

Cognizing Reality (Spirituality): Beyond Scope of Modern Science

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Abstract: The Universe is not a fiction, it is real. Modern Science often calculates everything around us in a measurable parameter. It goes for factual reality rather than perceiving actual reality. Science relies over facts and spirituality, contemplate truth and eventuality. Death, as an instrumental and illustrative parameter is taken into consideration to address the gap between meta-science and reality. Scientific community has altogether got a different understanding towards eventuality. Absence of *Prana* (Breathe) in human corporal, often is termed as 'Death'. *Prana* is a source of Energy, hence literally there is no end to it, mostly transition of states happens to *Prana* or the *aatman* in a body. If scientifically transcribed, we neither have technology nor possess the knowledge to understand and decipher breathe taking phenomena such as Near-Death Experience (NDE). Scientific radicals still struggle to justify what happens to the *prana*? or to be precise where lies *prana*? during medical scenarios such as Cardiopulmonary Resuscitation (CPR) Cases where people revive after clinical death. This paper is an sincere attempt to explain the state of transition or the 'Stateless State' through spirituality and to establish a bridge in understanding between Science and Reality (Spirituality).

IndexTerms - Death, *prana*, Stateless State, *aatman*, spirituality

I. Introduction:

Modern Science in recent decades started understanding that the truth behind eventuality or the existence of the reality cannot be simply explained by the available facts. The battle between the Scientific and Metaphysical experts is heading towards a deadlock while trying to confine certain unexplainable phenomenon such as NDE (Prasad, 2017). In puranas the path towards spirituality is well defined in order to understand the self-better. As per age old Hindu mythological scripts *prana* is explained as the connecting link between the material world, consciousness and mind. *Prana*, the pivotal resource of power and energy controls and regulates the physiological functions of the human body. It can be majorly divided into five categories based on their functions namely,

- i) *Prana*
- ii) *Apana*
- iii) *Vyana*
- iv) *Udana* and
- v) *Samana*

each emphasizing a role of their own in the human physiology. Every science requires some preliminary preparation and training. *Prana* is that special function of the celestial *Prana*, which ensures the availability of oxygen to the human body. *Apana* *Prana* plays a vital role in regulating the elimination process of the human body thus by controlling the lower part of the body from the nabhi(navel) to the soles of the feet. *Vyana* *Prana* flows through the nerve channels and energize the human body. *Udana* *Prana* is the rising energy that flows in the upper portion of the body i.e. from the heart to brain. *Samana* *Prana* shares the vigor of nutrition throughout the human body. Man is a complicated machine lorded over by God (Vyasa, 2017). Ancient men thought that *prana* and life were one and the same but in reality it is not so. Life or *Prana* is only one function of principal *Prana* or the origin of energy. Vedanta or Hindu philosophy based on the doctrine of the Upanishads therefore asserts it is a machine constructed, conducted, dominated and directed by God or as per the scientists bizarre explanation that administered by unexplainable factor (Rao, 1954).

II. Science of Vedant

Hindu philosophy which inculcates spirituality is no new to science. Vedanta's itself comprises a very comprehensive science. The origin of the philosophy is called as Almighty. With the little available knowledge modern science asserts that the source is in matter. Unfortunately, the source is beyond matter a force guiding the human body as per Vedant. In the meantime Vedanta too has not denied matter altogether. Vedanta mentions about four divisions, amongst that first one is God (*Parama-aatma*), second one is God-Souls (*Deva-aatma*), third one is Other Souls (*Jeeva-aatma*) and the last one is Prakriti /Jada Prakriti (Nature) which means matter. Even Vedantins accept that the whole universe can be simplified at last to Mool Prakriti or the Root of everything. Scientists too admit that the finer the matter, more delicate instruments will be required to discern its components. So, do evolve such instruments and reduce the world to its root (Rao, 1954). As per Hindu Mythology that there should be no experiments done with the Reality (Spirituality). Everything about this realm is *Sadhan*. *Sadhan* is a field of personal experience, and the regular stages have been marked out by our seers for that purpose.

