

**Part I: Concept of Psycho Kinesis according to Yoga and Spiritual Lore.  
Part II: Effect of Yoga on Heart Rate Variability, Heart Rate Coherence &  
Psycho Kinetic Power in School Children – A Randomized Controlled Trial  
By**

**Shreeganesha**

**ABSTRACT**

**Part I: Concept of Psycho Kinesis according to Yoga and Spiritual Lore.**

Yoga is to accelerate the process of unfolding the hidden potentialities or powers (siddhis) from an individual. Though it is not a final aim or goal of yoga, but that gives the person confidence of being in correct direction towards the goal. Psycho kinesis is the process of moving or otherwise affecting physical objects by the mind only, without making any physical contact. Though psychokinesis is the term predominantly used in the western world, in our yoga and Indian scriptures concept of sidhhis is mentioned; Concept of siddhis is described in better perspective compared with psycho kinesis. Foremost authentic scripture of yoga i.e. Patanjali yoga sutras mentions that doing samyama on any object gives arise for psychic power i.e. sidhhis. When a person achieves stage of samyama that is together ness of dharana dhyana and Samadhi he will be in the stage of a complete mental concentration. Application of this samyama to different objects or thoughts will give rise to psychic powers. Psycho kinesis is one of the powers mentioned in it, where person is capable of moving objects with mental power without any physical contact with the object. When we collage western concept of psychic powers in Indian scriptural frame, our Indian scriptural frame with it's widen knowledge and spiritual base shines brighter. The scope of the present investigation showed that the concept of psychokinesis which is present in modern world or modern science has its still deeper knowledge in Indian scriptures, yogic texts and Upanishads.

**SUMMARY AND CONCLUSION**

Modern science has started highlighting this ancient phenomenon of Psycho kinesis related with hidden powers within human beings. Science has

reached the stage where it gets stagnant only on the concepts related with matter. This makes scientist to give separate identification for the concept of mind. Recent studies have shown that matter can get influenced by mind. Consciousness which is highly grossified in matter can get manifest in subtle level which can be because of influential power of the mind. Concept of psychokinesis is highly sophisticated phenomenon in field of parapsychology. Experts in the field of parapsychology are opening new dimensions in this subject. Parapsychologists study two kinds of so-called psi phenomena: extrasensory perception (ESP), or the acquiring of information through non-sensory means; and psychokinesis (PK), or the ability to affect objects at a distance by means other than known physical forces. Psycho kinetic power modifies matters merely with mental approach without any kind of physical connection. Depending on effect of such power parapsychologist have categorized it in micro psychokinesis and macro psychokinesis. Micro PK is minor effect compared with Macro PK. Interesting results in different research projects gives strong background in this subject. Indian spiritual lore gives lot of scope for this subject since ancient time. Concept of PK is deeply described in many scriptures. Foremost authentic scripture of yoga i.e. Patanjali yoga sutras mentions that doing samyama on any object gives arise for psychic power i.e. sidhhis. When a person achieves stage of samyama that is together ness of dharana dhyana and Samadhi he will be in the stage of a complete mental concentration. Application of this samyama to different objects or thoughts will give rise to psychic powers. Psycho kinesis is one of the powers mentioned in it, where person is capable of moving objects with mental power without any physical contact with the object. Out of many psychic powers main are eight in number Aëimä, Laghimä, Mahimä, Garimä, Präpti, Präkämya, Vaçitva, Içitva. Other ancient scripturs like Chandogya upanisad and svarayoga also mentions about various kinds of siddhis and their benefits. Various forms of these siddhis helps to overcome obstacles and make life luxurious. Modern science has also noticed these para psychological phenomenons and classified them in to Clairvoyance, Clairsentience (feeling/touching), Clairaudience, Clairaliience, Clairgustane, Remote viewing, Precognition, Retrocognition, Psychometry, Telepathy, Out-of-body-experience (OBE), Astral projection and Levitation. Their are

many attempts done to utilise these phenomenon for useful purposes. When we correlate these concepts with our indian concepts, we can find similarities. But a little more detailed elaboration can get achieved in Indian scriptures and spiritual lore. We can relate these phenomenons with *astha siddhis* but still concepts of *siddhis* are advanced and in depth compared with these phenomenons. Indian scriptures and spiritual lore is fully rich with detailed descriptions about these phenomenons. Indian scriptures and spiritual lore gives spiritual dimension to this subject.

## **Part II: Effect of Yoga on Heart Rate Variability, Heart Rate Coherence & Psycho Kinetic Power in School Children – A Randomized Controlled Trial**

**Aim:** To assess the autonomic balance and psychokinetic power in students undergoing a residential yoga based personality development camp.

**Methods:** 100 students (13-17 years) who signed the informed consent were selected from 289 students who registered for a personality development camp in the campus called *prashanthikutiramin* Bangalore.

**Design:** In this stratified randomized control study, 100 students were randomly assigned to two groups after stratifying for gender. The assessments were done on 2nd (pre) and 10th (post) day of the camp. All variables were recorded during (5 mins) the practice of 'thinking of a positive thought' sitting comfortably in a chair (with recording for 5 minutes before and 5 mins. after the session).

**Intervention:** The intervention for the yoga group included *asanas*, *pranayamas*, meditation and lectures. The control group practiced physical exercise based personality development techniques.

**Assessments:** Heart rate variability (HRV), Heart rate, Heart rate coherence (HRC) recorded using freezer framer that depicts low, medium and high values of heart rhythm variability power density spectrum and Psychokinetic power by noting mean values and the number of times a flow of Random numbers generated by a Random number generator (REG) soft wear was influenced during the session.

**Results:** HRV: There was increase in LF and decrease in HF during the positive thinking session ( $p=0.009$ ); the LF/HF ratio increased marginally ( $P=0.06$ ) after the session in yoga group on last day.

HRC: On day 10, in yoga group, the values for the Low component decreased marginally ( $p=0.06$ ) during the session and decreased ( $p=0.001$ ) after the session. High component of HRC increased ( $p=0.039$ ) after the session.

Heart rate: HR decreased ( $p<0.005$ ) in both groups (day2-day10); Effect sizes were higher in yoga group.

REG: There was a significant influence of yoga on REG after the session in yoga group on tenth day ( $p=0.025$ ).

## **SUMMARY AND CONCLUSION**

The integrated yoga program is effective in improving autonomic stability and psychokinetic ability after ten days of yoga in school children of 13 to 17 years.

- The randomized control study was aimed to determine the effect of IAYM (Integrated Approach of Yoga Module) on autonomic variables and psychological status by assessing heart rhythm coherence, heart rate variability and the possibilities of influencing the REG on 100 subjects undergoing PDC (Personality Development Camp) in Prashanti Kuteeram.
- In this study, school students ( $n=100$ , age range 13-17) were randomly assigned to two groups namely yoga and control.
- The yoga group had IAYM as intervention and the control group had physical exercise and other non yogic activities as their intervention.
- The assessment was taken on the 2nd and the 10th day of the camp.

## **CONCLUSIONS**

- The study indicates that Integrated Approach of Yoga for children is effective in improving the autonomic stability and psychokinetic power.

**Key words:**

Students, yoga camp, heart rate variability, heart rate coherence, heart rate, psychokinetic.