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EFFECT OF SUDARSHAN KRIYA YOGA(SKY) AND MEDITATION ON INTUITIVE INTELLIGENCE: A MAJOR TOOL OF DECISION MAKING

Anupriya Gupta¹ and Dr. Prativa Sree Swain²

¹Research Scholar , SriSi University Cuttack.

²Assistant Professor , SriSri University Cuttack.

ABSTRACT:

Life is composed of a series of circumstances and situations in which an individual must make decisions and take actions. As social and other challenges increases, it has become a necessity to have access to the most effective tool to make good decision or rather right decision at the right time. In this regard much attention has been given to identify the factors that help into making intelligent decision such as –(i)awareness of self and others, (ii)cognitive flexibility, (iii)emotional self regulation etc.

However in this modern age having intelligence to do reasonable and logical thinking is not sufficient; we need some higher intelligence which is beyond any logic or reason which is generally known as Intuitive intelligence. A newer avenue of scientific exploration relates to uncovering the nature and functioning of intuition, or Intuitive Intelligence.

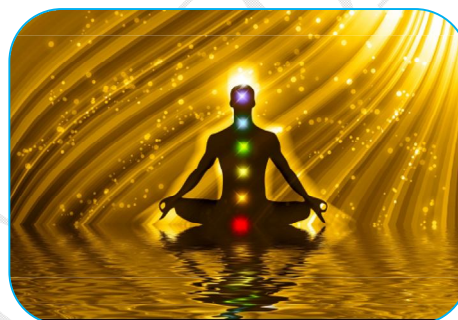
Along with the ancient Hindu Scriptures like Patanjali Yoga Sutra, Bhagwat Gita etc; the new studies and various researches also suggest that like other forms of intelligence, intuitive intelligence or Pragna Buddhi can be developed by the intentional practice and honed by application. The scholars and researchers like Sadler smith, Erella shafy , Rolin Mc Craty, Brian Bacon have no doubt that Intuitive intellect can be developed by some techniques.

Now here my study is a further enquiry in the same what is the impact of the yogic practices of Sudarshan kriya Yoga in the intuitive intelligence.

The aim of this study is to assess and provide a comprehensive review of the physiological mechanisms, the mind–body connection, and the benefits of Sudarshan Kriya Yoga (SKY) in the Intuitive Intelligence.

SKY, a unique yogic breathing practice, involves several types of cyclical breathing patterns, ranging from slow and calming to rapid and stimulating. There is mounting evidence to suggest that SKY can be a beneficial, low-risk, low-cost adjunct to the treatment of stress, anxiety, post-traumatic stress disorder, depression, stress-related medical illnesses, substance abuse, and rehabilitation of criminal offenders. However it has much deeper impact at the level of mind and consciousness , memory, perceptual ability , increased awareness etc. It is challenging to analyse and quantify related to such topic like Intuitive intelligence .however it would help to bridge the literature and methodological gap in understanding the causal relationship in yogic practice and intelligence in general and intuitive intelligence in particular.

KEYWORDS: Intuitive Intelligence, Sudarshan Kriya Yoga, meditation, Decision making.



INTRODUCTION**How to define Intuitive Intelligence**

Intuitive intelligence is having the right thought at the right time. In every walk of life the decision making process takes place by two forces:

- 1) The power of reason along with the facilitating agents like perception, conception, sensation and so forth.
- 2) The power of intuition.

The former in developed through the social institutions and interaction. However the later is usually remains uncultured, undeveloped because of the want of proper guidance and training. We all have this thing called intuitive Intelligence but it is lost somewhere because of lifestyle and related stress. Modern lifestyle overloads us with information and creates stress in our mind which obscure our innate intuitive capacity. Intuitive intelligence help us to understand

the world from beyond five senses. We all have sometime experience this intuitive intelligence when we decide without any logic and reason but the decision is accurate. In Sanskrit it is known as 'Anterjnan' or pragna jnan. We use intuitive intelligence in many facets of life and one can be trained to gain it.

What are the factors responsible to influence the power of Intuitive Intelligence:

Intuition is the language of unified consciousness. Logical intelligence is analytical and hierarchical whereas intuitive intelligence is intertwined, holistic and beyond reason and logic. Western philosophers like Evgene Sadler Smith, Erella Sheffy (2004) says that Intuitive Intelligence and skill can be learned through experience and practice.

Rollin Mc Craty, Maria zayas(2014)states that by shifting the rhythm of the heart into more coherent state, - makes it possible to establish a new baseline reference that allows access to intuitive capacities and deeper wisdom. He suggests the following tools to enhance the intuitive power like:

- ✓ compassionate action,
- ✓ meeting complex demands of life with greater love,
- ✓ kindness, compassion and
- ✓ lifting the consciousness.

Brian Bacon chairman and founder of Oxford leadership in his article on Intuitive intelligence and leadership (2015) says that we use intuitive intelligence in many facets of life and one can be trained to gain it in five steps like -

- ✓ be present, see the whole picture,
- ✓ clarity in your intention ,
- ✓ engage your values and
- ✓ fierce resolve.

Indian Yogic scripture like Patanjali Yoga Sutra explains the step by step method to develop pragna jnan or Intuitive intelligence through the yogic practices of pranayama, dharana, dhyana and Samadhi.

Hath Yoga Pradipika states the various calming effect of Pranayama practice which ultimately leads to our innate intuitive intelligence.

Paramhansa Yoganandaji says that Intuitive power can be developed by learning step by step methods of yoga and deep meditation. He says that beyond the senses and intellect the intuition manifests in the calm consciousness as the feeling is perceived through the heart.

