

# IMPERIENCE

(Center for Research & Training in Pranahuti Aided Meditation)



**A Preliminary Study of change  
in perceptions of spiritual life  
with the practice of  
Pranahuti Aided Meditation  
(PAM)**

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## **A Preliminary Study of change in perceptions of spiritual life with the practice of Pranahuti Aided Meditation (PAM).**

### **1. INTRODUCTION:**

- i) Imperience, Centre for Research and Training in PAM has been regularly conducting 2 day training programs in Pranahuti Aided Meditation (PAM) at various locations in India and abroad for **aspirants** who would like to know about the system of PAM.
- ii) Such of those who are willing to practice PAM are introduced into the systematic practice and are called **abhyasis**.

**2. AIM:** The aim of this study is an attempt to evaluate the influence of practice of PAM on the Spiritual attitudes and principles of living in the **abhyasis** as contrasted to that of the **aspirants**.

### **3. METHODOLOGY:**

- i) During the training programs, the participants are asked to fill a questionnaire. The questionnaire is meant to gain some idea about the basic understanding about God/Divinity and the spiritual aspirations in life of those to whom the questionnaire is administered. The Questionnaire consists of 10 questions. However this study restricts itself to a detailed study of only five of them.
  - a. What is the motivating factor for doing Meditation?
  - b. In your opinion what does God mean?
  - c. In your view what are the qualities of God?
  - d. How would you like to grade the below given noble qualities in a seven point scale.
    - i) Honest Living with pious earnings

- ii) Sharing with others,
- iii) Sacrifice for a noble cause,
- iv) Kind heartedness,
- v) Truth Speaking,
- vi) True Fraternal Feelings
- vii) Non injury to others.

e. In the present circumstances do you think it is possible to practice any of the above higher values?

- ii) The response to the questionnaire of the **aspirants** who attended training programs was analysed.
- iii) The response to the same questionnaire of **abhyasis** who were practicing PAM ranging from a period of 1-10 years was collected on voluntary basis during the Birthday celebrations of Pujya Babuji Maharaj in 2005.
- iv) The data from **aspirants** (124 persons) is construed as group characteristic of the **aspirants** at the time of joining while the data from the **abhyasis** (124 persons) is construed as the group characteristic of persons who are sincerely practicing the Natural Path.
- v) The changes in perception and practice of spiritual values were studied.

## 4. DATA:

Q1: Table-1

<u>Motivating factor</u>	Aspirants -	Abhyasis
Calmness /peace	49	9
De-tension	28	1
Better Health	6	1
Concentration	30	0
Real Man	0	105
Others	11	8
<b>No of Persons</b>	<b>124</b>	<b>124</b>

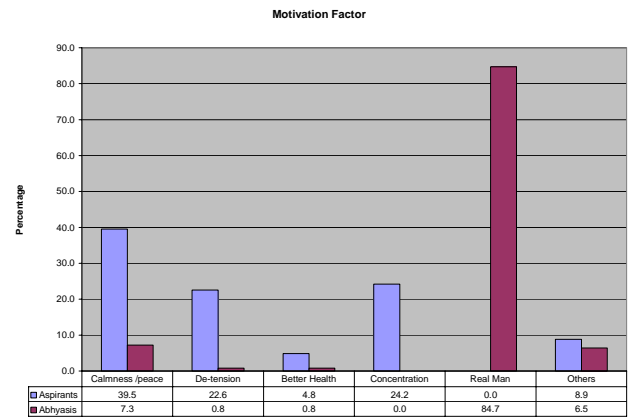
Q2 Table-2

<u>What is God</u>	Aspirants	Abhyasis
Some person	0	0
Some higher power	62	23
Nature	14	18
Ista Daivam	11	0
Nothingness	2	75
Protector	20	1
Others	15	7
<b>No of Persons</b>	<b>124</b>	<b>124</b>

