

YOGA FOR A WORLD IN TRANSITION.

PART V

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Out beyond ideas of right-doing and wrong-doing, there is a field.

I will meet you there.

Rumi.

We live in an incredibly exciting pre-revolutionary time. We have just about, but not quite yet, exposed the basic laws of intelligence. In this fifth and last section, the different world views and possible futures for humanity are projected from the point of science and yoga.

At the beginning of his talk, Sraddhalu defined yoga as **the practice** that unlocks our deepest and highest possibilities, uniting us with our origin and our highest potential. Yoga is the process of awakening that leads to union with the source.

The most important goal of our lives is to awaken. Awakening is the purpose of humanity. It does not have to do with what you do, but with what you are. It has to do with a state of consciousness, with Being. It is the basis for real success. But what does awakening actually mean? Sraddhalu defined yoga as '**conscious accelerated evolution**' and explained how this can be achieved.

This definition is of particular interest to us yoga practitioners considering that we are on the brink of a technological intelligence revolution with self-learning machines with deep learning and neural networks¹. This technological intelligence explosion means that computers can make themselves better without human intervention. Stephen Hawkins warned already in 2014 that we have nearly reached the stage where machines can cause an explosion of intelligence that could mean the end of humanity.

What is the responsibility of the yoga practitioner in this world in transition?

¹ Professor Amy Webb (New York University), founder of the Future Today Institute and Author of 'The Big Nine'. This book is about AI, scenarios and geopolitics. Webb makes a distinction between ANI with the N for narrow, AGI with the G for general or the intelligence of a machine that can understand or learn any intellectual task that a human can. ASI stands for 'superintelligence' and singularity. Today we are somewhere between ANI and AGI. This evolution is a continuum. Experts estimate that we will reach AGI around 2060. At that stage we will be directed by machines and not the other way around.

<https://www.youtube.com/watch?v=fX6x1NF5gfg>

These companies are optimizing but not necessarily optimizing on behalf of all of us.

We live in an amazing universe. This universe looks designed for life. Scientists have calculated that if you make minor changes in the mathematical framework that supports general relativity, you end up with a completely different universe; either a universe filled with black holes or a universe that does not last very long or a universe without carbon. Our universe appears to be designed/created so that life could emerge.

Something crucial is going on for humans as a species. The Darwinian evolution from single cell bacteria to Homo Sapiens has been slow but today our species is disconnecting from the physical, biological evolution that has made us to Homo Sapiens.

The issue is that at this very moment in time, we are at the start of a huge creative wave that will degrade homo sapiens. Science is predicting that the early 21st century edition of Homo Sapiens will be the last organic version of our species.² Our children will be cyborgs as a matter of fact. Today, due to technology that we develop ourselves, we will evolve into half-technological beings with a significant portion of synthetic DNA in our genome. The question is no longer whether there will be ***machines with emotions*** that are smarter than people, the question is how far we are away from our children as cyborgs and synthetic DNA? They might still look like us but they will no longer be part of the organic Darwinian Homo Sapiens as we are today. The conventions of what is human will be fading. Man and machine will gradually merge. We will become increasingly bionic through DNA modifications or implants and at some point we will merge into a new species that is no longer called Homo Sapiens.

This is not all bad news. Self-learning robots produce algorithms that detect cancer better than our present day specialists.

The important point is that biological intelligence that evolved as a survival mechanism to guarantee our survival is very different from artificial intelligence. Intelligence means that you can reason for yourself in the midst of a large amount of information and draw conclusions. Four years ago (March 2016) the AlphaGo algorithm beat the South Korean board game champion Lee Sedol in the famous 37th move of the game. The move which seemed stupid at first turned out to be ingenious and innovative producing even a 'aha' experience. Afterwards AlphaGo was defeated by AlphaGo Zero. AlphaGo was fed thousands of games. AlphaGo Zero was only fed the rules, played millions of times against himself and in less than 24 hours, it had developed an incomprehensible superhuman power. The ultimate phase, where AI turns against us because it considers us an obstacle is not unthinkable. If AI is scattered comparable to the internet via - for instance - blockchain technology which can autonomously purchase its resources and decide to expand, it can become dangerous.

How do we ethically decide what funds are we going to make available research, training and implementation? Even if we organise this in Western Europe, it will be picked up by some powers and be used negatively.³

What are the implications for consciousness and its transmission as Sraddhalu talks about it?

² Yuval Harari Homo Deus

³ The Chinese government uses DNA to identify the Uighurs and detain them in concentration camps. or Boris Johnson new immigration policies whereby openly a whole section of us are deemed unsuitable and made irrelevant. In 2015 the Kuwait government adopted a law for the creation of a forensic DNA database. This database would apply for Koewitis and visitors alike. Everyone was required to hand over a saliva sample for DNA testing at the border control. We only learned this by accident in 2016. Fortunately there was enough international protest and the law was repealed in 2017. In Europe too, governments want to get a better grip on their citizens. We urgently need to think how we can organize society so that our data cannot be misused.

Sraddhalu makes a distinction between teaching and transmission, between what is considered the explicit curriculum and the implicit curriculum. As a teacher you are transmitting not only what you say and what can be found in the table of content on a yoga course which is the explicit curriculum. However in a yoga class much more is transmitted and this is considered the implicit curriculum. As teachers we transmit something in the very way we position ourselves in the world, in the way we sit, stand, dress or speak. However that which is most important is what you transmit as your state of consciousness.

If within you there is a general increasing alignment with divine presence, you will find it will reflect in students who come to you. Sraddhalu emphasises this point with an example because this transmission of consciousness is the most important aspect of teaching and the least obvious.

