



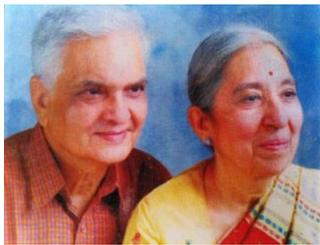
# THE SCHOOL OF THE WISDOM

The Theosophical Society  
Adyar, Chennai 600020, INDIA

The School of the Wisdom aims at bringing each student to survey life 'from the centre', which is intuitive awareness. An intense sense of Life must always accompany every true student. There can be no Wisdom without an ever increasing sense of Wonder.

21 November to 2 December 2016

## The Neuroscience of meditation Happy molecules and Rejuvenation



### Directors: Dr Bhaskar Vyas and Dr Rajni Vyas

They are medical specialists in the fields of plastic surgery and obstetrics and gynaecology respectively. A versatile scientific training has enabled them to advance understanding of Patanjali's Raj Yoga as well as Vajrayana practice.

Their study extends from J. Krishnamurti's writings, Zen practices, Kashmir Shaivism and transcultural varieties of religious experiences. As medical doctors they are involved in the spiritual aspects of healing arts and teach these as a scientific tool in forms of mediation.

### Abstract

Yoga and meditation have been utilized as heuristic model to understand the symptom genesis in Ayurveda; it was classically said by Charak as ***Pragnyaparatha jayate sarva rogan that translate as; All diseases arise from faulty functioning of intellect.*** Understanding Yoga and meditation and its application in life is of great significance, since life style diseases – perhaps the uniquely human disorders – have been linked with the evolution of the complex faculties of human brain.

The neuroscientific approaches have to be complemented with concurrent analyses of genome and its recently established correlation with personality types described in Ayurveda. The translational research on the psychoneurobiology of brain & mind following meditative practice will be explained. These will examine the neurobiological basis of guided meditation that leads to attainment of specific goals. This will be combined with exposure to modern hypnosis and hypnotherapy. The scientific basis of meditation as derived from the use of imaging techniques such as functional Magnetic Resonance Imaging (fMRI) and genomics will be explored and integrated with spiritual aspects as enunciated in Rig Veda. Further insights in this area would help formulating effective

meditative strategies to facilitate happy and healthy mind. It will provide novel intervention strategies to deal with widely prevalent life style diseases.

The empirical evidence for generation of “happy molecules” following meditation will be provided.

Exposure will be provided to various meditative practices such as Mindfulness Meditation, Vipassana, Transcendental Meditation and other practices derived from Kashmir Shaivism, The practice of Yoga Nidra may be taught.

## **Expected Outcome**

The study will enlighten on the objective evidence for the neural & biological basis for meditation. It will establish that meditation is the mother ground of creativity, happiness, health and freedom from disorders. It will enhance the understanding of hypnosis and remove bias against it. Increased understanding of meditation as a scientific physiological process will facilitate understanding of the biological basis for consciousness. The gene expression correlates will offer novel insights to unravel the link between the states of consciousness and the genome. Such an understanding will facilitate application of meditation and hypnotherapy for treating various diseases conditions including psychiatric disorders.

## **Schedule**

Opening of the School of the Wisdom on Monday 21<sup>st</sup> November at 8:30 – 9:30 am

Morning sessions 8:00 – 11:30 am (8.00 meditation, 8.30 class, with tea break)

21/11/16	Human Brain – Structure and Functions
22/11/16	Transformation through Meditation
23/11/16	Neuronal circuits during Meditation
24/11/16	Meditative Practices; Various Schools
25/11/16	Happy Molecules in Meditation
28/11/16	Meditation in Ancient Indian Scriptures
29/11/16	Radiographic Imaging and Gene expression Studies on Meditation
30/11/16	Meditation and Stress Relief
1/12/16	Meditation for Creativity and Happiness
2/12/16	Collating Self-hypnosis and Meditation

Afternoon sessions 3:30 to 5:00 pm

There are 2 sessions by **Dr. M. Srinivasan**

21/11/16	"All About Nothing : Physics and the Akashic Field".
28/11/16	Remote Viewing, Global Consciousness project, Occult Chemistry, and William Tillers Thought implantation experiments inspired by Leadbeater

**Dr. Kathryn Rossi** will engage 2 sessions on Creating Consciousness and Creativity.

**Rajni Vyas and Bhaskar Vyas:** Road Map to Patanjali Yoga: Six Sessions

## **Venue**

Blavatsky Bungalow, Adyar

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