



SCIENCE OF MEDITATION AND THERAPY

Suphanchai Punthawanunt¹, Preecha P. Yupapin^{1,2,3}

¹Interdisciplinary Research Center, Faculty of Science and Technology, Kasem Bundit University, Bangkok, Thailand

²Advanced Studies Centre, Department of Physics, Faculty of Science, King Mongkut's Institute of Technology Ladkrabang (KMITL), Bangkok, Thailand

³Quantum Life Institute, Supakorn Biz-Town, Nonthaburi 11150, Thailand

Abstract: This article describes the concept of meditation in terms of brain signals, which can be formed by human spirit, i.e. coherent light. The elimination of human passion can be controlled by a deep meditation, in which a single passion state occupation is needed to achieve, where finally the passion vacuum state (happiness) is formed and achieved. In principle, a pair of pure and vacuum passion states can be controlled and arranged to obtain the vacuum passion state, which can provide the healthy mind and bring human self-defense and happiness.

Keywords: Meditation therapy; Enlightenment; Nirvana, Quantum life, Neuroscience, Meditation

Human life is actively formed by spirit (mind), which is formed by coherent light (photon) and located within the human brain. Generally, spirit is a form of energy, which is never died. It is always conserved and localized in the certain spaces. In Buddhism, the enlightenment and nirvana have been the highest targets among Buddhists, where the existence in Buddhism is established by the human passion, which means that the non-existence is obtained by the passion elimination [Buddhadasa, Google search in 2014], which was established by Lord Buddha

2,600 years ago. Spirit signal can be configured as coherent light and formed the Rabi oscillation, which can reach the Čerenkov radiation state, which is time independence [Yupapin et al, 2013]. In quantum physics, the existence of matters (materials and non-materials) are formed by a quantum projection [Einstein et al, 1935], otherwise, the surrounded environments are not existed (non-localized). Passion states are normally localized by the passion mixed states, which can be eliminated to be a single (pure) state by the deep meditation. Passion storage (Quantum cloud computer) is formed by 3D coherent light structure, which is located within the human brain [Yupapin & Ali, 2014]. In operation, when the passion projection is operated, the other states are collapsed (lost), which is known as the

For Correspondence:

kypreechATkmitl.ac.th

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uncertainty. The pure state of human under existence is known as an ego, in which the projection operator is not functioned. In principle, passion is generated by human perception, which can be formed by spirit projection to brain cells and nerves, in which the communication between them can be formed the required information [Yupapin, 2014]. Human happiness is formed by the pure state of spirit in human brain, which is no projection parameter in the quantum measurement, for instance, there is no length of a rope if it is not observed by anybody, which can be configured to be any length. The terms of paradox is well established by Schrodinger [Schrödinger, 1935], where the identical particle can be existed in different places. However, it was conflict with Einstein [Einstein et al, 1935], where the moving particle (object) cannot move faster than light. In fact, the terms of speed faster than light is described by the moving particle paradox, i.e. particle entangled states, where the identical particles (objects) can be localized in different places within the same time.

In principle, a single photon state is presented by $\langle 1|0\rangle$, where $\langle 1|$ and $|0\rangle$ are namely a pure and vacuum states, respectively. The observed pure or vacuum states can be randomly detected and observed. To obtain the optimum happiness, we begin with a pure passion state, where the vacuum passion state is similarly formed in the same way as a single photon pure state. The optimum human happiness ($|0\rangle$) can be obtained when the single (pure) spirit state is presented within a human brain for period of time, which is localized within the duration time between conscious and subconscious states [Yupapin & Thammawongsa, 2014, Pantien & Yupapin, 2014], in which the Čerenkov radiation of coherent light(photon) is formed by the photon Rabi oscillation. Such behaviors can be occurred by the deep meditation in Buddhism, which was established by Lord Buddha 2,600 years ago. The single passion state projection can be