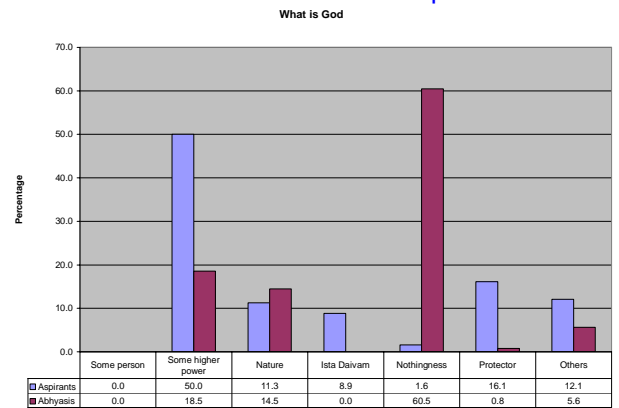
Q3 Table-3

<u>Qualities of God</u>	Aspirants	Abhyasis
Just / Samavarthi	37	88
Sometimes Just and some times unjust	5	2
Punishes who commits mistakes	7	3
Pardons those who accept Him	45	26
Others	30	5
<b>No of Persons</b>	<b>124</b>	<b>124</b>

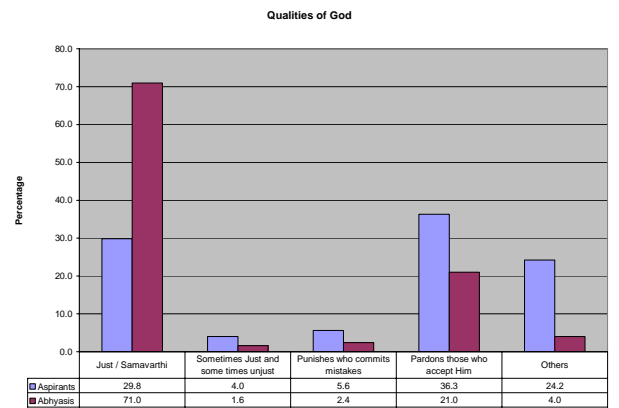
Graph-1



Graph-2



Graph-3



**Q4 Table-4 A – Ranking of Noble Qualities- Aspirants**

<u>Noble Qualities ( Aspirants)/rank</u>	<u>1st</u>	<u>2nd</u>	<u>3<sup>rd</sup></u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>Total</u>
Honest Living with pious earnings	30	26	17	14	15	8	14	<b>124</b>
Sharing with others	8	11	26	26	21	19	13	<b>124</b>
Sacrifice for a noble cause	13	6	18	19	18	28	22	<b>124</b>
Kind heartedness	24	30	19	20	17	9	5	<b>124</b>
Truth Speaking	29	22	28	21	10	7	7	<b>124</b>
True Fraternal feelings	1	6	12	12	33	27	33	<b>124</b>
Non injury to others	19	23	4	12	10	26	30	<b>124</b>
<b>Total</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	

**Q4 Table-4 B – Ranking of Noble Qualities- Abhyasis**

<u>Noble Qualities (Abhyasis)/rank</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>Total</u>
Honest Living with pious earnings	26	18	23	12	15	13	17	124
Sharing with others	9	34	19	27	19	15	1	124
Sacrifice for a noble cause	26	16	15	11	12	18	26	124
Kind heartedness	15	14	22	23	24	20	6	124
Truth Speaking	24	16	7	16	25	22	12	122
True Fraternal feelings	18	9	27	19	15	22	16	126
Non injury to others	6	17	11	16	14	14	46	124
<b>Total</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	<b>124</b>	

**Q5 Table-5**

<b>e) Q5 Is it possible to practice the above mentioned qualities?</b>		
	<b>Aspirants (%)</b>	<b>Abhyasis (%)</b>
1. Fully possible as I am already	18.5	34.85
2. May not be fully possible but not impossible	56.45	32.57
3. Want to follow them but unable to	19.35	17.42
4. Not possible to achieve success in the present society	2.41	0.75
5. Others	3.22	14.39
<b>Total (in%)</b>	<b>100</b>	<b>100</b>

## 5. FINDINGS

a) Q1: What is the motivating factor for doing Meditation?	
<b>Aspirants'</b> Response	<b>Abhyasis'</b> Response
At the time of joining, 40% were seeking peace and calmness, 22% were seeking relaxations from tensions i.e, de-tensioning while 24% were seeking concentration to improve efficiency in their work and studies.	84.7% persons who practice PAM were seeking to become a Real Man as their motivation to follow the path. For 7.3% calmness and peace were motivating factors. Less than 1% of abhyasis were seeking better health or De-tension. While 6.5% had other things than options given in the questionnaire.

b) Q2: In your opinion what does GOD mean?	
<b>Aspirants'</b> Response	<b>Abhyasis'</b> Response
50 % of <b>aspirants</b> thought God as some <i>higher power</i> , 16% thought God to be a protector, around 10% of them thought God as <i>Nature and Ista Daivam</i> and 12% had <i>other views</i>	60.5 % of persons practicing the Natural Path thought of God as <i>Nothingness</i> . 18.5 % of them thought God to be some Higher power while 14.5% thought God as Nature.

