

PREVENTION IS BETTER THAN CURE
USE OF SPIRITUAL TECHNOLOGY FOR
HEALTHY & HAPPY LIFE-STYLE
RESULTING IN BOASTING
PSYCHO-NEURO-IMMUNOLOGY (P.N.I.)
—A POTENTIAL ANTI-DOTE TO CORONA-VIRUS

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It is hoped that the happy blending of Modern Science & Technology with the Ancient Wisdom-based **Spiritual Science & Technology** can furnish the humankind (globally) with not only strong anti-dote to all kinds of viruses and bacteria, including one—the most notorious ones corona-virus—but also to plethora of global problems, including environmental & ecological depletion, international warfare & violence, poor immune-system leading to number of disease and disorder (physically, mentally and emotionally), and so on & so forth, thus ultimately paving the way for peaceful, non-violent and healthy world-order. Such hope is neither a Utopian idea nor based on superstitious beliefs or blind faith, but on scientifically attested research methodology.

PSYCHO-NEURO-IMMUNOLOGY (P.N.I.)

The concept of P.N.I. in modern neuroscience has made it quite clear that it is the neurological factor that is responsible for our immunological system, and ultimately, it is the psychological state of the consciousness that is affecting the neurological factors. All our negative emotions which are termed as destructive emotions by Daniel Goleman, the renowned psychologist who is famous for the new nomenclature 'emotional intelligence' (or emotional quotient) (i.e. e. q.), have a negative effect on our neurological factors responsible for immunological system. The ultimate result is that in case of poor immunity, the viruses and bacteria get the upper hand in the fight between them and body cells of immunological system. If, through proper and regular practice of Spiritual Technology, one becomes successful in boosting the P.N.I., it is evident that our body-cells can fight out the attacking microbes and save the body from the harmful effects of the latter.

Spiritual Science & Technology

According to the Spiritual Science, the consciousness (which is the characteristic quality of spirit or soul) reigns supreme in the field of human psychology. The modern scientific researches have revealed that the consciousness is the most powerful force in the hierarchy of all activities involving mind, body and brain (or the central nervous system). However, although the scientists speak little about 'soul' (which is considered to be a real non-physical substance in spiritual science, ultimately responsible for life in living body), yet they accept the ultimate power of conscious, sub-conscious or the unconscious levels of mind). 'Psyche' is a term used for the operator of all these activities of mind, in which the central nervous system (brain and spinal cord) as well as all other body-systems are involved. **Chitta** (a term of spiritual science) may be considered equivalent to psyche and **manas** to mind.

According to Spiritual Science, certain practices (which can be termed as Spiritual Technology) possess the inherent power of inhibiting the release of those biochemical secretions (neurohormones and endocrinal hormones) which are responsible for rise of destructive emotions in human brain and destructive behaviour (in human life). Violence, anger, cruelty, conceit, deceit, greediness, selfishness, sexual lust, fear, excessive merriment, grief, hatred (or contempt) jealousy and such other emotions (and the consequential behaviour) are chiefly considered to be responsible for weakening our immunity; while through the proper spiritual practices, such as meditation, the development of freedom from fear etc., through contemplation & positive auto-suggestion, selective colour visualization, chanting mantras (syllables such as **Om, arham** etc.), yogic exercises and postures, exposure to sun for heating the body (atapana), seclusive living, mudra (fingers' postures), deep positive feelings (**bhāvanā**), fasting, semi-fasting, diet-discipline, self-restraint and so on and so forth, development of non-violence, forgiveness, compassion etc. (which are just the opposite kinds of destructive emotions) is attained. They, in turn, would boost P.N.I., and ultimately one can save oneself from harmful effects of viruses/bacteria, in general and coronavirus, in particular.

Modus Operandi of Spiritual Technology

Both the Spiritual Science as well as modern neuroscience agree that the dispositions (expressing the high human values such as compassion, universal friendliness, altruism etc.) and non-violent behaviour (resulting from the regular

practice of spiritual technology), definitely stimulate the spiritual factors/ neuro-bio-chemicals which result in making the person calm, cool, non-aggressive etc., because the secretions such as serotonin, melatonin, dopamine etc. are found to be more intense as the result of spiritual practices. On the other hand, the negative bio-chemicals secreted by the adrenal gland etc. make a person aggressive, violent, cruel etc. through sympathetic dominance in the autonomous nervous system, which is responsible for aggressiveness etc. as well as high blood-pressure (or hypertension) and other psychosomatic disorders.

The modern neuroscience has made it amply clear that it is the remnant portion of the animal brain (technically termed as reptilian brain and mammalian brain (or limbic system with the hypothalamus as its nucleus) situated in the frontal lobe of our brain), that is responsible for bestial instincts and destructive emotions as well as inhumane behaviour; on the other hand, the neo-cortex (a more developed part of the human brain, which is the climax of the Darwin's theory of evolution) possesses the key to the development of rational wisdom (and more logical humane behaviour against the irrational animal instincts). It is this power of wisdom (which is more powerful than mere knowledge and learning in terms of scientific theories), which is called PRAJNA or VIVEKA in spiritual technical term, that is required to be developed strongly to mitigate the mal-effects of bestial instincts and destructive emotions, which are emanating from the secretion of such bio-chemical hormones that force man to behave inhumanely. Proper and thorough training in Spiritual Technology is the only means to achieve this.

Training in Spiritual Technology

In order to make the Spiritual Technology bear its benevolent fruits, the most essential requisite is to impart thorough training to people through organising online/ offline short-term/ long-term courses in various sections/ professionals/ groups of society. Such training, of course, needs to be free from any dogmatic prejudice, sectarian beliefs or fundamentalist tendency so as to make it perfectly scientific and spiritual. It is evident that such training could be imparted without any distinction of caste, creed, sex, nationality, social status etc.

In order to make such training universal, it is needed first to train the trainers. This can easily be implemented again through online/ offline camps in educational institutes, professional fields, government and semi-government sectors etc. by the spiritual practitioners, who can play the role of real spiritual technologists.