

CHAPTER 4

AIMS AND OBJECTIVES

4.1 INTRODUCTION

This chapter provides details of the aims and objectives of the study. It also elaborates on the justification of the study along with hypotheses and null hypotheses.

4.2 AIMS OF THE STUDY

The study aims to generate a complete listing of *siddhis* described in the classical yoga texts of the ancient Indian literature, along with the means by which they are developed. Second, by discussing them in terms of modern science, it aims to bring them into an extended scientific paradigm. More precisely, it aims to show that the known physics of conscious mind provides means to explain *siddhis* rationally in terms of properties of organism and their regulation, and treats them as advanced states of psychology, as given in Transpersonal Psychology.

The study thus purposes to link the dateless past of ancient mystics with the empirical science dominated present. In this context, the *Upaniṣads* are seen as manuals of *sādhana* – practical guide books on the spiritual quest. Those texts identify one fundamental necessity of the nature and object of embodied life – to seek experience of the Self, *ātmā*, ultimately *brahman*.

4.3 OBJECTIVES OF THE STUDY

The study's objectives are:

- To draw up a complete list of the various *siddhis* named in the yoga texts.
- To give the stated description of the ability of each *siddhi* in each text.
- To resolve any ambiguities either in the name given, or the stated ability.
- To estimate the fraction of *ślokas* describing one or more *siddhis* directly.
- To provide clear exposition and explanations of them.
- To provide a theoretical basis for explaining *siddhi* phenomena in terms of complexity.

- To correlate the approach of Transpersonal Psychology with that of the ancient texts.
- To relate the named *siddhis* with the existing literature.

4.4 JUSTIFICATION OF THE STUDY

The study resolves apparent conflicts between the phenomena described in the *siddhi* literature and mainline science. Providing a theoretical base will help mainstream scientists and academics to give them due attention, and stimulate further empirical research in the field.

The whole human race is in the process of upgrading. The average spiritual level of humanity is increasing. We have been living in an age where enlightenment has been a rare phenomenon. But according to today's Gurus we are living in an 'Age of Enlightenment' where *Saguna Brahmana* and *Nirguna Brahmana* are being realized, as far greater fractions of the human race rise to God Consciousness and *Brahmana* Consciousness. In this light, setting out the phenomena of *siddhis* as the means by which *jīvā* is enabled to return to *īśvara* is an integral part of the process, and of the transition which humanity is now experiencing.

Rather than appearing as mere academic publications, if the present vision of *siddhis* is rendered into popular form, the study should inspire readers to realize that their spiritual nature is at the heart of their lives, and become aware of the path to Higher States of Consciousness.

4.5 HYPOTHESES AND NULL HYPOTHESES

HYPOTHESES

- Siddhis* can be classified and explained by both Ancient Literature and Modern Science
- Modern Physics can provide a theoretical Model to Explain *siddhis*
- They can be studied in terms of Transpersonal Psychology

NULL HYPOTHESES

None of the hypotheses named above will turn out valid.