He gives the example of the relation of a child to its parents. When a child is sick, it will cling to its mother. The child absorbs the fresh energy from the mother and she dissolves the sickness from the child. After that the child is free from the sickness. An exchange took place in the energy. The mother shakes off the illness easily. In the exchange of energy, in the energy transmission, there is also the imprint of thoughts and emotions. Not everything is in the biology of the genes. Children for instance inherit the mannerisms of their parents and these are not biologically determined. These mannerisms are the psychological inheritance of your vibrations. The transmission of thoughts and emotions, the transmission of energy bundles on a psychological level reveals itself in patterns of thinking and relating which you might not be conscious of but which are transmitted also. The biological umbilical cord is cut but the psychological umbilical stays for a very long time. Over time it can become less important and we can learn to build umbilical cords with others. However the important point is that we are absorbing energy from other people all the time unconsciously. We absorb most from those who we hero worship or we look up to and before whom we place ourselves at our most vulnerable. Often these are our teachers. It is important that we are aware of this in the yoga classes that we teach. It is our relation with consciousness that is implied and transmitted. What you are in that moment is absorbed and transmitted. When the vibration is raised, the purity transmits and the students experience an uplift and a purity.

However Sraddhalu makes a very important distinction. It is not just what you transmit from **what you are** because we are not perfect. It is also what you transmit from **what you receive** which is of a greater perfection.

Sraddhalu continues with some practical suggestions.

The first thing that we have to do in a class is to create a receptive space. Sraddhalu recommends that we are present in the class before it begins. We do not need a formal ritual. All rituals are in essence an external formulation/manifestation of an essentially internal psychological process. We start by just becoming conscious of the space of the whole room. First we connect with the space and then we connect with the divine presence. We must consciously invoke the divine presence into the space of the class by holding the intent. Just holding the intention and awareness produces the shift which allows students to slide into alignment with divine presence and into a centred state. Playing soft music might help although the invocation of the divine presence does not depend on external devices nor does it depend on effort or will. It suffices to call on something, divine presence, which is greater than our personality. The divine presence nourishes both the teacher and the student. The setting of the intent transforms the space into sacred space. The students are encouraged to feel the sense of the sacred in all aspects of the practice. The room is sacred, the body is sacred and every position is sacred. The fact that the teacher holds that awareness is enough to pull the students into this sacred state. Sraddhalu emphasises that at the end of the class the

teacher must give thanks to the presence and then acknowledge that it is free to go. Sraddhalu asserts that with practice we will feel the divine presence as soon as we enter a room. It is conscious presence and it has come to help.

Sraddhalu highlights that this practice helps also in everyday life. When we are dealing with a particular difficult situation with a person and we do not know what to do, Sraddhalu recommends that we consciously step back and ask for the help. The asking can be done with words or without words. Sraddhalu's personal preference is to go to the essential/conscious wordless. We become conscious of the awareness and aspiration and we wait. Sraddhalu avows that the help will come in one way or the other. ***In practice it is not what we say or what we do that is the most important, it is the state in which what we say or what we do which is far more important. Putting ourselves into the right state is the most important part of the practice. This practice will become more and more natural as time goes on.***

Sraddhalu also projected a vision for the future. This vision seems very different from the one science is putting forward. According to Sraddhalu, every individual who becomes consciously a centre of light is helping humanity in this conscious accelerated evolution more than any politician or economist or any public leader of any kind. There is a ripple effect and the awakening will happen from the grassroots. It will not come from the media or power structures. These are breaking down anyway. We see the breakdown of the old world and at the same time an increasing yearning for fundamental shift because it is just there.

Sraddhalu mentioned that the US government trained people in the 70's in remote viewing for spying. It was a very effective programme and it was integrated into the army strategies. They found that this practice was 80% accurate while people spying on the ground only had 25% accuracy. In this remote viewing programme, the practitioners could see the present, the future and the past equally easily because liberated consciousness moves across space and time. Out of curiosity, the remote viewers projected the future of humanity. What they discovered was that the nature of the change was so massive they could not ignore it. They could never quite formulate a timeframe but what they saw was a passage of transition so radical that they did not have any means to articulate what it was.

What they could not identify was any specific cause or any specific form of war. It appeared that suddenly people get some kind of a shock and after that humanity lives in very close affinity with nature. After that humanity lives in a kind of utopia but they could not understand how this kind of transition took place. The US programme did not expect to see this kind of a future and yet this is what they saw. According to Sraddhalu, this gives a lot of credibility to the vision. In the yoga tradition, we speak of cycles of change. The end of the most chaotic cycle coincides with a period of deep introspection because the question is **about what I want.**

According to Sraddhalu this transition is now happening. The practice of yoga is the means by which we can most rapidly align ourselves to this deeper inspiration. It is the most important thing for the future. Yogis have the most important responsibility. We have the potential to unlock our human/divine potential without using words, just by holding the intention.

In view of the present scientific discoveries, it will be interesting to witness how Sraddhalu's projection for the future will manifest. As a civilization we carry the responsibility to make our intent for the future conscious. Will we make it clear for instance that DNA technology has been developed to help people, not to spy on them? It is not inconceivable that governments will detect our sexual preferences (gay, heterosexual etc.) before we do. This is very frightening in countries where being gay is a capital offence.

As a civilization, we must seriously consider what our next project will be. What kind of leadership does our world need today?

May we evolve in our psychodynamic complexity as ethical beings for our well being and the well being of all concerned.

**Do what you can,
with what you have,
where you are.**

Theodore Roosevelt

Marlene French Mullen