

ABSTRACT

BACKGROUND

Though well known in ancient times, materialism has meant that *Siddhis* are no longer generally accepted. The term '*siddhi*' translates as 'perfection', 'attainment', or 'success'. *Siddhis* result from yoga practices that train the mind to operate on subtle levels. The study sets out a list of *siddhis* in ancient yoga texts with their descriptions, and procedures to develop them. It also lists abilities described in Transpersonal Psychology, and provides explanations from instability physics that explain these higher functions of the mind for the academic community. *Siddhis* arise when, through spiritual practices, the mind's higher potentials are realized. As natural phenomena they should be understood as milestones on the spiritual path. The study provides academics, philosophers, and scientists, a basis for understanding the concept of *siddhi* and its ramifications.

AIMS AND OBJECTIVES

The study has two aims: first, to generate a complete listing of *siddhis* described in yoga texts, along with the means to develop them; second, to discuss them in terms of modern science.

Its overall objective is to extend the scientific paradigm to include *siddhi*; more precisely that they constitute advanced states of psychology, which known physics of mind can explain. The study thus purposes to link knowledge from the dateless past with today's empirical sciences.

METHODS

The study is literary research, taking as its problem: How to include *siddhis* in the scientific paradigm, and its body of evidence, *siddhis* listed in both the Sanskrit literature and modern investigations. Source texts for the study were selected after discussions with experts in the field. The two Yoga *Śāstra*, the Bhagavada Gītā and Patañjali Yoga Sūtra, twenty Yoga

Upaniṣads, and four *Yoga Tantras* were studied in detail, and translated into English after transliteration. Modern science research data was taken from texts and papers published in academic journals.

APPROACH

The study has both practical and analytical aspects. It studies *siddhi* from ancient and modern perspectives, i.e. from the three angles of Yoga Texts, Modern Physics of Consciousness, and Transpersonal Psychology, which uses terms such as subtle phenomena, extraordinary capabilities of human beings, extra sensory perception / ability, consciousness and its biophysics, manifestation of potential abilities and fulfillment of mental potential.

It builds a science of *siddhi* from the phenomenon of *siddhi*, using the lens of modern science to analyze procedures given in ancient texts for *siddhi* attainment. *Siddhi* is not bound by time or space. Yogis acquire them as they transcend those levels of existence.

RESU./LTS

A complete set of translations of the selected texts and *śloka* are given. Similarly a detailed comparison is made between the special abilities described in Transpersonal Psychology and those in Yoga Texts. Analysis of the physics of instabilities, such as those known in fractal physiology, shows that *siddhis* are compatible with known laws of physics.

CONCLUSION

Many parts of the Vedic literature describe *siddhis*; some describe means for their development. The study has elucidated them all, comparing them with those named in Transpersonal Psychology. It also considers how contemporary physics may account for *siddhis* on the basis of recently developed theories of conscious experience. Despite appearing supernatural, *siddhis* are available to all human beings through subtle aspects of mind. Most people with mobile phones have the experience of knowing the identity of a caller, especially of a close friend or relative – ‘telephone telepathy’, scientifically

substantiated by Rupert Sheldrake. *Siddhis* start at this level, and, as this study describes, proceed to really extraordinary phenomena that make Mind appear more fundamental than Matter. Testing the theory as various *siddhis* are performed may lead to the emergence of a new empirical scientific discipline.

GRAPHICAL ABSTRACT



Metaphorically

- ✓ Roots – Yoga
- ✓ Trunk and Branches – Physics
- ✓ Leaves – Psychology
- ✓ Flowers and Fruits – Siddhis