

## CHAPTER 5

### METHODOLOGY

#### 5.1 INTRODUCTION

This PhD study is literary and theoretical in nature. General research methodologies from the domains of language, philosophy and arts are utilized involving a broad study of the background subjects, an analysis of the thesis topics including modern physics and transpersonal psychology. Such purely literary research does not require research methodologies employed in empirical studies, like experimental trials with inclusion / exclusion criteria, sampling strategy, pre- & post- intervention assessments, and statistical analysis. The methodology of experimental studies provides the present study with analogues to some of its sections, however, as explained below.

#### 5.2 TEXTS

The texts studied are analogous to study participants. The texts on Yoga and studies done in the field of modern sciences namely, physics with respect to Physics of Consciousness and also Psychology, i.e. Transpersonal Psychology and Parapsychology, have been identified from research journals and published books, and are incorporated for detailed study on the subject. This chapter contains no references, because it only aims to explain the methodology used.

#### 5.3 DESIGN OF THE STUDY

The research design is theoretical and analytical. It attempts to study *siddhi* from ancient and modern perspectives: from three angles in particular, namely, Indian yoga texts, the Modern Physics of Consciousness, and Psychology / Transpersonal Psychology. In so doing, it attempts to build a science of *siddhi* from the phenomenon of *siddhi*.

#### 5.4 CONCEPTS STUDIED

The concept studied in detail is *siddhi*, and relevant terms such as - extraordinary capabilities of

human beings, extra sensory perception / ability, consciousness and its application in the form of manifestation of potential abilities fulfillment of mental potential and allied areas; transpersonal psychology, transnormal psychology, parapsychology, and allied terms; subtle phenomena, creativity, science of consciousness, biophysics of consciousness, and physics of *siddhi*.

## **5.5 SELECTION OF ŚLOKA AND SŪTRA**

Detailed study was made of the 2 Yoga Śāstra, namely the Bhagavada Gītā and Patañjali Yoga Sūtra, 20 Yoga Upaniṣads, and the 4 Yoga Tantras: Haṭha Yoga Pradipikā, Gheraṇḍa Saṁhitā, Śiva Saṁhitā, and Haṭharatnāvalī. Relevant ślokas and sūtras were identified and are presented in Chapter 6, Results. Researched data from the field of Modern Science, mainly Physics and Psychology, was taken from texts and papers published in academic journals, and is also presented in the thesis.

## **5.6 TEXTUAL ANALYSIS**

Texts were analyzed and interpreted from the light of ancient yoga wisdom and modern science i.e., modern physics and transpersonal psychology.

## **5.7 SELECTION OF TEXTS IN DETAIL**

Yoga texts from three categories were chosen: Yoga Śāstra, Yoga Upaniṣad and Yoga Tantra. Key śloka and sūtra references were selected from each named text, and collated to give integrated treatment of major areas in the study. Verses naming *siddhis* and techniques to master them were systematically analyzed.

### **Yoga Śāstra**

Two main texts were selected under this heading and various authors' translations were considered and referred to.

- Bhagavada Gītā
- Patañjali Yoga Sūtra

### **Yoga Upaniṣads**

The Muktikā Upaniṣad provides a list of 108 *Upaniṣads*. All agree on ten major *Upaniṣads* but different authorities differ on which to add to make 11 major *Upaniṣads* such as Śvetāśvatara Upaniṣad, Kauṣītaki Upaniṣad, etc. Twenty of the minor *Upaniṣads* are called Yoga *Upaniṣads* (see Table 5.1), as for example in Vidyalankar, 2018 text on Twenty Yoga *Upaniṣads*. This study systematically analyzes them for *siddhi* content. Other texts also contain them, but combined with other minor *Upaniṣads* in addition.

<b>TABLE 5.1: LIST OF 20 YOGA UPANIṢADS</b>			
<b>Sr. No.</b>	<b>Name</b>	<b>Veda</b>	<b>Muktikā No.</b>
1	Haṁsa Upaniṣad	Śukla Yajurveda	15
2	Amṛtabindu Upaniṣad	Kṛṣṇa Yajurveda	20
3	Amṛta Nādabindu Upaniṣad	Kṛṣṇa Yajurveda	21
4	Kṣurikā Upaniṣad	Kṛṣṇa Yajurveda	31
5	Tejobindu Upaniṣad	Kṛṣṇa Yajurveda	37
6	Nādabindu Upaniṣad	Ṛgveda	38
7	Dhyānabindu Upaniṣad	Kṛṣṇa Yajurveda	39
8	Brahmavidyā Upaniṣad	Kṛṣṇa Yajurveda	40

9	Yogatattva Upaniṣad	Kṛṣṇa Yajurveda	41
10	Triśikhibrāhmaṇa Upaniṣad	Śukla Yajurveda	44
11	Yogacūḍāmaṇi Upaniṣad	Sāmaveda	46
12	Maṇḍalabrāhmaṇa Upaniṣad	Śukla Yajurveda	48
13	Advayatāraka Upaniṣad	Śukla Yajurveda	53
14	Śāṇḍilya Upaniṣad	Atharvaveda	58
15	Yogaśikhā Upaniṣad	Kṛṣṇa Yajurveda	63
16	Pāśupatibrahama Upaniṣad	Atharvavedaa	77
17	Yogakuṇḍalinī Upaniṣad	Kṛṣṇa Yajurveda	86
18	Darśana Upaniṣad	Sāmaveda	90
19	Mahāvākya Upaniṣad	Atharvaveda	92
20	Varāha Upaniṣad	Kṛṣṇa Yajurveda	98
<b>Table 5.1:</b> 20 Yoga <i>Upaniṣads</i> in order of occurrence in Muktikā Upaniṣad			

### **Yoga Tantra**

Four texts were selected, and both Hindi and English translations were considered:

- Haṭha Yoga Pradipikā
- Gheraṇḍa Saṁhitā
- Śiva Saṁhitā
- Haṭharatnāvalī

### **Modern Physics**

A study of the works of physicists such as Alex Hankey, Roger Penrose and others is considered and collated. Their published books and research papers throwing light on Consciousness and its

potential abilities have been considered. Similarly, works of Philosophers of Consciousness such as Jon Shear, David Chalmers and others are also studied. Details are to be found in Chapter 3, Review of Scientific Literature, and Chapter 6, Results.

### **Modern Psychology**

A study of the works of psychologists and parapsychologists Abraham Maslow, Anthony Sutich, Stanislav Grof, J.B. Rhine, Rupert Sheldrake, Dean Radin, and others, have been considered and collated. Their published books and research papers have been referenced and discussed. Details are likewise to be found in Chapter 3, Review of Scientific Literature, and Chapter 6, Results

### **Modern Texts**

Texts in the popular domain speaking of *siddhis* and their manifestation have also been studied. These include: Paramahansa Yogananda, Autobiography of a Yogi; Sri M. Apprenticed to a Himalayan Master; Swami Rama, Living with the Himalayan Masters.

## **5.8 SUMMARY**

This chapter explains the methodology adopted to undertake the study. It provides details of the texts studied; also listing the concepts studied and research keywords used to conduct thorough research over search engines for the most recent articles, research papers, and books published on the various topics. Popular texts were also explored for better understanding of the concept of *siddhi* from the three perspectives of ancient literature, modern physics, and psychology.