Sri Sri Ravishankarji says that power of intuition can be developed through the calm mind. Sudarshan kriya Yoga(SKY) is a powerful tool which has a deep impact on not only physical level but at the level of mind and consciousness.

Sri Daya Mata – a western yogi and disciple of paramhansa yogananda in her book Intuition: Soul Guidance for Life Decisions states elaborately the factors which influence the faculty of intuitive intelligence which are as follows:

- ✓ Learn to look at situations clearly without the “blindness of emotions”.
- ✓ Setting aside the Ego’s “Agenda”
- ✓ Intuitive feelings perceived at heart
- ✓ Remain flexible and receptive to new directions
- ✓ Purity of heart and mind makes one receptive
- ✓ Keep the mind at the centre of spiritual awareness.

Calming the mind helps to awaken the discriminative insight hence the spiritual and yogic practices like Sudarshan kriya Yoga(SKY) and meditation helps to influence our Intuitive intelligence.

What is Sudarshan kriya Yoga (SKY) and the outcome of its practices

Sudarshan kriya yoga (SKY) is a type of cyclical controlled breathing practice with roots in traditional yoga and it is taught by the non profit NGO Art of Living Foundation. It is unique method of rhythmic breathing technique which has tremendous favourable effect on mind – body system. It has five distinct components.

1. Ujjayi Pranayam
2. Bhastrika pranayam
3. Om Chanting
4. Rhythmic breathing cycles
5. Relaxation/Meditation

Significant health benefits scientifically documented and published in peer reviewed journal states that benefits of Sudarshan kriya yoga , have been found to enhance brain, hormone, immune and cardiovascular system function. Published research shows SKY significantly reduces stress, depression, anxiety and PTSD, and increases well-being both mentally and physically. Research also demonstrates that the effects of SKY reach all the way down to the molecular level, to our DNA. Research suggests that SKY reduces depression, anxiety, PTSD and stress It has also been shown to curb addictive behaviors and substance abuse. It significantly increases feelings of well-being, optimism and mental focus, heightened awareness and improves emotion regulation. In addition, SKY is associated with enhanced cardio-respiratory function, (add references) antioxidant status and immune system function, The practice has even been shown to positively impact gene expression, suggesting that the effects of SKY span all levels of the physiology from the DNA within our molecules

to organ systems. Viewed together, the wide range of documented benefits suggest that SKY may be an efficient tool for rapidly strengthening both mind and body. Since stressful physiological responses negatively impact immune, cardiovascular, endocrine and mental health, this has significant implications for wellness.

In the light of few parameters I have analysed the effect of Sudarshan kriya Yoga on Intuitive Intelligence which are as below:

- ✓ physical health,
- ✓ mental wellness and emotional balance ,
- ✓ kindness and compassion,
- ✓ flexibility and acceptance to new directions

All these factors play an important role to calm down the mind and as per yogic scriptures a calm mind only is able to listen the intuitive voice or to blossom the intuitive intelligence.

When mind is calm and body is harmonious that condition is helpful for the blossoming of the intuitive intelligence which provides the soul guidance in day to day decision making.

RELEVANCE OF INTUITIVE INTELLIGENCE IN MODERN LIFE:

To progress in any walk of life and to avoid mistakes in judgements and making errors in decisions one need to develop intuitive intelligence. Whether it is business decisions of putting money in new ventures or choosing a business associates, personal relationships etc or even as a matter of new scientific inventions and research : intuitive intelligence play a vital role to reach the right decision.

Francis Cholle in his book the Intuitive Compass: Why the best decisions balance Reason and instinct says that though creativity and innovations are key to business success the new competency which is intuitive intelligence leads to innovative solutions as well as unparalleled growth rates in terms of sales, volume and level of profitability. Intuitive intelligence allows our analytical mind and our instinctual brain to work in synergy.

Brian bacon in his article on Intuitive Intelligence and leadership(2015) says that Intuitive intelligence is necessary for a good leadership.

In a given situation, to know how to choose correctly , we need to guide our judgements with the power of Intuition.

“intuition is soul guidance, appearing naturally in man during those instants when his mind is calm.... The goal of Yoga science is to calm the mind, that without distortion it may hear the infallible counsel of the inner voice.”

Intuitive Intelligence can be learned and developed through the practice of yoga and meditation. A restless mind, blinders of emotions and our own ego agenda are the blocks in development of Intuitive intelligence. Practice of Sudarshan Kriya yoga (SKY) and meditation helps to calm us down and loosens the knots of likes and dislikes , helps to make one more neutral and more objective. This is not indifference or apathy but is an expansion and clearing of consciousness. Thus while remaining in calm state suddenly gives us a feeling in ourselves and the intuition points out the right step one should take at that time.

CONCLUSION:

All of us are endowed with Intuitive Intelligence. We perceive the world through the five physical senses: we touch, hear, smell, taste and see and also a sixth sense – all knowing intuition. In most people this Intuitive Intelligence remains undeveloped because of lack of use. If we blindfold the eyes from the childhood and years later when blindfold is removed everything appears fla. Also if we don't use the arm, it will not grow properly because of lack of use. Similarly, because of lack of practice this intuitive intelligence is no longer functions in most of the human being. Practice of Sudarshan Kriya yoga and meditation is the first step to calm down the mind and to tap this quality of Intuitive Intelligence.

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Anupriya Gupta
Research Scholar , SriSi University Cuttack.

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