III. Science Vs. Science

The Ongoing battle between Science and Meta-Physics is growing as a huge challenge to scientists across the globe, while few admit that there exists something beyond science or supernatural and the rest are divided amongst the opinion. The Vedanta itself possessing the essence of science hails science but opposes the modern science methodology which is quite opposite to Reality. The Vedanta practitioners spots the lekuna in methodology of drawing conclusions from the fewer available facts by scientists across the world. Too many parameters are considered in wrong essence while approaching phenomena such as NDE. The human body is a machine which has drastic contrast with respect to the other living beings in terms of their structure and functionality. Vedant also agrees the principle of science in life after death. The major responsible player will be Prana, which is life and also consciousness in human being as per ancient *sookthas* (scripts).

The Principal soul is referred as *Mukhya Prana* and it is responsible for filling this human body with energy and power to gear up the human machine and it is not simply the elemental air. *Mukhya Prana* is the motive power of all spiritual, mental and physical organs of senses etc. *Mukhya Prana* occupies almost the same position as that of Atma in Jain philosophy. Modern scientists are quite ignorant of all the functions of this *Mukhya Prana* which is vivacity sum. *Mukhya Prana* does not vanish with the death of human body. There is a regular series of worlds, in "life after death". It acts like a transporting barge and guides the human soul through physical, astral, mental and spiritual planes of other worlds. All this science is foreign to the west. They depend upon material instruments whereas the path of Spirituality believes in experiencing rather than experimenting.

IV. Near Death Experience

Death, a debatable phenomenon in terms of its acclaimed definition given by scientific community (Prasad, 2018). The Scientific community is totally divided in accepting NDE as a phenomenon rather suggests that it is a neurophysiological or psychological based activity in which fear-elicited opioid is released, which in turn elucidates the experience what has been told about NDE (Mobbs & Watt, 2011). The Science has gone far even with clinical trials trying to decode the mysterious secret behind NDE. There were also studies which concluded that there exists no significant correlation between the NDE and its core components such as Cognition, Affectiveness and even Transcendental components. A quantitative method was also proposed to quantify the phenomenon based on the little known facts from the scientific community (Greyson, 1983). In an conducted experiment scientists concluded that the EEG pattern of correlations for NDE memory which is recalled is far differed from the pattern for memories which will be of imagined events. The study suggested that the memories embedded were also different from the others at neural level. NDE memories are stored as episodic memories of actions experienced in an unclaimed state of consciousness (Palmieri et al., 2014).

V. Beyond Modern Science Approach

The major query which lies ahead of us is whether NDE is a post-traumatic stress disorder or Is it the pattern of perceptions? or a typical complex cognitive system ?or it's the resurrection phenomena happening to cognition (Consciousness) in brain. As a matter of fact modern science is still struggling to understand the basic reality of life that it cannot find the proof of life (Prana) in a laboratorial atmosphere confining to limited and partial knowledge of facts. The buzzing fact is we as a human community cannot understand this phenomenon by simply denying the existence of energy which is driving our human body. The explicit knowledge is budging us not to accept the tacit knowledge which is in depth. The question goes on whether NDE is all about complex science or a collective subconscious rising upon the occasion. so many research yet very little information about this phenomenon.

VI. Conclusion

During Incidences such as NDE, the principal soul 'Mukya Prana' safeguards the conscious in the brain and transports the energy in astral, spiritual planes of other realm. No Scientific study can answer the following questions, What happens to a persons Soul (Energy/Prana)? when a person dies and revives back after a CPR within seconds. or Where lies the Energy during the time of transition? These can only be answered with the knowledge of Vedanta which helps us in understanding the Spirituality as a matter of fact it is the Reality. Science accepts the energy fact by Newtonian law, but struggles to explain the origination of the energy particle. NDE was just an instrumental tool taken to explain that reality can never be overshadowed by scientific community, though science posses greater impact on society. Vedas, Upanishads and other holy scripts of Indian Culture always keeps on guiding us in understanding the reality with a scientific mean. Retrospectively modern science has its own limitations to struggle and survive with.

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