

# Meditation on a Daily Basis Makes Wise without Violence



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## Abstract

Human brain performance can be increased by reducing craving (noise) instead of increasing brain signal, from which the brain performance is given by the ratio between brain signal and craving. The brain performance can be changed by the change in craving, which can be larger or smaller, where the change in brain signal is not required. Such a requirement can be obtained by the practical way known as a meditation, in which the spirit signal can lead to be a single peak with the certain energy states. By using the Four Mindfulness Foundation, the meditation on a daily basis can be achieved, in which the wisdom without violence can be obtained.

**Keywords:** Buddhism philosophy; Daily life meditation; Mindfulness; Meditation; Spiritual science

## Introduction

Meditation has been recognized as the useful technique of mind concentration for a long time, in which the single configured mind is the required target. The important history was recorded when the Lord Buddha had announced the Tripitaka thousand years ago [1-2]. Since then the meditation technique has been investigated in both theory and experiment [3-8], wherein principle there are two types of meditation, which are the elementary and deeply meditations. Principally, there are two types of both levels of meditations that can be named by force meditation and auto(random) meditations, in which the force meditation is focused on a single target and finally the single mind is achieved, while the auto-meditation is achieved by moving mind within the body, which is employed by the Lord Buddha principle known as “Four Mindfulness Foundation” [1,9], where the popular one is the body consideration, with the free mind move within the body, where finally, the mindfulness is achieved, in addition, the single mind is also automatic achieved without any forcing concentration. The latter method can actually be happened anytime, which can say the everyday life meditation, which can be done when we are working or in any situation, for the instant, sitting, lying down, walking, which will be the benefit to human life in any situation.

In scientific interpretation, there various results are obtained by the meditation [10-15], which are increases immune function, decreases pain, decreases inflammation at the cellular level, increases positive emotion, decreases depression, decreases anxiety, decreases stress, increases social connection and emotional intelligence, makes you more compassionate, feel less lonely, improves ability to regulate emotions, improves your ability to introspect, increases grey matter, increases volume in areas related to emotion regulation, positive emotions and self-control, increases cortical thickness in areas related to paying attention, increases your focus & attention, improves your ability to multitask, improves memory, improves your ability to be creative & think outside the box. In applications, apart from the high level of meditation known as Vipassana meditation [1], the use of meditation for various fields has been found [16-27], for the instant, for health treatment, psychology investigation, medical diagnosis, etc. In this paper, the brain signal is modeled to form the relationship between the meditation level and brain signal forms, in which the meditation related phenomena can be clearly described, which may help the meditation practitioner achieve successfully, where in addition, such a technique can be used in everyday life, where the world violence can be increased, while the working performance can also be increased.

**Principle**

Given the brain signal oscillation in brain and linking to the whole body is formed by a soliton pulse, which is a synchronized pumping by the heart pumping cycle, which can be manipulated by a laser and obtained by the soliton pulse, which can be expressed by [28,29].

$$\psi(t) = \bar{A} \tanh\left[\frac{T}{T_0}\right] \exp\left[\left(\frac{z}{2L_d}\right) + i\phi(t)\right] = A e^{-\frac{E}{\hbar}t} \quad (1)$$

$$\text{Given } A = \bar{A} \tanh\left[\frac{T}{T_0}\right] \exp\left(\frac{z}{2L_d}\right) \quad (2)$$

Where  $E = nhv$ ;  $n = 1, 2, 3, \dots$ , and

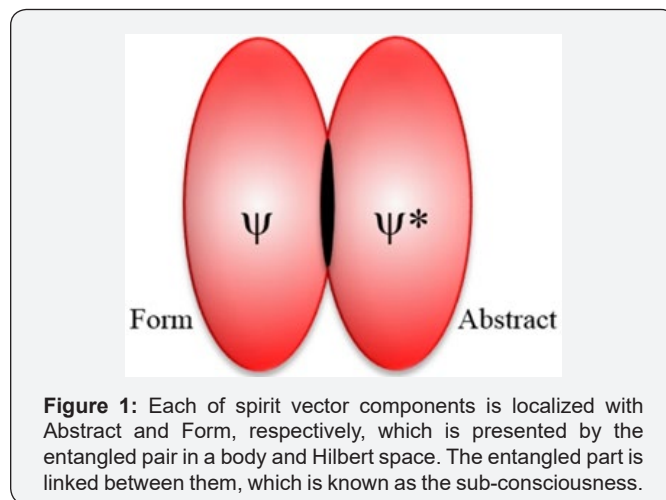
$$V = \begin{bmatrix} a : \text{White Spirit} \\ 0 : \text{Emptiness} \\ -ka : \text{Black Spirit} \end{bmatrix} \text{ where } t_1 \geq t \leq t_2 \quad (3)$$

Where the potential function  $V$  is the spirit transient energy introduced by the personal passion or craving, the spirit signal is formed by a soliton pulse at the same time with the origin of time. In which  $A$  and  $z$  are the spirit signal amplitude and the circulation distance within the being brain, respectively, where the spirit signal is formed by the soliton pulse, therefore, the other parameters are the same as the soliton parameters in reference [29]. The amplitude of optical fields is represented by  $A_1$  and  $A_s$  respectively. The propagation distance is demonstrated by  $z$ . The propagation time for soliton pulse moving with a group velocity in a frame is  $T = t - \beta_1 \times z$ . Here, soliton phase shift time is  $t$ , and  $\omega_0$  is the frequency shift of the soliton.  $L_d = T_0^2 / |\beta_2|$  represents the dispersion length of the soliton pulse, where  $T_0$  shows soliton pulse propagation time at the initial input. The coefficients of the linear and the second order terms of the Taylor's expansion of the propagation constant are  $\beta_1$  and  $\beta_2$ , respectively. For the soliton pulse in the micro ring device, a balance should be achieved between the dispersion length ( $L_d$ ) and the nonlinear length  $L_{NL} = 1 / \Gamma \phi_{NL}$ , where  $\Gamma = n_2 K_0$ , is the length scale over which dispersive or nonlinear effects alter the beam diameter. For a soliton pulse, there is a balance between dispersion and nonlinear lengths, hence  $L_d = L_{NL}$  [29].