**c) Q3: In your view what are the Qualities of GOD**

30% of the **aspirants** consider God as 'Just or Samavarthi'. 36% of the **aspirants** consider that God pardons any mistake committed by those who accept Him as He is the most compassionate and merciful being.

Around 30% of **aspirants** thought of God as something other than the qualities given in the questionnaire.

72% of **abhyasis** consider God as 'Just or Samavarthi'. 19% of **abhyasis** have the view that God pardons any mistake committed by those who accept Him as He is the most compassionate and merciful being.

Only 4 % of **abhyasis** consider God to be other than the qualities given in the questionnaire.

**d) Q4 Rating of Noble qualities:** A list of 7 noble qualities were given and **aspirants** and **abhyasis** were asked to rate them in a seven point scale.

Based on weighted averages, the relative rankings were obtained for the 7 noble qualities for the group of **aspirants** and the group of **abhyasis**. Given below is the ranking table for both **abhyasis** and **aspirants**.

Rank	Aspirants	Abhyasis
1	Truth Speaking	Sharing with others
2	Kind heartedness	Honest Living with pious earnings
3	Honest Living with pious earnings	Kind heartedness
4	Sharing with others	Truth Speaking
5	Non injury to others	Sacrifice for a noble cause
6	Sacrifice for a noble cause	True Fraternal feelings
7	True Fraternal feelings	Non injury to others

e) In the present circumstances, do you think it is possible to practice any of the or some of the above higher values?.

The response to this by the **abhyasis** show that about 35% of the practicans of PAM feel that it is fully possible to practice the noble qualities and they are actually doing so. Only a nominal 0.75% of the **abhyasis** feel that it is not possible to achieve success in practicing these noble qualities in the present society

## 6) ANALYSIS:

The analysis of the above findings reveals the following:

- a) Persons following the Natural path have definitely a clear goal of life. This is very clear from the data that around 84.7% of them indicated so. If we compare the **aspirants'** data, it can be seen that around 40% were seeking peace and calmness. The practice seems to make a person peaceful and balanced.
- b) 60.5% of the abhyasis know God as Nothingness where as the **aspirants'** under study donot seem to be thinking of God in non personal terms.
- c) 72% of **abhyasis'** understand God as Just or Samavarthi. This understanding was indicated by around 30% of **aspirants'** before undergoing the training course.
- d) **Rating of noble qualities:** Based on the data of this study, it appears that in the case of **abhyasis**, Truth speaking and Non Injury have taken a subdued rank as compared to the other noble qualities like sharing. (Perhaps the **abhyasis** who are exposed to the influx of Pranahuti and the practice of meditation and purification have gained a better meaning and purpose to life and the altruistic tendencies started emerging. However further study is required to justify this position.)
- e) Considering the difficulties in following the noble qualities mentioned in this paper, it can be seen that the **abhyasis** have



given a very realistic assessment with regard to actually implementing them as given by data on question

## 7. CONCLUSIONS:

From the above study, it can be concluded that the practice of the Natural path brings about a clear and specific change in attitude in the life of a person in the following manner:

- a) The clarity with regard to the goal of life of just and balanced living has emerged in majority of **abhyasis**.
- b) A significant percentage of **abhyasis** practicing PAM in this study show an awareness of a non personal God. The trend is indicative of a tendency towards progress in spirituality.
- c) A significant percentage of **abhyasis** consider God as Just and balanced. This understanding is surely an indication of the progress they have made in spiritual life.
- d) The principle of sharing has been indicated by a significant percentage of **abhyasis** as very important. This is indicative of the altruistic tendency being developed by them as contrasted to the present day self centred combative life.
- e) It is significant to note that the **abhyasis** feel that the noble qualities in life can be lived even in the present unhealthy state of society.

## 8. RECOMMENDATIONS:

While it is seen that a significant number in the of abhyasi group express higher values in life and are very optimistic the training imparted to **abhyasis** may be made more intense that the entire group show such a tendency to higher ways of spiritual living.

## 9. LIMITATIONS OF THE STUDY:

1. Ideally, the data should have been collected for the same group of 124 persons who were ***aspirants*** and joined the system of PAM and became ***abhyasis***. The representative group in both the cases is not similar.