dynamically used to obtain the deep meditation, where the other passion signals can be controlled and ignored. Finally, the optimum human happiness can be obtained. There are two popular practical meditation methods, where (i) Breath control, where Budd (Breath in) and Dho(Breath out) are in active, (ii) Walking meditation, where left foot and right foot are lifted and stepped alternatively throughout the walking path, which can be used to obtain the deep meditation after a certain period of time. The merits of this practice such as useful imagination and the extrasensory perceptions can be obtained [Thammawongsa & Yupapin, 2014], which will become the popular research and investigation in this era [Pantien and Yupapin, 2014], for instance, (i) **Passion state**: Passion is generated by a four-wave mixing of spirit (coherent light) within the human brain, which can be controlled by human mind concentration, in which the single state passion is the best situation that the least passion being occurred, (ii) **Human happiness**: Nirvana is defined by a passion vacuum state, which can be occurred by the localized pure passion state situation, which is not the death. In fact it is under cold body situation, in which there is no heat exchanged between the surrounded environments, i.e. adiabatic process, (iii) **Čerenkov radiation probe**: Time independent probe can be formed by the coherent light (spirit, brain signal) under Čerenkov radiation, where the spirit power (field strength) depends on an individual mind, and (iv) **Meditation and therapy**: The deep meditation can bring human spirit concentration (projection) to form a single passion state, where the human perception will be concentrated on only one passion, in which the strong brain signal noiseless condition can be obtained. Thus, human spirit (coherent light) is active under strongest situation, where the human self-defense for therapy is the optimum condition as shown in Figure 1.

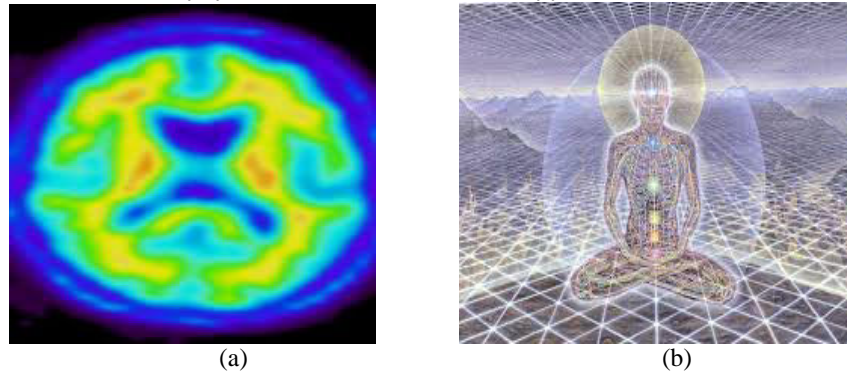


Figure 1: Model of coherent light distribution during meditation [Meditation, Google search, 2014], where (a) brain signal circulation, (b) meditation light distribution

Measurement in quantum physics can be realized by a projection operator, in which one quantity can be localized (fixed) and known while the other quantities will be uncertainty. In Buddhism, the human passion is generated, which is equivalence to a projection operator. Therefore, human who is without passion means that there is without projection (measurement). However, in Buddhism there is without measurement in all dimensions, which is equivalence to without passion. In practice, this concept can be realized by using the single passion state projection, where in principle the single and vacuum passion states are $\langle 1 |$ and $| 0 \rangle$ given respectively, which can be established randomly. Generally, many passion states can be localized by many projections, which can be described in terms of mathematics as followings; the measurement can be done by the mathematic operator known as dot , scalar of inner products in all dimensions, for instance, length, mass, weight in science, and angry, greedy, misguided in Buddhism etc. Therefore, the projection in quantum physics is equivalence to passion projection in Buddhism but the latter one was established 2,600 years ago by Lord Buddha. Buddhist saint (Buddhist monk) or saint in any religion, even ordinary human can practice and reach the zero passion state, in which the live nirvana can be established, where the phase “die before death” concept will be the supreme target of the world society, which can be kept human in the world society being in peace and happiness.

In conclusion, we have presented that the meditation is now recognized as a scientific

research category, which can be investigated in either theory or experiment. From the evidences of surrounded environments (nature) to universe have been established by Lord Buddha in Tripitaka [Tripitaka, Google search in 2014], which means that we can get the benefit for future research and investigations and highly affect to the world society by following the Tripitaka contents, in which the ordinary people can has attained final sanctification.

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Conflict of Interest

This work has no conflict of interest.

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