**Scientific Interpretation**

In this article, there are two types of meditations, which are the (i) forced and (ii) the auto-meditations discussed and the practical details explained. Spirit energy is split into two parts, which are the orthogonal basis known entangled pair. One is localized within the body (form), the other is called the abstract and localized in the Hilbert space, is represented by the complex conjugate term. The link between form and abstract spirits is formed by the entangled part. In the meditation, the maximum resultant vector of them can be obtained, when one is the maximum, the other is minimum, which can be formed inside or outside the body. However, the one inside the body is

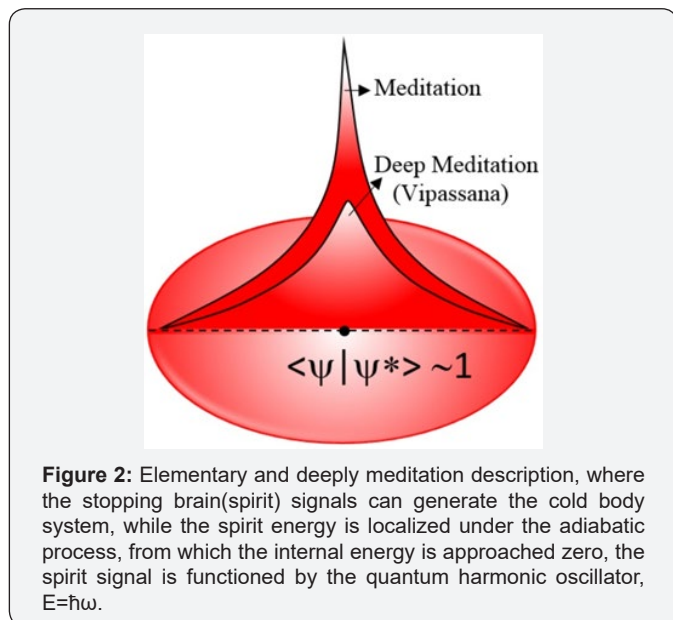
recommended, which will be described later. When the single spirit peak signal is formed, the phenomena called "Cerenkov radiation" can be seen due to the speed of spirit (photon) is greater than the spirit group velocity, in which the bright light called "aura" can be seen or enlighten. In such a situation, the spirit is in the stopped in time condition, in which the oscillation in time is approached zero, which is gone under the cold light spreading over the body. Eventually, the spirit is cut-off from the body, which is introduced by the non-existence of five aggregates by Trinity consideration. The spirit now becomes a point of a unit vector with very high density in the body center, which is called a cold body state, from which the spirit is in the adiabatic system without the internal energy as well, the body is operated by the minimum energy called harmonic oscillator energy. The term no time means the spirit can travel in time freely In the meditation, the level of energy can be distinguished by mean of quantum physics,  $E = nhv$ , where  $n = 1, 2, 3, \dots$ , where the initial state of human spirit energy is  $n = 2$ , which is called the Rabi oscillation. In principle, the state of spirit energy can be finer and finer, from  $n = 2, 3, 4$ , to  $n \rightarrow \infty$ , for example, when the deep meditation (Vipassana or Insight) is done, the energy level is finer and finer, which may be approached  $n \rightarrow \infty$ . In Figure 1, the spirit energy is divided into two parts, which are in the form of the entangled vector components, where  $\psi$  is a form, while  $\psi^*$  is abstract. The joint event is the entangled occurrence, which may often come across by the dream, in which the occurrence in the dream will be blurred after waking up.



**Figure 1:** Each of spirit vector components is localized with Abstract and Form, respectively, which is presented by the entangled pair in a body and Hilbert space. The entangled part is linked between them, which is known as the sub-consciousness.

In Figure 2, the single mind target is done by the outside body target, from which the strong single mind can be obtained, which is very high energy (power). However, the single mind with a very narrow width or short time without any control arrangement can introduce the very high frequency, from which the very high energy in terms of the Plank's constant occurs, which leads to the uncertainty product of the black hole energy, which is the dark side spirit (mind) energy, which means the energy is approached infinity in the dark side, when time is approached zero, i.e. no time. To solve this problem, the auto-meditation is recommended, where the body consideration

in the FMF can reduce the spirit energy, which is bounded by the body, from which both mindfulness and concentration (meditation) can be achieved together. The wisdom is formed by the Vipassana meditation, while the craving is filtered to be the small amount by the Eight Noble Truths, from which the high intelligent is established. The certain craving amount is bounded by the Trinity without any violence.



### Conclusion

We have shown that the brain signals can be modeled by using the soliton pulse, which is existed and generated by the energy oscillation in time. The relationship between the brain signals and meditation is interpreted, which may be useful for the investigation such as neuroscience, meditation level, mind etc. The elementary and deep meditations can lead to being delightful and emptiness. By using the FMF method, the non-exist and cut-off of five aggregates are introduced, where finally, the emptiness occur, the form vanishes, while the abstract remains in the origin, i.e. neutral world, which is lined with the universe and black hole [2], which is satisfied the concept of energy conservation between black hole and universe.

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