and lowest at navel center. Hence, it is proved that there is a correlation between consciousness and energy distribution profile of Human body. Also the energy level (consciousness) does not remain constant throughout the day but it changes with focused mental activities like prayer, teaching etc. It is also observed that the energy / consciousness increases if we perform focused mental activities (eg. Meditation / Prayer, Teaching or solving puzzles etc.).

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